

Wellbeing Week Timetable

Click on an activity to sign up!



- Physical Wellbeing
- Community & Diversity
- Financial, Career & Creative
- Mental Wellbeing
- Personal Development

Monday
4 November

Tuesday
5 November

Wednesday
6 November

Thursday
7 November

Friday
8 November

09.00 - 13.00
Fitsurance healthcheck
OZW EB-05 (AISS)

10.00 - 12.00 & 13.00 - 15.00
Chair massage (drop by)
Next to Student Wellbeing Point

11.30 - 12.45
Opening Wellbeing Week with
Houda Loukili
Agora 1 (HG-3C01)



12.00 - 13.00
Fysiotherapy (drop by)
Sportcentre OZW

12.30 - 13.15
Yoga
Global Room

13.00 - 13.30
Mindfulness Meditation
HG-1A53 (Silence Room)

13.30 - 14.30
Be in charge of your lifestyle!
HG-1G05

13.30 - 14.30
@SkereStudent - the
Cashbook Class
OZW-2B01

15.30 - 17.00
Friendshipping
3D

15.30 - 17.00
Know your talent
NU-04B43

17.30 - 19.30
BYOB Dinner
HG Kerkzaal

17.30 - 20.15
Ladies Eve by ISA (in Dutch)
NU-4A25

08.15 - 08.45
Morning Yoga
Global Room

09.00 - 13.00
Fitsurance healthcheck
OZW EB-05 (AISS)

10.00 - 11.00
Improvisation theatre
BV-1H26

10.00 - 12.00 & 13.00 - 15.00
Chair massage (drop by)
Next to Student Wellbeing Point

11.00 - 12.00
Kickboxing
Campus Square

11.30 - 12.40
Onder Druk: Prestatiedruk &
financiele stress (in Dutch)
BV-1H26

12.00 - 13.00
Fysiotherapy (drop by)
Sportcentre OZW

12.00 - 15.00
Get Together Hub (walk by)
Main building main entrance



13.30 - 14.30
Presenting: Learn to control
your nerves! (in Dutch)
BV-0H19

13.45 - 14.45
Drawing
HG-10A41

15.30 - 17.15
Find your Direction
HG-10A41

08.15 - 08.45
Morning Yoga
Global Room

09.15 - 10.45
Journalling
HG-1A32

11.00 - 12.30
The Resilient Mindset
BV-0H19

11.00 - 12.30
The Art of Mindfulness
OZW-7A06

12.30 - 14.00
Student Wellbeing
Information Market (drop by)
HG main entrance



13.30 - 14.30
Finding your balance
HG-11A36

13.30 - 15.15
Future-Proof: Building
Career Resilience by MAA
MF- A311

15.30 - 16.30
Mixed Martial Arts
Sportcentre OZW 1st Floor

15.30 - 17.30
Open Minds: Destigmatizing
Mental Health by SRVU
StudentD0k

16.00 - 17.30
Autumn's Grief Café (drop by)
3D



09.00 - 13.00
Fitsurance healthcheck
OZW EB-05 (AISS)

11.00 - 11.45
Fight your Procrastination
OZW-4B01

12.00 - 13.00
Yoga
Sportcentre OZW 1st Floor

13.00 - 14.00
Vind je balans (in Dutch)
BV-0H54

13.30 - 15.00
Journalling
HG-0G30

13.30 - 15.00
Social Presencing Theater
3D

13.30 - 14.30
Self-defense
Sportscentre OZW

13.30 - 16.30
The Bookish Crafts Collective
VU Library 1st Floor



14.00 - 15.00
Lifestyle for Good Sleep
HG-02A37

15.30 - 16.30
Pilates
Global Room

15.30 - 17.00
Friendshipping
3D



12.00 - 13.00
Yoga
Global Room

12.00 - 13.00
Fysiotherapy (drop by)
Sportcentre OZW

13.00 - 14.00
Pilates
3D

13.30 - 15.00
Stress Management
HG-5A36



14.00 - 15.00
Nutrition & Healthy Food
HG-5A37

14.00 - 15.00
Kickboxing
Sportcentre OZW 1st Floor

15.30 - 17.00
The Art of Mindfulness
BV-0H36

17.30 - 19.00
Sip & Paint by FAM
BV-0H19



More info:
vu.nl/wellbeing-week