

YUFE Student Services

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The Young Universities for the Future of Europe (YUFE) is one of the dynamic European University Alliances, selected by the European Commission. YUFE aims to shape a holistic and inclusive future for students and learners, and their society in Europe. The YUFE Alliance strives to be the front-running Alliance of European Higher Education in which students, learners, and staff are co-leaders, co-dreamers, and co-creators. YUFE's mission is to become a successful model of a socially responsible European University.

BEFORE ARRIVAL

Housing

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/support/your-studies-begin/living-maastricht/find-accommodation-maastricht
Nicolaus Copernicus University	https://www.umk.pl/en/erasmus/students/accommodation/ https://en.cm.umk.pl/campus-overview/accommodation/ https://www.umk.pl/en/erasmus/life/guide/hotel/
Universidad Carlos III de Madrid	https://www.uc3m.es/ss/Satellite/ApoyoEstudiante/en/TextoDosColumnas/1371376076941/Alojamiento
University of Antwerp	https://www.uantwerpen.be/en/life-in-antwerp/housing/ https://www.uantwerpen.be/en/study/international-mobility/erasmus-and-exchange-students/prepare-your-stay/
University of Bremen	https://www.uni-bremen.de/en/university/campus/housing https://www.uni-bremen.de/en/studies/starting-your-studies/offers-for-international-students/newcomer-service-for-exchange-students https://www.ucy.ac.cy/aasw/student-welfare/housing-office/?lang=en
University of Cyprus	University of Cyprus UCY- CY NICOSIA01 Palechorou Irene, University Officer in charge, Housing Office E: housing@ucy.ac.cy T: +35722894348
University of Eastern Finland	https://kamu.uef.fi/en/tietopankki/student-life-and-leisure/student-housing/
University of Essex	https://www.essex.ac.uk/life/accommodation askthehub@essex.ac.uk
University of Rijeka	https://uniri.hr/en/studies/university-of-rijeka-students/
Université Sorbonne Nouvelle	http://www.univ-paris3.fr/accommodation-information-for-exchange-students-588614.kjsp?RH=1263550438432

Visa

Institution	Contact Details	Website for information
Maastricht University	E: visa@maastrichtuniversity.nl	
Nicolaus Copernicus University in Torun	Campus in Torun E: incoming@erasmus.umk.pl T: +48 56 611 4928 Collegium Medicum in Bydgoszcz E: erasmus@cm.umk.pl T: +48 52 585 3337	https://www.umk.pl/en/onboarding/before-you-arrive/ //www.umk.pl/en/erasmus/life/guide/issues/#A1 Polish Ministry of Foreign Affairs www.gov.pl/web/diplomacy/visas
University of Rijeka	E: international@uniri.hr / vize@mvep.hr	//www.mvep.hr/en/consular-information/visas/visa-requirements-overview/
Universidad Carlos III de Madrid	E: incoming@uc3m.es	//www.uc3m.es/ss/Satellite/UC3MInstitucional/en/TextoMixta/1371220461335/
University of Antwerp		//www.uantwerpen.be/en/study/international-mobility/erasmus-and-exchange-students/prepare-your-stay/
University of Bremen	E: incoming@uni-bremen.de	//www.uni-bremen.de/en/studies/starting-your-studies/offers-for-international-students/newcomer-

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service-for-exchange-students

University of Cyprus	Irida Chrysafi E: visa@ucy.ac.cy T: +35722894050	//www.ucy.ac.cy/internationalsupport/
University of Eastern Finland		https://kamu.uef.fi/en/tietopankki/general-practical-instructions/visa-and-residence-permit/ Finnish Immigration service: https://migri.fi/en/studying-in-finland
University of Essex	E: askthehub@essex.ac.uk	https://www.essex.ac.uk/international/immigration-and-visas

Insurance

Institution	Contact Details	Website for information
Maastricht University	Student Services Centre (SSC) Contact information: E: study@maastrichtuniversity.nl T: +31 43 38 85388 Chat with us (Mon-Fri from 8.30 to 17.00 CET) Facebook (Messenger) Twitter Instagram	//www.maastrichtuniversity.nl/support/during-your-studies/money-matters/compulsory-health-insurance
Nicolaus Copernicus University in Torun	Campus in Torun E: incoming@erasmus.umk.pl T: +48 56 611 4928 Collegium Medicum in Bydgoszcz E: erasmus@cm.umk.pl T: +48 52 585 3337	https://www.umk.pl/en/admissions/insurance/ https://www.umk.pl/en/onboarding/legal-matters/

