U’LL NEVER WALK ALONE

10th edition
WELLBEING WEEK
November 20 - December 1, 2023
For the first time ever also on the weekend!

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Janskerk
Parnassos
Cafe Domkop
Utrecht Science Park

Progamme booklet
The pressure to find the ‘right’ path in life can be extremely challenging, we may often feel isolated in our struggles, be it about our academic pursuits, relationships, or overall sense of wellbeing. This can be lonely and something we endure in our own particular way. Keeping that in mind, we wanted to create an environment where you feel safe to share your own unique experience and story but also find comfort in the fact that others may be facing similar struggles.

This is why we have dedicated this Wellbeing Week to the theme of ‘connectedness’. The program for this edition is designed to illuminate the many ways in which we are interconnected with others. It emphasizes that the facets of wellbeing are not isolated, but rather intricately linked, both to one another and to you as an individual. Even though your experiences may differ from those of others, by exploring and relating to these interconnected facets, there is a wealth of knowledge and insight we can gain from each other.

Despite being connected in a multitude of ways, now more than ever, young people are reporting an increase in feelings of loneliness. Why wait until we are at our worst to start conversations about wellbeing and actively engage in change? Rather be curious and use the resources we have to build a protective shield to help us with the varying challenges of life.

With this we introduce to you, U'll Never Walk Alone, our motto for this wellbeing week.

We hope you will make use of this opportunity to learn, pause, grow, reflect on how you are doing and start a running conversation about your wellbeing.

Team Wellbeing Week
Maximillian, Yashna, and Marijke
Student Wellbeing is more than the Wellbeing Week

By Tirza Wildeboer

It is important that we make the conversation about your well-being happen, when things are looking both up and down. What's good to know, is that you don't have to wait for the Wellbeing Week to start in order to do so. Our student wellbeing team as well as a whole additional chain of support is there for you when you need it.

Various activities, weekly workshops and multiple coaching opportunities are offered throughout the academic year. For example:

- Workshops about autonomy, resilience, and energy
- Coaching sessions such as Bright Conversations or individual walking coaching
- E-health modules by Caring Universities
- And much more

We're here for you all year round. For now, enjoy this 10th edition of the Wellbeing Week, and see you soon!

MORE INFO

Tirza Wildeboer is project leader Student Wellbeing at Utrecht University. She in in charge of projects such as the Wellbeing Week and the Student Wellbeing action plan, among other tasks.
DAILY CHALLENGES

Share a meaningful experience with us and tag UU, for a chance to win a gift card!

1. Call a friend you haven’t spoken to in a while
2. Write a letter to someone
3. Check in on a housemate
4. Give somebody a compliment
5. Take a detour and explore Amelisweerd
6. Send someone a song that makes you think of them
7. Swap a book at the green office
8. Volunteer somewhere
9. Cook a dinner using seasonal/local ingredients (Groentetas)
10. Donate some clothes

Share with us!

[Social media icons: WhatsApp, Instagram, Email]
Monday 20 November

Morning Yoga 10:00 - 11:00 Janskerk

Choir Workshop 11:30 - 13:00 Janskerk

Klimaatstress: van doem naar doendenken 13:30-15:30 Botanical Gardens

How has your upbringing shaped you? 14:00-16:00 Parnassos

Guld Info stand

Actively Connecting 14:00 - 16:00 Janskerk

Connecting through Movement 16:00-18:00 Janskerk

Live Podcast: Als Water 19:00-20:00 Janskerk

Lay Down & Listen Concert 21:00 - 23:00 Janskerk

WEEK 1

Studieschuld Aflosplanner 20 nov - 1 dec

Tuesday 21 November

Find your zen in the midst of difficulties 10:00-12:00 Parnassos

Time Management for Studies 13:30 - 16:30 Bolognaan

How has your upbringing shaped you? 14:00-16:00 Parnassos

Come vote at Parnassos!

Book Swap Event 15:00-16:30 Green Office

Forest Bathing 15:00 - 17:00 Amelisweerd

Self Defense 15:30 - 17:00 Olympos

Rocycle 18:45 - 20:00 Kaatsraat 59

Weekly Mindful Mornings

Bright Conversations

Student Psychologist

Eet Mee / Eating Together

Writing and Study Coaching

Individual Coaching

Wednesday 22 November

Introductie ENIK Recovery College & WRAP 10:00 - 12:00 Overvecht

Sleeping better for more resilience 11:00-12:30 Online

Study without Stress 11:00-13:00 Parnassos

Botanical Illustration 12:00-14:00 Parnassos

Workshop Durf te denken 13:00-14:30 Botanischhe Tuinen

Aikido 15:00-14:30 Olympos

Ship of Fools 14:00 - 16:30 Parnassos

LGBTea 13:30-17:00 Cafe Domkop

Friday 24 November

How to Study Effectively? 11:00-12:00 Online

Good Mourning 13:30-15:30 CafeDomkop

Pole Sport 16:30-17:30 Olympos

Zhineng Qigong 12:00-13:00 Parnassos

Tripje naar jezelf 18:00-20:00 Parnassos

Rocycle 18:45- 20:00 Kaatsraat 59

Saturday 25 November

City Walk: Utrechts Slavery Past 10:30-12:00 Janskerkhof

Stadswandeling: Utrechtse Slavernij verleden 10:30-12:00 Janskerkhof

Game Night 17:00-20:00 Parnassos

LGBTea 13:30-17:00 Cafe Domkop

Sunday 26 November

Money Matters 10:00-11:00 Online

Breathwork & Ice Bath 11:00-14:30 Olympos

Tripje naar jezelf 18:00-20:00 Parnassos

Rocycle 18:45- 20:00 Kaatsraat 59
How are you?
10:30 - 11:30
Online

WOTIS Walk
10:30 - 12:00
Neude

Rainbow of Desires by InTouch
11:00 - 15:00
UBU

Yin Yoga
12:00 - 13:00
Parnassos

Positive Psychology
15:00 - 17:30
Ruppert

MMA fighting
15:30 - 17:00
Olympos

Workshop Het Heilig Vuur
14:30 - 15:30
De Vagant

Upcycle your Sweatpants or PJ's
16:00 - 17:30
Parnassos

Diversity & Inclusion workshop
17:30 - 19:00
Parnassos

Rocycle
18:45 - 20:00
Kaatstraat 59

How to get rich
10:00 - 12:00
De Vagant

Find balance with Ikigai
13:00 - 16:00
De Vagant

Authentic Relating
14:00 - 16:00
Botanical Gardens

Paint your Ecotopia
15:00 - 16:30
Green Office

Open rehearsal Kunstorkest
20:00 - 22:30
Parnassos

Documentaire Nola
17:15 - 18:30
Parnassos

Yin Yoga
11:00 - 12:00
Parnassos

Habit Management
10:00 - 13:00
Botanical Gardens

Presenting with Confidence
13:15 - 16:00
Botanische Tuinen

Optimizing Your Own Performance
14:30 - 17:00
Parnassos

Deep Democracy
14:00 - 16:00
De Vagant

Painting: Perception of Sound
14:00 - 15:30
Parnassos

Cheerleading
16:30 - 18:00
UBB

Paint your Ecotopia
15:00 - 16:30
Green Office

Exploring causes and remedies for loneliness
13:30 - 15:30
Botanical Gardens

Documentaire Nola
17:15 - 18:30
Parnassos

Het ervaringscafé
19:00 - 22:00
Hoograven

Bakkie Aandacht
30 November

How are you?
10:30 - 11:30
Online

WOTIS Walk
10:30 - 12:00
Neude

Rainbow of Desires by InTouch
11:00 - 15:00
UBU

Yin Yoga
12:00 - 13:00
Parnassos

Positive Psychology
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MMA fighting
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Rocycle
18:45 - 20:00
Kaatstraat 59

Mindful Mornings

Bright Conversations

Student Psychologist

Eet Mee / Eating Together

Writing and Study Coaching

Individual Coaching
Daily
Are you in for building up a meditation routine? To start your days mindfully? This is the opportunity! From November 13th until December 1st there will be a guided online meditation from 9.00 - 9.15 am during weekdays. These sessions are suitable for both beginners and advanced. We will start with basics and build up slowly. Join the group and also support your fellow students to make meditation a daily habit.

Do you take the challenge? Jump out of bed, into mindfulness!

**Participate?**
This code gives you access to the Teams environment: **kc2hfue**. To enter the code, in MS Teams click on 'Teams' in the left menu, choose 'Join or create a team' at the top right and paste the code from above in the field 'Join a team with a code'.

**Hosts:**
- **Nynke Okma**, wellbeing coach at the Faculty of Medicine.
- **Jacky Limvers**, wellbeing officer at UU with a daily zen meditation practice for 25 years.
- **Remko van de Kamp**, career and life coach rooted in positive psychology, practitioner of mindfulness meditation and embodiment for over 15 years.
- **Georgia Zachariadi**, master student psychology and mindfulness trainer.
Bright Conversations

In a Bright Conversation, you can talk to an experienced facilitator about life situations that are currently playing out or that are difficult/challenging for you. These can include (love) relationships, motivation problems, being sick, loss, loneliness, friendship, family, living, making choices and questions about the future.

We explore what is going on and look for what is beneficial for you in this situation. Sometimes it’s just discussing your concerns with someone who is a good listener. Sometimes it is about giving meaning or giving the experiences a place. The university finds it important that you find a listening ear for what is going on in your life.

Did you know?

Utrecht University offers Bright Conversation all year round. So you do not have to wait for the Wellbeing Week to have a conversation with the coaches.

Bright Conversation is brought to you by several coaches attached to Utrecht University. These coaches have various backgrounds, specialities and nationalities.
Short screening at the student psychologist

Do you have questions on your mind, or have you been wanting to make an appointment with a student psychologist? But you’re experiencing doubts or have been unable to make it happen yet? During the Wellbeing Week, the student psychologists offer more consultation hours.

