WHO ARE UU?

April 29 - May 8, 2024

WELLBEING WEEKS

PROGAMME BOOKLET
Opening: WHO ARE UU?

We may present ourselves in different ways, or identify ourselves with certain groups, but we can't deny that the self constantly develops throughout life.

Starting as a clump of cells, we slowly start to form an identity. And from a young age on, our environment persists to shape us. Did we grow up in a warm and caring family or did we have challenges to overcome? How does culture and society have an influence on our identity, and how does belonging to Gen Z affects us?...

Once we get older we start to rebel against the thoughts and ideals of our environment. We begin our own journey of becoming autonomous. Sooner or later, we all realize we can mold ourselves however we desire.

We have the power to explore and experience with our identities, especially during our student years. Therefore, YOU are the current theme of the 11th edition of the Wellbeing Week(s), so we ask everybody the question "WHO ARE UU?".

Let's grow in our personal skills with the activity "Presenting with confidence". Or step out of our comfort zone while trying something new like "Ecstatic dance". Perhaps become more aware of what the self means in our opening Philosophy X Psychology opening talk about "Identity and the Self up close: Who are we deep down?"

We are grateful for making this happen and hope you will enjoy the Wellbeing Week(s)!

Team Wellbeing Week, Nina, Iseult, and Maximillian

Who are we?

Maximillian Oppermann
I am project officer, with an open mind and a BSc in Liberal Arts & Science

Iseult Lanigan
I am a student assistant, and currently doing a BA in History

Nina Vermeesch
I am a student assistant, traveller and yogi with a BSc in psychology
Please note that Student Wellbeing is more than just the Wellbeing Week

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(s) 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 throughout the whole year.

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 11th edition of the Wellbeing Week, and see you soon!

~ Tirza Wildeboer

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

April 29 - May 8 2024

Spread the love and invite other students

Be the first to receive updates about the Wellbeing Week(s) and more!
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### Daily activities

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<td>Aerial acrobatics</td>
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<td>Burlesque</td>
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<td>15:30 - 17:30</td>
<td>Connect in movement</td>
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<td>18:00 - 19:45</td>
<td>Paint Fusion</td>
<td>Moira</td>
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<td>16:45 - 17:45</td>
<td>Rocycle</td>
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<td>10:45 - 13:15</td>
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<td>Botanical Gardens</td>
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<td>11:00 - 13:30</td>
<td>HoogSENSITiviteit als kracht</td>
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<td>13:15 - 16:15</td>
<td>Timemanagement for studies</td>
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<td>13:00 - 15:00</td>
<td>Thrift to treasure: upcycle your clothes</td>
<td>Vagant</td>
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<td>16:45 - 17:45</td>
<td>Growing up in the polycrisis</td>
<td>Parnassos</td>
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<td>14:00 - 15:30</td>
<td>How has your upbringing shaped you?</td>
<td>Botanical Gardens</td>
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<tr>
<td>14:00 - 15:30</td>
<td>How to study effectively</td>
<td>Bestuursgebouw</td>
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<td>16:15 - 17:45</td>
<td>Unlock Your Potential: Journey to Self–Discovery</td>
<td>Parnassos</td>
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<td>16:30 - 17:30</td>
<td>Pole Sport</td>
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<td>16:45 - 17:45</td>
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<td>18:00 - 20:30</td>
<td>Enik WRAP</td>
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<td>Rocycle</td>
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<td>10:15 - 12:15</td>
<td>Reflecting on our sense of self in a changing world</td>
<td>The Green office</td>
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<td>10:45 - 13:15</td>
<td>Intuition: living life authentically</td>
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<td>12:00 - 13:30</td>
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<tr>
<td>14:00 - 15:30</td>
<td>Reflecting on our sense of self in a changing world</td>
<td>The Green office</td>
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<td>18:00 - 19:45</td>
<td>Uit je hoofd, in je lijf</td>
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<td>15:00 - 16:30</td>
<td>Focus op je studie: smarter met je smartphone</td>
<td>Botanical Gardens</td>
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**WHO ARE UU?**

- Mindful Mornings
- Bright Conversations
- Walk, Reflect, Act
- Student Psychologist
- EetMee (Eating Together)
- Writing and Study Coaching

**CLICK HERE TO SIGN UP**
Daily activities
Are you in for building up a meditation routine? To start your days mindfully? This is the opportunity! From April 22nd until May 8th there will be a guided online meditation from 8.30 - 8.45 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.

Ready for a wakeful Spring? 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'.

**Daily, 08:30 - 08:45**

**Online**

**JOIN HERE**

_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?

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.
Eet Mee
(Eating together)

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!

**Good to know**

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.

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**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.

Did you know?

Skills Lab offers not only writing coaching, but also study coaching. They do this the whole year round, so not only during the Wellbeing Week!
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.
Monday 29 April
Morning Yoga

Wake up with this Morning yoga practice to energise your body and work on your mental wellbeing as well. We begin with a short, guided meditation, followed by various different yoga exercises. We end with a well-deserved Savasana - some sweet relaxation to replenish body and mind.

This easy-to-follow yoga class is meant for everyone who is interested in yoga. No need for any experience. Please wear comfortable clothes and bring your own mat!

Tessa Tannemaat will be your yoga teacher during this session. She got her yoga teacher diploma in India and is currently working in our Wellbeing team as the Communications Officer.

29 April 10:00 - 11:00
Janskerk

Wear something comfortable and bring your own mat!
Many psychologists have talked about identity. Sigmund Freud said: *wo Es war, soll Ich werden. "Where Id was, shall I be"* Meaning: shine light on your deeper and maybe repressed impulses. Carl Jung added: "*embrace your shadow, your dark side, to lead a more complete life."

Sociologists also have views on our identity. Erving Goffman, inspired by Shakespeare, stated that our whole life is a play of roles. And our identity consists of these internalised roles. However, Shakespeare also said: "*Make not your thoughts your prison*," which is related to modern positive psychology.

And here we will turn to Eastern philosophy. At the surface we are conditioned beings (biological, psychological, and social), but beyond that there is said to be an unconditioned, 'free' part of us. This is our deepest self. Ramana Maharshi sums it up: "*You are bliss, all else is mental construction.*"

And do you know which Dutch person said: "*Life is not a problem to be solved, but a mystery to be lived.*"
Are you seeking a refreshing change from traditional seated meditation practices? Whether you're well-versed in various meditation techniques or stepping into the realm of mindfulness for the first time, this workshop offers an exciting exploration of a unique meditation style.