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University of Rijeka	E: international@uniri.hr	https://uniri.hr/en/studies/university-of-rijeka-students/
Universidad Carlos III de Madrid	E: incoming@uc3m.es	https://www.uc3m.es/ss/Satellite/UC3MInstitucional/en/TextoMixta/1371220461335/#healthinsurance
University of Antwerp		//www.uantwerpen.be/en/study/international-mobility/erasmus-and-exchange-students/prepare-your-stay/
University of Bremen	E: incoming@uni-bremen.de	//www.uni-bremen.de/en/studies/starting-your-studies/offers-for-international-students/newcomer-service-for-exchange-students/before-arrival#c41496
University of Cyprus	UCY- CY NICOSIA01 Emma Zeniou, University Officer in charge, Mobility Support Office E: erasmus@ucy.ac.cy T: +35722894281	https://www.ucy.ac.cy/ir/mobility/erasmus/studies-incoming-er/2025-2026/?lang=en
University of Eastern Finland		//kamu.uef.fi/en/student-book/insurance-cover/
University of Essex	E: askthehub@essex.ac.uk	https://www.essex.ac.uk/welcome/international-students/banking

Living Costs

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/sites/default/files/2023-03/kcis_infosheet_cost_of_living_in_the_netherlands_0.pdf
Nicolaus Copernicus University	https://www.umk.pl/en/students_life/money/

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Universidad Carlos III de Madrid	https://www.uc3m.es/living-madrid/need-know/social-cost-life-::~:~:text=The approximate cost of living,area and type of housing.
University of Antwerp	https://www.uantwerpen.be/en/life-in-antwerp/budget-social-facilities/cost-of-studying/
University of Bremen	https://www.uni-bremen.de/en/research-alliance/welcome-center/cost-of-living
University of Cyprus	https://www.ucy.ac.cy/livinginnicosia/accommodation-living/?lang=en
University of Eastern Finland	https://www.uef.fi/en/everyday-life-in-finland
University of Essex	https://www.essex.ac.uk/student/money/cost-of-living
University of Rijeka	https://uniri.hr/en/studies/university-of-rijeka-students/
Université Sorbonne Nouvelle	http://www.univ-paris3.fr/vos-guides-etudiants-2024-25-844486.kjsp

UPON ARRIVAL

Welcome activities

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/support/your-studies-begin/international-students-coming-maastricht/welcome-package-international-1-~:text=The Welcome Day starts with,usfeull for all new students.
Nicolaus Copernicus University	https://www.umk.pl/en/erasmus/life/guide/welcome/
Universidad Carlos III de Madrid	https://www.uc3m.es/studies/international-exchange-students-in-uc3m/bachelor-degrees/welcome-days
University of Antwerp	https://www.uantwerpen.be/en/events/welcome-week/
University of Bremen	https://www.bremen-research.de/en/welcome-center
University of Cyprus	
University of Eastern Finland	https://kamu.uef.fi/en/tietopankki/new-students/orientation-for-international-students/
University of Essex	https://www.essex.ac.uk/welcome
University of Rijeka	https://uniri.hr/en/studies/university-of-rijeka-students/
Université Sorbonne Nouvelle	

Places to eat

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/about-um/sustainability/operations/food-and-catering
Nicolaus Copernicus University	https://www.umk.pl/en/erasmus/life/guide/board/ https://visittorun.com/en/gastronomia/restauracje
Universidad Carlos III de Madrid	https://www.uc3m.es/isec/cafeterias-y-restaurantes
University of Antwerp	https://www.uantwerpen.be/en/life-in-antwerp/catering/
University of Bremen	https://www.uni-bremen.de/en/university/campus/dining
University of Cyprus	https://www.ucy.ac.cy/commercialservices/restaurants-cafeterias/?lang=en
University of Eastern Finland	https://www.uef.fi/en/campus-restaurants

University of Essex	https://www.essex.ac.uk/student/food-and-drink/food-and-drink-at-colchester-campus
University of Rijeka	https://www.scri.uniri.hr/prehrana/objekti
Université Sorbonne Nouvelle	https://nation.sorbonne-nouvelle.fr/vie-de-campus/restauration-étudiants

Transportation

Institution	Website for information
Maastricht University	https://www.maastrichtsummerschool.nl/getting-around-maastricht/
Nicolaus Copernicus University	https://visittorun.com/en/page/public-transport
Universidad Carlos III de Madrid	https://www.uc3m.es/living-madrid/need-know/transport
University of Antwerp	https://www.uantwerpen.be/en/jobs/international-staff-office/on-arrival/transportation/public-transport/
University of Bremen	https://www.uni-bremen.de/en/university/campus/getting-here
University of Cyprus	https://www.ucy.ac.cy/livinginnicosia/getting-here/?lang=en
University of Eastern Finland	https://kamu.uef.fi/en/tietopankki/new-students/arriving-on-campus/
University of Essex	https://www.essex.ac.uk/student/travel-and-transport
University of Rijeka	https://uniri.hr/en/studies/general-information-for-the-students/
Université Sorbonne Nouvelle	http://www.univ-paris3.fr/vos-guides-etudiants-2024-25-844486.kjsp

