Wellbeing Week(s) 2026

U Create

23 November - 4 December





Utrecht University

HOGESCHOOL UTRECHT

PROGRAMME BOOKLET

Opening:

U Create

With a fresh new team, the Wellbeing Week(s) are back! From November 23 to December 4, there will be at least three activities every day that are free for you, students, to attend. The goal of the Wellbeing Week(s) is to inspire and support you in enhancing your well-being. During these weeks, we aim to address various dimensions of well-being, including mental, physical, social, and spiritual well-being, as well as financial, sustainable, professional, and intellectual well-being. Discover a new hobby, develop new skills and meet new people.

Especially now, at a time when you are discovering your identity and the pressure to perform can feel overwhelming, it is important to remember that you are in control of your own time and energy. To help you, we invite you to use the Wellbeing Weeks to pause, take conscious decisions for self-care, and build what truly nourishes you. During these Wellbeing Weeks, you will discover how valuable it is to create lasting connections, and create space for your wellbeing. The theme of the 15th edition is therefore: "U Create."

And don't forget: the U Create Wellbeing Week(s) are for everyone. It is a great opportunity to recharge, connect with others, broaden your horizons, and maybe even step out of your comfort zone. Everybody is welcome!

We are grateful to have made the U Create Wellbeing Week(s) happen and we hope you will enjoy them!

Team U Create Wellbeing Week(s),
Kshitij, Maran, and Sasuke

Who are we?



Kshitij Mor

I'm the project officer. To me, wellbeing means spending time with friends, dancing. gaming and concsiously creating time for myself

FEEL FREE TO COME CHAT WITH US!



Maran Nieman

I am a student assistant. Trying new things is one of the most important things for my well-being: travel, exploring Utrecht, trying new activities or making new connections!



Sasuke Ikemizu

I am a student assistant. For me, wellbeing lies in the littile things, like those small, happy moments spent with friends, or the feeling you get after exercising.

Student Wellbeing is more than just the Wellbeing Week(s)



You don't have to wait for the Wellbeing Week(s) to start to start the conversation about your wellbeing and to work on your personal development. Within the UU there's a whole chain of support there for you when you need it.

Are you facing an issue or require personal advice? Know that for instance your study advisor and tutor are there for you. Furthermore, there are:

- Peer support groups about loss and grief, connection and other topics
- E-health modules by MoodLift

There's support for you all year round. For now, enjoy this 15th edition of the Wellbeing Week(s), and see you soon!

~ Tirza Wildeboer

MORE INFO

Tirza Wildeboer is project leader Student Wellbeing at Utrecht University. She is in charge of projects such as the Wellbeing Week(s).



U Create

23 November - 4 December

Don't miss a thing! Join the Wellbeing Weeks WhatsApp Community for live updates, last-minute spots, and to connect with other students.

JOIN THE WHATSAPP COMMUNITY

or scan the QR code



PROGRAMME WELLBEING WEEKS

Monday 23 Nov

Ice Bath & Breathwork
10:00 - 12:30
Olympos

Making Space for What Matters
13:00 - 14:30
Parnassos

Haiku Writing
14:30 - 16:30
Parnassos

Jouw week, jouw ritme (Student Psychologists)
16:00 - 17:00
Bestuursgebouw

Salary Negotiation 101
17:00 - 19:00
Ruppert

Mellow Mondays: Craft Night
20:00 - 23:00
Parnassos Cultural Café

Light in the Darkness Concert: FENNE
21:00-21:45
Nicolaïkerk



Tuesday 24 Nov

Roform
9:15 - 10:05
Rostudios, Smakkelaarsveld

Handbuilding Ceramics
10:00 - 12:00
Atelier Ann Rose

Learn to Fix your Bike
12:00 - 14:00
Kabul à GoGo

Mail with Care
14:00 - 16:00
Parnassos

Workshop Challenge your Thoughts
16:00 - 17:00
Drift 25

First Steps into Fantasy: An Intro to D&D and TTRPGs
17:00 - 19:30
Parnassos

Spa Night
16:00 - 1:00
Beuntjes Oase

THIS TABLE IS CLICKABLE

Wednesday 25 Nov

Aerial Sports
11:00 - 12:00
MB Zaal, Olympos

Guided Tour Botanical Garden
13:30 - 15:00
Botanical Gardens

Habit Management
15:30 - 18:30
Mezzanine, Minnaert

Cooking Workshop
17:00 -20:00
Buurthuis Sterrenzicht

Pubquiz: Let's Talk About Sex!
21:00 - 23:00
Beuntjes Oase

COLOR MAP

What do the colors mean?

- Lecture
- Physical activity
- Workshop
- Creative activity
- Social activity
- Other fun activities

Thursday 26 Nov

Rocycle
9:00 - 9:45
Rocycle, Kaatstraat

Culture Shock
11:00 - 12:30
Drift 25

Paint & Talk
13:00 - 14:30
Parnassos

Rust in de chaos!
15:00 - 17:00
Licence to Chill

Creating caring communities for a good student life
17:00 - 19:00
Janskerkhof 15A

Student Meditation
17:15 - 18:00
Marinus Ruppert 1.25

Offline Hangout
19:00 - 22:00
Buurthuis in de 3 Krone



Check for this symbol on activity pages to see if the location is wheelchair accessible

Friday 27 Nov

Bouldering
11:00 - 12:30
Boulderhal Sterk Spoor

Graffiti
13:00 - 14:30
De Graffitituin

Fermenting workshop
15:30 - 17:00
Buurthuis in de 3 Krone

STOMP Line Dancing Night
19:30 - 21:00
Buurthuis Sterrenzicht

Saturday 28 Nov

De Bosbus (Nature Hike)
11:00 - 16:30
P8 Cambridgelaan

Roform
16:00 - 16:50
Rostudios, Moreelsepark

Sunday 29 Nov

Reset your nervous system
16:00 - 17:00
Online via Zoom

PROGRAMME WELLBEING WEEKS

Monday 30 Nov

- Wake up and Stretch
  10:00 - 11:00
  Janskerk
- Meditating together: Creating connections
  11:30 - 12:30
  Janskerk
- Lezing: Dag Hammarskjöld
  13:00 - 14:15
  Janskerk
- Theatercollege: We zijn zelf wat we zoeken
  14:30 - 16:00
  Janskerk
- Sing Your Way to Zen!
  16:00 - 18:00
  Janskerk
- Mellow Mondays: Game Night
  20:00 - 23:00
  Parnassos Cultural Café
- Lay Down & Listen Concert: Laurens De Man and Anna Serierse
  21:00 - 22:00
  Janskerk

THIS TABLE IS CLICKABLE

Tuesday 1 Dec

- Collaging Workshop
  10:30 - 13:00
  Janskerk 15A
- Pop Up: Offline Crafts
  11:00 - 15:00
  Padualaan 99
- Burned out or Bored Out?
  13:30 - 15:30
  Padualan 97
- Guerrila Gardening
  15:00 - 17:00
  The Playground
- Hyrox
  16:00 - 17:30
  Kratistos, Olympos
- Mocktails Workshop & Alcoholgebruik in studententijd
  19:00 - 20:00
  Buurthuis in de 3 Krone

Check for this symbol on activity pages to see if the location is wheelchair accessible

Wednesday 2 Dec

- Bouldering
  11:00 - 12:30
  Boulderhal Sterk



- Workshop: Better Evenings for Better Mornings
  14:00 - 15:30
  Bestuursgebouw
- Workshop: Haal meer uit je studentenbudget
  16:00 - 18:00
  Minnaertgebouw
- Rocycle
  18:00 - 18:45
  Rocycle, Kaatstraat
- Learn to dance Salsa!
  19:00 - 21:00
  Buurthuis Sterrenzicht
- Skate the Stress Away
  21:45 - 23:30
  Ijsbaan Vechtsebanen



Thursday 3 Dec

- How to Survive Your Oral Exam
  9:00 - 12:00
  Ruppert
- How to Study Effectively
  13:30 - 15:00
  Ruppert
- Social Media Use and Wellbeing
  15:00 - 16:00
  Bolognalaan 101
- Rust in de chaos!
  16:00 - 18:00
  Licence to Chill
- Student Meditation
  17:15 - 18:00
  Marinus Ruppert 1.25
- Sharing Stories
  18:00 - 20:00
  Parnassos Cultural Café



Friday 4 Dec

- 3D Printing
  10:00 - 12:00
  Lili's Proto Lab
- Kickboksen
  11:00 - 12:30
  MB Zaal, Olympos
- Meet Your Inner Clock: Sleep & Chronotypes
  12:30 - 14:00
  Androclusgebouw
- Voice, Body, Being
  14:00 - 16:00
  MentalMotion
- Spa Night
  16:00 - 1:00
  Beuntjes Oase

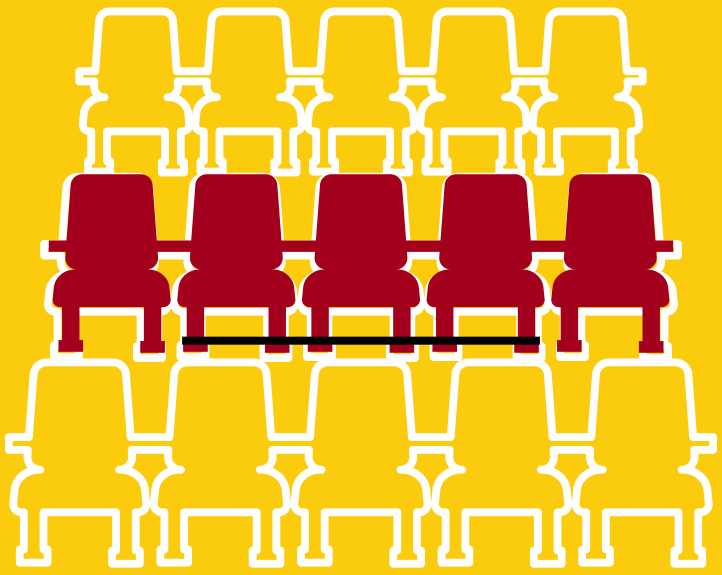
RECURRING ACTIVITIES

Join these activities daily!

- A Bright Conversation
- Walk, Reflect and Act
- Quiet rooms
- Student Psychologist

Free of charge does not mean free of responsibility.

More than 30% of signups do **NOT** show up to our activities. That means many seats go unused, and many students miss the opportunity to enjoy these activities.



me when you cannot make it, but do not deregister:



me when you cannot make it, but let us know in time:



If you can't join anymore, please deregister in time.
That way people on the waiting list can take your spot and the facilitators know what to expect.

MONDAY
23 NOVEMBER

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!







Ice Bath & Breathwork

Stap uit de dagelijkse routine en duik in de diepten van je potentieel met **THE ICE GUYS TRIBE.** Ontdek tijdens deze workshop de kracht van ademhalingstechnieken, positieve mindset en koude blootstelling. Ervaar hoe direct je ademhaling verbonden is met je zenuwstelsel en je voorbereidt op de uitdaging van een ijsbad. Ervaar hoe koudetraining je lichaam sterker maakt, je immuunsysteem boost en je stressbestendigheid verhoogt. Versterk je mentale veerkracht met meditatie en ademhalingsoefeningen. Onder begeleiding van toegewijde coaches 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!

23 November 10:00 - 12:30

Olympos: MB Zaal

SIGN UP HERE

GO TO TABLE OF CONTENTS

Making Space for What Matters

Always busy? Your studies, work, social life, and all the expectations constantly demand your attention. And somewhere in between, you also want to take good care of yourself. But what if well-being isn't just another thing you have to do or achieve?

In this **interactive workshop**, you'll discover how to experience more space - right in the midst of your busy life. Not by trying harder or organizing your schedule even more efficiently, but by looking at yourself and your daily activities in a different way.
Through **reflection, creative exercises, and experiential activities**, you'll explore what's on your mind, where you put pressure on yourself, and what truly matters to you.

