



*Don't panic!*

# Read Me

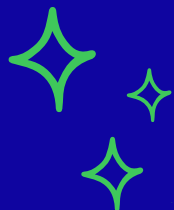
UNDERSTANDING THE UNIVERSITY OF ZURICH

**Survival guide  
for the first  
semester**



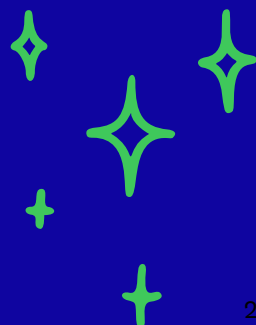
SEPTEMBER 2025





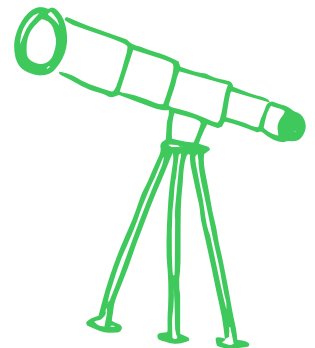
# Welcome to N2H

**READ ME 2025**



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# Welcome to the Uni-verse!



*Where is the best cafeteria, the best place to study? What is the most entertaining free-time activity?*

You've come to the right place: this booklet is your compass for your studies. It will help you find your way around the uni-verse, discover new paths and make sure you don't miss out on any highlights: from the cheapest lunch menu to hidden study corners.

Students and astronauts have one thing in common: they embark on a journey into the unknown. Whether you have a clear goal in mind or are simply driven by curiosity, your studies are a personal journey of discovery. And as with any good journey, the journey itself is at least as exciting as the destination. Detours, new interests and spontaneous diversions also make your studies unique.

*What is the coolest seminar? What are my interests? How does module booking work? What is my learning style? Where can I find the cheapest place to live in Zurich? And how can I find fellow students to exchange ideas with?*

Whether you plan your daily student life down to the last detail or just go with the flow, both approaches work at UZH. This booklet will help you settle in, with tips on the best places to study, the cheapest pasta and the right student association for you.

You are now part of the largest student body in Switzerland. We, the University of Zurich Student Union (VSUZH), will accompany you on your journey through the university cosmos. We advocate for you in university politics, support you with counseling services, and entertain you with sustainable projects, exciting events and much more

By the way, you can find this booklet not only in print, but also as a PDF online on the VSUZH website to read or forward.

→ [vsuzh.ch/erstis](https://vsuzh.ch/erstis)



# Study together!

Your time at university will be exciting, demanding, wonderful – and will pass much faster than you think. There is so much to discover. Don't hesitate to throw yourself into the adventure! No matter what you are interested in or passionate about, no matter what problems you encounter at university: share them with others. With over 23'000 students, you are hardly alone.

Student life is enormously diverse and, in addition to your lectures, offers a huge range of other activities and opportunities to get engaged in what is particularly important to you. Get involved in one of our committees, visit the specialist associations, get to know student organizations, take part in exciting events and enjoy free-time activities together.

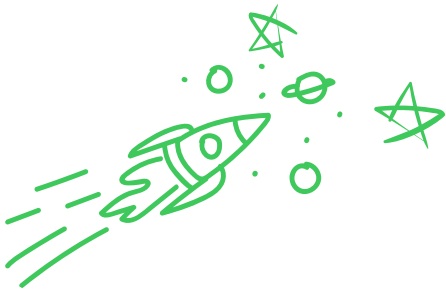
No matter which path you choose, we wish you every success and hope you enjoy reading!

Your VSUZH

**«I was completely overwhelmed at first. But as soon as I consciously took the time to get to know the university and what it had to offer, everything became much more relaxed and exciting. Take the opportunity to find your own path.»**

- Leia Hauschild, VSUZH Co-President





# What is the VSUZH?

The University of Zurich Student Union (VSUZH) is the official representative body for all UZH students. We are committed to ensuring that your concerns are heard at the university – by the rector, the administration, in the media or on specific issues such as tuition fees, lack of study space, podcasts for all or fair examination conditions.

We are dedicated to creating good conditions for studying, a diverse university landscape and a university that is shaped by its students. Issues such as sustainable education, an inclusive campus life and financial relief are particularly close to our hearts – as are the little things that make everyday life better: the affordable mate vending machine at Irchel, the Platte14 cultural programme and our free legal advice service.

We also take the campus spirit seriously: we organise events and support student projects, from large parties to film evenings, pub quizzes, exchange events and awareness workshops.

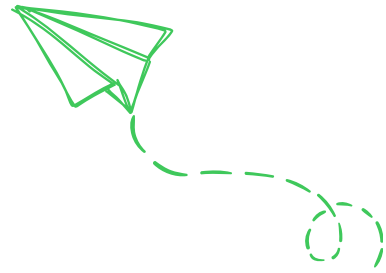
Together with the study associations and the student organisations (StudOrgs), we ensure a lively, connected everyday university life.

There is always room for improvement – perhaps you will launch the most sustainable canteen initiative, develop the next VSUZH project, open a new student café or turn your podcast studio into a platform for student voices. Many things are possible and some will become reality tomorrow.

At the university, you can have a say in what your studies should look like. By enrolling, you become part of the student body at the University of Zurich. It's also up to you to make university an enriching experience for everyone. And with a membership fee of just CHF 14 per semester – which you can pay directly with your semester invoice – you support the work of the VSUZH and benefit from the full range of co-determination and great services.

→ [vsuzh.ch/mitgliedschaft](https://vsuzh.ch/mitgliedschaft)

# Get involved & Have a say



Every two years, VSUZH members elect their VSUZH Council – the student parliament with 70 members. The Council discusses and decides on the direction of the VSUZH, adopts positions and brings student concerns directly to the university, the study associations and university-wide committees. And best of all: you can not only be represented – you can get involved yourself.

→ [vsuzh.ch/rat](https://vsuzh.ch/rat)

Whether as a delegate on the council, a member of the executive committee or in one of our commissions, there are many ways to get involved and make a difference. For example, you can get involved in the sustainability commission, advocate for mental health in the mental health commission or barrier-free studying in the study and disability commission, organise events in the services commission or develop new projects in the area of awareness and student life.

→ [vsuzh.ch/kommissionen](https://vsuzh.ch/kommissionen)

Whatever interests you, at VSUZH you will find space for your ideas, support for their implementation and a motivated team that wants to make a difference together.

→ [vsuzh.ch/engagement](https://vsuzh.ch/engagement)

**«I have been involved with the VSUZH for years because it's fun not only to attend university, but also to help shape it.»**

**- Kajsa Bornhauser, Council Member since 2021**



# Experience university

*More than just lectures*

UZH is not only a place to learn, but also a place to experience. Around the university, you will find a wide range of cultural, leisure, exchange and engagement opportunities.

Whether concerts, game nights, debates, exhibitions, workshops or parties – much of this is organised directly by or together with students. Study associations, student organisations or the VSUZH itself actively shape campus life and create spaces where you can try new things, network and achieve great things together.

It would be impossible to present the entire range of activities here. You can find an overview of cultural and student activities at UZH and ETH here:

→ [vsuzh.ch/weitere-angebote](https://vsuzh.ch/weitere-angebote)

But you don't have to look far to find something interesting, as many of the most exciting activities are organised directly by and for students. It's up to you what you make of it: maybe you'll soon be part of a student organisation, help out with a film night or start your own project?



**Linguistics & VR: an immersive research journey**

Event organised by the German Department



Tanz am Irchel

# Don't miss out!



*Events that make your studies more colourful*

The VSUZH not only ensures that your studies run smoothly, but also your free time. Together with many other groups, such as the VSETH (Association of Students at ETH Zurich) and Alias (student representation at ZHAW), we organise events throughout the year where you can meet other students, network and simply have a good time.

