



## UU premises smoke-free from 1 August 2020

The Dutch Ministry of Health, Welfare and Sport is preparing legislation to make the premises of educational institutions smoke-free as from 1 August 2020. This regulation, which also applies to universities, is in line with the university's ambition to offer its employees a healthy environment. That is why it already started making part of its premises smoke-free in 2019.

In pilots on the Leuvenplein and on the premises of the University Library in the city centre the university see what works and what does not. For university buildings bordering on municipal territory, the rule is that you can smoke when standing at least seven meters away from entrance/exit of the building.

The university wishes to protect non-smokers against smoke nuisance and passive smoking more than it does now. The UU also wishes to make an end to the annoyance of cigarette butts, which many people find a nuisance and which have a negative impact on the environment. Of course, the choice to smoke remains the employees' own responsibility.



With its smoke-free premises, the university will join the social support for smoke-free initiatives, for example the social initiative [Smoke-free generation](#).

OP WEG NAAR EEN  
**ROOKVRIJE  
GENERATIE**

### More information

[intranet.uu.nl/en/smoking](http://intranet.uu.nl/en/smoking) (for employees) / [students.uu.nl/en/smoking](http://students.uu.nl/en/smoking) (for students)

Email: [rookvrij@uu.nl](mailto:rookvrij@uu.nl)

## How can I quit smoking?

### Online support



- [Smokefree.gov](http://Smokefree.gov): On this English website of the USA National Cancer Institute you can find a lot of information, tools and tips if you want to quit smoking.
- [lkstopnu.nl](http://lkstopnu.nl): On this Dutch website you will find a lot of information and tips about quitting smoking.

### General practitioner



Go to your Dutch general practitioner for advice. He or she can refer you to a quit smoking programme.

These programmes are reimbursed by your Dutch basic health insurance (*basisverzekering*).

### Books about quitting smoking



Utrecht University provides a limited number of self-help books about quitting smoking, including an English option.

You can find more information on:

- [intranet.uu.nl/en/smoking](http://intranet.uu.nl/en/smoking) (for employees)
- [students.uu.nl/en/smoking](http://students.uu.nl/en/smoking) (for students)