Join on a journey where we blend the power of active breathing techniques, the liberating joy of ecstatic dancing, and the profound relaxation of Yoga Nidra. Together, we'll uncover the transformative effects of this dynamic sequence, bringing clarity, release, and tranquillity to our bustling day.

Discover the liberating space for self-expression through movement. Imagine yourself through dance - Who are you in those moments?

**Clemens**, founder of Mind Anchor, leads the Mindful Connection Course at Erasmus University Rotterdam. Merging personal meditation experience with insights from his training in India, he offers a unique blend of traditional and contemporary techniques. Join Clemens on a journey of self-discovery, where ancient wisdom meets modern mindfulness.

**Active Meditation and Yoga Nidra Experience**

29 April 16:00 - 18:00

Janskerk

**SIGN UP HERE**

Wear something comfortable and a mat or blanket to lie on
50 euro is 50 euro, however, put it in front of people 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.

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 decisions, and create life by their own design through various workshops. Christiaan Caanen is the co-founder of GYL. Christiaan develops and facilitates all the life-skill programs. He is 28, from the Netherlands, but living abroad since the age of 13. He is interested in football, nature, unconditioning the mind, improv and spirituality.

How to get rich
without changing the inside of your wallet

29 April 16:00 - 18:00
Online
SIGN UP HERE

Check out their website
Bjorn Blom en Alex Panhuizen zijn auteurs van de dichtbundel ‘En nu echt?’ Met hun voorstelling ‘Het gaat goed hoor’ maken zij met gedichten en cabaret een gevoelig onderwerp gangbaar: mentale gezondheid onder mannen. En gaan ze hierbij verder dan de vraag: ‘Hoe gaat het met je?’

Mannen en gevoelens, bestaat dat?

Dichters die een pen delen, die samen één gedicht schrijven, zijn er niet veel. Mogelijk zijn ze zelfs uniek: Bjorn Blom en Alex Panhuizen vormen samen het dichtersduo Strijkplankpoëzie. Met hun boeiende voorstelling ‘Het gaat goed hoor’ vermengen Bjorn en Alex de poëzie en cabaret tot iets unieks: zij leren mannen over gevoelens praten. Je wordt aan de hand genomen door de wondere wereld van de gevoelige man. Spoiler: dat is elke man dus.

Photo credit: Werry Crone
Lay down & Listen Concert

Lay down in the medieval St. John’s Church, and enjoy a special concert by clarinettist Annemiek de Bruin and pianist/organist Laurens de Man. Annemiek de Bruin is an award-winning young clarinettist with a special love for chamber music.

www.annemiekdebruin.nl

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 Ralph Vaughan Williams (folk song based!) to Eric Dolphy’s rendition of the Jazz evergreen God Bless The Child. Please dress warm and bring a (yoga) mat or blanket to lie on!

Dress warm, and bring a blanket or mat to lie on

29 April 21:00 – 21:45

Janskerk

Watch livestream here

The event is hosted by IPSU, the student chaplaincy of UU. Driven by the tradition of spirituality, their student pastors lend students a listening ear and organize activities. www.ipsu.nl
Tuesday 30 April
Effectieve leesstrategieën

Volg je een cursus waarbij je veel moet lezen? Loop je achter bij het lezen van hoofdstukken en artikelen? Of heb je alles gelezen, maar blijft de informatie niet hangen? Dan is het een goed idee om eens te kijken naar je aanpak. Waar begin je? Moet je alles lezen? En hoe zorg je ervoor dat de informatie blijft hangen? In deze workshop leer je wat je nodig hebt om een overzicht te krijgen van de stof. Ook krijg je handvatten aangereikt om niet alleen sneller door een tekst te gaan, maar ook om de belangrijkste informatie beter te begrijpen en te onthouden. Zo ontwikkel je een manier van studeren die bij jou en je opleiding past! **Neem een boek of artikel mee dat je moet lezen voor je opleiding!**

**Drs. Elma Zijderveld** werkt bij Onderwijsadvies & Training (O&T). Als trainer en adviseur houdt ze zich bezig met het (leren) ontwikkelen van academische vaardigheden als leerstrategieën, presenteren, schrijven en onderzoek doen.
Wij zijn Stichting Door Het Geluid, actief sinds 2022 voor het mentaal welzijn van studenten. Met workshops leren we studenten omgaan met emoties en gedachten, door een sociaal ondersteunende omgeving te creëren waar studenten echt met elkaar inchecken en openlijk vragen: "Hoe gaat het echt met je?"

Door Het Geluid

Stichting Door het Geluid is een initiatief dat workshops geeft voor en door studenten over mentale gezondheid. De workshop focust op open gesprekken over mentale uitdagingen onder studenten. Tijdens deze workshop bespreken we casuistiek uit het studentenleven over eenzaamheid en schijnstudenten. Hierdoor willen we bewustzijn creëren en erkenning stimuleren. De workshop biedt daarnaast concrete tools aan om zowel jouw eigen welzijn als dat van je medestudenten te bevorderen. Dit omvat bijvoorbeeld strategieën om met eenzaamheid om te gaan en juiste voorbeeldvragen om schijnstudenten beter te begrijpen. Als laatste erkennen we dat het vinden van de juiste hulpbronnen vaak uitdagend is. In de workshop bieden we een overzicht van verschillende instanties en beschikbare hulpbronnen zowel nationaal als lokaal, zodat jij weet waar je hulp kunt vinden.

30 April 12:00 - 14:00

Bestuursgebouw

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SIGN UP HERE
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.'

Studying 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, 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!

Money Matters

30 April 13:30 - 15:00
UB- City Centre
SIGN UP HERE
Laura Pape is a PhD researcher at the unit of Clinical Psychology at Leiden University with a background in Health Sciences. Laura investigates digital sleep interventions and the role of improved sleep in the prevention of mental health problems. Her research project is part of the BioClock Consortium and Caring Universities.

30 April 14:00 - 15:30

Bestuursgebouw

SIGN UP HERE

Sleeping better for more resilience

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

- Maastricht University
- avans
- University of Amsterdam
- Universiteit Utrecht
- VU Amsterdam
- Erasmus University Rotterdam
- Universiteit Leiden
- University of Applied Sciences

Online programmes  Mind-Health Check
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?