Whether concerts, parties, film evenings, panel discussions or pub quizzes – many events are free or cost very little. The university itself also offers an impressive programme of events: from exciting lectures and lecture series to panel discussions. This will give you plenty of opportunities to broaden your horizons and engage with current issues.

As a first-year student, it's especially worthwhile to get involved early on. This will help you quickly make connections and discover what UZH has to offer outside the lecture hall.

→ [vsuzh.ch/events](https://vsuzh.ch/events)

**«For me, events are what really bring university to life. That's where I met new people and experienced moments that have stayed with me to this day.»**

- Ladina Bischof, VSUZH Board

→ [uzh.ch/en/events/agenda](https://uzh.ch/en/events/agenda) or UZH Now App



**RAD Garden**

Rämistrasse 62

# Study Associations

*Your network in your field of study*



There is a study association for almost every subject at UZH. These student associations represent the interests of students vis-à-vis lecturers, institutes and faculties and make campus life more colourful. They are your first point of contact if you have questions about your degree programme, need support or are simply looking to make friends.

Study associations regularly organise events, ranging from first-semester aperitifs to study and exam tips to legendary parties, brunches and game nights. Many have their own rooms where you can study, drink coffee or meet new people.

The study associations are democratically organised and run by committed students. Their executive committees usually meet once a month. Once a year, a general meeting is held at which all members can have their say. New faces are always welcome – whether you just want to check it out or get involved yourself.

Do you find your subject exciting? Then help organise events. Do you want to make a difference? Then get involved in the study association to have more influence, improve conditions or create new opportunities.

You can find a list of all recognised study associations here:  
[students.uzh.ch/en/studentlife/studentorgs/societies](https://students.uzh.ch/en/studentlife/studentorgs/societies)



**Summer at Irchel**

Study associations BiUZ & Geoteam

## Activity Fair

An event to get to know the student organisations and get to know the students who are involved in them.



# Student Organisations

*Your platform for ideas and projects*

In addition to study associations, there are numerous student organisations (StudOrgs) at UZH. Unlike study associations, which represent students of a particular degree programme, StudOrgs are open to everyone, regardless of their subject. They are formed around shared interests, topics or forms of engagement and bring together students from a wide range of disciplines.

StudOrgs organise events, launch projects, promote exchange and make university life more vibrant. They are the perfect place to meet new people, get involved, implement your own ideas or simply try something new.

Whether you are interested in chess, opera, sustainability, gender issues, international relations or cultural exchange – there is a suitable organisation for almost everything at UZH. And if not, you can start one yourself.

You can find an overview of all recognised student organisations here:

[impulsfabrik.vsuzh.ch/en/studorgs](https://impulsfabrik.vsuzh.ch/en/studorgs)

**“No matter what niche  
topic I’m passionate about,  
I can find like-minded  
people at UZH!”**

- Lars Weidinger, VSUZH Board

# Impulsfabrik

*Your idea counts*

*Can't find the right organisation? Got an idea for a new project?*

The VSUZH has set up a free advice centre called Impulsfabrik.



*Aneschen & Chiara*

Starting university marks the beginning of a period full of new impressions, intensive learning phases and inspiring encounters. You discover new interests and develop ideas – perhaps spontaneous, perhaps a little crazy, but often with great potential.

This is exactly where the VSUZH Impulsfabrik comes in: it supports you in turning an initial impulse into a concrete project.

The Impulsfabrik helps you take your first steps, advises you, provides resources and supports you as you get started. Because good ideas shouldn't fizzle out – they should become reality.

**Your VSUZH Impulsfabrik**

→ [impulsfabrik.vsuzh.ch/en/](https://impulsfabrik.vsuzh.ch/en/)



# What is What at UZH?



## **PRESIDENT**

Prof. Dr. Michael Schaepman has been Rector of the University of Zurich since August 2020. He is the public face of UZH and, together with the other members of the University Executive Board, is responsible for the strategic development of the university. You will hardly ever encounter him in your everyday student life, but if student issues do arise at this level, we at VSUZH will take care of the negotiations for you.

Would you still like to meet him? Then come to the next Breakfast with Michael!

→ [ema.uzh.ch/en/register/  
breakfast-with-michael.html](https://ema.uzh.ch/en/register/breakfast-with-michael.html)



**«I look forward to  
shaping the  
future of UZH  
together with  
you!»**

- Michael Schaepman,

## **DEAN'S OFFICE**

Each faculty at UZH has its own (academic) dean's office. It handles organizational matters related to studies: module registration, credit transfer, exams, degrees, etc. Communication between the university and students also often takes place via the dean's office. If you have questions and are unable to find an answer, the dean's office is a good first point of contact, and if it is not responsible for your issue, you will be referred to the appropriate office.

## **KANZLEI**

The office will assist you throughout your studies with administrative matters that are not specific to your subject. It is responsible for semester registration, semester fee invoices, issuing your student ID card (UZH Card), changes to your degree program or course, requests for leave of absence and internships, and various certificates. In short: if it does not directly concern your subject but rather general study matters, the registrar's office is the right place for you.

→ [students.uzh.ch/en.html](https://students.uzh.ch/en.html)

## CENTRAL IT

The university involves a lot of technology—but don't worry, you'll quickly get the hang of it. The Central IT Department (ZI) is your point of contact if you have technical questions or need support. It offers you:

- IT support via email, phone, or on-site at Schönberggasse 2
- Access to discounted software for your studies
- Information about Wi-Fi, VPN, printing options, and more
- Continuing education courses on IT topics (tip: register early!)

→ [zi.uzh.ch/en](https://zi.uzh.ch/en)

## STUDENT ADVISORY SERVICES

Sometimes, not everything goes according to plan during your studies: perhaps you are unsure about your choice of major, are considering a change, or simply don't know how to juggle everything. The Central Student Advisory Service offers interdisciplinary and interfaculty advice on precisely these issues.

You can also find lots of information online, including links to specialist advice services and tips on planning your studies:

→ [studienberatung.uzh.ch/en.html](https://studienberatung.uzh.ch/en.html)

## STUDENT FINANCIAL AID OFFICE

Studying costs money—not just time and energy, but also money. The good news is that you don't have to do it all on your own. The Student Finance Office can advise you on any questions you may have about money. It arranges scholarships, interest-free loans, and hardship loans, and helps you assess what support you are eligible for. Even if you are unsure whether you are eligible, it is better to ask too many questions than too few.

→ [studienfinanzierung.uzh.ch/en](https://studienfinanzierung.uzh.ch/en)

## STUDY & FAMILY

Studying with children is challenging—but it can be done. UZH promotes a family-friendly culture and supports students with childcare responsibilities through a range of services.

The kihz foundation (Kinderbetreuung im Hochschulraum Zürich) provides access to a comprehensive network of childcare options.

The UZH family portal also offers you bundled information and advice on topics such as parental leave, balancing studies and family life, and part-time models.

→ [families.uzh.ch/en.html](https://families.uzh.ch/en.html)

## **PART-TIME STUDIES & JOB SEARCH**

Not everyone can or wants to study full-time. At UZH, it is also possible to study part-time. Ask your dean's office whether and how your degree program is compatible with part-time study.

→ [uzh.ch/en/studies/planning/part-time-studies.html](https://uzh.ch/en/studies/planning/part-time-studies.html)

If you want or need to work alongside your studies, you can find job vacancies specifically for students on the following platforms:

→ [uzhcareer.ch](https://uzhcareer.ch)

→ [uzh.ch/en/explore/work/jobs](https://uzh.ch/en/explore/work/jobs)

→ [marktplatz.uzhalumni.ch/en](https://marktplatz.uzhalumni.ch/en)

## **CAREER SERVICES**

Want to know which jobs match your degree? Or how to apply successfully? Career Services acts as an interface between the world of work and the university, supporting you with a wide range of workshops on job applications and CV checks, as well as individual advice on career paths during and after your studies. They also connect you with potential employers through events, fairs, and a job platform.