In these consultation hours, we discuss what your needs are and what we could do for you in a conversation of approximately fifteen minutes. Afterwards, we will give you an open-ended advice, for example to book an appointment with us. Or we may refer you elsewhere within the university, or recommend you contact your General Practitioner to provide you with help that other organizations are better suited to give you.

Good to know

The short screening will be done through Microsoft teams. The student psychologist you have an appointment with will be in contact with you about the details of your appointment.

Please note: This appointment is not a replacement for a regular intake.

Student psychologists offer short-term help and treatment for study-related or mild personal problems. They are available for all students at Utrecht University.
Join Students For Dinner for a great dinner experience with students you don’t know yet. Host a dinner or join as a guest. Simply create your profile on our platform, choose a date, write a nice invitation and put your dinner online. You can also cook together and share the costs or bring your own food.

Students For Dinner is perfect for those who want to meet new people and expand their social circle. It’s a great opportunity to enjoy a delicious meal, engage in interesting conversations, and have some fun. Sign up today, on your own or with friends and start experiencing the amazing dinners with other students!

You can organize a dinner at your place or join a dinner at someone’s home as a guest. To participate, create an account and confirm your email address. You can make your own matches the whole year round, so not only during the Wellbeing Week.

Eet Mee is a platform for people who like to meet others and enjoy a good conversation during a nice dinner. You can meet a surprising mix of people. From student to retiree, raised here or just new in the Netherlands. Students For Dinner is one of their formulas.
Writing coaching

Do you find it difficult to write an academic text? Skills Lab offers writing coaching: individual counselling that focuses on enhancing your academic writing skills. The writing tutor can help you with things like finding a more efficient approach, sharpening your core message, writing a well-structured text, or improving your (academic) style.

The tutoring will focus on the development of strategies that you can repeatedly use in the planning, writing, and revision stages of your writing assignments.

Skills Lab is the gateway to your academic development: we offer you an overview of all workshops, courses and tools within the UU regarding writing, studying and other academic skills.
Study coaching

Do your planned study sessions sometimes go a little differently than you would like? Or would you like to read or prepare for exams more efficiently?

Study coaches from Skills Lab know many strategies and techniques that can help you! During a coaching session you will gain insight into your way of studying and what you could change. This can help to reduce study stress and may even make you enjoy studying more!

Did you know?

Skills Lab offers not only study coaching, but also writing coaching. They do this the whole year around, so not only during the Wellbeing Week!

Skills Lab is the gateway to your academic development: we offer you an overview of all workshops, courses and tools within the UU regarding writing, studying and other academic skills.
OCC (Online Coaching Center) is a social initiative that wants to make coaching available for all students, all around the world. "You are unique and not perfect. Create a new version of yourself."
Monday 20 November
Morning Yoga

Yoga literally means ‘union’, a balance of body and mind, a singular awareness. Through the use of dynamic and static exercises we try to find a balance between tension and relaxation, between strength and flexibility, between wanting to and being able to.

During the lesson we will be consciously working towards focus and concentration on the things you do when you do them. You will be instructed in breath control as an introduction to meditation: when your breath is still, your mind can be still too. Practising yoga means to connect and harmonise your own personal path with the world around you.

Morning Yoga is brought to you by sports center Olympos. The teacher will be Jane, who is yoga teacher and also plays the handpan.
If you like singing, this workshop is for you! During stressful times, singing is a great way to feel joyful, grounded and at ease. Singing in a choir is not only good for discovering the freedom of your voice, but also to feel connected to a group around you, making beautiful music together.

During the workshop, we will explore the art of singing together and we'll be discovering the connection between body, breath and voice. There are no specific things you have to bring or prepare, but wearing some comfortable clothes to do gentle movement is recommended.

**Choir Workshop**

20 November 11:30 - 13:00

Janskerk

[Sign up here](#)
Workshop
Actively Connecting

What is your go-to response when people ask how you are? How connected do you feel to the people around you and, perhaps more importantly, to yourself?

Join us in this interactive and dynamic workshop where we will have a close look at connections and explore your unique ways of connecting with yourself and others. Get ready to unlock a deeper understanding of yourself, expand your toolkit for forging connections, and uncover fresh opportunities for authentic interactions.

During our workshop, you’ll have the chance to try out different methods of connecting through fun, hands-on activities and open conversations. By the end of our time together, you’ll leave with insights to enhance your well-being and cultivate more genuine relationships. Don’t miss out on this transformative experience!

**20 November 14:00 - 16:00**

**Janskerk**  🇳🇱

Ilke looks for the real connection with the people she meets and likes to reflect on what happens. Danielle often says you can try out what happens when you connect in new ways, do an experiment.
Finding Connection through Movement

Come move and shake it off!

In this guided movement session we connect to ourselves and the world around us. Letting go of judgements, reflecting on the way we hold ourselves, listening to our needs and finding freedom and joy from inside out.

20 November 16:00 - 18:00
Janskerk 🇳🇱

SIGN UP HERE

The Explore Practice is about creating a safe space in which you can reflect and discover new perspectives, always through free movement and by exploring tools that help you feel more grounded and connected in your body. Important elements of each session are landing in the space and in the body, opening up the body through self massage, using visualization and imagination to find new ways of moving, connecting to the floor and shaking things off. Music is an important element too, since it helps us find flow, connection and joy. With the down to earth approach of The Explore Practice, movement can help us experience the interconnectedness of body, mind and environment.

Ummi Yanuba graduated as a professional dancer and is currently studying to become a certified TRE (Tension and Trauma Release) provider. During her education, she fell in love with the endless depth and power of movement. To be able to share this love with others, she founded The Explore Practice.
Noah Chenevert is a mental health advocate and author of the book 'Mental Health over Matter,' in which 19 experts explain how different areas influence our mental health. Sjoerd-Paul Beenders has a fresh perspective on mental wellbeing, combining personal experience with a genuine passion for mental health advocacy. Together with Noah, he co-hosts the Als Water Podcast.

‘Als water’ live podcast

Join us for an evening of genuine contact and compassion at the live interactive podcast event of the ‘Als Water Podcast’. This evening, we explore themes of connection and loneliness in the realm of student mental health, as we pose the question: "what does it mean to be connected?" Together with our insightful guest speaker Anneke Vedder, Junior Assistant Professor and licensed Psychotherapist, we will discuss the struggles and triumphs of overcoming a feeling of isolation, and the differences between superficial and nourishing human contact. We share valuable scientific and personal insights and strategies, with a focus on the challenges faced by students.

This event offers you the opportunity to engage directly with the hosts, our guest speaker, and fellow students. Share your thoughts, ask questions, and participate in meaningful conversations. Together, we take a step towards breaking down the stigma surrounding loneliness, foster understanding, and cultivate deeper and more fulfilling connections.

Join this event to be part of a dynamic and supportive community, as we empower each other in our journeys towards real mental well-being in light of the Wellbeing Week's theme: "You'll never walk alone".

You can sent your questions or ideas around connection and loneliness anonymously to wellbeingweek@uu.nl to see them discussed in the podcast!
Lay down & Listen Concert

Lay down in the medieval St. John’s Church, and enjoy a special concert by violinist Emma Roijackers and pianist/organist Laurens de Man. While enjoying the view of the majestic vaulted ceiling of the Janskerk, you can forget the humdrum of everyday and listen to an exquisite musical program, ranging from the soothing music of Gabriel Fauré to a recent piece by the Australian violinist-inventor Jon Rose, in which a violinist plays a dialogue with the extraordinary singing of the Pied Butcherbird. Please dress warm and bring a yoga mat or blanket to lie on!

Emma Roijackers is an award-winning young violinist with a special love for chamber music and new repertoire. www.emmaroijackers.com

20 November 21:00 - 23:00
Janskerk
SIGN UP HERE
Tuesday 21 November
Find your Zen in the midst of difficulties

In every life troubles occur, but we have a choice in how to respond to that. In this session we will connect Zen meditation with ancient Buddhist teachings called “the 4 noble truths’. Meditation can help us to gradually calm the mind. This can help us to see things more clearly. The 4 noble truths will act as stepping stones. They help us to investigate our situation or problem and find ways to liberate us from it.

The workshop is suitable for everyone interested in self-reflection and meditation, including beginners. There is also room for interaction. Please feel welcome if you are curious how to find your ‘zen’!

Jacky Limvers works at the UU als a Wellbeing Officer. She is the founder of the Meditation Lab and Mindful Mornings. Jacky is a zen practioner for more than 25 years and has recently been admitted to a zen teacher training.
Mr. Angela Markenhof works at Educational Consultancy & Training (O&T). Her work with students focuses on the development of academic skills such as time management, self-regulation and research skills.

Time Management for Studies

Would you like to get a better grip on your studies and time management? Then this is the workshop for you. You will be mapping, among other things, what you spend your time on, what the main time sinks are, and which activities you can spend less time on. Using a step-by-step plan, we will discuss what is involved in making a realistic study plan. Plans should also be carried out, and that’s where the rub is for most people! Many students experience procrastination; you will learn how to deal with that.

📅 21 November 13:30 – 16:30
📍 Bolognalaan 🇳🇱
🪴 SIGN UP HERE

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Rob Brandsma is psycholoog en mindfulnessdocent. Hij is verbonden aan de Mindfulness Academie en geeft de training Mindfulness voor de Wereld, een programma voor een bewuste respons op de ecocrisis. www.robbrandsma.nl

Klimaatstress: van doem naar doendenken

Het is normaal dat je bezorgd bent over de toekomst van de wereld en de natuur. Dat je daarbij iets wilt doen maar niet weet hoe. Dat emoties alle kanten opgaan, en dat er stress bijkomt en dat je soms vastloopt in het denken.

Goed nieuws is: je staat niet alleen. De ecologische problemen lijken overweldigend. Veel mensen voelen zich machteloos en zitten stil, maar je blijven verstoppen voor de donkere wolken voelt ook niet goed.