You'll discover how small moments of slowing down, mindfulness, and kindness can **create space for more relaxation, joy, and connection.**

GO TO TABLE OF CONTENTS

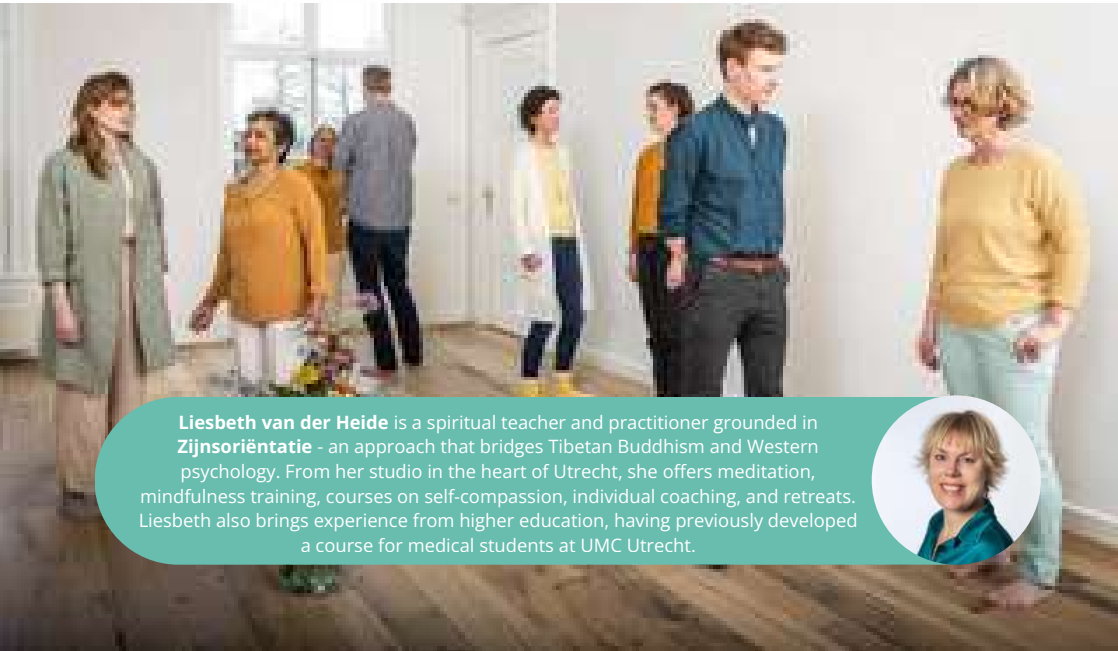




23 November 13:00 - 14:30

Parnassos (Room 104)

SIGN UP HERE



Liesbeth van der Heide is a spiritual teacher and practitioner grounded in **Zijnsoriëntatie** - an approach that bridges Tibetan Buddhism and Western psychology. From her studio in the heart of Utrecht, she offers meditation, mindfulness training, courses on self-compassion, individual coaching, and retreats. Liesbeth also brings experience from higher education, having previously developed a course for medical students at UMC Utrecht.

Be Present and Write Haiku

23 November 14:30 - 16:30

Parnassos (room 104)

SIGN UP HERE

GO TO TABLE OF CONTENTS



The Japanese poetic form of **haiku** (singular and plural) is known for being short and to the point. It consists of three lines, with usually 5, 7, and 5 syllables respectively.

Haiku often captures an experience that made an impression. This might be something in nature, or something ordinary from everyday life that suddenly catches your attention because you are paying close attention.

How can you convey something essential in so few words? That is what we will be exploring today. We will become still by a short meditation and then we go outside. Once back, you start writing — you can write in your own language. If you like, you can read your haiku aloud to the group afterwards.

Join us if you feel like spending an afternoon filled with inspiration, mindfulness, and creativity.

"With nothing to do,
and all alone by myself
I'll make friends with the moon (Yosa Buson)"



The session will be guided by **Jacky Limvers**, wellbeing officer at UU. She likes to combine meditation practice with reading and writing haiku.

Jouw week, jouw ritme; vind de balans en laat FOMO los

23 November 16:00 - 17:00

Bestuursgebouw (Van Lier en Egginkzaal)

SIGN UP HERE



GO TO TABLE OF CONTENTS

Studeren vraagt veel van je: *colleges, opdrachten, sociale afspraken en alles wat daarnaast voor jou belangrijk is*. Hoe zorg je ervoor dat je week in **balans blijft, zonder jezelf voorbij te lopen?**

In deze workshop onderzoek je wat jou energie geeft en wat juist spanning of onrust oplevert. Je ontdekt hoe jouw prikkelprofiel invloed heeft op studeren, ontspannen en contact met anderen.

Vervolgens oefen je met bewust kiezen: waar wil je tijd aan besteden, wat kan wachten en welke grenzen helpen jou? Ook staan we stil bij FOMO, de angst iets te missen. Hoe herken je die, en hoe maak je keuzes die passen bij jouw behoeften in plaats van bij wat anderen doen? Met praktische oefeningen en uitwisseling met andere studenten maak je een haalbaar plan voor een week die ruimte biedt aan studie, tijd om bij te komen en plezier. Je gaat naar huis met concrete ideeën om je eigen balans te versterken.



Sanne ten Broeke, psycholoog in opleiding tot GZ-psycholoog als Studentenpsycholoog bij de UU en behandelaar bij Altrecht.
Desley van der Zande, GZ-psycholoog voor studenten en promovendi bij de UU.

Connection and personal growth are central in **Rutger-Jan Scholtens**' work; by helping others develop, he develops himself. As a trainer/coach, he strives to inspire and activate students and young professionals.



Salary Negotiation 101: Secure Your Future

As a new graduate, do you find it nerve-wracking to negotiate with a future employer? That's understandable, but it's a shame—a compensation discussion is precisely where the foundation for your financial well-being is laid.

In this training, you'll learn how to conduct an **effective salary negotiation** and discover which topics—besides pay—are open for discussion. You'll identify the aspects that matter most for your **financial situation** and your future.

This will not only boost your self-confidence, but also give you a firmer grip on your financial well-being right from the start of your career.



23 November 17:00 - 19:00

Ruppert: kamer 005

SIGN UP HERE

GO TO TABLE OF CONTENTS

PLEASE BRING A PEN



Mellow Mondays:
Craft Night

GO TO TABLE OF CONTENTS

There's something happening every Monday evening at Parnassos Cultural Café. During our low-key Mellow Mondays, **Craft Night** and **Game Night** alternate. A relaxed way to start your week: **mellow**.

On Craft Night, you **don't need to bring anything** except yourself and a little creativity. All the **basic materials** you'll need will be ready and waiting for you. Whether you love drawing, painting, cutting, gluing, or simply enjoy trying something new, there's plenty of room to **explore your creative side**. You can work on your own little project, exchange ideas with others, or just enjoy making something in a friendly and laid-back atmosphere.

Not feeling particularly crafty? No worries! On alternating Mondays, Game Night offers another fun way to **relax and connect** with others.

Come by with **friends** or join **on your own**. The bar is open, and there's always a spot waiting for you at the table!

23 November 20:00 - 23:00

Parnassos: Cultural Café

WALK IN: 20:00





Parnassos Cultural Centre, part of Utrecht University, is your creative home in the heart of the city. Take a break from studying or working, explore your creativity through courses and workshops, meet like-minded people, enjoy cultural events, or relax with a drink at our cosy café. Everyone is welcome!

parnassos
CULTUURCENTRUM



FENNE is the project of singer and composer Fenne Scholte. Her backing vocalists are **Louise Linkenbach**, **Cisca Ghijsels**, and **Hanna Boudewijnse**. Fenne graduated in 2022 with a degree in Jazz & Pop Vocals from the HKU Conservatory. Her lyrics read like a diary, touching on dreams and expectations, disappointments and desires.





Light in the Darkness Concert: FENNE

During her performance, **FENNE**, along with her **backing vocalists** Louise Linkenbach, Cisca Ghijsels, and Hanna Boudewijnse, will give a **45-minute performance** featuring their **own compositions**. Surrounded by hundreds of flickering candles, the Nicolaikerk will transform into an intimate living room — a space filled with warmth and quiet reflection.

Through **surprising harmonies,** personal lyrics, and lyrical melodies, FENNE will transport you to a living room. A room where you can talk about anything, without judgment. A room where you feel **safe** and can **relax**, where you can laugh and cry and immerse yourself in your own thoughts.

The **gentle sea of candlelight**, combined with the **close harmony vocals** and the **Nicolaï church's dreamy acoustics**, promises an evening that feels both deeply personal and magical — an experience shared between musicians and listeners alike.

FENNE draws **inspiration** from artists like **Eloise, Bruno Major, and Jacob Collier**, who blend **jazz** influences with **modern pop**. She prefers not to categorize herself as a single genre and is at home in both pop and jazz venues.



23 November 21:00 - 21:45

Nicolaïkerk

SIGN UP HERE

GO TO TABLE OF CONTENTS

TUESDAY
24 NOVEMBER

Rostudios is the creative force behind rocycle and roform, pioneering fitness and lifestyle concepts with studios across the Netherlands, Germany and Belgium. Through our classes, we combine movement, music and connection to create workouts that are as transformative for the mind as they are for the body. Utrecht is where the sweat, beats and energy all come together.

Roform:
ROSTUDIOS

Roform is a pilates inspired high intensity full body strength **workout** on custom made **reformer machines**. Control, tempo, power and precision are at the core of Roform. During these classes, you'll improve posture, build foundational strength, increase mobility and, of course, balance the mind. Though each class has a central focus (think upper body, core or glutes), you'll work every last muscle as you flow through the movements.

Roform is more than a workout. It's a revolution. **Shake. Burn. Build.**

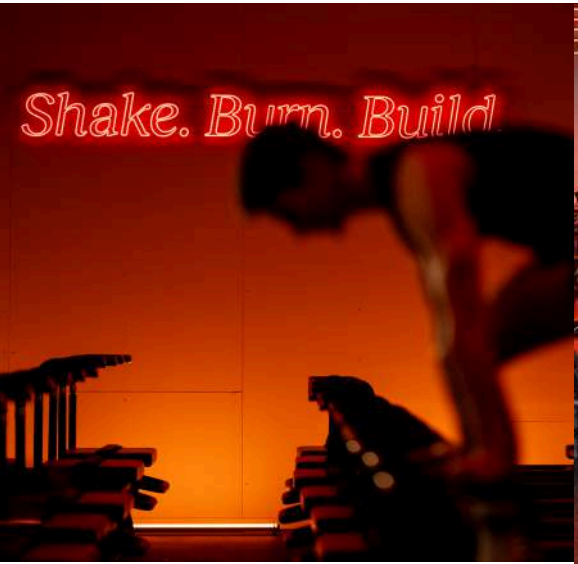
AT ROFORM, GRIP SOCKS ARE REQUIRED. YOU CAN BRING YOUR OWN, OR BUY A PAIR AT THE STUDIO FOR €12.

24 November 9:15-10:05

Smakkelaarsveld 15

SIGN UP HERE

GO TO TABLE OF CONTENTS





Atelier Ann Rose is an intimate ceramics studio in Utrecht. Founded by two friends, the studio focuses on ceramics while also specializing in personal development—a space dedicated to "conscious living." They offer weekly ceramics classes at the studio and frequently host workshops at various off-site locations. From time to time, they release their own collections and organize week-long retreats in France, featuring a program that blends ceramics with mindfulness.

Handbuilding Ceramics



Step into the world of ceramics and craft your own **unique clay creations**. Take a moment to let go of your thoughts, immerse yourself in the present, and **explore your creativity**.

You will be guided through the **fundamental techniques of hand-building with clay** as you bring your own ideas to life. Whether you arrive with a specific vision or seek inspiration within the studio, the **possibilities are endless**. Think of a new favorite tea mug, a ceramic piece for your jewelry, a set of espresso cups, a candle holder, ornaments, or a small vase.

Once finished, your pieces will be **fired twice and glazed by the studio**. They will be ready for you to collect in **3–4 weeks**. The clay itself is a lovely beige speckled with charming flecks, finished with a beautiful, food-safe transparent glaze.



24 November 10:00 - 12:00

Atelier Ann Rose

SIGN UP HERE

PLEASE KEEP IN MIND THAT YOUR CLOTHES MIGHT GET DIRTY, CLAY IS INVOLVED!

GO TO TABLE OF CONTENTS

At **Bikes Under Dykes** we recognise the importance of having a queer bike community that feels safe, independent and autonomous from (capitalist) systems. Thats why we think it is really important that everyone can fix up their own bike without having to spend much money! Sign up and learn how to fix and maintain your own bike!

Learn to Fix your Bike

Are you always on your bike but you actually have no clue how to **fix or maintain** it? Do you want to stop spending money at bike repair shops for things you don't even know the name of? Join us and learn how to **take care of your bike**!

There is no need to bring anything. We have arranged the **tools**, and there will also be a little shop where you can buy tools and parts (inner tubes, chains, tire levers, multitool, etc) so that you can immediately get to work afterwards.

There will not be enough time to fix all of your bikes during the workshop, however, we need approximately **7 bikes** for demonstrating the different topics. So let us know if your bike needs a little love and then we might choose your bike to be used during the demonstrations.

24 November 12:00-14:00

KABUL à GoGo

SIGN UP HERE

GO TO TABLE OF CONTENTS

BRING YOUR BIKE IF YOU WANT TO PRACTICE FIXING IT!







