



Student Wellbeing Week

November 27th till December 1st 2023

Campus Woudestein

Monday 27/11	Tuesday 28/11	Wednesday 29/11	Thursday 30/11	Friday 1/12
The Rage Room Erasmus Plaza 10:00 - 17:00	Productivity & Time-management: Be in control of your time! Van der Goot M1-04 10:00-12:00	Workshop perfectionism: break the cycle of never good enough Langeveld 3.20 11:00-12:00	How to find your purpose through Ikigai Living Room 10:00-11:30	New Year, New Habits: A Workshop on Resolutions Living Room 09:00-11:00
Workshop: optimism can be learned! Langeveld 2.08 13:00 - 15:00	Chill down: Ice Bath Living Room 11:00 - 14:00	Dopamine Detox - Regain True Happiness Polak 2.07 13:00-14:00	Unmasking the Taboo of Anxiety Langeveld 2.08 14:00-15:30	Chill down: Ice Bath Living Room 11:00 - 14:00
Spin the Wheel: What do you think you know about sex? Erasmus Plaza 14:00 - 17:00	Mastering Tensions in Daily Relations Langeveld 0.08 11:00- 12:30	Walk in: Health Coach Theme: cannabis Personal Support Hub 13:00 - 14:00	Talking Taboo: Student Dialogue with Voice of All Women foundation Living Room 16:00-18:00	Walk-in: Erasmus Esports' Open Game Day Living Room 14:00-17:00
Cross the line Van der Goot M2-08 15:00 - 16:30	Workshop: The Power of You! Polak 1-21 15:30-17:00	Let's talk about sex! Living Room 15:00-17:00	Yoga and meditation Erasmus Sport Hall 5 18:00-18:50	Tint your tote bag with Uni-life Langeveld 4.20 14:30-15:30
Tackling Loneliness Together Langeveld 4.09 15:30 - 17:00	Walk-in: Financial Consultation Hour Personal Support Hub 16:00-17:00	Open HeART Workshop Sanders L2-14 16:30-18:30		Uncover your psychological shadow! Langeveld 4.09 15:30-17:30
Urban self-defense Erasmus Sport Hatta downstairs 20:00 - 21:20	Zumba Erasmus Sport Hall 5 20:00-20:50			Kickboxing Erasmus Sport Hall 4 19:00-20:20

**Walk by and warm up with
FREE drinks and snacks
and much more!**

@ Erasmus Plaza
14:00 - 17:00





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Other locations

Monday 27/11

Smoothie cycles
@ EUC Campus
13:00-15:00

Tuesday 28/11

Smoothie cycles
@ 't Vat in het EMC Onderwijs
Centrum
13:00-15:00

Wednesday 29/11

Rooftop Yoga & Breakfast
Groot handels gebouw
09:00-11:00

Thursday 30/11

Smoothie cycles
@ ISS Campus
13:00-15:00

Friday 1/12

Yoga class for all levels
@ EUC Campus
16:00-17:30

Candle painting
EMC OWC-35
14:00-16:00

