



June 10th till
June 14th 2024

Student Wellbeing Week

Campus Woudestein

Monday 10/6	Tuesday 11/6	Wednesday 12/6	Thursday 13/6	Friday 14/6
CANCELLED: Talking Taboo: Student Dialogue with VOAW <i>Living Room</i> 09:00-12:00	Circle of Wellness: Mentor-led Support for You <i>Personal Support Hub</i> 10:00-12:00	Breaking Barriers: Peer-to-Peer Suicide Prevention <i>Living Room</i> 11:00-12:30	Reality Check: How to deal with expectations vs. reality <i>Langeveld 1.16</i> 11:00-12:15	Music's Mental Toolbox: Use your favorite music for your well-being <i>Langeveld 3.19</i> 11:00-12:30
Dopamine Detox - Regain True Happiness <i>Theil C1-1</i> 13:00-14:45	Exploring Personality and Potential careers with AI <i>Living Room</i> 11:00-12:30	Workshop perfectionism: break the cycle of never good enough <i>Langeveld 2.14</i> 11:30-13:00	CANCELLED: Exp. Robinson & Personal Leadership by Jan van Halst, Director AFC Ajax <i>Erasmus Sport Hall 4</i> 11:00-14:30	Healthy habits: how to change your behaviour and create habits <i>Langeveld 0.08</i> 13:00-15:00
Tote bag painting with Uni-Life! <i>Langeveld 3.12</i> 14:00-15:30	Chill down: Ice Bath <i>Erasmus Plaza</i> 11:00 - 13:00	Walk-in hour: let's talk about drugs <i>Personal Support Hub</i> 13:00-14:00	How to pitch yourself <i>Polak 3.08</i> 13:00-14:45	EFR Bubble Ball <i>Erasmus Sport Beachvolleyball fields</i> 13:00-16:00
Ecstatic Dance - dance freely, experience everything! <i>Erasmus Sport Hatta Upstairs (Right)</i> 14:00-16:00	Paws & PUNCHES: Building Resilience and Social Skills with Human-Canin Sports <i>Erasmus Sports Hatta Upstairs</i> 14:00-16:00	Awakening Awareness: Exploring Mindfulness Through the Senses <i>Living Room</i> 14:00 - 16:00	Empowerment through Krav Maga: Self-Defense Workshop <i>Erasmus Sport Hatta Downstairs</i> 13:30-16:00	The art and skill of negotiation <i>Langeveld 3.19</i> 15:00-17:00
Time and stressmanagement: how to keep enjoying your busy life <i>Langeveld 3.14</i> 15:00-16:30	Outside day: FREE snacks, lounge area and much more wellbeing activities! <i>@ Erasmus Plaza</i> 14:00 - 17:00	Authentic Leadership towards Peak Performance <i>Langeveld 2.14</i> 15:00-17:00	CANCELLED: 3x3 Unites Basketball Leadership <i>Erasmus Sport Hall 3</i> 13:30-15:30	Boxing Bag Class <i>Erasmus Sport Hall 4</i> 18:00-18:50
Let's talk about sex – The perception of contraception <i>Living Room</i> 15:30-17:30	Mocktail Workshop <i>Living Room</i> 15:00-16:30	Keeping your Head above Water: a Cash Course <i>Langeveld 4.18</i> 15:30-17:00	Food with(out) your senses: communication workshop <i>Living Room</i> 14:00-15:30	Take a study break and join one of the activities in the Library! <i>@ University Library</i> All week
Break free from worrying! <i>Langeveld 1.14</i> 16:00-17:30	Sip and Paint Workshop: safer spaces! <i>Erasmus Pavilion</i> 15:30-17:00	HIT Workout <i>Erasmus Sport Hall 5</i> 19:00-19:50	Heartbeat festival! Color Dance <i>Erasmus Plaza, 15:00-17:00</i> Wellbeing Street Next to Polak, 16:00-22:00	 Sign up now! 
Strength and Conditioning <i>Erasmus Sport Hall 5</i> 17:00-17:50	Strong Nation Workout <i>Erasmus Sport Hall 5</i> 19:00-19:50	MOVE YOUR BODY MIND POTENTIAL		



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Other locations

Monday 10/6

Smoothie cycles

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

Tuesday 11/6

Smoothie cycles

@ ADO-lounge ISS
13:00-15:00

Wednesday 12/6

Yoga & Breakfast in the Park

Dudok at the Park
09:00-11:00

Thursday 13/6

Friday 14/6

Yoga at the Beach (The Hague)

Next to the vissersvrouw van
Scheveningen
14:00-15:00

Boxing @ LUCIE

Weena 103
14:00-15:00

Productivity & Time Management

ISS Aula A
16:00-18:00

Sip and Paint - Art SeSSlons

The Butterfly Bar
17:30-19:30

Sign up now!



MOVE YOUR **BODY**
MIND
POTENTIAL