Are you between the ages of 18 and 30, do you live or study in Utrecht, and do you feel lonely, stressed, or are you struggling for some other reason? Then the **WachtVerzachter** is here for you. Our peer support specialists know from personal experience what it's like to be going through a tough time. They offer a listening ear and personal connection, without judgment. You can also join our activity program, where you can meet others in a casual setting.

Mail with Care

Do you enjoy being **creative** and making something **personal** for someone else? During the "Mail with Care" workshop, you'll take the time to **make a card or letter** for someone who's important to you. To thank someone, wish them well, offer encouragement, or simply let them know you're thinking of them.

Sometimes it's **hard to find the right words**, or you just don't **get around to it** amid the hustle and bustle. This workshop gives you the space to tackle this in a relaxed and creative way. And of course, there's plenty of time in between for **pleasant conversations** and getting to know others.



Dr. Vincent Duindam is a psychologist, writer, and poet specializing in parenting, the division of labor, and relationships, with a strong focus on the art of living and spirituality. He teaches courses at both Utrecht University (UU) and HU University of Applied Sciences Utrecht.
"Who are we beyond our conditioned thought patterns?" — Vincent Duindam



Workshop: Make not your thoughts your prison

In this workshop we discuss **challenging our own thoughts**. Shakespeare already said: *"Make not your thoughts your prison".*

We may recognize this in ourselves. Our own thoughts may bother us at times. This may also imply that they hinder our connection with other people. Views and therapies in which you learn to challenge your own thoughts are based on the philosophy of Epictetus (50 – 135 AD). He said: *it is not the external situation, the world, or other people that bother us; it is just our own thoughts about them*.

24 November 16:00 - 17:00

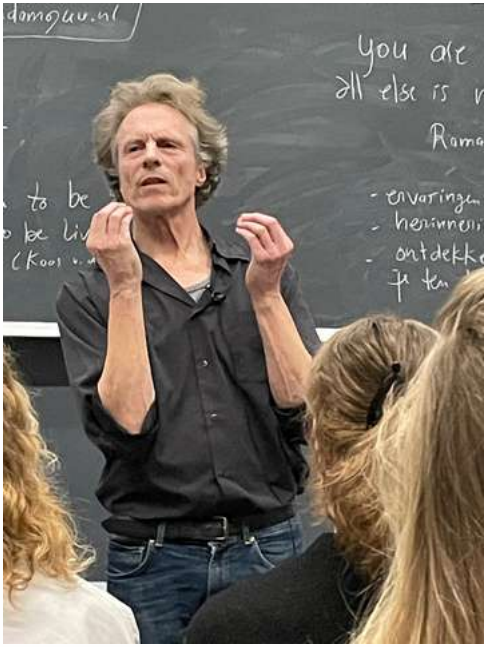
Drift 25 (Room 005)

SIGN UP HERE

GO TO TABLE OF CONTENTS

By **challenging these thoughts**, we create more space and freedom in ourselves. This also implies more joy and freedom in our relations with others. In fact, we often tell ourselves little stories: ***"I am experiencing too much stress", "life is so complicated"***, etc. This may influence our feelings and acts in ways that are not quite helpful.

Challenging these thoughts implies taking better care of ourselves and expanding our horizons and well-being. We may even consider the possibility of going beyond thinking altogether. We then arrive at a place of inspiration, flow and creativity.



Mikki (he/him) has been a Dungeon Master for several years at **Queer Arcana Homebase**, a regular game night for LGBTQI+ people to tell stories together through role-playing games. It's a place where people can experiment with different expressions of gender through role-playing.

First Steps into Fantasy: An Intro to D&D and TTRPGs

In this workshop, you'll learn the basics of **role-playing games.**

Dungeons & Dragons is a well-known example, but it's just one of many. Fantasy and fiction encompass many genres and feature a wide variety of characters: elves, dragons, vampires, androids, thieves, bounty hunters, and more.

We'll first dive into ***"world-building"***—creating a world with its own quirks, diverse cultures, and unique challenges. Then, we'll step into that world ourselves with characters we've created to tell a story together.

This workshop is **open to everyone**—with or without prior experience with role-playing games, young or old, straight or queer.

24 November 17:00 - 19:30

Parnassos (room 207)

SIGN UP HERE

GO TO TABLE OF CONTENTS



De **Beuntjes Oase** is a wellness venue in Utrecht offering an accessible place to relax and recharge. Our facilities include a salt stone sauna, an infrared cabin and a lounge. We aim to make wellness affordable and accessible, giving students and other visitors the opportunity to take a break from their busy lives.



SWIMWEAR IS MANDATORY!

WE RECOMMEND BRINGING SLIPPERS AND A TOWEL.

Spa Night:
Take a break & recharge



University life can be busy, with lectures, deadlines, exams and social commitments filling up your schedule. During these Wellbeing Weeks, **take a break** from your daily routine and make some time for yourself at De Beuntjes Oase.

On 24 November and 4 December, students are welcome to enjoy our wellness facilities. Unwind in our **salt stone sauna**, enjoy the warmth of our **infrared cabin**, or take a moment to **relax in our lounge**. Whether you want to escape the stress of studying, spend some time with friends, or simply recharge, De Beuntjes Oase offers a welcoming space to **slow down and unwind.**

Well-being is not just about staying productive; it is also about knowing when to take a **break**. Step away from your to-do list, leave the pressure of university life behind for a while, and give yourself a moment to **relax**. Sometimes, a little time for yourself can make all the difference.



24 November & 4 December
16:00 - 1:00

Beuntjes Oase

SIGN UP HERE

GO TO TABLE OF CONTENTS

PARTNER

Olympos

Olympos offers multiple workouts this U Matter Wellbeing Week(s), including Hyrox, Aikido, Aerial Acrobatics, and Pole Sports.

About Olympos
Sportcentrum Olympos has extensive and versatile facilities. These are situated at **Utrecht Science Park**, 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. They also get a discount on the Olympas. In addition, Olympos welcomes other sports enthusiasts as well!

Check out Olympos here

Uppsalalaan 3



WEDNESDAY
25 NOVEMBER



Aerial Acrobatics

Have you ever wanted to learn how to do cool tricks in the air like a Cirque du Soleil artist? Then we'd like to invite you to join the Aerial Silks workshop and discover how fun it is to fly!

During this 1-hour workshop, you'll learn the basics of aerial silks (tissue). Expand your limits with this unique sport and discover how much you are capable of! The workshop is taught by Simone Pestman, aerial acrobatics instructor at Sportcentrum Olympos.

Important: for this workshop it is mandatory to wear clothes with long sleeves and pants, without any zippers or sharp edges. No jewelry. This is to protect our material from damage. Brought to you by Olympos.

25 November 11:00 - 12:00

Olympos: MB zaal

SIGN UP HERE

WEAR LONG SLEEVES AND PANTS, NO ZIPPERS OR SHARP EDGES OR JEWELRY.

GO TO TABLE OF CONTENTS



This workshop will be facilitated by **Simone Pestman.** Everybody is welcome. Who knows, if you like this workshops maybe afterwards you will sign yourself up for a course with Simone at Olympos!

On and around Fort Hoofddijk, you will find a variety of garden areas, each with its own distinctive character. Throughout the **Botanic Gardens,** the plants tell 'their own story'. You can also explore the different themes in greater depth by taking a closer look at the information boards. One thing is certain: whether it is spring, summer or autumn, there is always something new to discover.

Botanic Gardens

Utrecht University

Guided Tour Botanic Gardens

A guided tour is the best way to get to know Utrecht University's Botanic Gardens. **Specially trained guides** will take you to places that are most interesting at the time of your visit. You will get to see the **best and most beautiful flowering plants** and hear the accompanying stories. You will also learn more about the work of the Botanic Gardens.

In case of bad weather, bring an umbrella and wear walking shoes. The tour starts at the Entrance Building at Budapestlaan 17.

GO TO TABLE OF CONTENTS

25 November 13:30 - 15:00

Botanical Gardens UU

SIGN UP HERE



Connection and personal growth are central in **Rutger-Jan Scholtens**' work; by helping others develop, he develops himself. As a trainer/coach, he strives to inspire and activate students and young professionals.



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 with more awareness of your own behaviour and a better grip on your habits!

25 November 15:30 - 18:30

Mezzanine, Minnaert

SIGN UP HERE

GO TO TABLE OF CONTENTS





PBU is student-led movement across Europe, active in over 80 cities, campaigning for a more sustainable food system at universities. With our PBU Utrecht team, we are asking Utrecht University to follow its own research on sustainable food production by transitioning towards plant-based catering on campus

Kitchen Conversations: Plant-Based Cooking Workshop



Join us for a **plant-based cooking workshop** where we will cook **a three-course meal** together and connect while engaging in thought-provoking conversations.

Depending on your interests, you'll get assigned one dish to prepare in a smaller group. After the preparations, we'll enjoy the **delicious, homemade food** all together. Besides learning new skills and being introduced to some **wonderful plant-based dishes**, we'll get to know each other while reflecting and sharing our thoughts on eco-anxiety.

Have you ever felt stressed about the current state of the Earth? Do you sometimes feel like we're all doomed and there's nothing we can do about it? Join us for a cozy evening where we'll share these difficult emotions, and you might just come out more hopeful and ready to make a change.



25 November 17:00 - 20:00

Buurthuis Sterrenzicht

SIGN UP HERE

GO TO TABLE OF CONTENTS

The **Seksualiteitscool** is committed to creating a safe working and learning environment where sexual integrity is central. Click here for more information. This pub quiz is hosted by Merel and Ihwanti.

Pubquiz:
Let's Talk About Sex

Get creative!

25 November 21:00 - 23:00

Beuntjes Grand Café

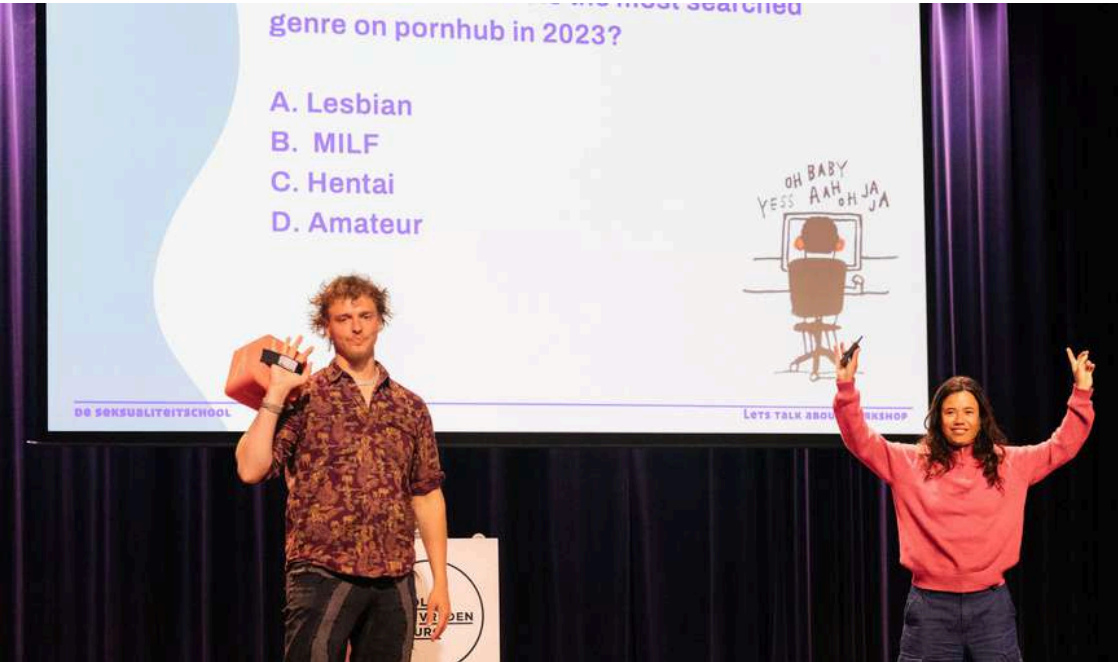
SIGN UP HERE

GO TO TABLE OF CONTENTS

You probably already know how to prevent STIs and that consent is key, but what about pleasure in bed? **Test your knowledge** in this **pub quiz** about sexual pleasure, without taboos or boasting! Don't be afraid to bring your friends!

And for **the creative part** — we'll be making **clay vulvas** and paper fortune tellers! It's fun, messy, and all about celebrating our bodies.

Whether you're a sex expert or just curious, everyone is welcome.