In deze workshop bespreken we wat er zo moeilijk is. En dat we daarin niet alleen staan. We doen enkele mindfulnessoefeningen om kalmte te hervinden als die nodig is, en om ruimte maken voor plezier, verwondering, omdat er ook zoveel moois is in de wereld en we een tegenhanger goed kunnen gebruiken.

En ook hoe je ideeën en energie vindt om de ecologische crisis te beantwoorden, op jouw eigen manier.

Begrip, verbinding, kalmte en persoonlijke voeding, dat zijn de beste medicijnen tegen klimaatstress. En daar gaan we mee kennismaken in deze workshop.

21 November 13:30 - 15:30
Botanische Tuinen
SCHRIJF JE IN
De Kwekerij brings young adults to bloom. We offer interactive programs in which we explore important life questions and share hopeful perspectives. We do this through an equal exchange of life experience and experiential exercises that set you in motion. We believe that through personal reflection, together we can make a positive impact on the world.

How has your upbringing shaped you?

You grow up and suddenly notice that you have been raised by your parent(s) or guardian(s). How things went at your house is not how it goes everywhere. Your parents or guardians passed on their ideal, believes and rituals to you. Have you thought about what you want to take with you or leave behind?

In this flourishing class (workshop), we will share ideas and creative exercises about how you can deal with your upbringing. With the insights of philosophy and sociology we discover different parenting styles. Were your parents controlling or did they gave you the freedom to explore? What has it brought you? And when was the moment that your parents stopped raising you? With the anthropologist Van Gennep, we research the importance of transitional rituals. We will create our own ritual, draw our lifeline, share experiences, and go back to our childhood. This way you consciously decide what you want to take with you and what you want to leave behind.

21 November 14:00 – 16:00
Parnassos

SIGN UP HERE
At the **Green Office**, fresh minds and hands from all corners of the university come together to support Utrecht University's sustainable development. This year, we are hosting a Zero Waste campaign to raise awareness and promote zero-waste behaviors within the UU community.

### Book Swap Event

Embrace the joy of reading at our 'Book Swap' event at the Green Office. Inspired by our swap library initiative, this event aims to celebrate all things literary with a second-hand, sustainable twist. Bring your favourite fiction books to exchange with fellow enthusiasts, discover new reads in a sustainable, circular way, and relax in our cosy reading nook with hot drinks and delicious treats. Join us for a chill gathering of booklovers and unwind with a good book and great company.

If you cannot make it on the day, you can also visit the swap library near the entrance of the Administration building at any time during its opening hours. Find your perfect book to curl up with during the week!

**21 November 15:00 - 16:30**

**Green Office**

![Sign up here](#)
Forest Bathing – Shinrin Yoku

A forest bath is an immersion in nature. With all your senses, you experience the elements of nature. You consciously slow down and take in the surroundings: feel the sun on your face, smell the scent of pine, hear the concert of the birds, observe the repeating patterns of the plants, and taste the richness of the forest. You connect with nature, as a human, as a part of nature. Forest bathing allows you to marvel, become still, gives you a sense of connection, and gratitude.

The session will take place at the unique estate Amelisweerd. We will meet in front of the Restaurant ‘De Veldkeuken’. The address is Koningslaan 11 A, 3981 HD Bunnik.

21 November 15:00 – 17:00

Amelisweerd

SIGN UP HERE

At 'Thuis in het Bos,' Stefanie Boomsa reconnects people and nature. When we remember this connection, we naturally start integrating nature into all our activities, as we protect what we love. We treat all living beings with respect, striving for a society where we all live together harmoniously.
Self Defense

It is important to be able to stand up for yourself. To learn to fend off someone attacking you by way of various fighting techniques and to feel that you are strong. The most important objective is to learn to feel safe because you know that you can trust your own body when you are in trouble. The instructor will make use of techniques derived from boxing, kick boxing, Thai boxing and Krav Maga.

During this course you will also work on your fitness, your mental resilience, strength building and control, agility and flexibility.

Brought to you by Olympos.
Founded in 2015 in Amsterdam, Rocycle is meant for everyone. In a dark candlelit studio to high-energy music, we ride out of our heads and into the rhythm. During the workouts by our ace instructors, riders are thrown back to themselves. Into their being, their strength and outside of their boundaries.

Rocycle

Our full body 45-minute workout on a bike is an uplifting experience. Set to candlelight and fuelled by epic beats, our classes are made to give you that natural high. You will train your upper body with light hand weights and handlebar push ups, then finish with head to toe stretching. Our workouts take your mind off everything, as you feel the endorphins running through your veins. In an hour, you will walk out completely revitalized. Our Ro’ride is a fit for Ro’okies and Ro’ckstars alike. The indoor studios offer everything you could wish for with a private ride: cycling shoes, workout towels on your bike, luxurious, hotel-style towels in the locker rooms, and showers stocked with Zenology’s organic care products.

Make sure to be there on time. You cannot enter anymore once the doors are closed.

21 November 18:45 – 20:00
Kaatstraat 59

SIGN UP HERE
We krijgen dagelijks miljoenen prikkels te verwerken. Misschien wel meer dan ooit. Maar hoe ons brein dat voor elkaar krijgt en wat die prikkels precies met ons doen, daar zijn we ons amper van bewust. Hoog tijd om stil te staan bij de kracht van onze zintuigen!

**Ontdek hoe zintuigen onze wereld vormen**
Wednesday 22 November

Introductie Enik Recovery College & WRAP

Een Recovery College, wat is dat eigenlijk? Heb je nog niet eerder een werkgroep, training of Retreat bij ons gevolgd? Wil je meer weten over zelfhulp of waar het bij Enik en het Sociaal Trefpunt omdraait? Dan is deze introductie voor jou bedoeld.

De WRAP (Wellness Recovery Action Plan) is een praktische manier om aan je mentale gezondheid te werken. In dit persoonlijke levensplan werk je uit wat jij nodig hebt om goed voor jezelf te zorgen, wat triggers zijn die je uit balans brengen en wat je hiervoor in kunt zetten.

Ervaring van deelnemer
Maryse: "Enik betekent mezelf mogen zijn, zelfvertrouwen opbouwen en voelen dat ik erbij hoor."

22 November 10:00 – 12:00
Overvecht
SCHRIJF JE IN
Many students struggle with sleep problems. Sleep often takes a back seat to exercise and diet in the conversation around wellbeing. But in reality, it's the foundation upon which good health and performance are built. In this session, we will explore the practical side of how to achieve a more restful sleep and you will learn how to wake up feeling refreshed and ready to face the challenges of the day.
Caring Universities is an initiative aimed at improving students’ mental health. The Mind-Health Check gives insight into the problems students face, so relevant e-health interventions can be developed and offered for free.

Caring Universities is a collaboration between the following universities

Online programmes
Mind-Health Check
Study without Stress

In this workshop, students learn skills that allow them to manage their time more efficiently and effectively. In particular, we focus on scientifically proven learning methods to acquire knowledge faster and better, and we also dive into skills that provide them with more overview and structure during their studies. Stress is often not the result of doing too many things, but a lack of overview and structure. After this workshop, students will have a better idea of how they can make optimal use of their study time.

From personal experience we have noticed that mainly international students experience problems with the Dutch school system. This also means that these international students have to get used to Dutch culture and this combined often leads to higher stress levels. With this workshop we will definitely tackle one of these components so that they have more time to develop the social aspect.

📅 22 November 11:00 – 13:00
📍 Parnassos  🇬🇧

SIGN UP HERE

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In this workshop you will learn to draw by observation and work on a botanical illustration in the style of old botanical drawings. Be inspired by special flowers and plants.

Botanical Illustration

Buba Cvoric is a multidisciplinary artist, performance teacher, drawing and painting teacher and meditation and breathwork teacher. For 22 years, she has been working on her autonomous art, exhibiting regularly and giving courses and workshops at various locations in Utrecht. [www.stilllifestudio.nl](http://www.stilllifestudio.nl)

22 November 12:00 - 14:00

Parnassos

[Sign up here](#)

[Go to table of content](#)
Workshop Durf te denken

In deze workshop leer je hoe filosofie je kan helpen om in het dagelijkse leven met ingewikkelde vragen om te gaan. Vragen als: welke studie past bij mij? Wat is echte vriendschap? Maak ik de juiste keuzes?

Praktische filosofie is de kunst van het vertragen om je eigen gedachten onder de loep te nemen en meestal in gespreksvorm. Je maakt kennis met de achtergronden van deze vorm van filosofie om vervolgens zelf aan de slag te gaan. Je gaat oefenen met vragen stellen en schoon luisteren zonder in te vullen of te adviseren. Voor mooie gesprekken en meer zelfsturing.

Ernst Meijer is praktisch filosoof met een eigen praktijk in Utrecht. Daarmee wil hij filosofie terug te brengen naar haar oorsprong zoals die in het oude Griekenland werd beoefend. Praktisch en geheel in dienst van ons leven, voor mensen met concrete vragen en problemen. Te contacteren op https://komdenken.nl
The instructor of this workshop is Yo-Yi Pat. She has been an aikido practitioner since 2006. Even after all these years, the martial art still brings her insight, wisdom and joy.

Aikido

Aikido is a Japanese martial art. While the techniques show ways of self-defense, the aim is not to harm another human being. Actually, the practice of aikido aims at overcoming oneself, while staying in harmony with the people around us. In doing so, striving for balance is key.

In this workshop, we’re looking for signs of (dis)balance within basic movements and exercises of aikido. Wearing comfortable long sleeved clothes is recommended for this training. Will you join us in this path of discovery?

22 November 15:00 - 16:30
Olympos

SIGN UP HERE
Yashna, Max and Marijke are three boardgame-enthusiasts who have played a lot of games in their lifetime. Yashna is a master at Cluedo, Max never says no to a game of Yahtzee and Marijke never gets annoyed during ‘Mens erger je niet’.