30 April 15:00 - 16:30
Olympos
SIGN UP HERE
Dodgeball

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.

SIGN UP HERE

30 April 16:30 - 18:00

Olympos

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.

30 April 18:45 - 19:45
Kaatstraat 59

SIGN UP HERE
Wednesday 1 May
In Rutger-Jan Scholtens’ work, connection and personal growth are central; by helping others develop, he develops himself. As a trainer/coach, he strives to inspire and activate students and young professionals.

Workshop Habit Management

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!

1 May 10:00 – 13:00
Ruppert building

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.

Benut de wijsheid in jezelf en de groep: kennismaken met Deep Democracy


1 May 11:00 – 14:00
De Vagant
SCHRIJF JE IN
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

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.

1 May 13:00 – 14:30
Botanische Tuinen
SCHRIJF JE IN

GO TO TABLE OF CONTENT
Leren Liefhebben

Je hoeft toch niet te ‘leren liefhebben’?
Als je ’de ware’ tegenkomt gaat alles vanzelf… Toch heeft je partner een ‘gebruiksaanwijzing’. En jij zelf ook. Een partner willen veranderen gaat niet. En je komt vaak jezelf tegen in relaties. De enige conclusie kan zijn: het begint bij jezelf. Wat kun je doen?

Alle grote spirituele tradities (én de positieve psychologie) bieden hier handvatten en tips voor. Je relatie kan een sadhana worden, zoals dat heet in het boeddhisme: niet alleen maar een manier om het zo fijn mogelijk te hebben, eerder een kans om je innerlijk te ontwikkelen. Het gaat erom inzicht te krijgen in je eigen (ook lastige) kanten en daar vrij en speels mee om te gaan. Het belangrijkste is dat je niet leeft als ‘een stuitbal’: op en neer gekaatst in patronen die altijd hetzelfde zijn. Spiritualiteit betekent dat je vrij leeft en niet op de automatische piloot.

We gaan in op humor, conflicten, oude pijn, vergeving, seks en meer.

Dr. Vincent Duindam is gespecialiseerd in ouderschap, taakverdeling en relaties, met de focus op levenskunst en spiritualiteit. Hij is psycholoog, schrijver en dichter en geeft colleges aan de UU en HU. “Wie zijn we voorbij onze geconditioneerde gedachtenpatronen?” aldus Vincent

1 May 15:00 – 16:00

Botanical Garden

SCHRIJF JE IN
SoulCollage® is een bijzondere, ontspannen en unieke methode om zelfinzicht te verwerven d.m.v kleine collages maken.

Je gaat intuïtief kiezen uit een grote hoeveelheid plaatjes zonder tekst en voegt die samen tot een collage. Na het collage maken, ga je met een beknopte vragenlijst de verborgen boodschappen uit je collage naar boven halen. Het zal je verbazen welke inzichten het je kan brengen en wie weet vind jij de schat waar je al een tijdje naar op zoek was... Of juist iets wat je totaal niet verwacht had, maar wel een dieper begrip geeft van jezelf of je wens(en) en verlangens.

We gaan in deze workshop aan de slag met onze rechter hersenhelft die verbonden is met onze gevoelens, intuïtie, creativiteit en avontuurlijkheid. Beeldtaal is enorm krachtig en dat ga je in deze workshop vanzelf ervaren. Kom schatgraven in jezelf en laat je verwonderen!
Kickboxing coach Mahid will 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 Wednesday afternoon, kickboxing coach Mahid will 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.

1 May 16:00 – 17:00
Olympos
SIGN UP HERE
Olympos

Olympos offers multiple workouts this Wellbeing Week, including MMA, Aerial Acrobatics and Pole Sports.

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!

Check out Olympos here

Uppsalalaan 3
Hoe bloeit vriendschap?

Een bloeiklas van de kwekerij over vriendschap, kom je ook?

Goede relaties dragen bij aan gezondheid en levensgeluk. Wat zijn eigenlijk de ingrediënten voor een betekenisvolle vriendschap? En hoe maak je je vriendschappen toekomstbestendig? Over vriendschap denken we eigenlijk bijna nooit na. Wat is eigenlijk een echte vriend? En hoe kun je vriendschappen verdiepen? Kom het te weten in onze workshop "Hoe bloeit vriendschap?"

1 May 16:00 - 17:30
De Vagant

De Kwekerij is een plek voor studenten en young professionals waar je door traagheid, reflectie en kwetsbaarheid waardevolle inzichten opdoet. Door middel van zogeheten Bloeiklassen, verdiepingstrafecten en/of coaching gesprekken sta je stil bij thema’s als persoonlijke ontwikkeling, het leven en liefde en relaties. Je vertraagt en reflecteert om zo te aarden en te groeien.
Speedfriending

Come and meet your fellow students at the Parnassos bar during this exhilarating Speedfriending session!

Whether you’re a social butterfly, socially awkward, new in town, looking to diversify your friend group, or simply eager to chat about casual or deep topics with others, everybody is welcome to enjoy some quality face-to-face time. And who knows, you might even apply all the knowledge from the workshop “Hoe bloeit vriendschap” into practice immediately. You’ll leave with not just potential friends, but also the joy of shared laughter and engaging stories.

You can walk in at any time and join the upcoming round while you wait with a nice beverage (first drink is on us!), to warm up those vocal cords. You can stay for multiple rounds too if you want or drop out and join our parallel game night!

The wellbeing organizers, Nina, Iseult and Max are facilitating this activity. Social interaction is an important part of our wellbeing. We are social beings and find comfort in each other. Through our fellow humans we reflect and learn a lot about ourselves too. So make sure you’re there, we are looking forward to meet you!
Potluck dinner with other students

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.
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.

1 May
17:00 - 20:00
Bar Parnassos

SIGN UP HERE

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Thursday 2 May
De Vroegevogelexcursie wordt geleid door natuurliefhebber, -fotograaf en Utrechts bioloog Matias. Wekelijks leidt hij excursies voor groepjes natuurliefhebbers (vogelenmetmattie.nl). Tijdens de Wellbeing Week gaat hij met jullie op pad in Amelisweerd.

Vroegevogelexcursie

Kom vroeg uit de veren en ga mee op Vroegevogelexcursie in Amelisweerd! Tijdens deze vogeltour gaan we op zoek naar de verschillende vogelsoorten die hier voorkomen. We doen dit door ze te bekijken met verrekijkers, maar ook door te leren luisteren naar de vogelgeluiden.