THURSDAY
26 NOVEMBER

Rostudios is the creative force behind rocycle and roform, pioneering fitness and lifestyle concepts with studios across the Netherlands, Germany and Belgium. Through our classes, we combine movement, music and connection to create workouts that are as transformative for the mind as they are for the body. Utrecht is where the sweat, beats and energy all come together.

Rocycle: ROSTUDIOS

Rocycle is 45 minutes of pure energy: cycling in the dark, to the rhythm of the music, driven by pure energy. It's high intensity, high vibes and guaranteed to leave you stronger in both body and mind!

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.

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



WITH A SPECIAL 50-CREDIT PACK, STUDENTS CAN SIGN UP FOR A ROCYCLE RIDE OR A ROFORM CLASS AT OUR UTRECHT STUDIO



26 November 9:00-9:45

Kaatstraat 59

SIGN UP HERE

GO TO TABLE OF CONTENTS

Who Am I Here?

Belonging, Identity & Culture Shock for International Students in The Netherlands

Migration is not only about losing, but also about **getting lost**: on one hand, **leaving** behind what is familiar, and on the other, encountering the **unknown**. In this workshop, we will approach both dimensions. First, we will reflect on how we experience the **loss of places, relationships**, and **routines** that once grounded us, opening a space to dialogue about its difficulties and challenges.

And secondly, we would like to explore the possibility of **rediscovering ourselves** in this new context. **Who are we**, without the expectations of home? What do we believe in? What do we want? Through a **creative writing exercise**, we will practice **narrating** our **own experiences**, trying to describe what has changed, what we miss, and what we are discovering.



This is a safe(r) space for everyone. Be respectful and kind.

26 November 11:00 - 12:30

Drift 25 (Room 105)

SIGN UP HERE

GO TO TABLE OF CONTENTS



We are an international collective of psychologists called **Plexus Psyche**. We aim to practice psychology using a bio-psycho-social approach, as we also consider mental health to be intrinsically connected to the environment we are in. We primarily work with migrants, multicultural communities, gender, and sexuality. This workshop will be presented by Rodrigo Caio Novaes (he/him) and Emilia Larraechea (she/her).



Frisse Gedachtes Utrecht is a student movement dedicated to students' mental wellbeing. We bring students together, make room for open conversations and aim to create a space where everyone feels welcome.
On our Instagram, we share tips, inspiration and upcoming activities. From a creative evening to a meaningful conversation: you're always welcome!
@frissegedachtesutrecht



Paint & Talk

Fancy a fun, **creative** afternoon?

Join us for a **painting session** during this year's Wellbeing Week and get to know other students in a relaxed setting. While creating something beautiful, we'll answer **fun questions** and get **chatting**.

Bring your **friends** or come **on your own**: everyone is welcome!



26 November 13:00 - 14:30

Parnassos (Zaal 207)

SIGN UP HERE

GO TO TABLE OF CONTENTS



PLEASE KEEP IN MIND THAT YOUR CLOTHES MIGHT GET DIRTY, PAINT IS INVOLVED!

Licence to Chill organiseert een kleinschalig en laagdrempelig groepsprogramma voor jongeren die meer inzicht willen hebben in zichzelf, in een tijd waarbij prestatiedruk, sociale vergelijking en verbinding actueel is. Een programma waarin je jezelf beter leert kennen en beter leert begrijpen waarom je doet wat je doet. Want slim is, niet alles weten. Slim is jezelf leren kennen. www.licence-to-chill.nl

Rust in de Chaos!

Licence to Chill

Let op: Dit is een twee delige workshop, je schrijft hier in voor 26 Nov zowel 3 Dec.

Wanneer overleven normaal wordt.



Het studentenleven wordt vaak gezien als een van de mooiste periodes van je leven. Maar eerlijk is eerlijk: het kan ook behoorlijk ingewikkeld zijn. Prestatiedruk, keuzes maken, sociale vergelijking, onzekerheid en de verwachtingen van anderen. De wereld om ons heen verandert snel en er wordt veel van je gevraagd. Hoe blijf je dan op je eigen koers?

In twee aansluitende workshops met Licence to Chill neem je even afstand van de waan van de dag. Eerst sta je stil bij de vraag wie jij eigenlijk bent en wat jij écht belangrijk vindt. Niet wat je denkt te moeten vinden, maar wat van jou is.
Daarna kijk je naar wat er gebeurt als het druk wordt. Je lichaam reageert vaak sneller dan je hoofd: je voelt spanning, onrust of juist overdrive, en weet niet altijd waarom. Je ontdekt wat jij nodig hebt om terug te keren naar rust, verbinding en helderheid.
Licence to Chill organiseert een kleinschalig en laagdrempelig groepsprogramma waarin je jezelf beter leert kennen en beter leert begrijpen waarom je doet wat je doet.

26 November 15:00-17:00
3 December 16:00 - 18:00

Werfkelder, Oudegracht aan de werf 337

SIGN UP HERE



GO TO TABLE OF CONTENTS

Creating caring communities for a good student life

In your student time you're **exploring** who you are, new areas of life, new people, new pressures and want to perform well. In this period of becoming who you are you'd want the best tools and understandings of what you **need**, of how **pressures** work, on how to **talk about issues** and how to **ask for help**.

Masculinity norms - being strong, being in control, doing it yourself, not sharing emotions, being rational et cetera - **limit** how well people do that.

This has **far-reaching consequences** for men, their surroundings and student culture. From **loneliness**, dealing with extreme pressure alone, escapism in **substances**, but also not knowing one's **own boundaries**, being less in touch with **other people's boundaries** or, through peer pressure, encouraging **crossing** boundaries.

In this workshop we'll collectively explore how masculinity norms are **harmful** and start developing **better tools**, **understanding** and **shape the lives we want to live** beyond the boundaries of limiting norms and pressures. How we foster more **caring men**, relations and communities. This will allow you to **level up your relations** with yourself, men around you and the culture around you.

The session is open to **all genders**.



26 November 17:00-19:00

Janskerkhof 15A

SIGN UP HERE

GO TO TABLE OF CONTENTS

Patriarkraakt works to transform harmful masculinity norms by organizing talking sessions in which we reflect and grow together. We've been working on this in Utrecht for 7 years and frequently hear back how sessions positively transformed people's relation with themselves, their surroundings and helps them create a better, safer world for all.

PATRIAR-KRAAKT

WEEKLY

Student meditation:
Every Thursday

Every Thursday, students come together to practise **meditation**, **share** experiences, and **connect** with like-minded people.

We are rarely taught how to intentionally direct our attention to the here and now with **kindness**, especially when we need it most. **Mindfulness** meditation is precisely this practice. It strengthens our awareness, making it easier to draw upon when we need it most. With greater **awareness** of where our attention is and where we would like it to be, comes **greater choice**.

And meditation can take **many forms**, from pausing for a moment and directing the attention to your breath. It doesn't have to look like eyes closed, cross legged and completely still.
Each session begins with a shared **check-in**, followed by **two 15-minute meditations** and a closing **reflection**. Primarily student-led and informal, the sessions are usually guided by Jana Roy. Together, we learn from one another how to live more mindfully, and have cultivated **meaningful connections and lasting friendships** along the way.

The **UU Student Meditation** is a student-led initiative that has been meeting every week since February 2024. It offers students a welcoming space to explore meditation and mindfulness together, learn from one another's experiences, and cultivate greater awareness in everyday life.



Join the WhatsApp student meditation group channel!

26 November & 3 December
17:15-18:00

Marinus Ruppert 125

Offline Hangout:
Digital Detox



Want to go completely offline for an evening? Join our Offline Hangout!

🎈 Meet new people the old-fashioned way
🎨 Play (board)games, do arts 'n crafts or chill with a good book
📰 Write on our vintage typewriters

Kamp Hadza organises unique offline events, such as capture the flag tournaments, pop-up events and even a summer camp for adults.

What started as a frustration with social media is now growing into a real community: 1000+ people already went offline!

26 November 19:00 - 22:00

Buurthuis in de 3 Krone

SIGN UP HERE

GO TO TABLE OF CONTENTS





Daan & Robin were both fed up with social media, and wanted to make a change. They decided to start organising events to get people off of their phone. **Loïs** joined after going to one of their summer camps for adults. Since then, they've worked on turning their community into a movement.

KAMP HADZA

PARTNER

Parnassos Cultuurcentrum

During the U Create Wellbeing Week(s), we organise **workshops** at Parnassos and many fun events in the Parnassos Bar (e.g. Sharing Stories)! It has a nice and cozy vibe where people can study and relax.

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**.

Check out Parnassos here

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**, **Hogeschool Utrecht** and **Universitair Medisch Centrum Utrecht.**



Kruisstraat 201

FRIDAY
27 NOVEMBER

In 2013 hebben we een oude fabriekshal omgebouwd tot de plek waar hardcore boulderaars, enthousiaste beginners en alles daartussenin samenkomen. In 2021 is er nog een locatie gebouwd in Zuilen: **Sterk Spoor.** We zijn inmiddels een begrip in Utrecht en voor veel mensen is **STERK** de plek om tussen het boulderen door bij te praten met vrienden, wat laptopwerk te verrichten met een mok filterkoffie en af en toe de aanloopkat te aaien.

Boulderen:
Climb & Conquer!

boulderhal sterk

STAY & BOULDER BY YOURSELF AFTER THE CLASS!



Bouldering is a form of climbing where you climb a short route without a rope or harness.

Sterk is open to everyone: climbers of all levels are welcome. Bouldering for the first time? Don't worry! **Starting bouldering is easy: wear sports clothing that allows you to move freely,** that's all you need at the beginning. Entrance, shoe rental, and guidance are free especially for Wellbeing Week(s)!

Upon arrival, check in at the bar as part of Wellbeing Week(s) and climb for one hour with guidance. The instructor will safely explain the best way to boulder, where to start, and answer all your questions. You are welcome to stay after the guided session and continue bouldering

27 November 11:00-12:30

Sterk Spoor,
Schaverijstraat 52

SIGN UP HERE

GO TO TABLE OF CONTENTS

URBANMINDSU

Stichting Urban Minds U uses creativity to bring people together and open up conversations about mental health. From our Graffiti Garden in Utrecht, we organize accessible activities centered on connection, self-expression, and equality—with no need for a formal referral or registration, and free from performance pressure or obligations. It is a space where everyone is welcome and you are free to be exactly who you are.



Spray Your Mind! Clear Your Head!

Take a break from lectures, deadlines and studying, and get creative!

During this graffiti workshop with Stichting UrbanMindsU, you'll discover how good it can feel to make something with your own hands. At our colourful Graffitituin, a unique outdoor space with a raw, urban vibe, 15 minutes walk from Utrecht Central Station, you'll get to work with spray paint. We'll show you a few techniques and then give you plenty of freedom to experiment. You don't need any artistic skills or experience. It's not about creating the perfect piece, but about having fun, trying something new and clearing your head.

PLEASE KEEP IN MIND THAT YOUR CLOTHES MIGHT GET DIRTY, GRAFFITI IS INVOLVED!



27 November 13:00 - 14:30

Kanaalweg 93-C

SIGN UP HERE

GO TO TABLE OF CONTENTS

Fermenting Workshop

27 November 15:30-17:00

Buurthuis in de 3 Krone

SIGN UP HERE

GO TO TABLE OF CONTENTS

PS. THERE MIGHT BE SOME SCOBI BABIES TO ADOPT!

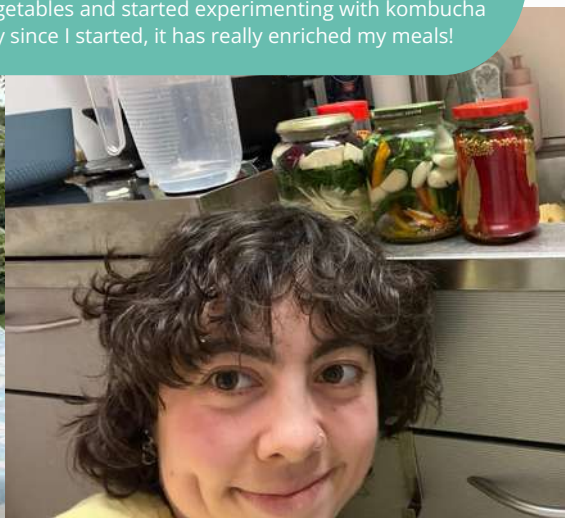
Welcome to the fermentation workshop! Fermenting is an age old method of perserving food, and thereby **minimising foodwaste**. Additionally, it brings different flavours to your fruits and veggies, and it creates **probiotics** that can improve your gut health. The flavour of the final ferment depends on what fermentation method you use and what spices/herbs you add.