Game night

Do you want to get to know new games or share your favorite game with students? Then you should join us for our game night at Parnassos. Get ready for a night of fun and relaxation where you can unwind from your day and create new memories. We will provide some games but you are also more than welcome to bring your own favorites.

22 November 17:00 ~ 20:00

Bar Parnassos 🇳🇱 🇬🇧

SIGN UP HERE
Bring your own Food
Student Dinner

Don't miss out on our Bring Your Own dinner! Cook up your favorite dish and join the dinner for a fun evening where you'll meet new students and might even share your delicious creations. Our dinner is the perfect opportunity to connect with people you haven't met yet.

Sign up on the Students For Dinner platform from Eet Mee and get ready to expand your social circle. Come solo or with friends and be prepared for a great evening together!

The dinner will take place in the very cozy bar of Parnassos, and the first drink is on us! Don't forget to bring utensils.

Eet Mee is a platform for people who like to meet others and enjoy a good conversation during a nice dinner. You can meet a surprising mix of people. From student to retiree, raised here or just new in the Netherlands. Students For Dinner is one of their formulas.
The workshops Botanical Illustration, Upcycle your Outfit, and Painting: Perception of Sound are offered to you by Parnassos Cultural Center.

What is Parnassos?
Parnassos is the cultural centre of Utrecht University. At Parnassos you can attend courses and workshops, visit concerts and use the facilities that Parnassos offers. Parnassos is open to students and staff of participating institutions for higher education.

Discount for students and staff
Students and staff of the following participating institutions will enjoy a discount when joining Parnassos: Utrecht University, Hogeschool voor de Kunsten Utrecht and Universitair Medisch Centrum Utrecht.
Thursday 23 November
Anouk den Hamer works at Educational Development & Training (O&T). She trains students in time management and how to study effectively.

How to Study Effectively?

You invest a great deal of time into your studies, but your grades don't seem to improve. Perhaps you spend too much time reading or summarizing the material or have the feeling that you don't retain much for the exam. If you recognize yourself in this description, then the problem probably lies in the methods you use to study. Perhaps your study techniques don't quite suit the requirements of a specific course. In this webinar, you'll learn about the most effective study techniques.
Good Mourning

The death of a loved one has a big impact on our life. Although we have been looking forward to studying (again) – after loss – everything may feel very different.

We have trouble concentrating and run into all kinds of questions: Who am I, now that my loved one has passed away? How come, I grief so different than my relatives? Where do I get the courage and energy to keep on going? What will help me cope with the storm of emotions that I’m feeling?

During this intimate session on grief, bereaved students and former participants of the UU peersupport group ‘Good Mourning’ will share their personal experiences. They will be joined by Anneke Vedder, psychotherapist and bereavement researcher.

Do you want or need to learn more about grief, mourning and bereavement? Then this is where you belong.

23 November 13:30 – 15:30

Cafe Domkop

Anneke Vedder (she/her) is a Junior Assistant Professor and licensed Psychotherapist, researching the connection between loneliness and bereavement. Together with her students, she co-created the peersupport groups Good Mourning and Conscious Connections, aiming to contribute to a society in which psychology and self-care are common sense.
Pole Sport

Pole Fitness® is a fitness workout which combines pole dance techniques and aerobics exercises. This combination of power training (pole dance techniques) and cardio training (aerobics) allows for a very complete high-impact total body workout. The pole dance exercises are very accessible; all participants should be able to learn to perform them competently. During the lessons, you train your strength, training power and flexibility by taking on the most spectacular pole dance techniques while having a lot of fun!

Pole Fitness® is no longer a sport that is only practiced by women; more and more men enjoy taking part in the Pole Fitness® classes.

Please bring a towel (obligated).

Brought to you by Olympos.

23 November 16:30 – 17:30

Olympos

SIGN UP HERE

GO TO TABLE OF CONTENT
Jan Wolter Bijleveld verzorgt workshops en is schrijver en podcastmaker. Al ruim vijftien jaar schrijft en spreekt hij over onderwerpen zoals loslaten, perfectionisme, rust/ruimte in je hoofd en verwachtingen. Eind 2021 verscheen zijn vierde boek ‘Wat had je dan verwacht?’. Met zijn workshops stond hij eerder op diverse events en festivals (o.a. Lowlands!). Meer info: hoofdruimte.nl.

Tripje naar Jezelf

Zo wordt het een waardevolle ontmoeting als je jezelf tegenkomt.


23 November 18:00–20:00

Parnassos

SCHRIJF JE IN
Movie Night: Inside Out

Embark on a captivating and colorful journey through the mind! Join us for an immersive cinematic experience as we delve into the extraordinary world of 'Inside Out.' This heartwarming Pixar animation takes you on a whimsical adventure inside the head of an 11-year-old girl named Riley, where her emotions — Joy, Sadness, Anger, Fear, and Disgust — navigate her life. Through laughter, tears, and moments of pure joy, 'Inside Out' explores the complexities of emotions, mental health, and the importance of embracing our feelings. Join us for an evening of reflection, laughter, and a reminder of the beauty of our emotional spectrum. Bring your friends and be ready to embark on an unforgettable journey through the mind and heart.

Takes place in the beautiful theatre room of Parnassos.

23 November 20:00 - 22:00
Parnassos
SIGN UP HERE
Friday 24 November
Everyone wants to manage their money wisely, but to do that, you need to know what to consider. A visit to 'De Geldzaak' provides useful information. An expert offers tailored financial advice, informing you about your entitlements, available benefits, and potential overpayments. Prevent financial problems and maximize your earnings with a visit to 'De Geldzaak.'

Money Matters

Studying in a new country is exhilarating but also brings financial challenges. Our workshop, 'Money Matters,' helps you conquer these challenges and make your student life a success. In this session, you'll learn about the Dutch cost of living, discover your rights and responsibilities while working, and understand key financial aspects like studiefinanciering, taxes and social security.

We value your individual needs and offer opportunities for personal inquiries and discussions during our workshop. Our experts will equip you with practical advice on managing finances in the Netherlands, ensuring your financial well-being. Don't miss this chance to be informed about your rights and duties while living in the Netherlands. Enroll in our workshop now! We look forward to welcoming you and working together. See you soon!

24 November 10:00 - 11:00
Online | 🇳🇱

SIGN UP HERE
Breathwork & Ice Bath

Stap uit de dagelijkse routine en duik in de diepten van je potentieel met THE ICE GUYS TRIBE. Ontdek tijdens deze workshop de kracht van ademhalingstechnieken, positieve mindset en koude blootstelling. Ervaar hoe direct je ademhaling verbonden is met je zenuwstelsel en je voorbereidt op de uitdaging van een ijsbad. Ervaar hoe koudetraining je lichaam sterker maakt, je immuunsysteem boost en je stressbestendigheid verhoogt. Versterk je mentale veerkracht met meditatie en ademhalingsoefeningen. Onder begeleiding van toegewijde coaches worden deelnemers ondergedompeld in een hands-on ervaring. Maak je klaar voor een onvergetelijke reis waarbij je ontdekt dat je meer kunt dan je denkt. Welkom bij de Tribe!

De trainers van THE ICE GUYS TRIBE, ervaren ademcoaches en cold exposure instructeurs, hebben in drie jaar tijd meer dan 2500 mensen en grote bedrijven getraind. Ze begeleiden deelnemers uit hun hoofd en in hun lijf, en stimuleren de verbinding met hun ware zelf. Herontdek je ware, innerlijke kracht!

24 November 11:00 - 14:30
Olympos
Wil jij bewuster omgaan met je energie, meer ontspanning in je lichaam ervaren en je gezondheid versterken? Zhineng Qigong is een oude Chinese bewegingsleer waarbij lichaam en geest samen worden gebracht door rustige bewegingen en visualisaties. Door verschillende oefeningen breng je je lichaam in diepere ontspanning en activeer je de energiestroom voor optimale gezondheid en balans. Wereldwijd beoefenen miljoenen mensen van alle leeftijden Zhineng Qigong en het aantal groeit dagelijks doordat steeds meer mensen de positieve effecten ervaren.

In deze workshop maak je kennis met Zhineng Qigong en ontdek je de zachte kracht van bewegingsleer.

Dorine Grote Punt besloot na haar opleiding Psychologie aan de Universiteit Utrecht het roer om te gooien en zich te verdiepen in Chinese Geneeswijzen. Door haar nieuwsgierigheid en hart te volgen is ze inmiddels Zhineng Qigong docent in opleiding en wil ze mensen helpen bij het vinden van een diepere verbinding met zichzelf.
DASHAUS is a Utrecht based music collective. At the crossroads of art and electronic soundscape, they focus on blending diverse DJing techniques, from classic vinyls to vibrant live sets. The aim is to create a space where music takes the center of the stage and cultivates a vibrant community.

**DJ workshop**

DASHAUS dives back into the timeless realm of vinyl mixing while also exploring the nuances of digital DJing.

During our workshop we'll go through some basic mixing and making sure everyone gets a solid foundation. Our aim is to unite creatives and music enthusiasts, fostering collaboration and shared passion. No matter what electronic music you're into - be it garage, breakbeat, techno, hardgroove or anything in between - we're all about exchanging music and exploring the electronic soundscape.

We'll wrap up the workshop with a boilerroom set, a testament to the skills and techniques explored throughout our session. Whether you're intrigued by rhythm, technique, or the story behind each record, we've got you covered.

Cheers, DASHAUS.

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**24 November 13:30 - 15:30**

**Café Domkop**

**SIGN UP HERE**
Founded in 2015 in Amsterdam, Rocycle is meant for everyone. In a dark candlelit studio to high-energy music, we ride out of our heads and into the rhythm. During the workouts by our ace instructors, riders are thrown back to themselves. Into their being, their strength and outside of their boundaries.