→ [careerservices.uzh.ch/en](https://careerservices.uzh.ch/en)

## **LANGUAGE CENTER**

Whether for your studies, a stay abroad, or simply out of curiosity, you can learn over 15 languages at various levels at the Language Center. Most courses cost between CHF 80 and CHF 150 for UZH students, depending on the course format, but there are also free courses available. Many courses earn you ECTS credits. In addition to semester courses, intensive courses are also offered during the lecture-free period, as well as courses on academic writing. Places are in high demand – early registration is a must!

→ [sprachenzentrum.uzh.ch/en](https://sprachenzentrum.uzh.ch/en)

## **UZH ALUMNI**

Even if your university degree is still a long way off, it's worth taking a look at UZH Alumni now. The organization brings together former and current students for exchange, networking, and mutual support. They regularly organize events that students can often attend.

A special highlight is the UZH Alumni Marketplace—the largest platform for classified ads at UZH related to student life, from shared apartments to part-time jobs.

→ [uzhalumni.ch](https://uzhalumni.ch)

## ASVZ - UNIVERSITY SPORTS FOR EVERYONE

The Academic Sports Association Zurich (ASVZ) offers students a huge, diverse, and mostly free range of sports activities—whether you're already a pro or just looking for a way to balance your everyday student life. You can choose from:

- over 120 sports, from A for aikido to Z for Zumba
- around 600 weekly lessons and 1,200 courses and camps
- several modern sports centers in Zurich and the surrounding area

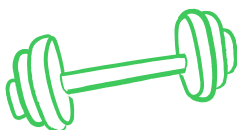
Whether you want to burn off energy, relax, or try something new, there's definitely something here for you.

→ [asvz.ch](https://asvz.ch)

## HEALTH@UZH

UZH is actively committed to your health – not only physical, but also mental. On the health@uzh platform, you will find information on mental and physical health, exercise, nutrition, and relaxation programs, as well as workshops, podcasts, and tips for everyday student life.

→ [health.uzh.ch](https://health.uzh.ch)



# *Embrace diversity & get support*

UZH aims to be a place where diversity is promoted, discrimination is actively combated and problems are addressed. To this end, there are various offices dedicated to ensuring an inclusive, fair and safe university – for you too.

## **EDI – DEPARTEMENT FOR EQUALITY, DIVERSITY, INCLUSION**

The EDI (Equality, Diversity & Inclusion) department is UZH's central office for equality, diversity, and inclusion. It advises all members of the university on related questions and concerns. It works on behalf of the Executive Board, manages the affairs of the relevant UZH committees, and actively promotes structural improvements.

→ [edi.uzh.ch/en](https://edi.uzh.ch/en)

## **UZH CommUNITY**

Everyone should feel comfortable at UZH. That is why we have a code of conduct: respect, openness, and fair treatment of one another. Together, we are committed to tolerance, diversity, inclusion, equal opportunities, and equality. You can find everything you need to know on the CommUNITY platform at a glance: from projects and counseling services to information about support in everyday university life.

→ [community.uzh.ch/en](https://community.uzh.ch/en)

## **DISABILITY OFFICE**

Studying with a chronic illness or disability can present additional challenges—but no one should have to forego education because of this. The Office for Students with Disabilities (FSB) supports you in overcoming these obstacles. Its goal is to make the university accessible to everyone.

→ [disabilityoffice.uzh.ch/en.html](https://disabilityoffice.uzh.ch/en.html)

The FSB provides confidential and individual advice. For example, if you wish to apply for reasonable adjustments for students with disabilities or chronic illnesses (NTA). Depending on the situation, such compensation may include additional exam time, different exam formats, or special spatial conditions. The specialist office will help you with clarification, application, and communication with your faculty.

→ [disabilityoffice.uzh.ch/en/NTA-EN.html](https://disabilityoffice.uzh.ch/en/NTA-EN.html)

## PSYCHOLOGICAL COUNSELING SERVICES

Studying is an extremely intense and challenging time. Exam stress, fears about the future, personal crises, or a lack of direction can affect anyone at any time. You are not alone. The Psychological Counseling Center offers free and confidential counseling sessions in various languages if needed.

→ [pbs.uzh.ch/en.html](https://pbs.uzh.ch/en.html)

**TIP**

Nightline Zurich, a listening service run by students for students, is also available during the semester—anonymous, free, and straightforward:  
[nightline.ch](https://nightline.ch)

## PROTECTION AGAINST SEXUAL HARASSMENT

The Office Against Sexual Harassment (RSB) is the point of contact for all students who experience or witness harassment or abusive behavior—whether at UZH, online, or in the context of their studies. There you will receive confidential advice, support, and assistance with the next steps.

→ [uzh.ch/en/explore/basics/responsibility/sexualharassment.html](https://uzh.ch/en/explore/basics/responsibility/sexualharassment.html)

## LEGAL ISSUES

The UZH Legal Service handles legal matters for the university itself and rarely comes into direct contact with students. It is not responsible for cases of exam cheating or plagiarism; these are handled by the university attorney and the disciplinary committee. Appeals against exam results are also usually handled directly by the faculties—the Legal Service is only consulted in more complex cases.

→ [rud.uzh.ch/en](https://rud.uzh.ch/en)

If, on the other hand, you need legal assistance yourself—for example, with rental or employment law issues—you can contact our free VSUZH legal advice service. Law students will advise you confidentially and competently.

→ [vsuzh.ch/rechtsberatung](https://vsuzh.ch/rechtsberatung)



# Sustainability at UZH

In its Sustainability Policy, UZH has set out how it intends to tackle the challenge of global sustainable development. In its accompanying Implementation Strategy 2030, the UZH sets goals for its own actions, including the goal of climate neutrality.

→ [sustainability.uzh.ch/en/policy-reporting/sustainability-policy](https://sustainability.uzh.ch/en/policy-reporting/sustainability-policy)

In centres of excellence, research focus areas and individual departments, researchers develop knowledge that is important for sustainable development, for example on the subject of human rights. You can find courses related to sustainability topics via the «Green VVZ».

→ [sustainability.uzh.ch/en/research-teaching/teaching/Green-VVZ](https://sustainability.uzh.ch/en/research-teaching/teaching/Green-VVZ)

UZH also contributes to sustainable development in its operational processes, for example through photovoltaic systems on roofs, vegan menus as standard in the canteens and the completely vegetarian/vegan canteen «Rämi 59». Since 2025, the «Butcher» menu line has also become «No-Butcher» on Mondays.





**Botanical Garden**  
Zollikerstrasse 107

Every two years, UZH reports on its progress in its sustainability report – the current report was published in 2025 covering the years 2023 and 2024. The central point of contact for sustainability at UZH is the Sustainability Hub. All faculties and groups at UZH, including students, are also represented on the Sustainability Commission. The Sustainability Newsletter provides regular updates on sustainability at UZH.

## HOW CAN STUDENTS CONTRIBUTE TO SUSTAINABLE DEVELOPMENT

There are currently around 16 student initiatives at UZH where you can get involved in sustainability issues. The initiatives range from university policy issues to the annual Sustainability Week to the «Strebergärtli», an allotment garden run by students on the Irchel campus. Students can also get involved in sustainability initiatives at institutes or stand for election to faculty and university committees. On a platform for voluntary commitments, UZH members – from students to university management – share the personal goals they have set themselves to contribute to a sustainable UZH.

Would you like to become part of the sustainability community at UZH? We look forward to your involvement in committees, student initiatives, voluntary commitments or suggestions sent to [info@sustainability.uzh.ch](mailto:info@sustainability.uzh.ch).

→ [sustainability.uzh.ch](https://sustainability.uzh.ch) or on Insta  
[@uzh.edi.sustainability](https://www.instagram.com/uzh.edi.sustainability)



# Location, Location, Location

*KOL, AND, SOC or RAI – strange abbreviations or secret codes?*

No, these are building designations at UZH. Very practical, but if you are new to the university, they don't really help you much – unless you know how to read them.