Faculties

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/nl/over-de-um/faculteiten
Nicolaus Copernicus University	https://www.umk.pl/en/erasmus/life/guide/faculties/
Universidad Carlos III de Madrid	https://www.uc3m.es/ss/Satellite/Grado/en/TextoMixta/1371211886741/?d=Touch
University of Antwerp	https://www.uantwerpen.be/en/about-uantwerp/faculties/

University of Bremen	https://www.uni-bremen.de/en/university/organization/all-faculties
University of Cyprus	https://www.ucy.ac.cy/about/administration/faculties-and-departments/?lang=en
University of Eastern Finland	https://www.uef.fi/en/university#paragraph-988351
University of Essex	https://www.essex.ac.uk/departments
University of Rijeka	https://uniri.hr/en/about-university/unirithe-university-of-rijeka/
Université Sorbonne Nouvelle	http://www.univ-paris3.fr/l-offre-de-formation-de-la-sorbonne-nouvelle-3.kjsp?RH=ACCUEIL

Student clubs & associations

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/support/during-your-studies/besides-your-study/student-organisations/overview-student-organisations
Nicolaus Copernicus University	https://www.umk.pl/en/onboarding/support/
Universidad Carlos III de Madrid	https://www.uc3m.es/ss/Satellite/AsociacionesEst/en/TextoDosColumnas/1371383720362/Nuestras_asociaciones
University of Antwerp	https://www.uantwerpen.be/en/life-in-antwerp/leisure-and-culture/student-associations/
University of Bremen	https://www.uni-bremen.de/en/jura/faculty-of-law/study/student-organisations
University of Cyprus	https://www.ucy.ac.cy/aasw/student-welfare/student-life/student-clubs/?lang=en
University of Eastern Finland	https://kamu.uef.fi/en/tietopankki/student-life-and-leisure/student-union-and-student-associations/
University of Essex	https://www.essex.ac.uk/life/student-community
University of Rijeka	https://sz.uniri.hr/
Université Sorbonne Nouvelle	https://uniri.hr/en/studies/university-of-rijeka-students/
Université Sorbonne Nouvelle	http://www.univ-paris3.fr/associations-de-la-sorbonne-nouvelle-50.kjsp?RH=1358443230715

Sports activities

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/lifeum/sports-maastricht
Nicolaus Copernicus University	https://www.mosirtorun.pl/obiekty.html
Universidad Carlos III de Madrid	https://www.uc3m.es/sport/home
University of Antwerp	https://www.uantwerpen.be/en/life-in-antwerp/leisure-and-culture/sports/
University of Bremen	https://www.uni-bremen.de/en/university/campus/sports
University of Cyprus	https://www.ucy.ac.cy/athletics/?lang=en
University of Eastern Finland	https://kamu.uef.fi/en/tietopankki/well-being/syketta-sport-services/
University of Essex	https://www.essex.ac.uk/sport
University of Rijeka	https://sport.uniri.hr/en/ https://uniri.hr/en/studies/university-of-rijeka-students/
Université Sorbonne Nouvelle	http://www.univ-paris3.fr/service-universitaire-des-activites-physiques-et-sportives-suaps--240.kjsp?RH=1327590741579

Culture

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/support/um-employees/you-and-your-work/knowledge-centre-international-staff/new-community/social-and
Nicolaus Copernicus University	https://visittorun.com/en/rozrywka/festiwale-i-imprezy https://torun.pl/en/kalendarz-wydarzen
Universidad Carlos III de Madrid	https://www.uc3m.es/living-madrid/need-know/events-associations-cultural-centres
University of Antwerp	https://www.uantwerpen.be/en/life-in-antwerp/leisure-and-culture/culture/
University of Bremen	https://www.uni-bremen.de/en/university/campus/culture-~:text=On campus, there are many,by the different degree programs.
University of Cyprus	https://websites.ucy.ac.cy/cucentre/en/

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University of Eastern Finland	https://www.uef.fi/en/leisure-time-for-international-staff https://kamu.uef.fi/en/tietopankki/student-life-and-leisure/
University of Essex	https://www.essex.ac.uk/life/colchester-campus/facilities/art-and-culture
University of Rijeka	https://www.skc.uniri.hr/ https://uniri.hr/en/studies/university-of-rijeka-students/
Université Sorbonne Nouvelle	http://www.univ-paris3.fr/service-d-action-culturelle-319090.kjsp?RH=1179926172259