In this workshop we will ferment various vegetables by using lacto-fermentation (**salt-based fermentation**). Firstly, you can cut your favourite vegetables in preferred parts, and then you can add your **flavour makers**! The four main flavour makers are garlic, ginger, spices, and a customised bouquet of your favourite herbs.

Afterwards a **saline water solution** will be added to your steriled jar and then, when all your ingredients are completely submerged, the anearobic bacteria will **make the magic happen**! You're free to take your creation home, and after approximately **2 weeks** you can eat your newly revived veggies!

Hello, my name is **Dunya** and I am the organizer of the workshop! I started fermenting 3 years ago, when I noticed that in a student house not everyone managed to eat their veggies, before they go bad. To prevent wasting them, I started fermenting all the vegetables that could not be finished on time. After learning lacto-fermentation from my Polish housemate, I've been fermenting loads of different fruits and vegetables and started experimenting with kombucha and other fermentation methods. Every since I started, it has really enriched my meals!





STOMP is a queer line dance collective based in Amsterdam and Utrecht. We started in 2025, inspired by queer country nights like Stud Country (LA) and Buck Wild (NYC). We teach classic country dances alongside current hits, and our parties regularly bring together hundreds of sexy peeps! Queer folk and allies, everyone's welcome <3

STOMP Line Dancing Night

For over a year and a half, **STOMP** has been filling dance floors across Amsterdam and Utrecht with queer folk and their sexy allies. On 27 November, we're bringing that energy to Wellbeing Week!

In this 90-minute session, you'll learn **three beginner-friendly line dances**. We break down every step, then dance them all again (to a bunch of new tunes) once everyone's got the hang of it. To close, there's a **final lesson and a final round dancing** all of the group's favorites.

You don't need a partner or any dance background. In line dancing, the whole room moves together, so it's **easy to follow along** and pick it back up when you're lost ;). Expect queer pop favorites and hip hop throwbacks you'll know every word to. Wear shoes you can move in, grab a friend, and come STOMP with us!

WEAR SHOES YOU CAN MOVE IN!

27 November 19:30 - 21:00

Buurthuis Sterrenzicht: R 26 Keerkringzaal

SIGN UP HERE

GO TO TABLE OF CONTENTS







SATURDAY
28 NOVEMBER

This initiative was developed by the cultural organization **RAUM**, in close collaboration with the creative agency **We The City and Moedt.** Together, these socially conscious partners join forces to lower the threshold to nature and boost the well-being of young people in Utrecht.



28 November
11:00-16:30

P8 Cambridgelaan

SIGN UP HERE

The Bosbus: Your escape into nature

The Bosbus offers an escape from the hustle, bustle, and academic or career pressures of city life.

Departing from a **central pickup location at Utrecht Science Park**, a free Bosbus transports you directly to the soothing surroundings of the city within fifteen minutes. Once at the **forest**, there is plenty of room to recharge. Participants can choose to wander through the trees at their own pace or join a relaxing mindful group activity like forest bathing.

This unique activity is specifically designed as an accessible ritual to **support mental health, reduce stress and loneliness**, and informally connect young urbanites with **nature** and each other. Step inside, breathe out, and enjoy.

GO TO TABLE OF CONTENTS

Bus Schedule:

USP → Bos	Bos → USP
11:00	12:05
11:45 (incl. guided forest bath)	12:50
12:30	13:35
13:15	14:20
14:00 (incl. guided forest bath)	15:00
14:45 (Last bus to the forest)	15:45
	16:30 (Last bus back to USP)

REMEMBER TO BOOK A SPOT TO AND BACK FROM THE FOREST!!



Rostudios is the creative force behind rocycle and roform, pioneering fitness and lifestyle concepts with studios across the Netherlands, Germany and Belgium. Through our classes, we combine movement, music and connection to create workouts that are as transformative for the mind as they are for the body. Utrecht is where the sweat, beats and energy all come together.

Roform:
ROSTUDIOS

Roform is a pilates inspired high intensity full body strength **workout** on custom made **reformer machines**. Control, tempo, power and precision are at the core of Roform. During these classes, you'll improve posture, build foundational strength, increase mobility and, of course, balance the mind. Though each class has a central focus (think upper body, core or glutes), you'll work every last muscle as you flow through the movements.

Roform is more than a workout. It's a revolution. **Shake. Burn. Build.**

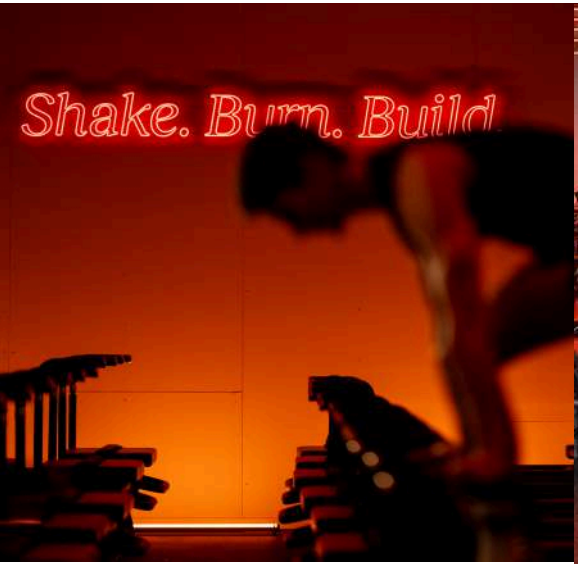
AT ROFORM, GRIP SOCKS ARE REQUIRED. YOU CAN BRING YOUR OWN, OR BUY A PAIR AT THE STUDIO FOR €12.

28 November 16:00-16:50

Rostudios Moreelsepark

SIGN UP HERE

GO TO TABLE OF CONTENTS





SUNDAY
29 NOVEMBER

Reset Your Nervous System: Breathe, Tap & Restore Your Confidence

29 November 16:00-17:00

Online via Zoom

SIGN UP HERE

GO TO TABLE OF CONTENTS

Are you **worried** about upcoming exams, **uncertain** about what the future holds, or feeling overwhelmed by the demands of university life? Perhaps you're **adjusting** to life away from home, or you're simply **struggling** to switch off your thoughts, stay focused and feel confident.

Join us for an incredible **45-minute live online somatic experience** designed to **strengthen** your inner capacity and **support** a more balanced nervous system.

Through guided **Emotional Freedom Techniques (EFT) tapping and gentle breathing,** accompanied by carefully curated **music**, you'll be supported in settling your mind, releasing emotional tension and reconnecting with a greater sense of calm, clarity and confidence.

Charge your headphones, find a comfortable space and give yourself 45 minutes.
No prior experience needed. Come and experience it for yourself. We'd love to have you there!

Mental Health TRAINING HUB
STRENGTHENING YOUR MENTAL AND EMOTIONAL CAPACITY

The **Mental Health Training Hub** specialises in nervous system regulation, offering engaging, trauma-informed experiences that support emotional wellbeing. Through guided Emotional Freedom Techniques (EFT), breathing and mindfulness, we help individuals reduce everyday stress, build resilience and reconnect with greater emotional balance and confidence.





MONDAY
30 NOVEMBER



Wake up and stretch is brought to you by sports center **Olympos**.



Wake Up and Stretch

Wake up with this **relaxed morning stretching practice** to energise and connect your body and mind.

In this session we move slowly and deliberately into different poses that challenge your **strength and flexibility**. In this lesson we focus on relaxation and mindfulness with a special emphasis on **controlled breathing and posture**.

It integrates dynamic postures with slow and deep holds and may be accentuated with relaxation in-between postures.

The breathing exercises can have a powerful impact on things like depression, fatigue or anxiety.

This easy-to-follow class is meant for everyone.
No need for any experience.

30 November 10:00 - 11:00

Janskerk

SIGN UP HERE

PLEASE WEAR LOOSE-FITTING CLOTHING, A WARM SWEATER, A YOGA MAT, AND SOME WATER

GO TO TABLE OF CONTENTS

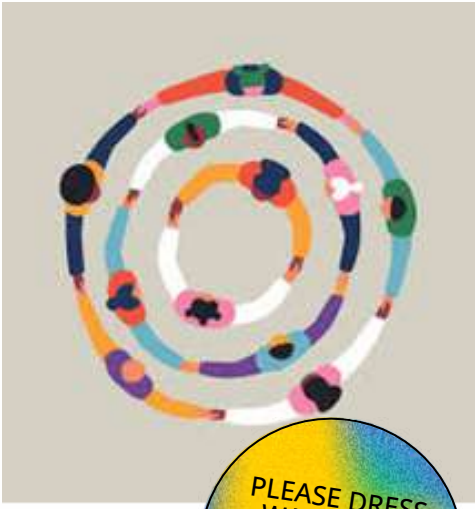
30 November 11:30 - 12:30

Janskerk

SIGN UP HERE

GO TO TABLE OF CONTENTS

Meditating together: *creating a field of connection*



PLEASE DRESS WARMLY, IT CAN BE COLD IN THE JANSKERK!

There are countless ways in which **connections manifests**. For instance trees communicating through their roots. Or thinking of someone, who precisely at that moment sends a message. After meditating in a group, people often report a special sense of connection, beyond words.

In this session you can investigate this. How is it to gradually open up, while looking inward? There will be **two guided meditations** in this session. First we **connect to ourselves**, becoming aware of bodily and sensory sensations.
After that, when the mind gets more settled, we will explore **two 'sublime' mental states: friendliness and sympathetic joy**. We can broaden our awareness to people, known and unknown, that we care about**, creating a field of connection**. We will close the session with sharing, if you want to.

We hope you will join us, either as a beginner or as experienced in meditation.

The meditation will be guided by **Jacky Limvers**, who is experienced in zen meditation and mindfulness. In her opinion, compassion is the most important part of meditation practice



De workshop wordt gegeven door **Wim Vermeulen**. Wim is predikant van de Jacobikerk in Utrecht, studentenpastor voor de Protestantse Theologische Universiteit en kenner van het werk van Hammarskjöld.



Lezing:
Dag Hammarskjöld

Op 18 september 1961 verongelukte het vliegtuig waarin **Dag Hammarskjöld** zat. Hij was op dat moment secretaris-generaal van de Verenigde Naties in een uiterst spanningsvolle tijd. Of het een ongeluk was of een aanslag, is tot op de dag van vandaag onduidelijk. Wat niemand wist, was dat Hammarskjöld zijn hele leven in het geheim een mystiek dagboek bijhield.

Na zijn dood verscheen dit als **Merkstenen**. Het bleek zijn persoonlijke toevluchtsoord om onder grote prestatiedruk en eenzaamheid zijn innerlijke rust en integriteit te bewaren. Hammarskjölds innerlijke pelgrimstocht raakt aan mentaal en existentieel welzijn: hij reflecteert eerlijk op gevoelens van leegte, plichtsbesef en **de zoektocht naar zingeving.**

Merkstenen biedt nog altijd herkenning en wijsheid over hoe je overeind blijft in een veeleisende wereld. Ontdek hoe zijn inzichten jouw eigen mentale balans en persoonlijk kompas kunnen versterken!

30 November 13:00 - 14:15

Janskerk

SIGN UP HERE

GO TO TABLE OF CONTENTS



Dr. Vincent Duindam verzorgt dit theatercollege, met muzikale begeleiding van zijn broer **Jan Duindam.**



Theatercollege:

Het goud dat we achter de horizon zoeken, ligt in de grond waarop we staan. We zijn zelf wat we zoeken

30 November 14:30 - 16:00

Janskerk

SIGN UP HERE

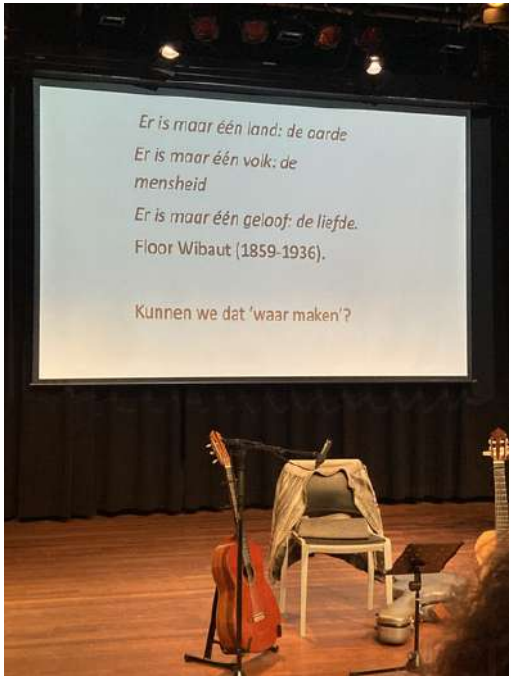
GO TO TABLE OF CONTENTS

Natuurlijk willen we onszelf waarderen en respecteren. En ***'de beste versie van onszelf' ontwikkelen.***

Psychologische theorieën/therapieën kunnen daarbij helpen. Je kunt situaties anders labelen. Je kunt onhandige gedachten over jezelf 'uitdagen' en veranderen, zodat je je ook beter gaat voelen.