The UZH is not a campus in the traditional sense, but is scattered throughout the city: from the centre on Rämistrasse to Irchel, Oerlikon and Schlieren. While the buildings at Irchel are relatively close together, the locations in the centre and especially in Oerlikon are sometimes spread over several blocks. You should definitely take this into account if you have lectures in different locations one after the other – the change sometimes takes longer than you think.



Finding your way around can be a real challenge, especially at the beginning. But it's worth getting to know the buildings, shortcuts and routes little by little. This will help you find places to study, good cafeteria spots or quiet corners such as Irchelpark more quickly. Soon you'll find your own favourite place.

→ [plaene.uzh.ch](https://plaene.uzh.ch)

The UZH Now app can also be very helpful for finding rooms.

*But how do I read the secret code?*

Example: KOL-E-123

- Building: KOL = Kollegien building
- Floor: E
- Room number: 123

It sounds complicated, but you'll quickly get used to it once you've been there a few times.





# Between Locations

To help you find your way around between locations, here are the most important public transport tips:

## TRAM STATIONS CITY CAMPUS

- «ETH/Universitätsspital» from above
- «Kantonsschule» and «Neumarkt» von below
- «Platte» and «Voltrastrasse» for buildings further up (e.g. Careum)

## TRAM STATIONS IRCHEL

- «Milchbuck» for a pleasant walk through the Irchelpark
- «Universität Irchel» if you need to get there quickly

## TRAM STATIONENS OERLIKON

- «Leutschenbach» or «Bahnhof Oerlikon Ost» for BIN and AND
- «Bahnhof Oerlikon Ost» or «Bahnhof Oerlikon» for AFL

## POLYBÄHNLI

GA and ZVV-Pass are valid on the Polybahn. Single journey: CHF 1.20 (Please note: it only operates until 9 p.m. Monday to Friday!)

## SHUTTLE BUS

During the half-hour breaks in the morning and afternoon, as well as at lunchtime, free buses run between the city centre and Oerlikon.

→ [students.uzh.ch/en/dates/shuttle](https://students.uzh.ch/en/dates/shuttle)





**UB Law**

Rämistrasse 74/27, RAI-E-400

# Study Spaces

*From favourite spots to learning routines*

Finding the right place to study is almost an official part of university life and can be a real challenge depending on the time of year. Whether at home, in your favourite café, on a picnic blanket in the park or in one of the many university libraries – you will have to find out for yourself where you study best. Many students find that studying together with others helps them – they are more likely to stick with it, can exchange ideas and are better able to separate study time from leisure time. For others, however, studying together is more of a distraction. Try out what works for you!

There is not (yet) a complete list of all study areas at UZH, so a little spirit of discovery is required. You will find different types of study areas in the libraries, in many buildings, in study lounges or in quieter corners of corridors and hallways. If you want to work in complete peace and quiet, the quiet study areas in the libraries are the place for you.

There are dedicated group rooms for group work, some of which can be reserved – for example, at Irchel or in the centre. And sometimes, a table with a power socket is all you need to concentrate on a task, for example in the cafeteria, the Lichthof or a café near UZH.

It is worth taking a few exploratory tours of your faculty or the campus early in the semester.

## Tip

University is a place where you not only acquire specialist knowledge, but also learn how to learn. For many, this is quite a change from secondary school. If you find learning difficult, you can find tips and offers relating to learning and working at university on the UZH website:

[students.uzh.ch/en/new/learning](https://students.uzh.ch/en/new/learning)

# City Campus

*Daydreams, sprint duels and coffee oases – places to study in the middle of the university jungle*

The City Campus offers a colourful mix of study areas. It's worth staying curious and wandering through the buildings away from your usual favourite spot – that way, you'll always have a Plan B ready when things get tight.

## For the experienced

The Central Library. If you don't feel like dragging yourself up to the KOL building, but are willing to cuddle up to complete strangers at 7:45 in the morning, to then throw your bags down and grab seats in a synchronised sprint when the doors open: welcome. Good footwear, locker skills and well-rehearsed team tactics are an advantage here if you want to grab a study spot together.

📍 Zähringerplatz 6



## For early birds and night owls

There are two libraries in the main building: the larger Economics Library and the cosier Philosophy Library. Both are strategically located between the lecture hall, cafeteria and coffee station. Bonus for early and late learners: with your UZH Card, you can enter as early as 7 a.m. on weekdays and stay until 10 p.m.

📍 KOL, Floor H und F



## For high achievers

The Uniturm. The smaller study rooms on floors K and L feel almost like secret places – with a view, light and the feeling of “I know my way around here.” Right next door, there's a relaxation room for a quick power nap.

📍 KOL Uniturm, Floor K und L



## For the resistant

Studying in the Lichthof is like working in a market square – with charm, coffee and a certain amount of background noise. There is no library silence here, but it's a great place to observe who is currently desperately working on their assignment or already on their fifth mate.

📍 KOL, Rämistrasse 71



## **For those who like to take it easy, Sunday learners and medical students**

Everything is a little different at Careum: microwaves instead of a canteen, sofas instead of chairs, coffee from a machine instead of a barista. Perfect for slow learning or group breaks. Those who are serious about their studies will find a study room in the basement that is open 365 days a year. However, the glass box in the library is only accessible with a medical student ID – or with convincing lock technology.

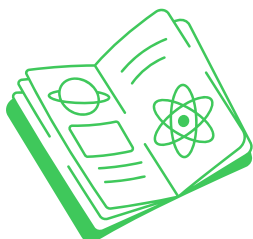
📍 Gloriastrasse 16



## **For anyone with wheels, asthma or sore muscles**

The centre and the RWI building offer easily accessible study spaces – even if stairs aren't your thing. Not everything is completely barrier-free (shout out to the RWI doors with their gym-level resistance), but with a little perseverance, you'll get through. Both locations have barrier-free toilets and handy tables without annoying table legs.

📍 KOL & RAI



**UB German Studies & Nordic  
Language and Literature**  
Schönberggasse 9, SOD-U-29

# Irchel

## *Study Spaces among Concrete Giants, Ponds and the Irchel Bar*

The Irchel Campus is growing – literally. Hidden away between the park, high-rise buildings and microwave ovens are places of learning to suit every mood. Some of them are easy to find, others are a bit like Easter eggs.

### **For the uncomplicated**

You can spread out with your laptop and coffee mug in the Lichthof the Irchel campus and on the surrounding benches. The background noise is often lively, but the cafeteria, kiosk and coffee refills are not far away – and it is pleasantly bright.

📍 Y24-G-100



### **For library fans**

The library cube in Y15 is a classic for library fans. Bookshelves, quiet and good lighting motivate you to get through even mediocre days.

📍 Y15, UB Sciences



### **For (almost) round-the-clock learners**

The Strickhof Learning Centre is the place to be if you like to study very early, very late or simply a lot: open 7 days a week, 7 a.m. to midnight. Strickhof has space for 400 students. Extra bonus: upstairs you'll find cushions, deckchairs and sometimes even your concentration.

📍 Y63, Strickhofstrasse 35



### **For relaxed ones**

Everything is a little more relaxed at the VSUZH-Stübli. Sofas, company and sometimes even a study atmosphere. If you are productive in company and like to treat yourself to a discounted mate from the VSUZH mate machine, this is the place for you.

📍 Y10-F-24





# Oerlikon

*Study spots between  
railway tracks and  
cake breaks*

When you think of the University of Zurich, Oerlikon may not be the first place that comes to mind. Nevertheless, this location is an integral part of UZH – and it has a lot to offer.

## For those who like it simple

Don't want to be surrounded by 20 sweaty students frantically rustling through their flashcards? Then you'll love the two study rooms just to the right and left of the BIN entrance. They're ideal for quiet work or group meetings with a coffee cup in hand.