Language learning

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/about-um/other-offices/language-centre
Nicolaus Copernicus University	https://www.umk.pl/en/university/learning-polish/courses/ https://www.umk.pl/en/university/learning-polish/summer-courses-nawa/ https://www.umk.pl/en/university/learning-polish/courses/
Universidad Carlos III de Madrid	https://www.uc3m.es/idiomas/languages-uc3m
University of Antwerp	https://www.uantwerpen.be/en/centres/linguapolis/language-courses/
University of Bremen	https://www.uni-bremen.de/en/language-centre-of-the-universities-in-the-land-of-bremen/language-centre-szhb
University of Cyprus	https://www.ucy.ac.cy/langce/?lang=en
University of Eastern Finland	https://www.uef.fi/en/unit/language-centre
University of Essex	https://www.essex.ac.uk/life/for-all/languages-for-all
University of Rijeka	https://rks.ffri.hr/en/courses/intensive-course.html
Université Sorbonne Nouvelle	https://ipo.sorbonne-nouvelle.fr/masters/français-langue-etranquère-et-seconde-fles

Working or volunteering

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/nl/support/tijdens-je-studie/geldzaken/werken-naast-je-studie/studentenbanen-aan-de-um
Nicolaus Copernicus University	https://www.umk.pl/en/yufe/civic/ https://fundacja.umk.pl/wolontariat/ https://www.biurokarier.umk.pl/wolontariat
Universidad Carlos III de Madrid	https://www.uc3m.es/studentssupport/internship-employment
University of Antwerp	https://www.uantwerpen.be/en/life-in-antwerp/budget-social-facilities/student-jobs/
University of Bremen	https://www.uni-bremen.de/en/career-center/jobs-internships
University of Cyprus	https://www.ucy.ac.cy/careercentre/employment-opportunities/?lang=en
University of Eastern Finland	https://www.isyy.fi/en/whats-on/job-search-tips-for-international-students.html
University of Essex	https://www.essex.ac.uk/student/careers/jobs-on-campus
University of Rijeka	https://uniri.hr/en/studies/university-of-rijeka-students/
Université Sorbonne Nouvelle	http://www.univ-paris3.fr/le-service-d-information-et-d-orientation-sio--448678.kjsp?RH=1488295442571

Diversity and inclusion

Institution	Website for information
Maastricht University	https://www.maastrichtuniversity.nl/about-um/diversity-inclusivity
Nicolaus Copernicus University	https://portal.umk.pl/en/article/mission-fun-and-integration https://koi.umk.pl/pages/International Point/?lang=en
Universidad Carlos III de Madrid	https://www.uc3m.es/equality/home

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University of Antwerp	https://www.uantwerpen.be/en/about-uantwerp/organisation/what-do-we-stand-for/areas-of-focus/diversity-and-inclusion/
University of Bremen	https://www.uni-bremen.de/en/kultur/study/diversity-inclusion-with-contact-points
University of Cyprus	https://www.ucy.ac.cy/diversity/?lang=en
University of Eastern Finland	https://www.uef.fi/en/equal-and-accessible-university
University of Essex	https://www.essex.ac.uk/about/equality-diversity-inclusion
University of Rijeka	https://uniri.hr/en/about-university/diversity-and-inclusivity/
Université Sorbonne Nouvelle	http://www.univ-paris3.fr/mission-egalite-et-diversite-776813.kjsp?RH=1178827696276

Libraries

Institution	Website for information
Maastricht University	https://library.maastrichtuniversity.nl/
Nicolaus Copernicus University	https://www.umk.pl/en/erasmus/life/guide/libraries/ https://www.umk.pl/en/onboarding/during-your-stay/#NCU_international_point
Universidad Carlos III de Madrid	https://www.uc3m.es/library/home
University of Antwerp	https://www.uantwerpen.be/en/library/
University of Bremen	https://www.suub.uni-bremen.de/home-english/
University of Cyprus	https://library.ucy.ac.cy/?lang=en
University of Eastern Finland	https://www.uef.fi/en/library https://kamu.uef.fi/en/tietopankki/study-facilities/self-study-facilities/
University of Essex	https://library.essex.ac.uk/home https://en.svkri.hr/
University of Rijeka	https://uniri.hr/en/studies/university-of-rijeka-students/

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Université Sorbonne
Nouvelle

[https://www.dbu.univ-
paris3.fr/bibliotheques/bibliotheque-sorbonne-nouvelle-
bsn](https://www.dbu.univ-paris3.fr/bibliotheques/bibliotheque-sorbonne-nouvelle-bsn)