In de **positieve psychologie** gaat het om een **radicale zelfacceptatie**. Misschien hoef je jezelf niet eens te verbeteren. Dan sta je al met een been in de 'spiritualiteit'. Ramana Maharshi (1879-1950) zegt: "*You are bliss, all else is mental construction*". Het diepste geluk dat we meestal in de toekomst zoeken, is alleen maar hier-en-nu. Sterker nog: het ligt in jezelf verborgen. Het goud dat we achter de horizon zoeken, ligt in de grond waarop we staan. We zijn zelf wat we zoeken.

We hebben 'een zelf' waar we als psychologen over praten. En er is een dieper Zelf. Als je meer daarmee in contact komt, wordt je leven lichter, makkelijker, dansender. En tegelijkertijd realiseer je je dan je verbondenheid met andere mensen. Er bestaat geen 'vreemdeling' meer.



30 November 16:00 - 18:00

Janskerk

SIGN UP HERE

GO TO TABLE OF CONTENTS







Sing Your Way to Zen!

Feeling the strain of study stress? Ever wanted to experience the magic of singing in a choir? Come unwind and **sing your way to zen** with USKO!

In this **choir workshop**, you'll join USKO members and a professional conductor to discover the joy of making music and building rich harmonies together. We'll kick off with fun, accessible vocal warm-ups to get comfortable, then learn a polyphonic piece step-by-step. By the end of the session, you'll leave feeling refreshed, grounded, and far more relaxed than when you walked in.

Want more?
If this workshop sparks your musical interest, you're warmly invited to our open rehearsals on March 4! Find out more at www.usko.nl.

UTRECHTS STUDENTEN KOOR EN ORKEST

With around 150 members, the **Utrecht Student Choir and Orchestra (USKO)** is one of the largest student music ensembles in the Netherlands. Since 1945, USKO has been bringing classical music to life through dynamic annual concert series, ranging from intimate pieces to grand orchestral masterworks. Beyond the music, USKO is a vibrant community with plenty of room for social events, bar nights, barbecues, weekend trips, and international tours.

Mellow Mondays:
Game Night

There's something happening every Monday evening at Parnassos Cultural Café. During our low-key Mellow Mondays, **Craft Night** and **Game Night** alternate. A relaxed way to start your week: **mellow**.

During Game Night, a **selection of games** will be waiting for you. Drop by whenever you like and join in! Play a board game, card game, or party game, challenge your friends, or join a table with an open spot. It's an easy way to **meet new people**. You can expect the following games: Perudo, Forest Shuffle, Ticket to Ride, Dixit and many more games. Come by with **friends** or join **on your own**. The bar is open, and there's always a spot waiting for you at one of the tables!

Not feeling particularly in the mood for games? No worries! On alternating Mondays, Craft Night offers another fun way to **relax and connect with others.**

GO TO TABLE OF CONTENTS





This event is hosted by student chaplaincy (studentenpastoraat) **IPSU**. Driven by the tradition of spirituality, studentpastor ds. Jorn den Hertog lends students a listening ear and organizes several activities. Feel free to contact IPSU through 0613425524 or **jorndenhertog@ipsu.nl**

Lie down & Listen Concert

Lie back beneath the majestic vaulted ceiling of the medieval Janskerk, leave the humdrum of everyday life behind and immerse yourself in an exquisite musical programme, ranging from soothing ballads and improvisations to Duke Ellington's mysteriously titled classic TGTT.

30 November 21:00 - 22:00

Janskerk

SIGN UP HERE

GO TO TABLE OF CONTENTS

PLEASE DRESS WARMLY, AND BRING A PILLOW OR BLANKET TO LIE ON!

About the Artists:

Anna Serierse is one of the Netherlands' up-and-coming jazz vocalists. She studied at the conservatories of Amsterdam, Trondheim and Copenhagen, and performs with a wide range of bands and ensembles as both a lead and a supporting vocalist. In 2023, Anna received an Edison Award in the category Nationaal Vocaal for her collaboration with Benjamin Herman, True Love's Flame. She is also the voice of the Diva in CAPCOM's video game Monster Hunter Wilds. www.annaserierse.com

Laurens became the first organist to win the Dutch Music Prize in 2024. He studied piano, organ, and harpsichord as a minor subject with Jacques van Oortmerssen, David Kuyken, and Johan Hofmann, respectively, at the Amsterdam Conservatory. He has won various prizes as a pianist and organist at organ competitions in Groningen and Freiberg, among others.
www.laurensdeman.com

TUESDAY
1 DECEMBER

This session is lead by **Nina Vermeesch**, you can follow her work at: https://www.instagram.com/nina_kunstzinnig/?hl=en

Tune into yourself with collage



1 December 10:30 - 13:00

Janskerk 15A (Lokaal 003)

SIGN UP HERE

GO TO TABLE OF CONTENTS

Dive into your creative and intuitive side to enjoy, release stress, and reflect on your inner self.

I'll guide you into **conscious creating**, you'll make a collage piece to take home. This **collage** will visualize a part of yourself, others, or a state/archetype. After making it, you'll get some prompt questions to find out what the collage means to you and how you can use the card in the future.

We'll start off with landing in our body, preparing to **create intuitively**. Then in silence, we will cut and glue pictures from the magazines. Then you can journal with the prompt questions. Lastly, we will have a group discussion about our results!
Feel free to take a look here for what to expect, and I love to meet you there!





Podium is the cultural and creative platform of HU University of Applied Sciences Utrecht. It's all about creating, discovering, and taking a break from the everyday. Join one of our Pop Ups for a creative break!

Podium Pop-up:
Offline Crafts



Put your phone on airplane mode, take a seat, and get crafty! Together with Studio Spoko, you'll create a unique reminder for yourself to turn to whenever you need a mental boost. Make a custom-made keychain or send your future self a little encouragement with a handmade postcard. No registration is required, just drop by!

GO TO TABLE OF CONTENTS



Burned Out or Bored Out? Learn the Difference Between the Two!

HOGESCHOOL UTRECHT

1 December 13:30 - 15:30

Padualaan 97 (lokaal 21)

SIGN UP HERE

GO TO TABLE OF CONTENTS

A **burnout** develops when people push themselves too hard at work, in their studies, or in other activities without allowing enough time for rest and recovery. **A boreout**, on the other hand, is a relatively unknown phenomenon. It can occur when people spend too much time in their comfort zone, avoid challenges, and lack meaningful stimulation or engagement. Confusingly, the symptoms of burnout and boreout can be very similar. So, how do you find the right balance without losing yourself in the process?

In this **interactive workshop**, trainers **Lianne van den Berg-Weitzel and Femke Noordhoek** share their personal experiences and insights to help you explore what a healthy balance looks like for you.

Lianne is an experienced trainer and certified HSP (Highly Sensitive Person) coach. Femke is an all-round experienced trainer with a special interest in the theme of sensitivity. Together, they offer practical reflections and tools to help you recognize your own patterns and create a more sustainable balance in daily life.



HU University of Applied Sciences Utrecht supports students and professionals in their personal and professional development. Approximately 37,000 students attend our programs in Utrecht and Amersfoort. We are a learning organization, committed to facilitating continuous learning for both students and employees, while fostering strong collaboration and a culture of growth.

The **Biodiversity Working Group** is a collective of students within the **Green Office** who are passionate about engaging in grassroots conversations and committed to organising action to address the biodiversity and extinction crisis. We discuss ideas centred on making our campus more sustainable and a haven for threatened species. Our focus is providing information and education in engaging formats that aim to encourage collective action and foster community and resource sharing.







Guerrila gardening:
seed bombing workshop

Have you noticed less bees and wildflowers around? Little brown balls of soil may be the answer to fighting the growing **extinction crisis** and building **community** by creating beautiful **green spaces**!

Our seed bombing workshop is organized for you to create **balls of soil and seeds**, to then **scatter** them around campus over parcels of soils that could benefit from flowers and plants for next spring.

It's a great way for you to participate in **local activism** – building on decades of radical urban gardening from across the globe. Some snacks will be provided.

We believe that gardening and getting your hands dirty in the soil can also be very important for **mental health**, internal serenity and a great way to meet some fun, like-minded people!

The best time to plant was yesterday, the second best time is **now**!

1 December 15:00 - 17:00

Vening Meineszgebouw C: Playground

SIGN UP HERE

GO TO TABLE OF CONTENTS

This class is offered by one of the professional trainers at **Olympos**, With the OlymPas, you get access to over 65 group lessons per week, the gym, tennis, squash, beach volleyball, and the Kalymnos climbing wall. A great choice for sports enthusiasts at Utrecht University!

Hyrox

A Hyrox race combines running with functional fitness exercises like rowing, sled pushes, burpee broad jumps, and more, designed to build strength, endurance, and stamina.

In our **Hyrox** course, as a group we will conduct the various exercises separately as well as in combinations to achieve a technically sound and efficient performance. We will also work on our endurance and strength in order to complete the series of exercises as quickly as possible. A correct distribution of strength and race tactics are of the essence.

The course is accessible to everyone as you can work out at your own level. Your goal may be to eventually take part in a Hyrox race, but Hyrox practice can also simply be a way to get your body moving and have fun, or serve as additional training for another sport.

Brought to you by Olympos.



1 December 16:00-17:30

Olympos: Kratistos

SIGN UP HERE

GO TO TABLE OF CONTENTS





Mocktail Making & Chats:

Alcohol Use in Student Life

During this **interactive workshop** by LOS and MONO Cocktails, we'll delve into **student life** and **the role alcohol plays in it.** Why does drinking seem so natural at drinks parties, in your student house, and at parties? And how can you approach it consciously and in a fun way? In a **mini-lecture** and an **open discussion**, we'll explore balance together: how do you keep things fun without overstepping your boundaries? And does everyone drink as much alcohol as you think?

Besides the discussion, you'll also **get creative**: with guidance from MONO Cocktails, you'll **make your own mocktail**: a delicious non-alcoholic drink full of flavor, color, and inspiration. **A delicious and educational break** during the Wellbeing Week(s)!

1 December 19:00-20:00

Buurthuis in de 3 Krone

SIGN UP HERE

GO TO TABLE OF CONTENTS

NO ALCOHOL IS INVOLVED IN THIS WORKSHOP



MONO Mocktails creates unique non-alcoholic experiences with stylish, handmade mocktails. We combine flavor, presentation, and experience to create a premium experience for any event. In addition to events, we also offer interactive mocktail workshops where guests learn to mix, shake, and taste their own mocktails. 100% tasty, 0% alcohol.

MONO MOCKTAILS

LOS

LOS is a project by students for students. Our student ambassadors are committed to a healthier and more equitable student experience. They contribute to policy development for student associations, for example, and provide information about alcohol, drugs, and mental health at associations and events. At LOS, we engage in open and level-headed discussions with students about alcohol and other substances. Our goal is awareness and connection, without judgment, with room for fun and personal choices.

WEDNESDAY
2 DECEMBER

In 2013 hebben we een oude fabriekshal omgebouwd tot de plek waar hardcore boulderaars, enthousiaste beginners en alles daartussenin samenkomen. In 2021 is er nog een locatie gebouwd in Zuilen: **Sterk Spoor.** We zijn inmiddels een begrip in Utrecht en voor veel mensen is **STERK** de plek om tussen het boulderen door bij te praten met vrienden, wat laptopwerk te verrichten met een mok filterkoffie en af en toe de aanloopkat te aaien.

Boulderen:
Climb & Conquer!

boulderhal sterk

STAY & BOULDER BY YOURSELF AFTER THE CLASS!



Bouldering is a form of climbing where you climb a short route without a rope or harness.

Sterk is open to everyone: climbers of all levels are welcome. Bouldering for the first time? Don't worry! **Starting bouldering is easy: wear sports clothing that allows you to move freely,** that's all you need at the beginning. Entrance, shoe rental, and guidance are free especially for Wellbeing Week(s)!

Upon arrival, check in at the bar as part of Wellbeing Week(s) and climb for one hour with guidance. The instructor will safely explain the best way to boulder, where to start, and answer all your questions. You are welcome to stay after the guided session and continue bouldering!

