

## Monday 5/6

**Feelgood Fuel:  
Grab a coffee at the Plaza**  
Erasmus Plaza  
09:00-11:00

**Taboo Workshop  
Guilt & Forgiveness**  
Langeveld 1.12  
12:00-14:00

**Walk-in Game tournament**  
Livingroom  
13:00-17:00

**Radical Dreaming: Creating a completely  
inclusive university together**  
Langeveld 1.14  
13:00-15:00

**Smoothie Cycles**  
Erasmus Plaza  
14:00-16:00

**Motivation and Energy**  
Langeveld 1.12  
15:00-16:00

**Gelijkspel: Een positieve seksuele  
omgeving onder studenten (Dutch)**  
Livingroom  
16:00-18:00

**Cooking workshop**  
Erasmus Sustainability hub  
17:00-19:00

**Boxing training**  
Erasmus Sport Hall 4  
19:00-20:20

**Open Stage Night**  
Erasmus Paviljoen  
20:00-22:00

## Tuesday 6/6

**How to find your purpose through  
Ikigai?**  
Livingroom  
10:00-11:30

**Walk-in Happy Student Society**  
Personal Support Hub @ Livingroom  
11:00-12:00

**De Emotionele Kracht van Muziek  
(Dutch)**  
Langeveld 2.14  
11:00-12:30

**Personal Growth in the Face of  
Crises**  
Langeveld 2.16  
12:00-13:30

**Bubble Tea & Belonging workshop  
with International Office**  
Erasmus Sport Centre  
13:00-15:00

**How vital, healthy and resilient are  
you?**  
Langeveld 2.12  
14:00-15:00

**Dance workshop**  
Erasmus Sports  
15:00-17:00

**OpenEUR Festival**  
Enjoy life with your fellow students and  
colleagues with drinks, food and live  
DJ's!

Find us at the Well-being spot and enjoy  
a nice massage or Corona 0.0!

## Wednesday 7/6

**Yoga with Erasmus Sport**  
Erasmus Sports Hatto Upstairs  
09:45-11:00

**Productivity & Time-management: Be  
in control of your time!**  
Livingroom  
10:00-12:00

**Chill Down: ICE BATH**  
Erasmus Plaza  
11:00-14:00

**Understand your emotional state!**  
Langeveld 2.16  
12:00-13:00

**Boost your self-confidence with skills**  
Langeveld 3.12  
13:00-14:00

**Slim met je geld: Praktische  
Financiële Workshop (Dutch)**  
Langeveld 2.16  
14:00-15:30

**Live Podcast Recording  
Mental Health over Matter:  
Conquering Student Work Pressure**  
TBD  
15:00-17:00

**Sailing workshop at Kralingse Plas**  
Kralingse plaslaan 113  
15:00-17:00

**Open HeART Café**  
Livingroom  
16:30-18:30

## Thursday 8/6

**Finding fulfillment in your career**  
Langeveld 1.09  
11:00-13:00

**Introduction to Mindfulness**  
Langeveld 1.08  
12:00-13:00

**Discover your leadership style!**  
Langeveld 1.04  
13:00-15:00

**Healthy Habits: Staircase run  
with Erasmus Sport**  
Mandeville Building  
13:30-15:00

**Ice Ice Baby: Ice cream at the  
Plaza**  
Erasmus Plaza  
14:00-16:00

**Sip and Paint Workshop! Paint,  
Poetry and Conversations**  
Erasmus Plaza  
14:00-16:00

**Finding balance: Seeking Mental  
Health Help in NL**  
Langeveld 1.09  
16:00-17:00

**Urban Self-Defense**  
Erasmus Sport Hall 5  
19:30-21:30

## Friday 9/6

**Tint your Tote with Uni-Life**  
Livingroom  
11:00-13:00

**Chill Down: ICE BATH**  
Erasmus Plaza  
11:00-14:00

**Uncover your psychological  
shadow!**  
Langeveld 2.18  
13:00-15:00

**Music Speedfriending**  
Livingroom  
14:00-16:00

**BVE Badminton Clinic**  
Erasmus sport hall 2  
14:00-16:00