Rocycle

Our full body 45-minute workout on a bike is an uplifting experience. Set to candlelight and fuelled by epic beats, our classes are made to give you that natural high. You will train your upper body with light hand weights and handlebar push ups, then finish with head to toe stretching. Our workouts take your mind off everything, as you feel the endorphins running through your veins. In an hour, you will walk out completely revitalized. Our Ro’ride is a fit for Ro’okies and Ro’ckstars alike. The indoor studios offer everything you could wish for with a private ride: cycling shoes, workout towels on your bike, luxurious, hotel-style towels in the locker rooms, and showers stocked with Zenology’s organic care products.

Make sure to be there on time. You cannot enter anymore once the doors are closed.

📅 24 November 18:45 – 20:00
📍 Kaatstraat 59 🇳🇱
👋🏻 SIGN UP HERE
Olympos offers multiple workouts this Wellbeing Week, including MMA Cheerleading, Morning Yoga and Self Defense.

About Olympos
Sportcentrum Olympos has extensive and versatile facilities. These are situated at the Utrecht Science Park (De Uithof), which is also home to Utrecht University, HU University of Applied Sciences Utrecht, UMCU, the Hubrecht Institute and other top research institutions, innovative companies and student housing complexes. Together, this mix of science, students, sport and commerce creates a dynamic climate in which to work and study.

Students and employees of Utrecht's higher education institutions form the primary group Olympos is dedicated to serving. In addition, Olympos welcomes other sports enthusiasts as well!
Saturday 25 November
Interactive city walk: traces of Utrecht's slavery past

Step into the history of Utrecht during this meaningful city walk. We understand that student wellbeing is of paramount importance, which is why we will organise an activity that will not only broaden your view, but also provide deep connection.

In 2021, an investigation uncovered the slavery past of both the city of Utrecht and the UU. These revelations paved the way for important conversations about how the colonial past permeates the modern university. To stimulate this conversation, UP Community invites you to an interactive city walk. Accompanied by dedicated guides from the Surinamese foundation Tori Oso, you will discover important places in Utrecht and learn about its connection to its colonial past.

Everyone is welcome, regardless of your experience or background. Let's learn, share and grow together while taking an inspiring city walk in good company.

University Pioneers is a community for students who are among the first in their family to enter (Dutch) higher education. UP consists of a mentoring programme with students and alumni who are (or have all been) first-generation students and a range of events on pioneering individuals or experiences.
Stap in de geschiedenis van Utrecht tijdens deze betekenisvolle stadswandeling. We begrijpen dat studentenwelzijn van het grootste belang is, en daarom hebben we een activiteit georganiseerd die niet alleen je blik zal verruimen, maar ook voor diepe verbinding zal zorgen.

In 2021 bracht een onderzoek het slavernijverleden van zowel de stad Utrecht als de UU aan het licht. Deze onthullingen hebben de weg vrijgemaakt voor belangrijke gesprekken over hoe het koloniale verleden doorwerkt in de moderne universiteit. Om dit gesprek te stimuleren, nodigt UP-Community je uit voor een interactieve stadswandeling. Onder begeleiding van toegewijde gidsen van de Surinaamse stichting Tori Oso zul je belangrijke plekken in Utrecht ontdekken en leren over de verbinding met het koloniale verleden van Utrecht. Iedereen is welkom, ongeacht je ervaring of achtergrond. Laten we samen leren, delen en groeien, terwijl we een inspirerende stadswandeling maken in goed gezelschap.

**Interactieve stadswandeling: sporen van het Utrechtse slavernijverleden**

**University Pioneers** is een community voor studenten die één van de eersten zijn uit hun gezin die hoger onderwijs (in Nederland) betreden. Het UP-programma bestaat uit een mentorprogramma met studenten en alumni die allemaal eerste-generatie-student zijn (geweest) en een scala aan evenementen over baanbrekende personen of ervaringen.

**SCHRIJF JE IN**
Mitchel Breed (1989) is a mentally sensitive -Utrecht based- artist, who explores themes like madness, the pressure to perform and displacement. Recently his artistic practice has shifted to developing and facilitating (art-based) peer support groups exploring mental health struggles. Picture by Arthur Martin.

‘Ship of Fools’ is a workshop by artist and peer support facilitator Mitchel Breed. Starting from inspirations from art-history we will research the theme of madness, alternating between a sociological, psychological and spiritual perspective on mental health.

The main inspiration for this single workshop is the painting Ship of Fools, by the 15th century artist Hieronymus Bosch. This popular motif from the early Renaissance was a metaphor for madness. Not for the madness of the individual, but of society as a whole. Through sharing personal experiences, insights and struggles we will step into the footsteps of Bosch.

‘What are systems in our society and culture which affect your mental health?’ is the question we will dive into this workshop. Not only through talking, but also through making. You are invited to explore your personal Ship of Fools creatively through making a personal collage, which we will discuss at the end of our meeting – And possibly beyond this meeting.
LGBtea

Anteros, QueerCo and Prism join forces during this Wellbeing Week! Join us for this get-together at café Domkop, where you can meet amazing new people and find a safe space for discussion. We will provide some snacks and for the first 20 people to come in, first drink is on us!

After 17 o’clock, feel free to stay and enjoy the jam session that will start in Domkop!

QueerCo, UCU’s very own queer alliance. UCSA QueerCo is the Queer Alliance of our University College. We make sure QueerCo is the Queer Alliance of our University College. We make sure there is a safe space for queer people, but we are also there for our allies who want to know more about how to support the queer community.

U.H.S.V. Anteros is thé LGBTQIA+ student association of Utrecht. Everyone is welcome here and you can be yourself. As a social association, Anteros organises fun get-togethers, parties and other activities.

Hey, we are Prism, the LGBTG+ society of University College Roosevelt! We organise fun, educational, and thought provoking events surrounding LGBTQ+ topics. We strive to provide an inclusive and safe environment for all UCR students, queer or otherwise.
Sunday 26 November
USDV U (Utrechtse Studenten DansVereniging U Dance) verzorgt lessen stijldansen en salsa voor studenten, in Olympos op dinsdag- en donderdagavond. Ze bieden lessen aan op verschillende niveaus. Er is voor iedere student die van salsa en/of stijldansen houdt plek en ieder kan zich thuis voelen binnen de vereniging; van absolute beginner tot (ver) gevorderde danser en van (unisex) paar tot enkeling.

Salsa Workshop

OHeb jij altijd al eens een keer salsa willen leren? Dit is je kans!
Salsa is een Latijns-Amerikaanse dans met een feestelijk karakter waarbij de nadruk ligt op losse, vloeiende bewegingen. De dans heeft veel positieve effecten op de mentale gezondheid: het is een levendige dans waarbij je makkelijk contact legt met anderen en in no time de drukte van de dag bent vergeten. Zowel beweging als sociaal contact zijn belangrijke aspecten voor je mental health en daarnaast is het tijdens ons drukke studentenleven belangrijk regelmatig even te kunnen ontkoppelen. Zet twee uurtjes salsa dansen maar tussen je workouts, want het valt zeker onder een goeie cardio, en ook nog eens een erg gezellige! Bovendien wordt er altijd veel gelachen: and everyone knows, lachen is gezond!

De workshop wordt gegeven door studenten van onze vereniging, waardoor het een leuke en laagdrempelige activiteit is. Je ontmoet makkelijk nieuwe mensen tijdens deze workshop en met z’n allen leer je stap voor stap de basis van de dans. No worries, geen danspartner of talent is verplicht! Kom samen of alleen, iedereen kan meedoen!

26 November 12:00 – 14:00

Parnassos

SCHRIJF JE IN

GO TO TABLE OF CONTENT
Feeling yourself wither with the weather? Missing your dog at home and wishing you had a furry friend here? Could you use the extra boost and love that somehow only dogs can magically provide? Then this is the place for you! Come join us for a groovy afternoon of hot cocoa and furry friends. For the first time ever, we present to you an event where you can attend but also help organise! We are looking for people who would want to come with their dogs for an afternoon and share the love with other students.

If you are able to bring a dog, please send an email to wellbeingweek@uu.nl in addition to signing up. Please keep in mind that dogs should be treated with respect, and they are not merely here to be played with. Come take a break from your studies, de-stress and hang out with some doggos.

**Dog Meet and Greet**

26 November 14:00 - 16:00

**UCU**

**SIGN UP HERE**
Monday 27 November
Arkin Prevention is a department of Arkin, one of the largest mental healthcare institutions of the Netherlands. Our department specifically focuses on the development and execution of tools, trainings and policies that aid the prevention of mental health issues and strive towards a mentally resilient population. This training will be performed by Shira, a psychologist and prevention worker at Arkin Preventie.

How are you?

Get the best out of your mental fitness!

In this training we’ll guide you through an easy exercise to map your current mental fitness. Identify your strengths and the challenges you might face, and learn how to convert those insights into specific actions that strengthen your mental fitness. Whether you’re feeling good and want to achieve more or whether you’re not in your best place right now, you’ll complete the exercise based on your unique situation. After this training you’ll have the chance to keep on working on your mental fitness with our free online course (web-app) that you can use completely for free, online, at your own pace and wherever you want.

27 November 10:30 - 11:30

Online

SIGN UP HERE
Frisse Gedachtes is a student movement that aims to improve student well-being. It does that by offering three free services. Firstly, a chat platform where students can chat anonymously with psychology students and experts by experience. Secondly, the option to be randomly matched to a fellow student in order to be able to go for a walk together. Third, events to make student welfare more open to discussion.

WOTIS Walk

Frisse gedachtes Utrecht is an organization that stands for better student well-being. This year we are organizing a walk for (international) students during the Wellbeing week: the WOTIS. WOTIS stands for the walk of the international students. The title may already be somewhat self-explanatory. The walk in our beautiful city of Utrecht gives students the opportunity to get to know the city, and allows them to see all the highlights. Our goal is to connect students with the city and with each other. During the walk, each student receives a goodie bag containing flyers, tips about Utrecht, the route, a tasty snack and something to drink.