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SUPPORT

Wellbeing

Institution	Description	Website for information
University of Antwerp	General student services and advice	https://www.uantwerpen.be/en/study/student-services-advice/
University of Bremen		Health care, well-being & safety
	Health & Emotional well-being	Health care, well-being & safety
University Carlos III Madrid	Student support services	https://www.uc3m.es/ss/Satellite/UC3MInstitucional/en/ServiciosUniversitarios/1371218534143/Student_Support_Services
	Student Welfare	https://www.ucy.ac.cy/aasw/student-welfare/social-support/?lang=en
University of Cyprus	Student Clubs	https://www.ucy.ac.cy/aasw/student-welfare/student-life/student-clubs/?lang=en
	Diversity Equality and Inclusion	Equality and Antidiscrimination Policy Combating Harassment and Sexual Harassment
		https://kamu.uef.fi/en/tie_topankki/student-life-and-well-being/
University of Eastern Finland		https://kamu.uef.fi/en/tie_topankki/assistance-advice-and-crisis-situations/help-in-crises/
University of Essex	Student Wellbeing and Inclusivity Service: a professional and proactive guidance service for students within a healthy and inclusive environment	Student Wellbeing and Inclusivity Service University of Essex

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University of Maastricht	Psychological support UM / book short or longer meetings with student psychologists	https://www.maastrichtuniversity.nl/support/during-your-studies/student-guidance/psychological-support
	Well being Movement (WBM): Information and trainings towards happy and healthy student life	https://www.maastrichtuniversity.nl/student-wellbeing-overview/wellbeing-movement-um
	Central services for UM students at the Student Service Center (disability office, Career Services, etc)	https://www.maastrichtuniversity.nl/support/during-your-studies
	Concerns and Complaints	https://www.maastrichtuniversity.nl/concerns-complaints-point
Nicolaus Copernicus University		https://www.umk.pl/en/e-rasmus/life/guide/academic/
	University Centre for Support and Personal Development	
	Deputy Rector for safety	https://wsparcie.umk.pl/pages/O_nas/
	Academic Ombudsman	
	University Sports Center Nicolaus Copernicus University in Toruń	https://www.umk.pl/en/university/deputy/
	Careers Service	https://www.umk.pl/en/university/deputy/ https://www.ucs.umk.pl/en/
	University social responsibility coordinator	
		https://www.biurokarier.umk.pl/about-us https://www.geo.umk.pl/kgpit/pracownicy/?id=41163500
University of Rijeka	University Counselling Centre - provides students with different forms of free support and counseling through its Psychological Counselling, Academic Accommodations Counselling, and Professional	https://uniri.hr/en/studies/university-of-rijeka-students/

	Guidance & Career Development Counselling	
	Diversity and Inclusivity	https://uniri.hr/en/about-university/diversity-and-inclusivity/
	Student Health Care	
Sorbonne Nouvelle University		Health care, well-being & safety

Peer Support

Institution	Description	Website for information
	Students for Students – peer to peer network	https://www.uantwerpen.be/en/projects/students-for-students/
University of Antwerp	LGBTQ+ network (only Dutch) and LGBTQ+ forum	https://www.uantwerpen.be/nl/projecten/lgbtq-forum/contact/
	Network on ethnocultural diversity (will be launched soon)	
University of Bremen		
University Carlos III Madrid	Among peers	https://www.uc3m.es/studentsupport/among-coursemates
University of Cyprus		
	Student tutoring	https://kamu.uef.fi/en/tieto/pankki/new-students/peer-tutoring/
University of Eastern Finland	Coffee & Friends	https://kamu.uef.fi/en/tieto/pankki/student-life-and-leisure/coffeefriends/

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	Peer Tutoring	https://kamu.uef.fi/en/tietopankki/new-students/peer-tutoring/
	ISYY student associations	https://www.isyy.fi/en/recreation/student-associations.html
University of Essex	Students' Union (SU): run by students, for students, the SU convenes numerous student societies under seven categories including cultural, political and representation and religious	Communities (essexstudent.com)
	Peer mentoring: available to all new undergraduate students, your peer mentor (another student, normally from your department) can help you settle in, offer practical advice and information and help you to make the most of your university experience	Undergraduate peer mentoring University of Essex
	Resident Assistants: students employed by the university who live in student accommodation on campus, provide support services, organize events and provide signposting to further levels of support within the university.	https://www.essex.ac.uk/life/accommodation/campus/residence-life
University of Maastricht	Information about a physical hub to organise events and meetings and about voluntary peer support activities	UM Community - Maastricht University
	ISAP international student buddy programme	https://www.maastrichtuniversity.nl/support/your-studies-begin/international-students-coming-maastricht/welcome-package-international-2

	Several faculties offer their own peer support, especially for 1st year students	
		https://www.umk.pl/en/students-life/organizations/
Nicolaus Copernicus University		https://www.facebook.com/ESNTorun/
		https://www.umk.pl/en/yufe/civic/
		https://www.umk.pl/en/onboarding/support/
	Student Union and various student organisations	https://sz.uniri.hr/
University of Rijeka	Peer support at various faculties, especially for first year students and students with disabilities	https://esnrijea.hr/ https://uniri.hr/en/studies/university-of-rijeka-students/
Sorbonne Nouvelle University		