Vogels zingen vooral ‘s ochtends vroeg, dus dit is een heerlijke activiteit om je dag te beginnen. De excursie is voor alle niveaus. Ook als je nog weinig ervaring hebt, gaan we veel ontdekken! Mezen, roodborstjes, spechten en misschien zelfs een IJsvogel; er valt van alles te zien in Amelisweerd.

2 May 8:00–10:00
Amelisweerd
SCHRIJF JE IN
Presenting with Confidence

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.

Anouk den Hamer works at Educational Development & Training (O&T). Her work focuses on the development of academic skills such as time-management, study strategies, and presentation skills.
Nina Vermeesch is a student-assistant and volunteer for the student wellbeing team and taskforce. Her background is in psychology, but she is highly interested in the esoteric and holistic ways of living. She is on her own yoga journey and wants to invite everybody to try it out for themselves.

Yoga Tension and Stress Relief

Do you also experience tension headaches, a stiff neck, and feel like you have the back of an 80-year old? Perhaps it’s time to get up from behind your laptop, step on your mat and start stretching. Disclaimer: we’re not just stretching our physical bodies, we might just shake off mental and emotional stress too during the process.

Yoga is a wonderful way to target different issues or work on different goals. Yoga gave me the tools to conquer difficult times and to feel okay in my body. Yoga is for everybody. You do not have to be flexible or anything. You just have to show up :).

Wear something comfortable

2 May 13:30 - 14:30

Avanturijn

SIGN UP HERE
In Rutger-Jan Scholtens’ work, connection and personal growth are central; by helping others develop, he develops himself. As a trainer/coach, he strives to inspire and activate students and young professionals.

Workshop Energy Management

Your daily activities and task require physical and mental energy. At the same time you will gain energy from having responsibilities, social relationships and leisure activities. It is important to sufficiently recharge and to experience a certain balance between exertion and relaxation.

In this workshop you will learn more about your personal energy management. What constitutes energy and how can you regulate that in a sustainable way? You will discover that your battery consists of several components. Every component can get empty while using it and needs to be recharged as a consequence. You will investigate what requires energy and what gives you energy and how to find a balance between both. Also, you will investigate how boredom, feeling overwhelmed and the concept of flow are interrelated.

2 May 13:30 - 16:30
Androgebouw

Sign up here

After this workshop you will have more grip on your own energy pattern. This will lead to less waste and more flow.
Jacky Limvers works at the UU as a Wellbeing Officer. She is the founder of the Meditation Lab and Mindful Mornings. Jacky is a zen practitioner for more than 25 years and has recently been admitted to a zen teacher training.

a Zense of Self
Zen meditation

Zen meditation means sitting meditation, just that. We sit and observe whatever is presented to us through our senses, and in our mind. We notice, but do not react. You get some instructions, but Zen meditation is in silence. For some that might be a challenge, especially in the beginning, but this is a great time and space to get out of your comfort zone. It also offers you a way to be present with yourself without external interference.

In this workshop we practice sitting and walking meditation in a Zen way. There will be a talk about the self in Zen. We conclude the workshop by using a typical Zen practice question. This question invites you to investigate who you are.

2 May 15:00 - 17:00
Avanturijn

SIGN UP HERE
Our team consists of Angeliki Gianniou, Yiannis Kontogiorgis, and Theodora Lazari. We are part of the Clinical Skills Lab – Clinical Psychology; an internship at Utrecht University targeting student psychological well-being. We are looking forward to meeting you and your loved one, to collectively explore how to better support each other.

How do UU grieve?

Think about the common experience of bereavement. So common, and yet no one talks about it. Almost all individuals will go on to experience the loss of a loved one at one point in their life. It is such a natural part of life, yet it often goes unspoken. We believe that grief is a taboo, as long as we treat it as such. For this reason, we would like to invite anyone to simply talk about it.

Join us for an open and compassionate discussion on navigating grief and supporting each other through loss. We highly encourage you to bring your loved ones along (a friend/ a partner/ a relative) to join the conversation. In this workshop, we aim to create a safe space to explore the complexities of grief, societal taboos surrounding bereavement, and foster an understanding on how to approach and support individuals in their time of need. Through open dialogue and shared experiences, we aim to encourage empathy, and healing within our connections.

2 May 15:00 - 17:00
De Tussentijd

SIGN UP HERE

It’s OK not to be OK
This activity will be led by Lara Gierschmann, a student, and Nynke Okma, wellbeing coach at the Faculty of Medicine. Meditation is her daily habit to connect to the core.

A Weekly Student Meditation

Come check out our student group meditation!

Every week there is a possibility to meditate live with a group of students every Thursday from 17.15 -18.00 pm in the Ruppert building, room 1.25. This is mostly facilitated by students. If you like it, you’re welcome to come whenever you can on Thursday.

Students report it is stimulating to meditate with a group. This promotes attention and is a good addition to meditation on your own and/or with an app. During each session we will do a guided meditation and provide room to ask questions or exchange experiences. The meditation sessions are in English. If you have any questions or want the latest updates, please sign up for the app group Student Meditation by using this link.

2 May 17:15 - 18:00
Ruppert
SIGN UP HERE

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Pole sport is a 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 sport is no longer a sport that is only practiced by women; more and more men and non-binary people enjoy taking part in the classes as well. All is welcome!

Please bring a towel (obligated).

Brought to you by Olympos.

Belinda Seine studied garden and landscape but by coincidence ended up in pole sports. “I have now been active in this sport for more than 15 years. With pole sports you train your strength, flexibility and coordination. There are so many techniques and movements that there is something for everyone. I get the most energy from someone’s surprise and joy when they master a trick. Because you can do it too.”

Je nieuwe beste vriend: de gaap

In je lichaam kun je allerlei spanningen opslaan, maar ook weer loslaten. De structuur en motoriek van je skelet kun je ontspannen door je gewrichten te openen. Dat kun je leren door eenvoudig gebruik te maken van o.a. de gaap-reflex in combinatie met je ademhaling en het uitrekken van je lichaam. Hierdoor krijg je via de pezen, spieren en bindweefsels meer ontspanning en ruimte in je lijf, zodat de lichaamsvloeistoffen beter stromen. Daardoor word je vitaler, helder in je hoofd en in je gevoel (je ‘Sense of Self’).