We hope to see you soon!

The board of Frisse gedachtes Utrecht

27 November 10:30 - 12:00
Neude
SIGN UP HERE
4.01 km
Utrecht, Utrecht
WOTIS WALK
FOR A BETTER STUDENT WELL-BEING
Rainbow of Desires  
by InTouch

Joining our workshop in frames of the EU-funded project *Beyond Gender*, you gain an opportunity to explore a better understanding of stereotypes and power relationships in the vivid society. Apart from that you will obtain a space and time to enable a better understanding of yourself and one's inner oppressions through different theatrical techniques. The methods used during the workshop are borrowed from the Rainbow of Desire (Augusto Boal), process-oriented psychology and non-violent communication (Marshall Rosenberg). Together through a 4-hour session we will mainly act, discover and discuss. There is no previous experience or knowledge needed as it is just precisely enough to be yourself, being ready to dive into this inclusive and accepting theatrical flow. We, as ‘In Touch Amsterdam’, promise to provide you with safe and thought through guidance during the workshop, answering your questions and taking into account your wellbeing.

There will be **a break from 13:00 - 13:30**, with coffee and tea. It is also possible to leave in the break.

27 November 11:00 - 15:00  
UBU  
SIGN UP HERE
Hi, nice to meet you! My name is Helma (age: something with a 4 :)), born in Brabant and living in U-tje for over 20 years now. After many years of working in various laboratories at the UMC, I hung up my 'pipette' on the figurative willows this year! :) Since last year, I started my own company 'Blizz Yoga' and teach Hatha Yoga, Yin Yoga and Pilates. I am also studying 'Fitness Trainer A' and doing an internship at Olympos.

Yin Yoga

Yin yoga is a slow paced, passive form of yoga. We hold poses for a longer period of time to enhance flexibility and to move deeper into the layers of our body. Also we practice to be still and mindful. Calming the body means calming the mind. Take this time off to turn inwards, unwind, and nourish yourself with some relaxation!

Please take your own mat.

27 November 12:00 - 13:00
Parnassos
Autonomie in relaties

Verbonden zijn met een ander brengt vaak geluk en vervulling met zich mee. Het is een van onze basisbehoeften. Soms is het lastig om daarbij jezelf te blijven en er ook voor te gaan staan. In deze workshop onderzoeken we hoe dat werkt in gelijkwaardige relaties, zoals tussen geliefden en in vriendschappen. Hoe ontdek je wat JIJ wilt? En hoe communiceer je dat? Hoe stel je grenzen? We gebruiken modellen uit Transactionele Analyse en Geweldloze Communicatie om inzichten te krijgen en mee te oefenen. Deze workshop is interactief, je werkt met voorbeelden uit je eigen leven. Voor mensen met en zonder (liefdes)relaties!

27 November 14:00 - 17:00
Parnassos
SCHRIJF JE IN
Robbert Minderhoud is commandant van de Burn-Out Brandweer. Na een carrière als ondernemer besloot hij zijn inzichten over stress en het voorkomen van burn-out te delen. De Burn-Out Brandweer is een relaxed initiatief om bij mensen en teams het aan te steken, rookgordijnen te stoppen en aan te wakkeren wat energie geeft! Voorkomen is beter dan blussen!

Workshop Het Heilig Vuur

“Ik wil weer in vuur en vlam staan.”


27 November 14:30 - 15:30
De Vagant

SCHRIJF JE IN
Tinka van der Kooij (1987) enjoys making clothes. She has been doing so for more than 20 years. Sewing clothes herself is a way for her to be sustainable, and of course it's a lot of fun! In 2018, she has a sewing studio in the middle of thrift shop Wawollie, where she challenges and helps people to make or upcycle their own clothes.

**Upcycle your Sweatpants or PJ’s**

Do you like to spend this season in your sweatpants or pjs? Then you better make sure they look cute! In this workshop you'll upcycle your own pjs or sweatpants. Upcycling means working with second-hand clothing and transforming it in such a way that it gets a second life as another item of clothing. If you look at a second-hand garment in a creative way, you will see that it is actually just a piece of fabric.

**27 November 16:00-17:30**

**Parnassos**

**Sign up here**
We are Izy, Lara, Charlot and Indy, four students from Utrecht University studying cultural anthropology, communication and information science, psychology and law. We are all passionate about diversity and inclusion and were trained to give workshops to create more awareness for inclusion amongst students. We hope to see you all soon!

Diversity & Inclusion workshop

We often hear the words diversity and inclusion in conversations, but do we really know the difference between them? Would you like to have a clearer grasp on such concepts? Curious about how to create a safe and inclusive academic environment for a place as diverse as Utrecht? If you’d like to broaden your perspective to gain a more comprehensive understanding of the world through a cross-sectional lens, then this workshop is for you! Don't miss this opportunity to gain insights and tools to embrace diversity and create an inclusive environment for all.

27 November 17:30 – 19:00
Parnassos
SIGN UP HERE
Our full body 45-minute workout on a bike is an uplifting experience. Set to candlelight and fuelled by epic beats, our classes are made to give you that natural high. You will train your upper body with light hand weights and handlebar push ups, then finish with head to toe stretching. Our workouts take your mind off everything, as you feel the endorphins running through your veins. In an hour, you will walk out completely revitalized. Our Ro’ride is a fit for Ro’okies and Ro’ckstars alike. The indoor studios offer everything you could wish for with a private ride: cycling shoes, workout towels on your bike, luxurious, hotel-style towels in the locker rooms, and showers stocked with Zenology’s organic care products.

Make sure to be there on time. You cannot enter anymore once the doors are closed.
Tuesday 28 November
Global Young Leaders is an international organization that works with young people at schools and universities to assist them in developing life-skills so they can navigate their important decisions and challenges, and create life by their own design. Our workshops assists young people with understanding and navigating key life topics. We work with young people around the world.

How to get rich

without changing the inside of your wallet

Do you want to get rich quickly? Then this workshop is for you!

50 euro is a 50 euro, but put different people in front of those 50 euro and you’re going to have different experiences. One feels poor and the other rich. One is happy with what they have and the other wants more, more, more. This means our experience of money is often not dependent on how much we have, but instead on how we think about how much we have!

During this workshop you'll learn more about how your perception of money influences your experience and behavior around money. You'll take a look at your own ideas around money and decide which ones you want to keep in your wallet or throw out. We'll also come up with practical actions you can take to alter your perception of money so that your experience of it becomes less needy and greedy, and more relaxed and grateful.

28 November 10:00 - 12:00

De Vagant

SIGN UP HERE
Yke Eijkemans worked as a teacher and tutor at the UU which has provided her with a close-up perspective on the world of students. As an anthropologist and a coach, she is a trained listener and questioner. Together with you, she likes to explore your questions about themes such as your study and career orientation, stress, the present and future, and possible steps you can take.

Find Balance with Ikigai

Do you ever reflect on what makes you happy? Or what the world needs and how you can contribute to that? Or how you can earn your money in a meaningful way, while also doing what you are good at?

During the workshop 'Find your Ikigai' you will search for your Ikigai: your sources of meaning. After this workshop you will have a better understanding of what makes your life meaningful. You will be better able to experience and explain what drives you in life. This will give you both direction and energy/inspiration. With your increased self-awareness it becomes easier to make a decision and make a next step.

28 November 13:00 - 16:00
De Vagant

SIGN UP HERE
Authentic Relating

Prepare to embark on a journey of self-discovery, filled with laughter, heart-opening warmth, and genuine care. Through this experience, we enhance our capacity to experience abundance in our lives and learn how to be vulnerable.

28 November 14:00 – 16:00
Botanical Gardens

In this Authentic Relating workshop, the facilitators Nicole & Wies will take you on a transformative journey through guided exercises and group sharing. Together, we will build trust, deepen connections, and gain a profound understanding of the art of being present with one another. By embracing and expressing more of our authentic selves, we create a safe and nurturing space for genuine connections and platonic intimacy to flourish. If you are a curious, open-minded, and playful individual seeking opportunities to be your true self and connect joyfully with others, this workshop is designed for you!
Positive Psychology

Positive Psychology is all about discovering your strengths and values and capitalizing on these in various life domains. In this interactive lecture, you will learn more about the 5 pillars of Positive Psychology, also called the PERMA model.

Throughout the lecture, you will be challenged to apply and experience some positive interventions and techniques yourself. The focus will be on what is strong, not on what is wrong. Practicing such an approach will enable you to flourish, increase your wellbeing and the quality of life. Once you are familiar with the techniques, you can easily continue with these on your own and teach the principles to other people.

28 November 15:00 - 17:30

Ruppert

SIGN UP HERE
Kickboxing coach Mahid and Brazilian Jiu Jitsu coach Davey come together to give you the tools to start your mixed martial arts journey.

MMA Fighting

Want to get familiar with one of the most effective ways to defend yourself? Want to get to know what an americana, low single leg takedown, overhand right or a superman punch is? Want to know what all the UFC hype is about? Then we've got the place for you! This Monday afternoon, kickboxing coach Mahid and Brazilian Jiu Jitsu coach Davey come together to give you the tools to start your mixed martial arts journey. Anybody, any level, (regardless of experience) is welcome.

Please note that this workshop includes physical touching.

Brought to you by Olympos.

28 November 15:30 – 17:00

Olympos 🇬🇧

SIGN UP HERE
The Kunstorkest is the only student baroque orchestra in the Netherlands and is based in Utrecht. With a fun bunch of about 15 to 20 students the orchestra plays both known and completely unknown music from the period 1600-1800. We play on modern instruments, striving to deliver the most authentic performance possible. Come join us and discover the wonderful world of baroque music.