Faith, belief, and spirituality provision

Institution	Description	Website for information
University of Antwerp	Quiet Spaces	https://www.uantwerpen.be/en/life-in-antwerp/leisure-and-culture/contemplation/quiet-space/
University of Bremen		
University Carlos III Madrid		

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University of Cyprus		
	Both campuses have own chapels which can be also used for quiet space	https://kamu.uef.fi/en/tietopankki/well-being/campus-pastors/
University of Eastern Finland	Reflection room, multicultural space available for all UEF Joensuu library users:	https://kamu.uef.fi/en/joensuu-campus-library-introduces-sound-zones-and-a-new-reflection-room-for-customers/
University of Essex	Faith Centre: runs a mix of religious events, provides a space to help you recharge your spiritual batteries and offers pastoral care and a confidential listening ear	Faith Centre Student Directory University of Essex
University of Maastricht	The Inn Between (similar to UE Faith Centre)	https://www.innbetween.nl/
Nicolaus Copernicus University		https://www.umk.pl/en/erasmus/life/guide/religion/
University of Rijeka		
Sorbonne Nouvelle University		

General advice

Institution	Description	Website for information
University of Antwerp		https://www.uantwerpen.be/en/study/student-services-advice/
University of Bremen		https://www.uni-bremen.de/en/studies/orienta

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		tion-application/advisory-services
University Carlos III Madrid	Student support	https://www.uc3m.es/student-support/home
University of Cyprus		
University of Eastern Finland	Orientation for New Students	Orientation for New Students
University of Essex	SU Advice: Free, confidential, independent, and impartial advice on topics including money and housing	SU Advice (essexstudent.com)
	Essex Law Clinic: Free legal advice on topics including immigration and family or employment law	Essex Law Clinic University of Essex
	Financial support: 'Profileringfonds' funding for those with special circumstances (e.g. illness, family circumstances, pregnancy)	
University of Maastricht	Student Housing: Able to provide housing for those with needs such as wheelchair access Labour Market and Internship: Lectures and workshops on entering work force or starting an internship	Financial aid - Support - Maastricht University
Nicolaus Copernicus University		https://www.umk.pl/en/https://www.umk.pl/en/admissions/structure/ https://wsparcie.umk.pl/pages/Tutoring/ https://www.umk.pl/en/onboarding/during-your-

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		stay/#NCU international point
		https://www.umk.pl/en/onboarding/student-affairs/
		https://www.umk.pl/en/onboarding/legal-matters/
		https://www.umk.pl/en/onboarding/savoir-vivre/
		https://uniri.hr/en/studies/university-of-rijeka-students/
University of Rijeka	Student guides and studying at the University of Rijeka	https://uniri.hr/wp-content/uploads/2025/04/UNIRI_Guide_for_International_Degree_Students_03_2025.pdf
Sorbonne Nouvelle University		

Support for international students

Institution	Description	Website for information
University of Antwerp	Buddy Programme for international students – intercultural competences	https://www.uantwerpen.be/en/study/programmes/all-programmes/economic-policy/why-uantwerp/buddy-programme/

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University of Bremen		International student meeting & centers
University Carlos III Madrid		International student meeting & centers
University of Cyprus		International student meeting & centers
University of Eastern Finland	Student tutoring for the beginning of studies.	Student Tutoring for International Students - UEF Kamu
	Student union offers some services as well.	https://www.isyy.fi/en/services/international-services.html
University of Essex	Student Services Hub: a one-stop-shop for practical information about topics such as how to prepare for your arrival, how to open a UK bank account and getting a UK phone number	New International students joining us University of Essex
	Student's Union's International vice president: an employee of the Student's Union whose primary task is to ensure international students are provided with enough support. Organizes events on the campus as well	https://www.essexstudent.com/internationalblog/
University of Maastricht	International Student Helpdesk (ISH): They can help with translations, calling institutions or the government. We offer direct help for international students	International Student Helpdesk (ISH) - Maastricht University
	ISAP	https://www.maastrichtuniversity.nl/support/your-studies-begin/international-students-coming-maastricht/welcome-package-international-2
Nicolaus Copernicus University		https://koi.umk.pl/pages/Mentoring/?lang=en