We gebruiken de gaap-reflex om je gewrichten uit te schuiven en te openen, wat je kraakbeen ruimte geeft om te herstellen, je gewrichten gezond houdt en de kans op blessures en artrose vermindert. Het is veel makkelijker om gebruik te maken van reflexen die je lichaam al kan, dan dat je ingewikkelde nieuwe technieken moet leren.

2 May 17:30 - 19:30
Avanturijn
SIGN UP HERE
Friday 3 May
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. Eerwaar hoe direct je ademhaling verbonden is met je zenuwstelsel en je voorbereidt op de uitdaging van een ijsbad. Eerwaar 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 word je 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!

**Breathwork & Ice Bath**

3 May 11:00 - 14:30

Olympos
Jorn den Hertog werkt als geestelijk verzorger en studentenpastor vanuit de protestantse kerken en is betrokken bij het Interkerkelijk Platform Studentenpastoraat Utrecht (IPSU). Hij is beschikbaar voor een gesprek over allerlei levensvragen en zingevingsthema’s.

Jacky Limvers werkt al vele jaren als studentenbegeleider en is daarnaast in opleiding tot zenleraar. Naast inzichten uit het zenboeddhisme heeft meditatie, en wat je daarin tegenkomt, haar geholpen zichzelf beter te leren kennen.

(Stilte)wandeling
Wie ben ik?

Deze wandeling voert je langs mooie natuurlijke, culturele en gedenkwaardige plekken van de Utrechtse binnenstad. Tijdens de wandeling sta je stil om jezelf en de ander vragen te stellen die je helpen te onderzoeken wie je bent. De vragen zijn gebaseerd op wat je tegenkomt, maar ook afkomstig uit verschillende filosofische, spirituele en levensbeschouwelijke tradities. Deze nieuwe invalshoeken kunnen een ander licht op jezelf werpen.

Je kan er bij het startpunt voor kiezen om alleen te wandelen of in een duo. Je keert na ongeveer anderhalf uur weer terug bij het startpunt waar je de wandeling af kan sluiten en eventueel kunt napraten.

Jan Willem Stenvers is predikant van de Doopsgezinde Kerk in Utrecht en is ook betrokken bij IPSU. Hij verzorgt o.a. trainingen, is betrokken bij rouwgroep Good Mourning en opent voor deze activiteit graag de deuren van ‘zijn’ kerk.
So, What about gender?

Man, woman or another option? How does that fit in with biology and with sexual orientation? How does it fit in with society? How does a transition work? What is it like?

Whether you are asking these questions yourself, know someone, or are just interested, join us in a lively conversation! We offer a free and safe space to talk about the questions above, or any questions you might bring. It will be an open floor. Interaction during this session is very welcomed.

For more information, check the website here: Transvisie.

3 May 13:00 - 14:00

Parnassos

SCHRIJF JE IN

Brenda is a trans woman who volunteers as an educator for Transvisie. Transvisie is an organisation that advocates the subject of genderidentity, and supports people, close ones or others with any questions or to find peer support regarding the topic.
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

Heb je 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 welzijn 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!

3 May 15:00 – 17:00
Parnassos
SCHRIJF JE IN
GO TO TABLE OF CONTENT
Saturday 4 May
Did you ever watch Cirque du Soleil artists and wondered if you could learn how to do that too? Then we’d like to invite you to join the aerial acrobatics workshop and discover how much fun it is to fly! During this 1,5 hour workshop, you’ll learn the basics of aerial silks (tissue) and aerial hoop (lyra). Expand your limits with this unique sport and discover how much you are capable of! The workshop is taught by Judith Revenberg (silks) and Simone Pestman (hoop). Beside this workshop they also teach the popular aerial acrobatics course at Olympos, along with two other teachers.

Important: for this workshop it is mandatory to wear clothes with long sleeves and pants, without any zippers or sharp edges. This to protect our material from damage.

Brought to you by Olympos.

This workshop will be facilitated by Judith and Simone. Two extraordinary women, but of course everybody is welcome. Who knows, if you like this workshops maybe afterwards you will sign yourself up for a course with Judith or Simone at Olympos!
Jolie Re'belle is a dancer and teacher in Utrecht, focusing on que and fusion bellydance. Her workshop are designed to have fun, and take something home with you. Want more dancing? She teaches weekly classes at Parnassos in Utrecht.

Workshop Burlesque

It's a passion, an emotion, it's a fashion. Burlesque, an empowering and teasing danceform, well known from the Moulin Rouge, knows best how to inspire you in finding your best self. famous performers are Dita von Teese, Josephine Baker and Mata Hari, who used entertainment and seduction on stage in their truest form.

In this workshop we will dive into classical burlesque, and show off our best selves!

Feel free to wear something sexy or bring high heels, otherwise comfortable clothes works just as well!

4 May 14:00 - 15:30
Parnassos
SIGN UP HERE
Parnassos

During the Wellbeing Week(s), we organized an exciting Burlesque workshop, and we organized some fun events in the Parnassos Bar (e.g. speedfriending, a potluck and gamenight), it’s a nice and cozy vibe where people can study and relax.

What is Parnassos?
Parnassos is the cultural centre of Utrecht University. At Parnassos you can attend courses and workshops. They offer many different courses in the area of Music, Dance, Theater, Visual Arts, Body & Mind, Photography & Digital Media, Writing, and Presenting. You can also visit concerts and use the facilities that Parnassos offers. For example, they have a bar to relax or study.

Student and staff members will enjoy a discount when applying for courses at Parnassos when you are part of the following institutions: Utrecht University, Hogeschool voor de Kunsten Utrecht and Universitair Medisch Centrum Utrecht.

Check out Parnassos here

Kruisstraat 201
Connect in Movement

Come move, shake and explore!
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 within.

The Explore Practice is about creating a safe space in which you can reflect and discover new perspectives, through free movement and with tools that help you get out of your head and into your body. Important elements of each session are landing in the space, opening up the body through self-massage, using visualization to find new ways of moving, connecting to the floor and shaking things off. Music is an important element within the session, because it helps us find flow, connection and joy. With The Explore Practice, movement can help you come closer to yourself and experience how body, mind and environment are interconnected.

4 May 15:30 - 17:30
Parnassos

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.
ACHN (African and Caribbean Heritage Network) is a UU student-led Diversity Network centred in Utrecht, celebrating African & Caribbean heritage by means of social and educational activities. It is a thriving community open to all students and staff of African and Caribbean descent and for those interested in learning more about African and Caribbean culture.

