




Wellbeing Roadmap for Students

Wellbeing Boosters @VU

<p><u>Study associations</u></p>  <p>Student Communities</p>	<p><u>Student associations</u></p>  <p>Student Communities</p>	<p><u>Griffioen</u></p>  <p>Theatre and creative courses</p>	<p><u>The Mindful Library</u></p>  <p>Read, meditate, connect</p>	<p><u>Life is better in 3D</u></p>  <p>Free student events and activities</p>
<p><u>VU Pride</u></p>  <p>LGBTQIA+ community</p>	<p><u>Sportcentrum</u></p>  <p>Community, support and sports</p>	<p><u>NEWConnective</u></p>  <p>Programs on life's bigger questions</p>	<p><u>MoodLift</u></p>  <p>Free coaching, practical tips & tools</p>	

Support Services @VU

<p><u>Academic Advisors</u></p>  <p>Study planning & advice</p>	<p><u>Ombudsman for Students</u></p>  <p>Complaint handling and protection student rights</p>
<p><u>Student Psychological Counsellors</u></p>  <p>Study-related psychological support</p>	<p><u>Coordinator Social Safety</u></p>  <p>Threats, violence, stalking, self-harm</p>
<p><u>Confidential Counsellors</u></p>  <p>Advice on dealing with undesirable behaviour</p>	<p><u>Student Counsellors</u></p>  <p>Regulations, procedures, and financial advice</p>
<p><u>Info Point Studying with a Disability</u></p>  <p>Information & support regarding disabilities</p>	<p></p> <p>Come visit the <u>Student Wellbeing Point</u> if you have any questions or to have a conversation with a fellow student about wellbeing @VU!</p>

External for international students navigating the Dutch support system

<p><u>DigiD</u></p>  <p>Identify yourself for online matters</p>	<p><u>DUWO housing</u></p>  <p>Info and rules for student rooms</p>	<p><u>Health Insurance</u></p>  <p>Health insurance in the Netherlands</p>	<p><u>Psychological Support</u></p>  <p>Mental health care in the Netherlands</p>	<p><u>GP / Doctor</u></p>  <p>Register at AUMC as a new patient</p>	<p><u>Dentist</u></p>  <p>Register at ACTA as a new patient</p>
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