2 December 11:00-12:30

Kon. Wilhelminalaan 4b

SIGN UP HERE

GO TO TABLE OF CONTENTS

Self Management for Students: Better Evenings for Better Mornings

2 December 14:00 - 15:30

Bestuursgebouw (Van Lier en Egginkzaal)

SIGN UP HERE

GO TO TABLE OF CONTENTS



Struggling to switch off after a long day of studying? Struggling to manage your evenings, prepare for tomorrow, or make time for what helps you recharge?

Join this **practical, neurodiversity-informed workshop** to explore how small changes to your evening routine can support your **wellbeing, energy, and academic success.**

Together, we'll work through the hours between finishing your studies and going to bed, exploring strategies for mentally letting go of unfinished tasks, transitioning into free time, balancing energy-giving and energy-draining activities, simplifying meals, preparing for the next day, and building a wind-down routine that works for you.

Combining **evidence-informed insights, practical tips from neurodivergent student**s, and collaborative brainstorming, you'll develop a personalised evening plan tailored to your needs, preferences, and lifestyle.

Whether you're feeling stressed and overwhelmed, you have ADHD, experience executive functioning challenges, or simply want to feel better about how you spend your evenings, you're welcome. Leave with realistic strategies to try, not another prescriptive to-do list.





Anna Charitonos and Vicky Voet are MSc Neuroscience and Cognition alumni from Utrecht University. Drawing on their experiences as neurodivergent students, they developed strategies to manage academic demands and prevent burnout. Vicky is now a freshman tutor and psychology lecturer at the UU, while Anna works in science communication and runs **Annalogy**, sharing science-informed, experience-based productivity and well-being strategies.





Haal meer uit je student budget

Studeren is **niet goedkoop**. Van collegegeld en boodschappen tot festivals en spontane avondjes uit: voor je het weet is je geld alweer op. Hoe zorg je ervoor dat je genoeg overhoudt voor de dingen die jij belangrijk vindt, zonder overal 'nee' tegen te hoeven zeggen?

In deze workshop **ontdek je hoe je meer inzicht krijgt in je inkomsten en uitgaven**, waar je ongemerkt geld aan uitgeeft en hoe je slimme financiële keuzes maakt. **Met praktische tips** leer je hoe je **overzicht houdt, prioriteiten stelt en meer uit je budget haalt**, zonder in te leveren op de leuke dingen van het studentenleven. Of je nu iedere maand nét uitkomt of gewoon wat bewuster met je geld wilt omgaan: deze workshop is er voor iedereen die meer uit zijn studentenbudget wil halen.



Je hoeft niets over je eigen financiële situatie te delen. Je gaat vooral naar huis met praktische inzichten en tips die je zelf kunt toepassen.

2 December 16:00 - 18:00

Minnaertgebouw (Werkgroepruimte 0.09)

SIGN UP HERE

GO TO TABLE OF CONTENTS



Door het Geluid

Stichting '**Door het Geluid** ' richt zich op het verbeteren van de mentale gezondheid van studenten door middel van workshops, campagnes en adviezen. Met een netwerk van 90 studentambassadeurs in 8 studentensteden draait de organisatie volledig om 'voor en door studenten'. We werken samen met verschillende experts en organisaties om onze initiatieven inhoudelijk te versterken. Omdat studenten zelf het beste weten welke uitdagingen in hun stad spelen, kiezen we bewust voor een lokale aanpak.

Rostudios is the creative force behind rocycle and roform, pioneering fitness and lifestyle concepts with studios across the Netherlands, Germany and Belgium. Through our classes, we combine movement, music and connection to create workouts that are as transformative for the mind as they are for the body. Utrecht is where the sweat, beats and energy all come together.

Rocycle: ROSTUDIOS

Rocycle is 45 minutes of pure energy: cycling in the dark, to the rhythm of the music, driven by pure energy. It's high intensity, high vibes and guaranteed to leave you stronger in both body and mind!

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.

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



WITH A SPECIAL 50-CREDIT PACK, STUDENTS CAN SIGN UP FOR A ROCYCLE RIDE OR A ROFORM CLASS AT OUR UTRECHT STUDIO



2 December 18:00-18:45

Kaatstraat 59

SIGN UP HERE

GO TO TABLE OF CONTENTS

U Dance is the student dance association for ballroom dancing, salsa, and bachata in Utrecht. Every week, we take lessons from professional dancers and instructors on Tuesdays and Thursdays. We organize social dance evenings and galas, and participate in competitions—but above all, we have a lot of fun together.





Learn to dance Salsa!

Salsa is a **Latin American dance with Cuban and Puerto Rican roots**, performed to distinctive, upbeat music. It is a **social dance**—meaning it's often enjoyed at parties—where you frequently switch partners. It's a fantastic, fun way to meet new people! While there are various styles of salsa, this **workshop focuses on the "LA style,**" which is danced along a straight line.

In this workshop, we will cover the basic steps, timing, and how to establish a connection with your partner. We'll also explore a few dance patterns, and you'll be surprised by how much you can learn in just two hours—but above all, the goal is to have a great time, get into your body and simply enjoy dancing! We hope to see you there!

P.S. Did you know it's been scientifically proven that dancing is good for your mental health? It lowers cortisol, boosts your creativity, and is a great workout, too!

2 December 19:00-21:00

Buurtcentrum Sterrenzicht:
R 26 Keerkringzaal

SIGN UP HERE

GO TO TABLE OF CONTENTS

This clinic is provided by **U.S.S.V. Softijs**, the student ice skating association of Utrecht. At Softijs, it's all about combining sports with social fun on and off the ice. From enthusiastic beginners to experienced skaters, everybody is more than welcome!

Skate the Stress Away:
Ice-skating workshop

2 December 21:45- 23:30

Ijsbaan Vechtsebanen

SIGN UP HERE

GO TO TABLE OF CONTENTS

Looking for a fantastic way to **beat the winter blues** and clear your mind? Join our **ice skating clinic** and experience a true Dutch winter tradition! As the days get darker and shorter, there's nothing better than hitting the ice together. Ice skating gives you that **refreshing** feeling of working out outdoors, all while staying fully sheltered from the worst winter storms around you.

This clinic is open to **every level**: whether it's your very first time stepping onto the ice or you're already an experienced skater. Ice skates are included. **Experienced instructors** will guide you and help you master the technique. Afterwards, we'll gather to warm up together with a cozy cup of **hot chocolate**!

Bringing **gloves** and a **hat** is obligatory, or a **helmet** if you have one. Also bring a pair of **thick socks**, in case your size skate is unavailable.

BE SURE TO WEAR WARM CLOTHING!



THURSDAY
3 DECEMBER

Feeling

STRESSED?

@*%&#?

Try MoodLift, online tools for mental wellbeing, free for all UU students.

Get detailed feedback on your mental health through our anonymous online questionnaire, as well as personalised advice and free tools to improve your wellbeing. All input also helps us understand which new tools to develop.



Do the Mind Health Check

MoodLift at Utrecht University

Femke Nijland works at **Educational Development & Training (O&T)**. Her work focuses on social forms of learning and the development of academic skills, with a particular interest in oral communication, presenting and learning through interaction. She supports students and teachers in creating learning situations in which students actively practice, explain and discuss their knowledge.



How to Survive Your Oral Exam

Do you have an **oral exam** coming up? Perhaps you know the course material, but are unsure what to expect when you have to discuss it out loud. How do you prepare for the kinds of questions you might be asked? What do you do when you don't immediately know the answer? And how can you show what you know, even when you are nervous?

In this **interactive workshop**, we will explore how to **prepare effectively for an oral exam**. We will look at the learning objectives of your course and use them to anticipate possible questions and identify what you need to be able to explain, discuss and apply. You will also **practice answering questions** out loud and learn **strategies for structuring your answers**, dealing with unexpected questions and keeping the conversation going when you get stuck.

3 December 09:00-12:00

Ruppert: kamer 135B

SIGN UP HERE

GO TO TABLE OF CONTENTS

PLEASE BRING THE LEARNING OBJECTIVES OF A COURSE FOR WHICH YOU HAVE AN ORAL EXAM.



Want to work on your academic skills? Check out these free trainings by Educational Consultancy & Training!

(Dr.) Anouk den Hamer is an expert in effective studying and time management. She enjoys helping students develop practical strategies to study with more focus, structure and confidence



How to Study Effectively

Would you like to know what research says about **effective studying**? In this workshop, we will explore the most effective learning strategies, discuss how to take useful notes, and look at ways to maintain your concentration.

An essential part of studying effectively is knowing what you do and do not know. This helps you identify which topics require your attention and where to invest your time. Anouk den Hamer will share **practical strategies** to help you assess your knowledge, gain more control over your study materials, and plan your study time effectively.

Curious about how these techniques can improve your study process? Join this workshop!

3 December 13:30-15:00

Ruppert: kamer 111

SIGN UP HERE

GO TO TABLE OF CONTENTS





BRING A PEN AND PAPER, AS YOU'LL ALSO BE PRACTICING HOW TO TAKE NOTES.

Want to work on your academic skills? Check out these free trainings by Educational Consultancy & Training!

Social Media and Well-being: Friend or Foe?



3 December 15:00 - 16:00

Bolognalaan 101 (Room 1.202)

SIGN UP HERE

GO TO TABLE OF CONTENTS

Does social media make us feel more connected, or can it sometimes undermine our well-being? In this presentation, we will explore what **scientific research tells us about the relationship between social media use and well-being.**

We will look at why people can have very different experiences online, considering factors such as the content we encounter, our motivations for using social media, and the way platforms are designed.

Participants will also have the opportunity to **reflect on their own digital habits and experiences**. To conclude, everyone will identify one small, realistic change they can try in their daily lives to support their digital well-being.



Alexandra Masciantonio is a postdoctoral researcher at Utrecht University and a member of the Becoming Adults in a Changing World (BACW) programme, part of Dynamics of Youth (DoY).



Dynamics of Youth is one of Utrecht University's strategic research themes, bringing together researchers from different disciplines to understand how children and young people develop in a changing society. Through interdisciplinary research and collaboration with societal partners, DoY aims to connect scientific knowledge with real-world challenges and contribute to the well-being of younger generations.

Sharing Stories:
an evening of storytelling

For this Wellbeing Week, Sharing Stories hosts a special edition at Parnassos. Sharing Stories is an **international storytelling evening** that gives the stage to anyone with a personal story to tell, **no experience needed.**

For this edition, our **six speakers** share stories that touch on **wellbeing** in their own way. Expect stories that are funny, honest, and sometimes moving. The evening closes with an **open round**, where a few audience members are invited on stage to tell a story of their own.

Sharing Stories is just as much about the people in the room. With an audience from many cultures and backgrounds, it is an easy place to **meet someone new** and leave with a few new connections.
Join us on Thursday 3 December for a relaxed evening of **stories, conversation, and community**.

3 December 18:00 - 20:00

Parnassos Café

SIGN UP HERE

GO TO TABLE OF CONTENTS

TIP:
SPONTANEOUSLY TELL A STORY YOURSELF IN THE OPEN ROUND!





Sharing Stories is an international storytelling event that has been bringing people together in Utrecht since 2023. Every two months, we invite people from all walks of life to share personal stories on stage, no experience required. With more than 130 attendees per edition, we create a warm space where stories spark connection across cultures.

sharing stories x wellbeing week

FRIDAY
4 DECEMBER



Lili's Proto Lab (LPL) is a place for you to test your creative ideas and materialize them into a working prototype. From 3D printing and laser cutting to microfluidics and robotics, in the LPL you get to practice with various prototyping methods and refine your ideas.

3D printing at Lili's Proto Lab

3D printing is an innovative and threshold technology that is used in a variety of contexts like design, engineering, architecture but also in creating experimental research equipment. In this workshop we will teach you how to go from **idea to object** in a little under two hours.

By attending this workshop, you'll gain:

- **Hands-on experience** operating an FDM 3D printer, from setup to finishing a print.
- An understanding of how to prepare and manage **PLA filament prints**, one of the most popular 3D printing materials.
- Practical knowledge of **slicing software** and how to **optimize** print settings for different types of designs.
- Insights into the **broader applications and limitations** of FDM 3D printing, helping you determine how to integrate this technology into your own projects.
- Whether you're interested in prototyping, hobbyist projects, or exploring the potential of 3D printing in a professional setting, this workshop provides a solid foundation to get started.



Tigers Gym Social Club is a foundation based in Utrecht that uses kickboxing as a tool to bring people together and get them moving, both physically and mentally. We organize accessible, inclusive classes for a diverse range of groups, including the elderly, people with disabilities, and individuals with a refugee background, with a focus on social connection, trust, and enjoyment. You can find more information at: www.tigersgymsocialclub.nl.

Kickstart Your Mind!