Paint Fusion with ACHN

Join us tonight for a vibrant celebration of our own cultural identity at Paint Fusion with ACHN at cafe Moira!

This will be an evening of creativity, connection, and community while painting our stories onto canvas and indulging in delicious food and beverages. Don’t miss this opportunity to come together and learn about different backgrounds through a relaxing activity.

You can stay as long as you like. And walk in at any time. But we will start the activity at 18:00

4 May 18:00 - 19:45
Moira Cafe
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.

4 May 16:45 - 17:45
Kaatstraat 59

SIGN UP HERE
Monday 6 May
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.
Hoog sensitiviteit als kracht


Tijdens de bijeenkomst besteden we aandacht aan verschillende soorten prikkels en hun intensiteit. We kijken naar manieren waarop je balans kunt vinden, bij voorbeeld met behulp van mindfulness en in de natuur zijn. We oefenen ook met het stellen van grenzen. Je gaat aan de slag met je eigen situatie, maar wisselt ook uit met anderen. We sluiten af met het onderzoeken van manieren waarop hoog sensitiviteit een positieve bijdrage kan leveren aan je eigen bestaan en aan de samenleving.

6 May 11:00 - 13:30

Vagant

SIGN UP HERE
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.

6 May 13:15 - 16:15
Ruppert

SIGN UP HERE
De Vagant is the living room space at USP open to all students of Utrecht University. De Vagant is open every day during the week providing you with a fun place to study, chat or relax. About once a week the Vagant committee organizes a fun (free) activity where you can get busy and meet new people.

Thrift to Treasure
Upcycle your clothes

Tired of the clothes hanging in your wardrobe and in need of a sustainable way to spice it up? And are you looking for a nice way to unwind in the midst of your busy student life? During this event at the Vagant, we will provide you with a space to do just that. Instead of buying something new, this event will be centered around taking care of the items you already own for a greener future. Whether you’d like to sew up the hole in your favorite pants or paint a fun design on your old shirt, we’ve got you covered by providing you with all the supplies and additional materials you will need to give your old clothes a new life. All you have to do is bring your enthusiasm and any items you’d love to transform! Over a cup of tea or coffee you can relax and get your creativity flowing while bonding with fellow students. This event will be a walk-in where you can come by at any moment during the timeslot. We hope to see you there!

6 May 13:00-15:00
Vagant

This is not a workshop to learn how to sew. More like a get-together
Growing up in the polyscrisis

It's time to look beyond generational labels and trample generational stereotypes.

Global issues have shaped our generations, and this reflects on our mental wellbeing and behavior. Younger generations are challenging business as usual by addressing mental health topics in unprecedented ways. Together with Lecyca and Jahkini we will reflect on navigating the polyscisis of the 2020s and a student (whilst staying sane).

**Lecyca Curiel** (1998) started researching and delivering keynote presentations on Generation Z when she was only seventeen years old. Now, years later, it is her mission to trample generational stereotypes, demystify Generation Z and foster intergenerational collaboration in the workplace.

**Jakhini Bisselink** (1999) started to work for the United Nations as a youth representative. After her mandate ended she also started working for WHETSTON. Together with Lecyca she will guide you through the world of Generation
Unlock Your Potential
Journey to Self-Discovery

During an inspiring gathering, we will delve deeper into how our subconscious mind and ego often unconsciously internalize suggestions and expectations that limit our full potential. But we will also shine a spotlight on a more powerful aspect of our being: our True Self. This higher level of consciousness provides a wellspring of infinite potential and wisdom. By connecting with it, we can strengthen the most authentic part of ourselves and cultivate a deeper sense of well-being. Experience how you can release yourself from limiting beliefs, embrace your full potential, and develop resilience for your life's journey.

6 May 16:15 - 17:45
Parnassos

Sign up here
Pole Sport

Pole sport is a 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 sport is no longer a sport that is only practiced by women; more and more men and non-binary people enjoy taking part in the classes as well. All is welcome!

Please bring a towel (obligated).

Brought to you by Olympos.

Bring a towel and wear short sleeves/pants for better grip

Belinda Seine studied garden and landscape but by coincidence ended up in polesports. “I have now been active in this sport for more than 15 years. With pole sports you train your strength, flexibility and coordination. There are so many techniques and movements that there is something for everyone. I get the most energy from someone’s surprise and joy when they master a trick. Because you can do it too.”
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

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Make sure to be there on time. You cannot enter anymore once the doors are closed.
Join us for a heartwarming movie night featuring the film "Lady Bird." Set in Sacramento, California, during the early 2000s, this coming-of-age story follows the fiercely independent Christine "Lady Bird" McPherson as she navigates the trials and tribulations of her senior year of high school. Directed by Greta Gerwig and starring Saoirse Ronan in a breakout role, the film beautifully captures the complexities of adolescence, family, and the pursuit of one's dreams. With its witty dialogue, authentic characters, and heartfelt moments, "Lady Bird" offers a nostalgic and touching exploration of the challenges and joys of growing up. Prepare to be captivated by this touching and relatable tale of self-discovery and the bonds of family. Don't miss this chance to experience a modern cinematic gem that has resonated with audiences worldwide.

Takes place in the beautiful theatre room of Parnassos.
Tuesday 7 May
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.

7 May 10:15-12:15

**Botanische Tuinen**

**SCHRIJF JE IN**
Het leven is constant in beweging, maar hoe beweeg je mee met het leven? Zhineng Qigong is een oude Chinese bewegingsleer waarbij lichaam en geest samen worden gebracht door rustige bewegingen en visualisaties. “Qi” betekent levensenergie en “Gong” betekent discipline of werk. Tijdens een Qigong workshop leer je werken met levensenergie en activeer je de energiestroom in het lichaam om je gezondheid te versterken. In bewegende stilte ontmoet je jezelf en leer je met een open blik naar wie je bent. Wereldwijd beoefenen miljoenen mensen van alle leeftijden Zhineng Qigong en het aantal groeit dagelijks doordat steeds meer mensen de positieve effecten ervaren.

Wil jij bewuster omgaan met je energie, meer ontspanning in je lichaam ervaren en je gezondheid versterken? Geef je op voor de workshop Zhineng Qigong en ontdek de zachte kracht van deze oude bewegingsleer.