Open rehearsal Kunstorkest

Het kunstorkest is happy to welcome you to our open rehearsal! As musicians, we know what a positive impact playing or listening to music can have on a person's well-being. And we are so excited to be able to take part in the UU well-being week.

What to expect: a gezellig open rehearsal with the most gezellig student orkest in Utrecht! We are a small chamber ensemble where every player has an important role and the unique ability to learn from those around them and from our principal violinist, Hans Lub.

Feel free to come early and have a drink before the rehearsal (19.30 u). We are welcoming both new players and audience members who would like to see how an orchestra rehearses. Please let us know which instrument you play via: secretariskunstorkest@gmail.com. We are so excited to welcome you on the 28th.

28 November 20:00 - 22:30
Parnassos

SIGN UP HERE
Heb je het gevoel dat je heel veel moet? Zit je daardoor niet zo lekker in je vel? Maakt dat je onzeker, opgejaagd, gestrest, leeg of verdrietig? Praat erover, zeg wat er speelt. Ga voor tips naar utrecht.nl/unboxjezelf

Voelen anderen ook die druk?

Unbox jezelf, zeg wat er speelt!
Wednesday 29 November
Ontdek de ultieme ontspanning met een fijne rustige yin yogales, speciaal ontworpen voor studenten zoals jij. In de hectische wereld van colleges, deadlines en examens is het essentieel om een moment voor jezelf te nemen en tot rust te komen. Yin Yoga biedt de perfecte gelegenheid om te ontsnappen aan de dagelijkse drukte en je innerlijke balans te herstellen.

Yin Yoga richt zich op het strekken van het bindweefsel in je lichaam, waardoor spanning en stress worden verminderd. De langzame en zorgvuldig begeleide houdingen laten je spieren ontspannen. Of je nu een doorgewinterde yogi bent of nog nooit eerder yoga hebt geprobeerd, deze les is toegankelijk voor alle niveaus. Vergeet niet comfortabele kleding aan te trekken!

Tessa is een gepassioneerde yogadocente met een kalme uitstraling. Haar lessen zijn gevuld met harmonieuze houdingen en inspirerende begeleiding. Met haar zorgzame instructie brengt ze balans en welzijn naar elke yogales. Naast het verzorgen van yogalessen is Tessa ook werkzaam als Communicatiemedewerker binnen team Studentenwelzijn aan de Universiteit Utrecht.

Tessa

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Tessa
Do you have a bad habit that you cannot seem to break? Or are you trying to build up a good habit, but it does not seem to stick?

Habits play a major role in our daily lives, in our study behaviour and beyond. Changing your habits can be difficult and might feel impossible sometimes. In this workshop, you will reflect on your habits and work on understanding them. Topics discussed include the habit loop, consisting of 4 stages (cue, craving, response, result). You will find out how to break your bad habits, and you will gain knowledge and skills on how to build good ones.

You will leave here with more awareness of your own behaviour and a better grip on your habits!

Workshop Habit Management

29 November 10:00 - 13:00

Botanical Gardens

SIGN UP HERE
Presenting is communicating. It is not only about what you say but also how you say it. An important part of the tension and uncertainty associated with giving a presentation is removed by good preparation. And by practicing a lot and knowing where your qualities and points of interest lie.

During the workshop, you will receive feedback on your presentation skills from the teacher and fellow students. We will practice things such as using your voice and posture and conveying a clear core message. This workshop is designed for all students who want to improve their presentation skills.

Marije Stolte works at Educational Development & Training (O&T). Her work focuses on the development of academic skills such as presenting and writing and on how to supervise research projects.
At the Green Office, fresh minds and hands from all corners of the university come together to support Utrecht University’s sustainable development. This year, we are hosting a Zero Waste campaign to raise awareness and promote zero-waste behaviors within the UU community.

Paint your Ecotopia

Do you ever feel overwhelmed or anxious about news surrounding climate change? Want to reframe the way you think about tackling the climate crisis in a more hopeful light? Join our 'Paint your Ecotopia' workshop, a refreshing and uplifting experience offered by the Green Office UU. Delve into a world of hope and inspiration in this workshop, as sustainability expert, Martin Calisto Friant, unveils possible sustainable scenarios for future societies through an informative presentation and group discussion. We will channel this newfound inspiration into a collaborative painting on a shared canvas, where our visions of an ecotopian future will come to life. The final painting will inspire a forthcoming mural at the Green Office, meaning your participation in this workshop will leave at tangible, lasting imprint at our university. Come be part of this transformative journey and paint a brighter, sustainable future in the company of others!

29 November 15:00 - 16:30

Green Office

SIGN UP HERE
Ashley Bookman, CEO of Momentum Incorporated believes that our mental health is the key to our ability to achieve our potential and deliver our ambitions for ourselves, for our families and for society. Ashley’s vision is to make a productive level of mental health as accessible as clean drinking water.

Optimizing Your Own Performance

You have your life ahead of you, and you want to make the most of it? You’ll already know that life can be demanding at times, and sometimes you may feel unsure about the best approach to take....

To achieve all your ambitions, would you like to know how to:
1. maintain your mental health day to day?
2. manage your reactions to life’s challenges and make the most of every situation?
3. achieve the best for your career and ensure you have your most productive and satisfying life?

Human Momentum’s mental fitness session answers all these questions and will enhance your study, your career and your relationships.

"This was an incredibly powerful session. I look at myself in a different way; of all the career progression sessions, manager consultations, TED talks, etc. I believe your session has had the biggest impact on my performance and happiness."

Ella | McClaren
Eva Krol is een documentaire regisseur met een achtergrond in de culturele antropologie. Haar ambitie is om actuele maatschappelijke thema’s aan het licht brengen bij een groot publiek. Met haar werk wil ze mensen aan het denken zetten, nieuwe inzichten bieden en het gesprek rondom kwetsbare onderweg helpen.

Documentaire Nola

Nola is een documentaire over Daniëlle (24) en haar psychosociale hulphond in opleiding. Daniëlle kampt al jaren met psychische problemen, waaronder een angststoornis. Ze heeft ontzettend veel vormen van therapie geprobeerd, maar niks heeft echt geholpen. Deze documentaire geeft een bijzonder en intiem inkijkje in wat het leven met een angststoornis inhoudt en laat zien wat een psychosociale hulphond kan betekenen wanneer de GGZ nauwelijks uitkomst biedt.

Daniëlle en Eva zijn beiden aanwezig en zullen een nagesprek leiden. Kom kijken naar deze bijzondere docu en stel al je vragen!

29 November 17:15 - 18:30
Parnassos
SCHRIJF JE IN

Nola is een documentaire over Daniëlle (24) en haar psychosociale hulphond in opleiding. Daniëlle kampt al jaren met psychische problemen, waaronder een angststoornis. Ze heeft ontzettend veel vormen van therapie geprobeerd, maar niks heeft echt geholpen. Deze documentaire geeft een bijzonder en intiem inkijkje in wat het leven met een angststoornis inhoudt en laat zien wat een psychosociale hulphond kan betekenen wanneer de GGZ nauwelijks uitkomst biedt.

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De MARIO screeningstudie

Ben jij opgegroeid met een ouder met psychische problemen?

Help ons onderzoek naar het eerder en beter herkennen van stemmingsproblemen bij jongeren

De online vragenlijst duurt 5 minuten

Daarna nemen we telefonisch contact op om aanvullende vragen te stellen.

Wil je meedoen of heb je vragen?
Ga naar mario-project.nl
mario-check@amsterdamumc.nl
06 – 29 68 08 01

Onder nieuwe deelnemers verloten we iedere maand een cadeaubon t.w.v. € 15,-.
Thursday 30 November
Janneke en Lida zijn van Berm Buitencoaching en vullen elkaar mooi aan. Janneke is nuchter, creatief en humoristisch. Lida is rustig, opmerkzaam en treedt je zonder oordeel tegemoet. Ze is GZ-psycholoog/trainer/coach.

Uit je hoofd, in je lijf

Merk jij ook:
...dat je veel in je hoofd zit?
...dat je weinig contact hebt met je lijf?
...dat je regelmatig piekert?
...dat je het moeilijk vindt om te luisteren naar je lichaam?

Hou je van buiten zijn? En wil je proeven aan onze impactvolle ervaringsgerichte oefeningen die je helpen contact te maken met je lijf?

Doe mee met onze workshop uit je hoofd, in je lijf!

Je krijgt hier inzicht in hoe je kan omgaan met de bovengenoemde items en hoe je hier concreet mee verder kunt. We werken zoveel mogelijk in de buitenlucht.

30 November 10:00 - 12:00
Botanische Tuinen
SCHRIJF JE IN
Are you taking a course that requires a lot of reading? Falling behind in reading chapters and articles? Or have you read everything, but it doesn’t stick?

Then it is good to look at your approach. Where do you start? Do you have to read everything? And how do you ensure that the information sticks? In this workshop, you will learn what you need to gain an overview of the subject matter. You will also be given tools to not only go through a text faster but also to better understand and remember the most important information.

Please bring a book or article you must read for your studies!

**Effective Reading Strategies**

**30 November 11:00 – 12:45**

**De Vagant**

**SIGN UP HERE**

**Drs. Elma Zijderveld** works at Educational Development & Training (O&T). Her work with students focuses on the development of academic skills such as learning strategies, presenting, and writing.
Ben je een jongere tussen de 18 en 25 jaar in Utrecht en voel je je eenzaam, gestresst, of heb je last van andere mentale klachten? Dan is de WachtVerzachter iets voor jou. Wij werken met ervaringsdeskundigen die maar al te goed snappen waar jij over praat. En als je het leuk vindt kun je meedoen met ons activiteitenprogramma. Wij helpen je een stap te zetten. Want je bent jong, en je wilt verder.