📍 Binzmühlestrasse 14, BIN



## For Mediterranean lovers

Directly opposite Oerlikon railway station is the so-called Olive Hall. Although the trees are now made of plastic, the sunny atmosphere remains. If it gets too noisy downstairs, it's worth taking a detour to the libraries for political science, film and popular culture on the upper floor. Just a little tip: bring patience with you – the building is a labyrinth with a university degree.

📍 Affolternstrasse 56, AFL



## For all students

The library at BIN is spacious, bright and pleasantly open. If you live nearby or need a change of scenery, stop by – even if you don't have lectures at this location. With your UZH Card, you have access 365 days a year from 7 a.m. to 11 p.m.

📍 Binzmühlestrasse 14,  
BIN-0.E.01



# University Library

*More than just books – learning,  
researching and discovering*

The University Library of Zurich, or UB for short, comprises over 30 libraries throughout Zurich. You will probably visit the one that suits your subject or location. But if you have lectures at different campuses or simply need a change of scenery, it is definitely worth taking a look at other UB locations.

→ [ub.uzh.ch/en](https://ub.uzh.ch/en)

## **BORROW BOOKS & MORE**

The UB uses the [swisscovery](https://www.swisscovery.ch) platform, where you can search, reserve and order books, journals and digital content – not only from the UB or the ZB Zurich, but also from other university libraries in Switzerland. Many scientific texts and articles are available digitally, but some are only available on site or as physical books, especially older editions or specialist literature. If the book is located on the other side of town, no problem. The free courier service will deliver it to your desired University Library location. Simply select the pick-up location when placing your order.

→ [uzb.swisscovery.slsp.ch](https://www.uzb.swisscovery.slsp.ch)

The University Library also gives you access to academic video and film platforms. It's not Netflix, but it does offer documentaries and archive material that are perfect for procrastinating with an educational twist.

→ [ub.uzh.ch/en/literatur-suchen-nutzen/streaming](https://ub.uzh.ch/en/literatur-suchen-nutzen/streaming)



## STUDY SPACES AND GROUP ROOMS

The University Library has around 3,000 study spaces throughout the city, which all UZH students are welcome to use. One third of these can be reserved online, including group rooms. You can find the reservation tool on the University Library website:

[ub.uzh.ch/en/ub-besuchen/plaetze-buchen](https://ub.uzh.ch/en/ub-besuchen/plaetze-buchen)

Anyone can use free spaces in the reservable area, but the person with the reservation has priority. Unused reservations may expire after 30 minutes. So if you are sitting in a space that is reserved according to the system but remains empty for 30 minutes, you can contact the information desk, where the reservation will be rebooked for you.

Conversely, if you don't need your reservation or decide to study somewhere else, be considerate and release the seat in the system. Karma and your fellow students will thank you for it.

## STUDYING IN THE EVENINGS & ON WEEKENDS

Most university libraries are usually open on weekdays from 9 a.m. to 5 p.m. However, many offer longer access with a student ID card. This usually gives you access from 7 a.m. to 10 p.m. on weekdays.

If you are an early bird, night owl or weekend learner, you should know about these locations (Note: don't forget your student ID!).

Open daily from 7 a.m. to 11 p.m. (365 days a year):

- UB Business Administration
- UB English Literature and Linguistics
- UB German Studies & Nordic Language and Literature
- UB Medicine Careum Study Room
- UB Psychology
- UB Sciences
- UB Study Centre Irchel

→ [ub.uzh.ch/en/ub-besuchen/standorte](https://ub.uzh.ch/en/ub-besuchen/standorte)


## WHAT ELSE IS AVAILABLE AT THE UB

- Lockers
- Book scanners & copiers
- 3D printers
- AV equipment (cameras, microphones, etc.)
- Courses on literature research & data handling
- Personal counselling

Tips on study spaces, research, digital tools or new offers are also available on Instagram: [@uzh.ub](https://www.instagram.com/uzh.ub)

### Aha! Free rooms = study spaces

Seminar rooms and lecture halls at UZH can also be used for studying – provided they are open and no classes are taking place.



# More than just lecture halls

*Special rooms at UZH*

## **VSUZH-SPACES**

Welcome to the lion's den: RAD is home not only to the VSUZH office, but also to a cosy study lounge with sofas, table football and a coffee machine. The perfect place to take a break. In summer, there is even a garden with benches, where events organised by study associations and study organisations are regularly held.

♥RAD, Rämistrasse 62

## **MUSIC ROOM**

Want to learn the violin, but your flatmates have already suffered permanent damage from your scales? Don't worry – UZH offers music rooms with pianos and soundproofing. Here you can practise undisturbed, without getting kicked out of your flat share.

♥RAI (4 rooms) & Y15 F 15

[musikzimmer@del.uzh.ch](mailto:musikzimmer@del.uzh.ch)

## **TOWER KITCHEN**

The Uniturm not only offers a view over Zurich, but also a place to heat up spaghetti. The tower kitchen (complete with microwave!) and the adjacent study rooms are ideal for anyone who thinks better on a full stomach. Can also be reserved for events with home-cooked food.

♥KOL-K-2

**ASVZ Relax CAB**

Universitätstrasse 6

## ASVZ RELAX

Meditate, take a power nap or simply switch off for half an hour: the ASVZ relaxation rooms offer sound beds, quiet zones and meditation rooms. Ideal for anyone whose brain needs a quick reboot after a statistics lecture.

📍 Uniturm, CAB and Höggerberg  
[asvz.ch/sport/245229-entspannen](https://asvz.ch/sport/245229-entspannen)

## QUIET & SILENT ROOMS

For anyone who needs a place of retreat – whether for prayer or rest.

- Y63-M-01
- KOL-Q-3 (quiet room/prayer room)
- KOL-D-6 → Code MUST be requested from the [Study & Disability Office](#)

For the rooms on the Oerlikon campus, you must register by email:

[campusrat-oerlikon@uzh.ch](mailto:campusrat-oerlikon@uzh.ch)

- AFL F 143
- AND 4-51
- BIN 4-D 4.17

## LOST AND FOUND

Have you lost your iPad, your heart or your house keys? Ask at the lost and found office.

City Campus: KOL E 19

Irchel: Y23 H-53



## LOCKERS

If you always carry too much with you, you can rent lockers at Irchel for a deposit of CHF 50 from the Irchel facilities management service.

📍 Y23 H-53

## MUSEUMS & COLLECTIONS

Whether you're looking for a break from studying, some cultural enrichment or a date idea, the UZH museums are well worth a visit:

- Anatomical Study Collection
- Anthropological Collection
- Archaeological Collection
- Botanical Garden & Collection
- Ethnological Museum
- Moulage Museum
- Natural History Museum
- Palaeontological Museum
- Science Pavilion
- Veterinary Anatomical Collection
- Veterinary History Museum
- Zurich Herbariums

Addresses and opening hours for all UZH museums and collections can be found here:

[uzh.ch/en/explore/museums.html](https://uzh.ch/en/explore/museums.html)

## ROOM RESERVATIONS

Planning a general meeting, reading circle or poster campaign? Rooms and spaces can be easily reserved as a student, student organisation or study association.

→ [del.uzh.ch/en/Raumreservationen/Raumanträge](https://del.uzh.ch/en/Raumreservationen/Raumanträge)



# During the lecture

## DOS

- Take advantage of lectures: Later on during exam season, you'll be glad you paid attention.
- Ask questions if something is unclear. Often, many others have the same question and are grateful when it is asked. If you don't dare to ask during the lecture, use the break.
- If you know the answer, go for it! Everyone benefits, and studying thrives on dialogue.
- Use chats to discuss things during the lecture. Whispering to the person next to you is just distracting.
- Take notes: Not every slide ends up on OLAT, and not every point the lecturer makes is on the slides. At the beginning of the semester, find out which lecturers say a lot more than what's on the slides and where the slides already summarize the content. This makes it easier if you ever miss a lecture.
- Use the breaks: Lectures are long – get up for a moment, get some fresh air, or grab a caffeine boost.