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**Zhineng Qigong**

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.

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**7 May 11:00-12:00**

**Parnassos**

**SCHRIJF JE IN**

**GO TO TABLE OF CONTENT**
Tijdens het GeluksCafé gaan we interactief aan de slag. We gaan luisteren, ervaren en doen. Werkvormen zijn inspirerend, creatief en interactief. Hierdoor leer je niet alleen over jezelf (‘sense of self’) maar ook van en met elkaar.


Carin Cuijpers is founder en eigenaar van GeluksBV. Mensen inspireren en leren hoe ze meer grip kunnen ontwikkelen op hun geluk is waarvoor Carin 's ochtends haar bed uit komt. Carin verzorgt regelmatig GeluksCafés voor Utrechtse jongeren. De Cafés zijn creatief, altijd interactief, veilig én gezellig.

Nieuwsgierig? Kom het zelf mee-maken tijdens de wellbeingweek!

GeluksCafe

7 May 12:30–14:30

Botanische Tuinen

SCHRIJF JE IN
Renee Graadt van Roggen, founder of the Renewmyday platform, left her career in finance after 30 years, to contribute to a ‘future-proof’ generation. As the initiator of Renewmyday, she strives to offer a low-entry lifeline to students and young professionals to boost their autonomy and resilience and empower them to believe in their capabilities and a prosperous future.

Cultivating a ‘Vitality First’ Mindset

A ‘vitality first’ lifestyle requires a firm decision to prioritize your vitality in order to get the best out of your life.

In this interactive workshop, you will learn which combined routines will help you to be more resilient, better manage stress, take a break, sleep better and have more energy to pursue your dreams. A mental vitality check will be shared with you to discover your personal vitality profile. Further, you will experience how our routines will help you by participating in our various interactive sessions including specific strength & flexibility techniques, sleep-, and eating tips, breathing techniques and reflections. The focus will be on discovering what works for you!

To let you explore how you can further work on your personal vitality profile, we offer a voucher code, so you receive a 2-week free subscription to our platform for daily practice with our experts.

7 May 13:00-14:30
Botanische Tuinen
SCHRIJF JE IN
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.

Steven Raaijmakers works at Educational Development & Training (O&T). He trains students and teachers in making learning more effective and efficient, testing learning, and self-regulation of learning.
How has your upbringing shaped you?

How did you become the person who you are today and what is the influence of your upbringing? During the workshop we share insights from several scientists and take a look at ourselves. What would you rather take with you from your upbringing and what would you rather 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?

7 May 15:00 - 16:30
Botanical Gardens
SIGN UP HERE

De Kwekerij is een plek voor studenten en young professionals waar je door traagheid, reflectie en kwetsbaarheid waardevolle inzichten opdoet. Door middel van zogeheten Bloeiklassen, verdiepingstrajecten en/of coaching gesprekken sta je stil bij thema's als persoonlijke ontwikkeling, het leven en liefde en relaties. Je vertraagt en reflecteert om zo te aarden en te groeien.
Welcome to our painting workshop! Before we dive into our canvases, we will shortly explore the connection between mental well-being and art. (Making) art has the unique ability to express emotions and thoughts, promoting inner peace and self-awareness. During the painting workshop, we will also focus on the overarching theme: sense of self. Expect to see things in a different perspective. Afterwards, we'll discuss the paintings we worked on together. Moreover, this painting workshop will be in English, so also international students are encouraged to join us! Hopefully, we will see you soon :)

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.

Paint collab: different perspectives

7 May 15:00 - 16:30
Vagant

SIGN UP HERE
Focus op je studie:
smarter met je smartphone!

Je kent het wel: je hebt je geïnstalleerd om te gaan studeren: laptop en boeken open, smartphone aan de kant, klaar voor de start. Hoe kan het dan toch dat je voor je het weet weer op je telefoon zit en bijna vergeet dat je bezig was met studeren?

In deze workshop leer je tips over hoe om te gaan met de afleidingen van je telefoon of laptop en begrijp je de achterliggende mechanismen van waarom het zo makkelijk is je hierin te verliezen. Dit begrip en deze tools zullen je helpen om voortaan met meer focus te studeren of in de les aanwezig te zijn.

Een goede gezondheid en welzijn zijn niet alleen cruciale ingrediënten voor een mooi en succesvol studentenleven maar zijn bovendien van grote toegevoegde waarde in jouw professionele leven ná de universiteit. Je dagelijkse leven en de uitdagingen die daarbij komen kijken hebben hier invloed op. Wellicht dat het je allemaal goed afgaat, maar soms kan een steuntje in de rug geen kwaad. In dat kader bieden wij verschillende activiteiten aan ter ondersteuning van jouw ontwikkeling.

Deze workshop word je aangeboden door Maaike Wouda en Alison Jenkins, beiden studieadviseur en welzijnstrainer bij de faculteit geesteswetenschappen.

Deze workshop wordt georganiseerd op 7 mei 2023 van 15:00 tot 16:30 uur in de Botanical Gardens.

Enik WRAP


Enik staat voor jou klaar, wat je vraag ook is. Ga met ervaringsdeskundigen en je peers aan de slag en ontdek wat Enik nog meer te bieden heeft!

Ervaring van deelnemer Maryse: "Enik betekent mezelf mogen zijn, zelfvertrouwen opbouwen en voelen dat ik erbij hoor."
Wednesday 8 May
Heb je nog geen idee wat je wilt doen na je studie? Wat nu écht bij jou past? Ben je het spoor even kwijt en heb je behoefte aan focus en richting? Trek je wandelschoenen aan en ga mee op pad!

In deze bijzondere buitensessie gaan we op pad in het prachtige natuurgebied Amelisweerd. De sessie is geïnspireerd op de 'Vision Quest': een eeuwenoud natuurrituueel dat werd gebruikt door oude wijze natuurvolkeren, waarin jonge mensen in de natuur tekens opvingen die richting gaven op hun weg naar een nieuwe levensfase. In onze buitensessie ervaar je in korte tijd hoe de natuur ook voor jou een kompas kan zijn.

Na deze sessie:
- Weet je welke vraag jij te beantwoorden hebt;
- Ontdek je hoe jouw kwaliteiten een sleutelrol spelen in het vinden van jouw richting;
- Eerwaarde je de natuur als krachtige inspiratiebron en kompas.
- En heb je gegarandeerd een frisse neus!

