

Community & Diversity

Friendshipping

Get to know people from all corners of the VU community during a few rounds of speed dating - for friends (-to-be). You'll discuss a question each round. 'What quality do you value in a friend?' With room for 'small talk' of course!

📅 4 November ⌚ 15.30 - 17.00 📍 3D

📅 7 November ⌚ 15.30 - 17.00 📍 3D

Bring your own bias dinner

We all have, at first glance, ideas about other people, and quickly think we know an 'other'. At the Bring Your Own Bias dinner, we serve up our biases. Come for a good meal, and an evening of discovery.

📅 4 November ⌚ 17.30 - 19.30 📍 HG Kerkzaal/church hall

Ladies Eve | Let's Talk! - Studentstruggles by ISA (in Dutch)

Learn to build resilience using Islamic values like sabr (patience) and tawakkul (trust in Allah). Gain tools for overcoming challenges through practical tips, and shared experiences.

📅 4 november ⌚ 17.30 - 20.15 📍 NU-4A25

Journalling

Sometimes it can feel like you are overwhelmed by thoughts. Writing down your thoughts can help you organise them. Learn how to use journalling in improving your wellbeing!

📅 6 November ⌚ 09.15 - 10.45 📍 HG-1A32

📅 7 November ⌚ 13.30 - 15.00 📍 HG-0G30

Autumns grief café (drop by)

Are you grieving the loss of someone close to you? You are welcome to join the grief café, an open space for grief. Feel free to share about your own experiences; but also to listen to others' experiences.

📅 6 November ⌚ 16.30 - 17.30 📍 3D

Social Presencing Theater

During the workshop, you will learn to recognise signals from your body and get practical tips to relieve stress through exercises inspired by theatre, dance and mindfulness.

📅 7 November ⌚ 13.30 - 15.00 📍 3D

Opening Wellbeing Week with Houda Loukili

Houda, a former national kickboxing champion, is a dynamic speaker on sports, motivation, and mindset. Her energetic talks cover overcoming setbacks, staying motivated, and promoting diversity and inclusion. Get inspired and moving with Houda!

📅 4 November ⌚ 11.30 - 12.45 📍 Agora 1 (HG-3C01)

Personal Development



Be in charge of your own lifestyle!

Combining a healthy lifestyle with work and studies can be tricky. Together, we map out your lifestyle and set goals and priorities. Find out what is important to you!

📅 4 November ⌚ 13.30 - 14.30 📍 HG-1G05

Know your talent!

Working with your talents takes little effort, produces good results and is fun. People who use their talents are more successful and happier. In the 'Know your talent' workshop, you will discover your talents and make a plan to use them.

📅 4 November ⌚ 15.30 - 17.00 📍 NU-04B43

Presenting: Learn to control your nerves! (in Dutch)

In this workshop you will learn how to build a presentation, but also how to control your nerves, deal with audience reactions and present calmly and clearly.

📅 5 November ⌚ 13.30 - 14.30 📍 BV-0H19

Find your direction

Where do you truly flourish? In the workshop 'Find a direction that suits you', you will use exercises to discover what direction suits you and how to get the best out of yourself.

📅 5 November ⌚ 13.30 - 14.30 📍 HG-10A41

Find your balance

With procrastination, motivation problems or stress, it is important to understand your energy distribution. In this workshop you'll learn methods to get a better grip on how you distribute your energy.

📅 6 November ⌚ 13.30 - 14.30 📍 HG-11A36

Stop procrastination!

In this interactive workshop, you will learn practical tips to break the vicious circle of procrastination. Together with other students, you will dive into your personal way of procrastinating, practise the steps and learn together how to stop procrastinating!

📅 7 November ⌚ 11.00 - 11.45 📍 OZW-4B01

Student Wellbeing Information Market

At the information market, organisations will help you with questions about mental health. Discover Moodlift's eHealth modules, get advice from Arkin Prevention, and learn about substance abuse at Jellinek. Enjoy live music by the VU Orchestra!

📅 6 november ⌚ 12.30 - 14.00 📍 HG main entrance

Wellbeing Week

Build on your resilience!



Click on the time of the activity to sign up or go to the **Timetable** for the full planning!

vu.nl/wellbeingweek

Physical Health

Fitsurance: Do a Health Check!

Want to know how much muscle mass you have and what your fat percentage is? During this free health check you will get insight into your health and we will help you with tips for a healthier lifestyle.

📅 4, 5, 7 November ⌚ 9.00 - 13.00 📍 OZW EB-05 (AISS)

Relax! Take a chair massage! (drop by)

Drop by the Student Wellbeing Point for a back and shoulder massage from our massage therapist!

📅 4 & 5 November ⌚ 10.00 - 12.00 & 13.00 - 15.00 📍 Next to SWP

Kickboxing

Get ready to de-stress and feel stronger than ever with our kickboxing class. Kick away all your stress and improve your cardiovascular system.