## DONT'S

- If you have to leave early, don't sit in the middle—find a seat at the edge instead.
- A vibrating smartphone on the table annoys the whole row more than you think.
- XXL bags of chips, tuna salad, or kebabs are not appropriate for the lecture hall – your neighbors will thank you.
- Jackets, bags, and laptops spread across three chairs give the impression of a lack of solidarity – sharing is caring.
- Loud group conversations are appropriate in the bar foyer, not in the lecture hall.



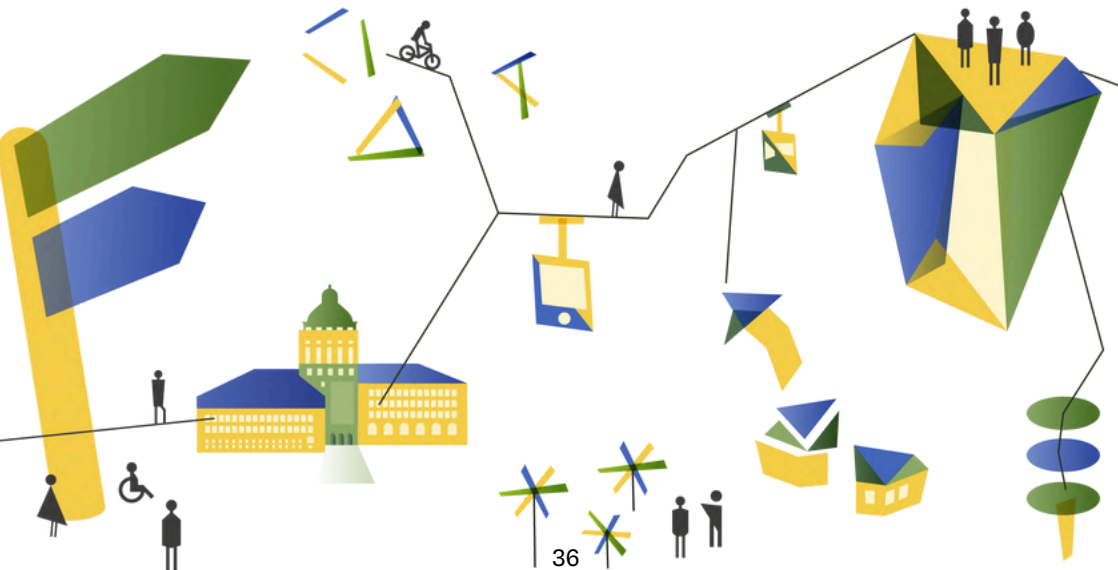
# Transdisciplinary Studies

*Where scientific expertise and society meet*

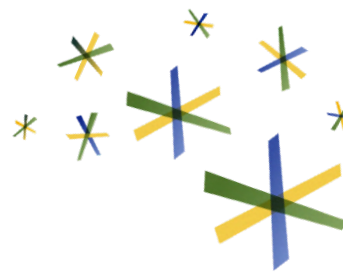
Climate change, artificial intelligence, globalisation and digital transformation – the major challenges of our time do not end at disciplinary boundaries, but require transdisciplinary, holistic solutions.

Transdisciplinarity is a methodological approach that combines different perspectives and disciplines, links scientific knowledge with knowledge from society and, above all, addresses questions that arise from everyday reality. Transdisciplinary education aims to enable students to question assumptions and norms and develop innovative solutions to the pressing issues of our time.

With the establishment of the School for Transdisciplinary Studies (STS), UZH has created a hub for interdisciplinary and transdisciplinary courses for Bachelor's, Master's and doctoral students from all faculties.



## *Broaden your horizon beyond your academic studies!*



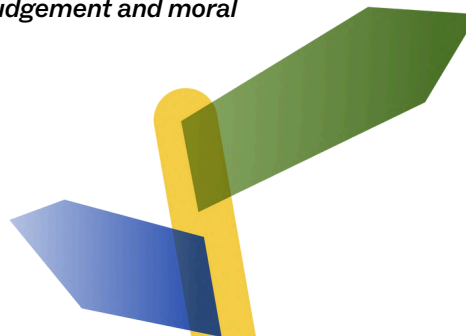
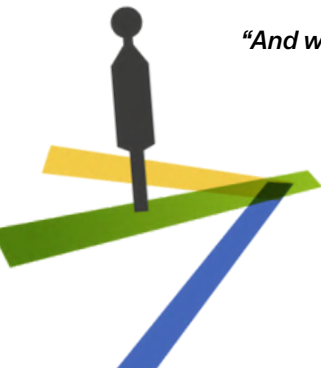
At the School for Transdisciplinary Studies, you can broaden your skill set in a variety of ways and earn ECTS credits in the process. Learn how to make an impact in areas such as sustainability, digital transformation, ethics, social engagement, future mobility and many others. You can expect exciting challenge-based teaching formats in which you will acquire interdisciplinary knowledge, combine different perspectives with others and analyse complex challenges. In some modules, you will realise your own projects, while in others you can strengthen your future skills. This will help you develop analytical skills, problem-solving abilities and innovative thinking.

These skills will not only help you successfully complete your studies, but also stand out from the crowd in your professional career. Take the opportunity to tailor your educational path and discover the wide range of courses offered by STS in the coming semester.

→ [sts.uzh.ch/en/students.html](https://sts.uzh.ch/en/students.html)

**«I am proud that we offer such a transdisciplinary course at the University of Zurich. Developing responsible ethical judgement is more important than ever in order to overcome the enormous challenges facing our world.»**

- Sheldon Masseraz, on the STS lecture  
*“And what do we do now? Ethical judgement and moral competence”*



# Exchange semester

## *Beyond Zurich – Into Adventure*

During your studies, you have the unique opportunity to spend one or two semesters at a partner university abroad or at another Swiss university. And let's be honest: when else will you have the opportunity to move to a new country or a new place with the support of your university – without having to worry about all the adult stuff like rent deposits, jobs or tax returns?

You will need to do a little planning – the sooner, the better. You can find all the important information and helpful links on financing, partner universities and applications on the UZH website. And if you ever lose track of things, the relevant offices will be happy to advise you.

You can find all offers and information about a possible stay here:

[students.uzh.ch/en/studyadmin/mobility](https://students.uzh.ch/en/studyadmin/mobility)

### Tip

Want to make your exchange sustainable? You can find ideas and tips here:

[int.uzh.ch/en/in/sustainability](https://int.uzh.ch/en/in/sustainability)





# Living in Zurich



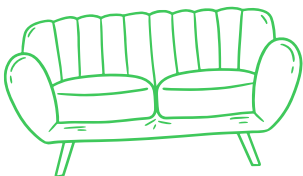
Zurich is a city full of students: over 50'000 students are enrolled at UZH and ETH alone. However, living space here is scarce and often expensive. That is precisely why affordable accommodation and shared flats are an important part of student life. WOKO (Student Housing Cooperative Zurich) and JUWO (Youth Housing Network Foundation) offer affordable housing options specifically for students, from shared flats to private studios. It is worth checking them out early on.

The VSUZH is here to help: on our website, you will find an overview of tips, platforms and offers specifically for students. We particularly recommend the free and ad-free accommodation platform [swiftliving.ch](https://www.swiftliving.ch), which we developed together with students.

→ [vsuzh.ch/wohnen](https://vsuzh.ch/wohnen)

**Tip**

Start your search early and look into these different platforms.



# Canteen & Caffeine

*Your culinary compass through UZH*



Whether you're looking for a culinary adventure or some much-needed caffeine, UZH has something to suit almost every appetite (and almost every situation). From steaming curries and vegan bowls to coffee that will pull you out of that 8:15 a.m. worst-of-the-day hole.

For only CHF 6.10 (or CHF 7.50 for the Butcher Menu), you'll be hard-pressed to find a more balanced and varied lunch menu anywhere else in Zurich.