Creatieve Salon
Canvas tassen schilderen

Vind je het fijn om met je handen bezig te zijn? Jezelf creatief te uiten, en rond te kunnen lopen met je eigen gemaakte creatie? Dat kan! Met behulp van katoenverf en katoenstiften gaan we onze eigen tas creëren. Onderzoek toont aan dat creatief bezig zijn stress vermindert. Het verhoogt de positieve mindset, en verbetert je gemoedstoestand. Tussen het schilderen door is er meer dan genoeg ruimte voor mooie gesprekken met elkaar.

30 November 12:00 - 14:00
UBB
SCHRIJF JE IN
Op 30 november staan wij met ons Bakkie Aandacht, onze huiskamer op wielen, bij de Universiteit Utrecht. Bij ons kan je een kopje koffie of thee met een koekje komen halen! Het kost niets, alleen wat tijd om samen een gesprek aan te gaan. Zo zorgen we er met zijn allen voor dat mentaal welzijn bespreekbaar is.

Ben je een jongere tussen de 18 en 25 jaar en herken je jezelf hierin? Je bent niet de enige. Veel van jouw leeftijdgenoten ervaren hetzelfde. Misschien heb je je al aangemeld voor professionele hulp en sta je op de wachtlijst. Dan is de WachtVerzachter iets voor jou!

Mijn studentenleven is eenzaam
Ik blijf hangen in suffe bijbaantjes
Ik durf geen vrienden te maken
Ik durf mijn verhaal niet te delen met anderen
Ik heb altijd last van FOMO
Op school begrijpt niemand mij
Ik ben zo vaak somber

Op 30 november staan wij met ons Bakkie Aandacht, onze huiskamer op wielen, bij de Universiteit Utrecht. Bij ons kan je een kopje koffie of thee met een koekje komen halen! Het kost niets, alleen wat tijd om samen een gesprek aan te gaan. Zo zorgen we er met zijn allen voor dat mentaal welzijn bespreekbaar is.

Misschien herken je jezelf in bovenstaande opmerkingen, of ken je iemand in je omgeving die worstelt. Kom dan even bij ons langs om te praten! Wij kunnen je helpen met hoe je weer verder wilt in je leven. Want je bent jong, en je wilt verder.
Do you sometimes feel lonely? Or do you even feel lonely most of your time? Feeling lonely is very common among young adults, but it is often discussed in stereotypical ways in public: From media reports, one may believe that spending too much time alone or not having enough relationships are main reasons for feeling lonely. However, there are countless different reasons for feeling lonely, such as a difficult family background, separations, feeling like one does not fit in with others, life decisions, etc. In fact, in my research, young people who had felt lonely most of their lives were rarely socially isolated. In this workshop, you learn about and can explore different causes and remedies for your own loneliness. Why? Because knowing what makes you feel lonely may help you better understand how to deal with your loneliness. And sharing experiences with others often already feels soothing, too.
Yke Eijkemans worked as a teacher and tutor at the UU which has provided her with a close-up perspective on the world of students. As an anthropologist and a coach, she is a trained listener and questioner. Together with you, she likes to explore your questions about themes such as your study and career orientation, stress, the present and future, and possible steps you can take.

Deep Democracy: een introductie


30 November 14:00 - 16:00
De Vagant
SCHRIJF JE IN
Buba Cvoric is a multidisciplinary artist, performance teacher, drawing and painting teacher and meditation and breathwork teacher. For 22 years, she has been working on her autonomous art, exhibiting regularly and giving courses and workshops at various locations in Utrecht.

**Painting: Perception of Sound**

This workshop is a combination of music, blind drawing and making an abstract painting. You will listen to a song and start "reacting". With a marker you draw until the song ends. With paint we put this on a larger sheet of paper. The result is an abstract painting.
Ariel Yew is the founder and coach of the Utrecht Cheerleading Team Everest. She started her cheerleading career in 2011 and has won multiple international cheerleading championships. Through cheerleading, Ariel creates an empowering environment that enables students to develop resilience, confidence, and a positive mindset.

Cheerleading

Stereotypes about cheerleading include girls with pompoms, short shirts and high kicks. However, in this workshop, you'll learn that Cheerleading is an extreme sport that involves building human pyramids, tossing people, and doing gymnastics tricks high up in the air! Best of all, NO experience is required, so whether you're a beginner or an experienced athlete, you're welcome to join in on the fun.

You'll discover the true athleticism and teamwork involved in Cheerleading and how it can benefit your overall well-being by:

- Hitting cool stunts/pyramids
- Celebrating the achievements together as a group
- Learning how to be confident
- Improve self-body awareness & coordination

Join us and discover what you're truly capable of!

30 November 16:30 – 18:00

Olympos 🇬🇧

SIGN UP HERE

GO TO TABLE OF CONTENT

Tijdens deze avonden, elke laatste donderdag van de maand, is er een gastspreker die diens ervaringsverhaal vertelt. Daarnaast ga je met elkaar in gesprek over verschillende thema’s die jou als jongere aangaan.

Het Ervaringscafé is: ontdekken, luisteren, verbonden, delen, vrienden maken, inspiratie & hoop opdoen. En bovenal; voelen dat je er niet alleen voor staat. En dat alles onder het genot van een hapje en een drankje.

📅 30 November 19:00 - 22:00
📍 Hoograven
📲 SCHRIJF JE IN
Friday 1 December
Roze Wandeling

Ga mee met queer-studentenvereniging Anteros op een wandeltour door je stadsie langs alle monumentale plekken uit de Utrechtse queer geschiedenis. Jammer genoeg moest jarenlang de queer gemeenschap verborgen blijven. Zie op deze tour waar mensen afspraken, wat de plek was om naartoe te gaan en nog veel meer. Vier deze dag dat we er nu allemaal mogen zijn! Kleed je lekker warm aan, ontmoet leuke mensen en leer iets over Utrecht met deze gezellige wandeling!

1 December 11:30 – 13:00

Start: BodyTalk 🇳🇱

SCHRIJF JE IN

SCHRIJF JE IN

U.H.S.V. Anteros is dé LHBTQIA+-studentenvereniging van Utrecht. Bij ons is iedereen welkom en kun je lekker jezelf zijn. Als gezelligheidsvereniging organiseert Anteros leuke borrels, feestjes en andere activiteiten.
Many students miss a good daily rhythm. Going to campus for a lecture or working on a group project is usually not the problem. But self-study, solo working from home is a bit trickier. Before you know it, you get bogged down, start procrastinating and you don’t succeed in getting things done. Do you recognize this, and would you like to get more grip on your study behavior? Then this webinar could be your first step in the right direction.

During the webinar, you will be given tools to help you get a handle on your study behavior. What do you spend time on in a week? What are your most important time wasters? Which activities can you cut down on?

Using a step-by-step plan, we discuss what is involved in making a realistic study plan and what you need to carry it out. With these tips and tools, it becomes more appealing and easier to find a balance between effort (things you have to do) and relaxation (enjoying free time without guilt).

1 December 14:00 – 15:00
Online

SIGN UP HERE

Dr. Anouk den Hamer is an Educational Consultant & Trainer at Educational Development & Training (O&T). She trains students in time management and how to study effectively.
Get ready to dodge, dip, duck, and dive at our Dodgeball Tournament! Join us for an action-packed afternoon of thrilling competition where teams will face off in a battle of agility, strategy, and teamwork. With heart-pounding matches, intense rivalries, and plenty of adrenaline, this tournament will be the last big bang of the Wellbeing Week(s).

Whether you're a dodgeball veteran or a rookie, all are welcome to participate and showcase their dodgeball skills. You don't have to sign up as teams.

1 December 16:30 – 18:00
Olympos

SIGN UP HERE

GO TO TABLE OF CONTENT
Our full body 45-minute workout on a bike is an uplifting experience. Set to candlelight and fuelled by epic beats, our classes are made to give you that natural high. You will train your upper body with light hand weights and handlebar push ups, then finish with head to toe stretching. Our workouts take your mind off everything, as you feel the endorphins running through your veins. In an hour, you will walk out completely revitalized. Our Ro’ride is a fit for Ro’okies and Ro’ckstars alike. The indoor studios offer everything you could wish for with a private ride: cycling shoes, workout towels on your bike, luxurious, hotel-style towels in the locker rooms, and showers stocked with Zenology’s organic care products.

Make sure to be there on time. You cannot enter anymore once the doors are closed.
Een hoge studieschuld kan later grote financiële gevolgen hebben. Bijvoorbeeld bij het kopen van een huis. Met een budgetplanner zoals de Studieschuld Aflosplanner is er meer aandacht voor lenen tijdens je studententijd én krijg je tegelijkertijd meer grip op je financiën. Je blijft namelijk zicht houden op hoe hoog het bedrag is dat je hebt geleend en leert door middel van budgetteren of er ruimte is om een extra aflossing te doen. Dat laatste is compleet afhankelijk van je budget. Het gaat erom dat je balans blijft houden en kijkt wat voor jou wel of niet werkt. En als je nog niet wilt beginnen met het extra aflossen op je studieschuld, kan je de Studieschuld Aflosplanner ook gewoon gebruiken als budgetplanner waarmee je je inkomsten en uitgaven kan bijhouden. Kortom, niks moet en alles mag!

Schrijf je in voor de "do it yourself-workshop" en leer hoe je grip krijgt op je financiën met oog voor je toekomst! Bij de workshop zit ook een prijsvraag inbegrepen waarmee je de Studieschuld Aflosplanner kunt winnen. Er zijn 7 winnaars dus wees er snel bij!

Schrijf je in!
Stuur een mail naar wellbeingweek@uu.nl en krijg de DIY workshop opgestuurd!

DIY-workshop
Studieschuld
Aflosplanner

Bij ceobudgetplanners.nl vind je ongedateerde en unieke budgetplanners zoals de Studieschuld Aflosplanner die je helpen om meer grip op je financiën te krijgen. Deze planners gaan uit van de kracht van het individu en stimuleren het nemen van controle over de persoonlijke financiële situatie.

20 November - 1 December
Thuis

2023