	Department of International Partnerships and Educational Mobility	https://www.umk.pl/en/erasmus/students/traineeships/
	Erasmus Office /students support	https://www.umk.pl/en/erasmus/
	Project "Mentor: by Erasmus Student Network	https://www.facebook.com/ESNTorun/
	Erasmus Coordinators	https://www.umk.pl/en/erasmus/coordinators/
University of Rijeka	International Mobility Erasmus Office	https://uniri.hr/en/about-university/international-relations-and-erasmus/erasmus_plus/
		https://www.facebook.com/ErasmusRijeka/?fref=ts
	Erasmus Student Network Rijeka	https://uniri.hr/en/studies/university-of-rijeka-students/ e-mail: esn.rijeka@gmail.com https://esnrijeka.hr/
Sorbonne Nouvelle University		International student meeting & centers

Support for students with disabilities

Institution	Description	Website for information
University of Antwerp		https://www.uantwerpen.be/en/projects/diversity-and-inclusion/policy/disability/
University of Bremen		Office for Students with Disabilities or Chronic Diseases (KIS)
University Carlos III Madrid	Disability & Specific Educational Support Needs	https://www.uc3m.es/studentsupport/disability_nee

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University of Cyprus		https://www.ucy.ac.cy/aasw/student-welfare/social-support/students-with-disabilities/?lang=en
University of Eastern Finland	UEF offers individual study/exam arrangements for people with disabilities. There is a person in charge for coordinating accessibility issues.	Accessible studies - UEF Kamu
University of Essex	Student Services Hub: a one-stop-shop for advice, support and information about access and disability	Access and disability Student Directory University of Essex
University of Maastricht	UnliMited Network: a network for and by students and employees with visible and/or invisible disabilities or chronic conditions Read Speaker Text Aid: an online tool that provides reading, writing, and studying literacy support Disability Support line	UnliMited Network - About UM - Maastricht University
Nicolaus Copernicus University	Disability Issues NCU Team (to deal with architectural, transport, educational, and other barriers, as well as access to information resources)	https://bon.umk.pl/pages/Dla_studentow/
University of Rijeka	Office for Students with Disabilities at the University Counseling Center	https://uniri.hr/en/studies/university-of-rijeka-students/ https://uniri.hr/en/about-university/diversity-and-inclusivity/
	Office for Students with Disabilities at the Student Union	

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University

Support for female students

Institution	Description	Website for information
University of Antwerp		https://www.uantwerpen.be/en/projects/diversity-and-inclusion/policy/gender/
University of Bremen		https://www.uni-bremen.de/en/university/profile/anti-discrimination-and-diversity
University Carlos III Madrid	Good practices in Non-Sexist Language	https://www.uc3m.es/igualdad/en/innovacion-educativa-perspectiva-genero
	Protocol against Harassment	https://www.uc3m.es/equalit/y/sexual-harassment-protocol
University of Cyprus		
University of Eastern Finland	Harassment support. Not specifically aimed at female students, but can be helpful.	Inappropriate treatment and harassment - UEF Kamu
University of Essex	Women's Officer	
	Feminist Society – an active student group under Student's Union's societies, organizes events and offers peer supports for all women. Highlights intersectionality and inclusivity in all their work.	https://www.essexstudent.com/communities/womenstudentshub/ https://www.essexstudent.com/society/essexfeministsociety/
University of Maastricht	FEM: is a network of academic and administrative staff representing all Faculties of Maastricht University. Our mission is to promote the	FEM - Female Empowerment UM - About UM - Maastricht University

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	empowerment of women and female leadership at the university	
Nicolaus Copernicus University	Deputy Rector for equality	https://www.umk.pl/en/university/deputy/
University of Rijeka	Diversity Officer	https://uniri.hr/en/about-university/diversity-and-inclusivity/
	Free menstrual products	https://sz.uniri.hr/period/
	Gender Equality Council	https://uniri.hr/en/about-university/structure/gender-equality-council/
Sorbonne Nouvelle University		

Harassment and bullying policy

Below you can find for each YUFE institution the support services and reporting procedure regarding harassment and bullying.

Bremen University

• Support services	<p>ADE Counselling Office: https://www.uni-bremen.de/en/ade</p> <p>Department's women's representative: https://www.uni-bremen.de/zentrale-frauenbeauftragte/ueber-uns/dezentrale-frauenbeauftragte (website in German)</p> <p>General Student Committee (AStA): https://www.asta.uni-bremen.de/ (website in German)</p>
• Reporting procedure	<p>Written complaint addressed to the Legal Department of the University of Bremen. More information: https://www.uni-bremen.de/fileadmin/user_upload/sites/ade/Complaints_Procedure_for_students.pdf</p>

Maastricht University

• Support services	Social Safety Team for students:
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<https://www.maastrichtuniversity.nl/social-safety-team-students>

- Reporting procedure Informal route: Confidential advisor (Social Safety Team)

Formal route: Complaints Service Point
<https://www.maastrichtuniversity.nl/support/during-your-studies/complaints-service-point-csp-one-service-desk-objections-appeals-or-0>

Nicolaus Copernicus University (Torun)