→ [mensa.uzh.ch/de/menueplaene](https://mensa.uzh.ch/de/menueplaene)

## **VICAFFE IRCHEL & CITY CAMPUS**

Coffee like in the city centre, but cheaper and without the tourists. There are two ViCAFFE espresso bars at UZH: at Irchel and in the centre (right by the main entrance). Thanks to campus prices, you can treat yourself to an iced latte like a true caffeine connoisseur, even on a student budget.

Pro tip: Also ideal if you urgently need to 'just pop out' between two lectures.

### **TIP**

Between 11:50 and 12:40, a seat in the cafeteria is the most valuable commodity on campus. If you want to avoid angry glances, you should vacate your study spot by half past eleven at the latest.



# CITY CAMPUS

## CAFETERIAS ZENTRUM: UPPER & LOWER

There are two different cafeterias in the main building: the upper and lower cafeterias. Both are chronically overcrowded at lunchtime. A glance at the UZH app will tell you on the way whether it's worth queuing up today. Please note: they don't serve the same food in both cafeterias!

📍 MEN, Künstlergasse 10



## CAFÉ COMPLET

The good old corner store of the university. You can find everything here: coffee, carrot cake, magazines, toothbrushes – and official UZH merchandise. Ideal for taking a breather, chatting, or grabbing a spontaneous mental health snack.

📍 KOL-D-9a



## LICHTHOF-CAFETERIA

The cafeteria is located in the atrium of the main building. It's a bit more relaxed here, as long as there are no information events going on. You can also get hot meals at lunchtime – but if you arrive late, you'll have to sit on the floor.

📍 KOL-D, Halle/Rondell



## RÄMI 59 (VEGAN HEAVEN)

Vegan cuisine, affordable and varied: two daily changing menus and a to-go counter will save your day—provided you're willing to brave the notorious lunch queue. Patience pays off (most of the time).

📍 RAA-E-04A



## DENTISTRY CAFETERIA

Healthy, colorful, and with fusion vibes: the ZZM cafeteria at the Center for Dental Medicine is open 24/5 and offers stylish bowls, self-checkout counters, and a sunny terrace to linger on. Regular theme weeks ensure culinary variety.

📍 ZUI-E-01, Plattenstrasse 11



## PLATTE 14

If you like Oriental-Asian food, you'll be happy here. Lots of vegan and vegetarian options, great cakes—even gluten-free! And if you stay in the evening, you might happen upon a student organization party or karaoke session.

📍 PLM-E-001



# IRCHEL CAMPUS

## CAFETERIA IRCHEL

If you think only the city cafeteria is crowded, you haven't experienced the lunchtime chaos at Irchel yet. At noon sharp: traffic jam. You weave your way through lab coats, algebra formulas, and hungry geographers to get to the food counter—but hey, the menu is solid and the selection is great. Tip: Either come early or switch to the salad bar—it saves time and nerves.

📍 Y22-H-62



## SEEROSE IRCHEL

A place for sandwiches, coffee, or pizza slices. In summer, just sit outside, soak up the sun, and forget for a moment that the next assignment is waiting. Study bonus: in the evenings during the week, you can even grab a hot dinner here.

📍 Y22-G-62A



## IRCHEL FOOD TRUCKS

Not in the mood for the cafeteria? Then head straight for the food trucks. Whether it's burritos, curry, or wraps—your heart (and stomach) will be delighted.

📍 between Y13 and Y14



## GREEN KITCHEN LAB

Like a cafeteria, only fancy: stylish furniture, stylish people, and stylish food—almost too beautiful to eat. The two dishes are based on seasonal and plant-based products. Here, sustainability meets Instagram-worthy interior design. The only downside: the price. But at CHF 8.90 it's definitely a highlight for now and then.

📍 Y05-G-37



## TIERSPITAL CAFETERIA

Not only veterinarians eat here, but their four-legged friends are also welcome. The menu is solid, the atmosphere is friendly, and between pictures of dogs and anatomy models, you almost forget that you have to go back to your internship soon.

📍 TSA-00-09



## IRCHEL BAR

After studying comes... well, drinks. The Irchel Bar is your go-to place for what is probably the largest selection of beers of any university in Switzerland. Relaxed atmosphere, regular events, and romantic sunsets. Perfect for clearing your head after a long session with your fellow students. Warning: it rarely stops at just one.

📍 Y00-F-01



# OERLIKON CAMPUS

## CITYPORT CAFETERIA

Small but mighty—and right next to Oerlikon train station. Perfect for anyone who's always short on time and not a fan of crowded cafeterias. Lunch without the long lines, but with limited seating. In summer, you can also sit outside.

📍 AFL-E-001

## MORE

## CAFETERIA BOTANISCHER GARTEN

Welcome to the secret hideaway for everyone who loves plants more than people. Here you'll mainly find PhD students who have been discussing a fern for the past three days. When the weather is good, sit on the terrace among the trees and feel like you're studying a different subject for a moment. If you're looking for a hidden gem during your study period, the BoGa library has study areas that hardly anyone knows about. And if your head is wilting from cramming, just take a quick stroll through the tropical hall.

📍 BOT-0-40



## CAFETERIA OERLIKON

Psychologists, computer scientists, and journalism students all come together in one place that somehow always gets overlooked. But that's exactly why you can usually find a seat here. Highlight: the large terrace. Perfect for brainstorming sessions or student club aperitifs at sunset. If you miss lunch, don't panic: Kafi Ö is located below the cafeteria and serves sandwiches, cakes, and coffee—open until 5:00 p.m.

📍 BIN-1-E.13



## FOOD SPOTS AT ETH

You can also get discounted meals at ETH with your student ID. The only catch is that the base prices at ETH are often a bit higher.

- Food & Lab: Street food, salads, sandwiches, smoothies – healthy & homemade.
- Clausiusbar: Wok dishes, Asian bowls, and lassis.
- bQm: Coffee, beer, and snacks with a terrace for chilling out.

→ [ethz.ch/en/campus/getting-to-know/cafes-restaurants-shops/gastronomy/restaurants-and-cafeterias](https://ethz.ch/en/campus/getting-to-know/cafes-restaurants-shops/gastronomy/restaurants-and-cafeterias)

# Organised online

*Everything related to digital studies, from module booking to VPN*

## PASSWORDS AND ACCOUNTS

Your access to Wi-Fi, email, module booking and much more is managed via the UZH Identity Manager. There you can manage your passwords and reset them if necessary.

→ [identity.uzh.ch](https://identity.uzh.ch)

### UZH FULLNAME?

Your UZH full name is your unique identifier at the university – derived from your first and last name. If necessary, a number is added (e.g. Noa Rivera 2). You can easily derive it from your UZH email address.

## UZH EMAIL ADDRESS

Your UZH email account is your official channel of communication with the university. Lecturers and administrators will only write to this address, so please check it regularly or integrate it into your normal email programme.

→ [zi.uzh.ch/en/students/workplace-collaboration/get-email](https://zi.uzh.ch/en/students/workplace-collaboration/get-email)

## WLAN & VPN

You can log in to the university Wi-Fi network using your UZH short name and password. When you are on the move, you can use the UZH VPN to access licensed content and university services – even at SBB hotspots or abroad via eduroam (the international university Wi-Fi standard).

→ [zi.uzh.ch/en/support/network](https://zi.uzh.ch/en/support/network)

If you want to access the university network from home (e.g. for e-journals or databases), you need a VPN:

[zi.uzh.ch/en/support/network/vpn\\_ISAC](https://zi.uzh.ch/en/support/network/vpn_ISAC)

## VALIDATION STATIONS

At the beginning of each new semester, you must validate your student ID card at one of the 17 validation stations at UZH. You can find a map showing all validation stations on the university website.

→ [uzhcard.uzh.ch/en](https://uzhcard.uzh.ch/en)

## WEBPRINT & COPYING

With the UZH WebPrint system, you can send print jobs from anywhere using your email to any printer on campus and print them out at the printer itself using your student ID card. You can top up your print credit online.