8 May 11:00 - 12:30
Veldkeuken

Ellen Ruifrok - Als Career Officer begeleid ik studenten van studie naar de arbeidsmarkt met training & coaching. Als het even kan ga ik daarvoor graag naar buiten. Juist in de natuur maak je contact met wat er écht toe doet voor jou. Open je zintuigen, land in je lijf en luister naar je hart. Want dat klopt!
This session is for anyone looking to unlock the power of their intuition and use more of it in their life! Intuition is a powerful tool, intrinsic to all of us, that we can use to create our own happiness, success, and live a more authentic life. For many, however, our intuition is snowed under through some of the lessons we learn while growing up. Here it's missing potential. In this session you'll get reacquainted with your intuition, learn what things are limiting it from functioning properly, and what tools you can use to bring it more to the surface.

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 decisions, and create life by their own design through various workshops. Christiaan Caanen is the co-founder of GYL. Christiaan develops and facilitates all the life-skill programs. He is 28, from the Netherlands, but living abroad since the age of 13. He is interested in football, nature, unconditioning the mind, improv and spirituality.

Intuition: living life authentically

8 May 12:00 - 14:00
Botanical Gardens

SIGN UP HERE

Go to table of content
Grenzenloos genieten
alles over seksueel plezier en consent

In deze workshop bestrijden we seksmythes - de clitoris is geen knopje en libido bestaat niet- en spreken we over communicatie rondom seks(ualiteit). Want, hoe weet je of je consensuele seks hebt (gehad) en hoe stem je eigenlijk met elkaar af? Wat als je niet zeker bent of was over consent? Is er een grijs gebied, of moeten we het meer zien als een kleurrijk speelveld om te (mogen) ontdekken? Wat zijn grenzen, en hoe belangrijk zijn wensen? Intimiteit, seksualiteit, vrijheid en geborgenheid hangen met elkaar samen.

Consultent seksuele gezondheid NVVS Marieke van der Sanden en specialist seksuele ontwikkeling Anna Marah Jansen van Stichting Seksueel Welzijn voeren met ons het Seksgesprek!

Marieke van der Sanden is consultent seksuele gezondheid NVVS. Anna Marah Jansen is specialist seksuele ontwikkeling. Ze zijn allebei lid van Seksueel Welzijn Nederland, opgericht door hoogleraar seksuologie Ellen Laan. Hun beiden missie is meer aandacht voor positieve seksualiteit, gendergelijkheid in genot en vrouwelijke seksualiteit.
After this workshop you'll walk away with more courage and tools to manage your fears. Each of us is born courageous. When we're kids, we climb trees without fear of falling, try new things without fear of failing, speak our truth without fear of getting judged, and love without fear of getting hurt. Through some of the lessons we learn while growing up, we can learn to let go of this courage and give fear the upperhand. This starts to affect our mental health, feelings, and the decisions we make. Creating our life from fear is not something wrong but it does give you a totally different life experience then creating from courage.

During this workshop, you'll learn more about where fear comes from, why FEAR = False Evidence Appearing Real, and you'll learn practical tools to manage your fears and turn them into courage.

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Creating life with courage
managing our fears

8 May 14:15 - 16:15

Botanical Gardens

SIGN UP HERE

Check out their website
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.

**Reflecting on our sense of self in a changing world**

Our fast-paced society and the ongoing environmental changes that we are experiencing often feel challenging. Especially news surrounding climate change can cause feelings of anxiousness and be overwhelming. We want to dive deeper into the topic of ‘eco-anxiety’ and explore together who we are in this ever-changing world. Join us for a short expert talk on this topic and a subsequent painting session where we’ll dive into how we feel about the environment and ourselves. Led by artists and environmentalists, we want to create an insightful and uplifting experience diving into a world of hope and inspiration. Let’s discover the impact of the current environmental challenges on ourselves and explore possible ecotopian futures as well as our own visions and perceptions of us as beings in this world.

8 May 15:00 - 17:00

Green Office

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.

8 May 18:45 - 19:45
Kaatstraat 59

SIGN UP HERE
We are Slim Dutch, an Amsterdam-based start-up that believes in a different way of teaching the Dutch language. Forget textbooks and boring, mind-numbing courses: we believe in a hands-on approach towards learning together with peers, where people can be themselves and have fun while learning Dutch.

Kickstart your Dutch
Language and culture

Between receiving a tikkie of 80 cents for that one coffee you drank with a Dutch friend during your study break, someone calling you a pancake for not biking like a local and making plans to see friends two weeks in advance, living in the Netherlands can be a weird experience. Take this chance to better understand Dutch language and culture, so you can start to feel even more at home in our world full of stroopwafels, directness and ugly-sounding words!

During this activity, you will experience a taste of the Dutch classes Slim Dutch offers, which are characterized by an open and authentic learning environment and an emphasis on community and interaction, where making mistakes is allowed and even encouraged. Choosing to seriously learn a new language is an admirable and exciting thing to do, and we want to help you take that first step!
The end
We hope to see you soon!

Practical information

If you sign up for activities, please note the following:

- Free of charge does not mean free of responsibility. If you can’t join anymore, please sign out! Then people on the waiting list can take your spot and the facilitators know what to expect :).
- There will be a reminder via mail and SMS two days before the activity. If you signed up within two days before the activity, you will not receive a reminder. Sometimes it contains useful info. You can always reach out to us via e-mail or the Whatsapp Community.
- You’re not able to sign out 24 hours before the activity.
- Last but not least, we hope you will enjoy the Wellbeing Week(s) again! Please feel free to chat with one of us when we are present.
Eventkalender
april · mei · juni
Programma Utrecht
april t/m juni

April: dromen & verlangen

16 aprv.a. 22 apr
Gespreksborrel
Onder het genot van een drankje in gesprek met elkaar
Leven in balans (3-delig)
Neem je denken, waarden en handelen onder de loep

Mei: vrijheid & vertrouwen

14 mei
Singelwandeling
Lopend langs de gracht in gesprek met elkaar

30 mei
Filmavond
Samen een film kijken en achteraf in gesprek

Juni: verwonderen & verstillen

11 jun
Vaartocht
Raak met elkaar in gesprek op het water

21 jun
Picknick
Een smakelijke ontmoeting met openhartige gesprekken

ontdek alle events op iederaINOW.nl

Bij IederaI NOW ontdek je samen wat jij belangrijk vindt