📅 5 November ⌚ 11.00 - 12.00 📍 Campussquare, with bad weather at OZW

📅 8 November ⌚ 14.00 - 15.00 📍 Sportcentre OZW, 1st Floor

Mixed martial arts

Mixed Martial Arts is a martial art that combines punching and wrestling techniques. You will learn skills from boxing, kickboxing, muay thai, and Brazilian jiu-jitsu, and how to apply them effectively.

📅 6 November ⌚ 15.30 - 16.30 📍 Sportcentre OZW, 1st Floor

Lifestyle for good sleep

Sleep is as important a pillar of health as relaxation, exercise and nutrition. In this workshop, you will learn the theory behind sleep and get practical lifestyle tips to sleep better.

📅 7 November ⌚ 14.00 - 15.00 📍 HG-02A37

Self - defense

During this workshop, you will learn how to become stronger both mentally and physically. You will get useful tips and tricks to defend yourself and increase your sense of security.

📅 7 November ⌚ 13.30 - 14.30 📍 Sportcentre OZW

(Morning) Yoga

Yoga is about making you feel comfortable, learning to relax and finding a balance between strength and relaxation.

📅🕒📍 Check out the time table for all yoga timeslots

Nutrition & Healthy Food

What we eat impacts our physical and mental well-being. Learn the basics of nutrition, and how to stay energetic and healthy during this workshop! 📅 8 November ⌚ 14.00 - 15.00 📍 HG-5A37

Pilates

A gentle but intense class with the aim of optimally strengthening your low back, abdomen and pelvis while making them more flexible.

📅 7 November ⌚ 15.30 - 16.30 📍 Global Room

📅 8 November ⌚ 13.00 - 14.00 📍 3D

Mental Health



Mindfulness Meditation

People meet weekly to meditate at VU. Join us sometime and get to know more people who meditate! 📅 4 November ⌚ 13.00 - 13.30 📍 HG-1A53

Onder Druk: Omgaan met prestatiedruk & financiële stress (in Dutch)

During this workshop, we will discuss performance pressure and financial stress in student life. Learn to recognise high pressure and increase your mental resilience with practical tools.

📅 5 November ⌚ 11.30 - 12.40 📍 BV-1H26

The art of Mindfulness

Want to learn to release stress and feel better? Learn the techniques of Mindfulness to overcome anxiety and stress, improve work/study efficiency and increase your sense of happiness.

📅 6 November ⌚ 11.00 - 12.30 📍 OZW-7A06

📅 8 November ⌚ 15.30 - 17.00 📍 BV-0H36

The Resilient Mindset

Develop your resilience and mindset in the interactive workshop 'The Resilient Mindset'. Learn to cope with change and discover new ways to find growth and meaning in a personal, safe environment.

📅 6 November ⌚ 11.00 - 12.30 📍 BV-0H19

Open Minds: Destigmatizing Mental Health

Participate in an open conversation about mental health and well-being. Receive tips from an expert, enjoy snacks, and share experiences in a supportive, relaxed atmosphere with fellow students.

📅 6 November ⌚ 15.30 - 17.30 📍 StudentenD0k

Stressmanagement

In this workshop, you will learn about normal and excessive stress, differentiate between anxiety and stress and learn how to manage and overcome stress. 📅 8 November ⌚ 13.30 - 15.00 📍 HG-5A36

Finance, Career & Creative



@SkereStudent - The Cashbook Class

Want to learn how to manage your finances better? In this workshop, learn from the experts at @SkereStudent how to keep track of your finances neatly. Sign up, bring your laptop and get hands-on with your finances!

📅 4 November ⌚ 13.30 - 14.30 📍 OZW-2B01

Improvisation Theater

In improvisation, there are no mistakes. During this workshop, you will learn to stop limiting your imagination and expression and learn to express your ideas and creativity on stage.

📅 5 November ⌚ 10.00 - 11.00 📍 BV-1H26

Drawing

Discover the art of drawing with pencil through guided exercises in form, light and shadow, perspective and composition. No experience is necessary - only your curiosity!

📅 5 November ⌚ 13.45 - 14.45 📍 HG-10A41

Future-Proof: Building Career Resilience' by MAA

Want to boost your resilience as you enter the professional world? Join MAA and Lucia Mikusova, founder of VitaLucia INTEGRAL WELLBEING, for a workshop strengthening your resilience to thrive during your career.

📅 6 November ⌚ 13.30 - 15.15 📍 MF-A311

Bookish Crafts Collective: Wellbeing Edition by SWP

Want to take a break from studying behind your laptop and enjoy doing something creative? Then come and join this special edition of the Bookish Crafts Collective to make fun paper crafts while enjoying some snacks and drinks!

📅 7 November ⌚ 13.30 - 16.30 📍 Library first floor

Sip & Paint door FAM

Sip & paint = Autumn fun! Join us for a fun afternoon of creativity, good company and snacks and drinks.

📅 8 November ⌚ 17.30 - 19.00 📍 BV-0H19

Get Together Hub (drop by)

Meet other students, connect with each other and be inspired by what you have in common. Pick one of the questions and get to know each other!

📅 5 November ⌚ 12.00 - 15.00 📍 HG entrance