→ [zi.uzh.ch/en/students/workplace-collaboration/uzhprintplus/4students](https://zi.uzh.ch/en/students/workplace-collaboration/uzhprintplus/4students)

## SOFTWARE PORTAL

The UZH software buffet: From Office and statistics tools to Safe Exam Browser, you'll find everything you need to make your digital student life easier—and the best part? It costs you nothing. Ideal for anyone who finally needs a real graphics program instead of Paint.

→ [zi.uzh.ch/en/students/software-elearning/campussoft](https://zi.uzh.ch/en/students/software-elearning/campussoft)

## STUDENT PORTAL

Module registration, timetable, grades, study progress—everything related to the administrative side of your studies is handled via the student portal. You can also find the course catalog here. In short: your digital studies begin right here.

→ [studentservices.uzh.ch](https://studentservices.uzh.ch)

## OLAT

OLAT is the official learning management system at UZH. Every faculty uses it—some more consistently than others. Here you will find course materials, submission folders, and discussion forums. And yes, sometimes OLAT is just a PDF repository.

→ [lms.uzh.ch/dmz/](https://lms.uzh.ch/dmz/)

## QUESTIONS?

Whether you're looking for technical tips, links, or planning help, you'll find more information at [students.uzh.ch/en](https://students.uzh.ch/en) – from module registration to graduation.



# Useful Apps

## UZH NOW

This app is your digital university compass. What's on the timetable today? Where exactly is KOL-F-101? And what's actually on offer in the canteen? UZH NOW shows you your modules, your rooms, the canteen menu, the most important news and the campus map. It even has an SOS button in case you get lost in the library or the Wi-Fi finally gives up the ghost.

Free for iOS and Android.

## FOR WHEN YOU'RE HUNGRY

Too late for the cafeteria, too early for dinner, and too broke for anything in between? With Too Good To Go, you can get food that would otherwise end up in the bin – as a surprise bag at a low price. Sustainable and delicious.

Free for iOS and Android.

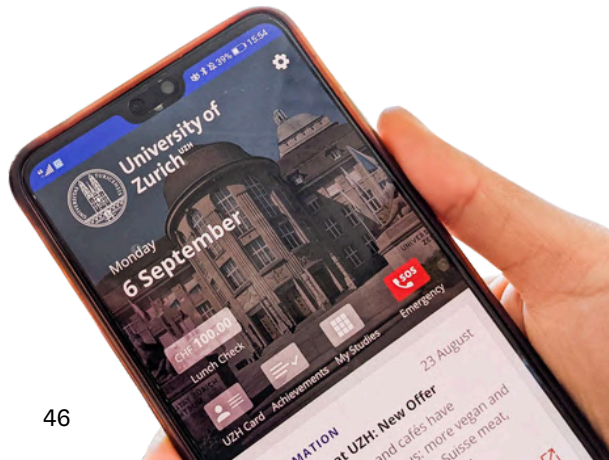
## ASVZ

Super conditi at 12 noon or would you rather do ballet at 1 p.m.? With the ASVZ app, you're always up to date: Which courses are currently running? Where are still places available? In addition to booking courses, you also need the app to check in at the sports facilities – no access without a profile. Your sporty life at UZH, neatly packed in one app.

Free for iOS and Android.

## DURING THE LECTURE

Want to take notes, highlight, sketch or brainstorm like crazy? There are great tools for digital notes such as OneNote, Notability, Goodnotes or – for PDF fans – Drawboard PDF (Windows) or Evernote (Apple). They'll help you stay organised, or at least look like you are.



# Useful Websites



Everything you need:

- [students.uzh.ch/en](https://students.uzh.ch/en)
- [vsuzh.ch](https://vsuzh.ch)

All plans at UZH:

- [plaene.uzh.ch](https://plaene.uzh.ch)

All opening hours:

- [uzh.ch/en/explore/info](https://uzh.ch/en/explore/info)

All canteens & cafeterias:

- [mensa.uzh.ch/menueplaene](https://mensa.uzh.ch/menueplaene)

All university libraries:

- [ub.uzh.ch/en](https://ub.uzh.ch/en)

Online lending & online library of the  
UB and ZB Zurich

- [uzb.swisscovery.slsp.ch](https://uzb.swisscovery.slsp.ch)

Many of the publications by UZH  
researchers:

- [zora.uzh.ch](https://zora.uzh.ch)

All important dates:

- [uzh.ch/en/studies/dates](https://uzh.ch/en/studies/dates)

All degree programmes & lectures:

- [studentservices.uzh.ch/uzh/anonym/vvz](https://studentservices.uzh.ch/uzh/anonym/vvz)

Module booking:

- [students.uzh.ch/en/studyadmin/booking](https://students.uzh.ch/en/studyadmin/booking)

OLAT (Online Learning and Training):

- [lms.uzh.ch](https://lms.uzh.ch)

All events:

- [uzh.ch/en/events/agenda](https://uzh.ch/en/events/agenda)

ASVZ - sports programme:

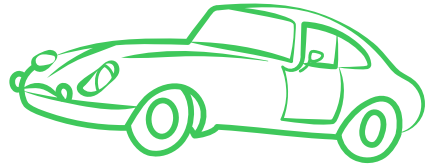
- [asvz.ch/en](https://asvz.ch/en)

UZH job portal:

- [uzhcareer.ch/en](https://uzhcareer.ch/en)



# Old-Timer Wisdom



«You always see each other twice. This also applies to your learning material. Your long-term memory does justice to this. Of course, getting to know the material again and again also has its appeal.»

«Find your learning technique: mind maps, continuous text, bullet points, flashcards, discussions, etc. Try everything out!»

«If you don't understand something, ask the lecturer: during the lecture, during the break or, for example, on OLAT.»

«It'll be written down somewhere, rarely works.»

«The texts are no easier to understand at the end of the semester than they were before. Start revising after the first lesson.»

«Old exams are worth their weight in gold – as are older students. Pay them well (e.g. with caffeine) – they are corruptible and poor.»

«During the exam: stay calm, proceed systematically, take some dextrose, don't let yourself get unsettled, and carry on.»





«Once during your studies, you are allowed to freak out, lash out wildly, tear your exam papers into little pieces and run screaming out of the hall – but only once.»

«Excursions are great – don't be afraid to take part in one during your first semester if the opportunity arises.»

«Charge your laptop beforehand, not in the lecture hall – power sockets are a scarce resource.»

«Parties, events and life outside the lecture hall are just as much a part of it. With the right balance between studying and leisure time, you'll last longer – and have more fun doing it.»

«Studying can be demanding at times. However, there are cancellation deadlines in the middle of the semester, allowing you to reduce your workload if it becomes too much.»

«Find allies: study groups, fellow students or older students are worth their weight in gold – sticking it out together makes everything easier.»

«It is completely normal to fail an exam or perform less well than usual. The important thing is that you learn from it – it's about the big picture, not every single mark.»



**«Believe me, been there,  
done that» - Pitbull**



# Emergency



## EMERGENCY NUMBERS

Police	117
Fire Services	118
Medical Services	144
Emergency of the University Hospital Zurich	044 255 11 11
Zurich Crisis Intervention	044 296 73 10

## INTERNAL EMERGENCY NUMBERS

In-house Fire Department	118
In-house Medical Services	144
Special Incidents	112
Technical Issues (ServiceCenter)	175





2025

# VSUZH Board



2024



2023

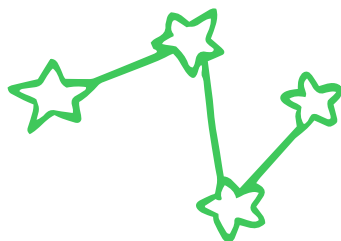


2022





2021



2020



2019



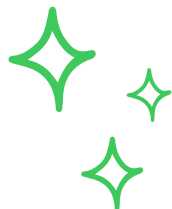
2018



2017



2016



# My Notes