Kickbox workshop for your mental health, together with others

Are you stressed about your exams, and would you like to get more in touch with your body and connect with others in a way that energizes you? During Mental Well-Being Week, Tigers Gym Social Club is hosting an accessible kickboxing workshop where you can let go of everything for a while, meet others, and learn to feel stronger.
In an hour and a half, you'll be introduced to kickboxing in an accessible way. We'll start with group exercises and then move on to the basics of kickboxing, where you'll learn to set your own boundaries and build self-confidence.

Important: No experience is necessary, and everyone participates at their own level. Feel free to bring a friend. You're also welcome to come alone—we switch partners frequently, so it's a great opportunity to meet new people!

So come join us, wear comfortable clothes (and remove any jewelry), move along with us, and discover how you can work on your mental well-being together with others!

4 December 11:00 - 12:30

MB Zaal, Olympos

SIGN UP HERE

PLEASE BRING SPORTS CLOTHES!





GO TO TABLE OF CONTENTS

Our names are **Katharina and Laura**, and we are Masters' students in the Clinical Psychology program interning in the Clinical Skills Lab! We are very passionate about student mental health, so we are excited to facilitate this workshop about sleep health and chronotypes.

Meet Your Inner Clock: Sleep & Chronotypes"

Why are some people full of energy in the morning, while others feel more alert later in the day? **This interactive workshop** introduces the **basics of sleep and our biological rhythms**.

We will explore how the body clock and sleep pressure influence sleep, what role melatonin plays, how sleep is organised into different stages, and how sleep patterns can vary across age and sex.

Participants will then **complete a questionnaire to reflect on their own chronotype.** After, we will consider how chronotype may relate to everyday functioning and other aspects of daily life.

The workshop concludes with an agree-or-disagree activity exploring different topic areas, including education, work and social events. Participants will discuss statements about how different chronotypes affect these areas and whether schedules should take individual sleep-wake preferences into account.

4 December 12:30-14:00

Androclusgebouw (Ruimte C028)

SIGN UP HERE

GO TO TABLE OF CONTENTS



This workshop is inspired by MoodLift's iSleep and BioClock modules. **MoodLift** offers a wide range of free, self-paced online modules covering various student wellbeing topics—explore all available modules here.

A collaboration between **MentalMotion**, a free mental health community space for young adults in Utrecht, and **Hangar of Voice,** founded by speech-language therapist and voice teacher Rita Kalanovics and actress and acting coach Fruzsi Horvát. Together, they explore voice, theater, and personal expression to foster connection and well-being.

Voice, Body, Being

After a busy week give yourself a break - don't forget to play!

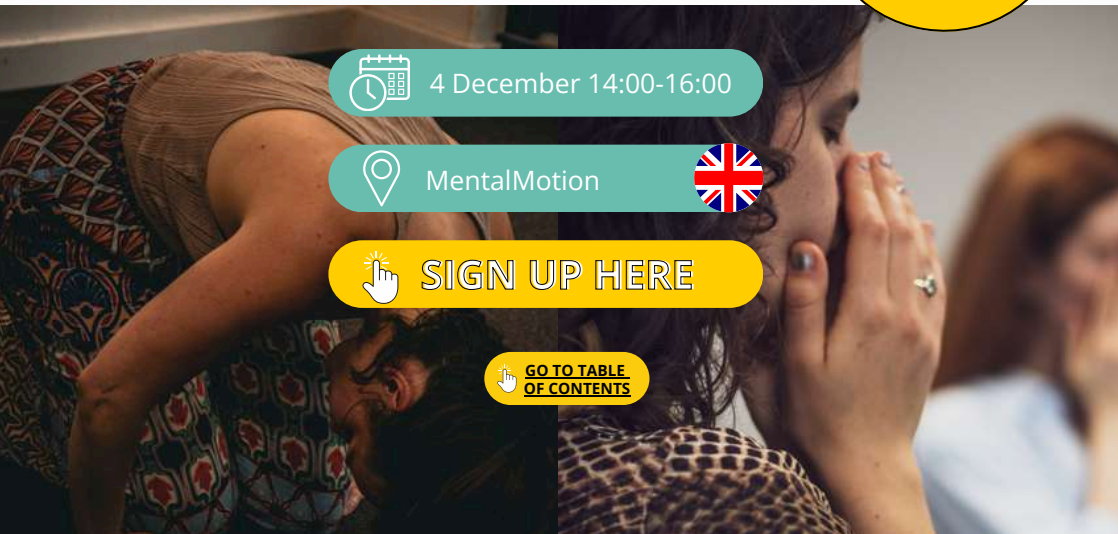
Before the Sinterklaas weekend fills up with social obligations, last-minute presents and poems, step **out of your head and into your body** with us at MentalMotion.
Together, we'll soothe our nervous systems, reconnect with our bodies, and explore the power of voice, movement and play in a safe, judgment-free space.

What to expect:
Through guided exercises, games, and practical tools, you'll explore your **vocal and physical presence**, **recharge**, and discover new ways to bring more **balance** into everyday life.

This workshop is for you if you would like to:

- get out of your head and **be present** in your body
- learn how to pay great **attention** to yourself (and others)
- **communicate** more clearly, precisely with full confidence
- **play** & act freely
- **connect** more easily to other people
- learn how to allow yourself to make **mistakes**

WEAR CLOTHES YOU FEEL COMFORTABLE MOVING IN



GO TO TABLE OF CONTENTS

De **Beuntjes Oase** is a wellness venue in Utrecht offering an accessible place to relax and recharge. Our facilities include a salt stone sauna, an infrared cabin and a lounge. We aim to make wellness affordable and accessible, giving students and other visitors the opportunity to take a break from their busy lives.



SWIMWEAR IS MANDATORY!

WE RECOMMEND BRINGING SLIPPERS AND A TOWEL.

Spa Night:
Take a break & recharge



University life can be busy, with lectures, deadlines, exams and social commitments filling up your schedule. During these Wellbeing Weeks, **take a break** from your daily routine and make some time for yourself at De Beuntjes Oase.

On 24 November and 4 December, students are welcome to enjoy our wellness facilities. Unwind in our **salt stone sauna**, enjoy the warmth of our **infrared cabin**, or take a moment to **relax in our lounge**. Whether you want to escape the stress of studying, spend some time with friends, or simply recharge, De Beuntjes Oase offers a welcoming space to **slow down and unwind.**

Well-being is not just about staying productive; it is also about knowing when to take a **break**. Step away from your to-do list, leave the pressure of university life behind for a while, and give yourself a moment to **relax**. Sometimes, a little time for yourself can make all the difference.



24 November & 4 December
16:00 - 1:00

Beuntjes Oase

SIGN UP HERE

GO TO TABLE OF CONTENTS

RECURRING ACTIVITIES

A Bright Conversation

Do you have questions about difficult or challenging life situations, such as relationships, motivation, loss, loneliness or making choices? Or do you just want to share your concerns with someone who listens carefully?

A Bright Conversation offers a moment to reflect on what is important to you and what gives direction to your life. Together with an experienced coach, you will explore questions about mental health, social connection or meaningfulness. Whether it's stress, worrying or big life questions, the insights from these conversations can help you deal with new situations and challenges.

Daily, by appointment

On location or online

SIGN UP HERE

GO TO TABLE OF CONTENTS

Did you know?

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



A Bright Conversation is brought to you by several coaches attached to Utrecht University. These coaches have various backgrounds, specialities, and nationalities.

Walk, Reflect and Act

Are you running into something, do you have a question you want to discuss or could you use help with your career orientation?

If you recognise yourself in this and enjoy being outdoors, make a **Walk, Reflect and Act** walking coach appointment. In a walking conversation, you will discuss your question with a coach. Through mindfulness exercises, reflection questions and short assignments, walking helps you organise your thoughts and see situations from a new perspective. Nature has a calming effect and can inspire new insights.

Daily, by appointment

On location or online

SIGN UP HERE

GO TO TABLE OF CONTENTS

Did you know?

Utrecht University offers **Walk, Reflect and Act** all year round. So you do not have to wait for the Wellbeing Week(s) to book a conversation with the coaches.

Walk, Reflect and Act is brought to you by several coaches or teachers attached to Utrecht University. These people have various backgrounds, specialities, and nationalities.



Short consultation with a student psychologist

Do you have questions on your mind and would like to speak to a student psychologist? Or have you been thinking about going to a psychologist, but you're experiencing doubts or don't know where to start?

During 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.

Daily, by appointment

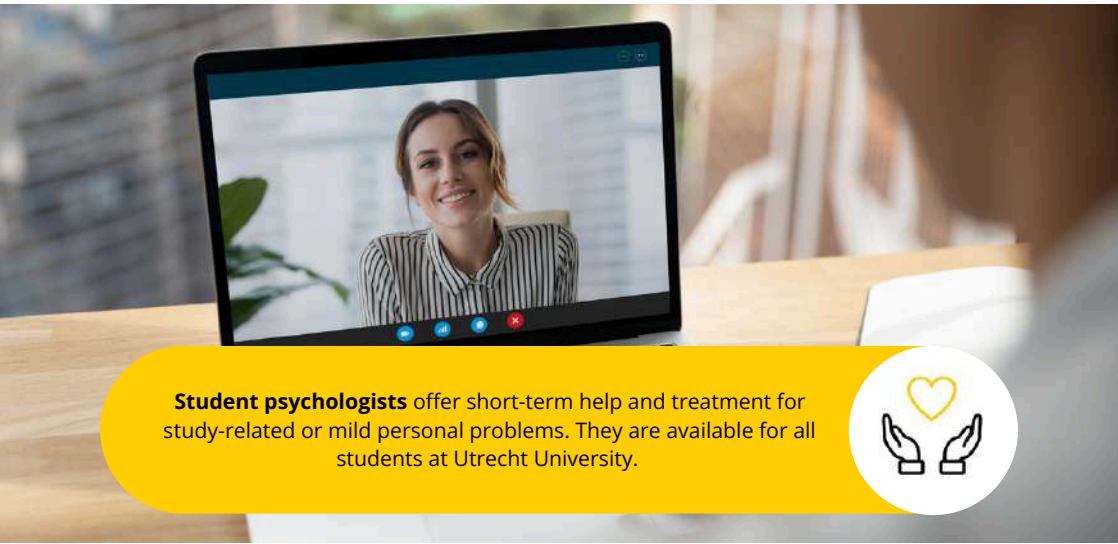
Online

SIGN UP HERE

GO TO TABLE OF CONTENTS

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.



Student psychologists offer short-term help and treatment for study-related or mild personal problems. They are available for all students at Utrecht University.

Academic development

Would you like to write or study with greater ease? Book an appointment with a writing tutor or study coach! During a free, informal 45-minute conversation, a trained peer coach will help you develop a more effective approach to writing or studying:

- Writing tutoring
- Study coaching

Did you know? Skills Lab offers writing tutoring and study coaching all year round, so not only during the Wellbeing Week(s)!

Could you use a little structure and motivation after the Wellbeing Week? Sign up for the next Start and Stay Writing Day on December 17! You'll join other students for focused writing sessions and scheduled breaks, helping you stay motivated and productive as you work on your thesis or writing assignment.

Check also our website for tips and knowledge clips about writing and studying!

Daily

UBU or online

SIGN UP HERE

GO TO TABLE OF CONTENTS

Did you know?

Skills Lab offers writing tutoring and study coaching all year round, so not only during the Wellbeing Week(s)!

Skills Lab is the gateway to your academic development. We offer you an overview of workshops on writing, studying, and other academic skills.



Multifunctional (quiet) rooms

Need a break from the hustle and bustle of university life?

Did you know that Utrecht University offers several **multifunctional (quiet) rooms** where you can retreat? Whether you're looking for a peaceful place to rest, a private space for personal needs, or a place to pray and practice your faith, we've got you covered.

Daily

All around campus

LIST OF ROOMS

GO TO TABLE OF CONTENTS



Janskerkhof 3, room 104: lactation and quiet room



Did you know?

At Utrecht Science Park, you can find **The Mindfulnest** in the Educatorium. The Mindfulnest is fully soundproofed and is specially designed to easily allow you to catch a moment of peace.



Not an official quiet room, but the **Birder's Hide** in the Botanic Gardens is a peaceful spot to relax and watch birds glide through the gardens.



Practical information

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

- There will be a **reminder via email two days before** and **via SMS on the day of the activity**. If you signed up within two days before the activity, you will not receive the reminder email. Sometimes it contains useful info. You can always reach out to us via e-mail or the Whatsapp Community.
- You're not able to deregister 24 hours before the activity.

We hope you will enjoy the U Matter Wellbeing Week(s) again! Please feel free to chat with one of us when we are present :)

The End

We hope to see you soon!