- Support services Deputy Rector for Equality:
<https://www.umk.pl/en/university/deputy/>
- Reporting procedure Written complaint addressed to the Rector. More information:
<https://www.jakosc.umk.pl/en/system/anti-mobbing-policy/>

University of Antwerp

- Support services Student counsellors:
<https://www.uantwerpen.be/en/study/student-services-advice/counselling/studentinformationpoint/>
- Reporting procedure Confidential counsellor:
Contact details can only be accessed through institutional login via the following link
<https://www.uantwerpen.be/en/study/student-services-advice/counselling/psychological-support/transgressive-behavior/>

University Carlos III of Madrid

- Support services Equality Unit: <https://www.uc3m.es/equality/sexual-harassment-protocol> (contact details in Spanish)
- Reporting procedure Written complaint addressed to Equality Unit. More information:
https://www.uc3m.es/igualdad/media/igualdad/doc/archivo/doc_protocolsexualharassment/ii-protocolo_aprob_cg_14-nov_english.pdf

University of Cyprus

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- Support services Mental Health Center:
<https://www.ucy.ac.cy/mhc/?lang=en>
 - Reporting procedure Written complaint addressed to a ‘Competent Authority’(i.e. Rectorate, Deans of Faculties, Chairpersons of Departments, Director of Administration and Finance, Library Director, Heads of Services, Ombudsperson (when appointed), Head of the Office of Diversity, Equality and Inclusivity, Internal Auditor). More Information:
https://www.ucy.ac.cy/diversity/wp-content/uploads/sites/208/2023/07/Procedure-for-Managing-Complaints_Grievances_Final-1.pdf

University Eastern Finland

- Support services Anti-harassment contact persons:
<https://www.isyy.fi/en/services/anti-harassment-contact-persons.html>

Contact person for gender equality and equal opportunities: <https://www.uef.fi/en/equal-and-accessible-university>
- Reporting procedure Contact the university’s or student union’s anti-harassment contact person, or the contact person for gender equality and equal opportunities. You can also contact the head of the unit. Contact can be done by calling, on-site visit or sending an email. The report can be free-form or you can file it using the notification to the employer regarding a matter involving harassment or inappropriate behavior. More information:
<https://kamu.uef.fi/en/tietopankki/students-rights-and-obligations/inappropriate-treatment-and-harassment/>

University of Essex

- Support services On the website, a document is provided with all existing support services:
<https://reportandsupport.essex.ac.uk/support/where-to-go-for-help-if-you-witness-or-experience-misogyny-harassment-or-sexual-violence>
- Reporting procedure Online reporting via
<https://reportandsupport.essex.ac.uk/report>

University of Rijeka (UNIRI)

- Support services <https://uniri.hr/en/about-university/diversity-and-inclusivity/>
- Reporting procedure ?

Université Sorbonne Nouvelle

- Support services Listening Unit: <http://www.univ-paris3.fr/signalement-des-violences-sexistes-et-sexuelles-du-harcelement-et-des-discriminations-735417.kjsp?RH=1611732086704> (in French)

External partner: Women Safe & Children
<https://www.women-safe.org/> (in French)
- Reporting procedure Online reporting via <https://signalement.sorbonne-nouvelle.fr/> (in French – login required)

Code of Conduct

Institution	Code of Conduct/Ethics
YUFE	YUFE Community - Code Conduct
Maastricht University	https://www.maastrichtuniversity.nl/nl/over-de-um/organisatie/gedragscodes-reglementen
Nicolaus Copernicus University	https://www.umk.pl/en/university/documents/Statut-UMK-en.pdf https://www.umk.pl/en/onboarding/savoir-vivre/
Universidad Carlos III de Madrid	https://www.uc3m.es/ss/Satellite?blobcol=urldata&blobheader=application%2Fpdf&blobheadervalue1=Content-Disposition&blobheadervalue2=Cache-Control&blobheadervalue3=inline%3B+filename%3D%22The UC3M Code of Ethics.pdf%22&blobheadervalue4=private&blobkey=id&blobtable=MungoBlobs&blobwhere=1371565682428&ssbinary=true
University of Antwerp	https://medialibrary.uantwerpen.be/files/50570/8e7b188e-b486-46c4-8326-3f90d35ebca1.pdf
University of Bremen	https://www.uni-bremen.de/en/research/academic-integrity-and-research-ethics
University of Cyprus	Code of Conduct for Teaching.pdf (ucy.ac.cy)
University of Eastern Finland	https://www.uef.fi/en/code-of-conduct

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University of Essex	https://www.essex.ac.uk/student/values/code-of-student-conduct
University of Rijeka	https://uniri.hr/wp-content/uploads/2020/11/UNIRI-Code-of-Ethics_2018.pdf
Université Sorbonne Nouvelle	

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