# Student Wellbeing Week

**November 27th till December 1st 2023**

## Monday 27/11
- **The Rage Room**
  - Erasmus Plaza
  - 10:00 - 17:00

## Tuesday 28/11
- **Productivity & Time-management: Be in control of your time!**
  - Van der Goot M1-04
  - 10:00-12:00

## Wednesday 29/11
- **Workshop perfectionism: break the cycle of never good enough**
  - Langeveld 3.20
  - 11:00-12:00

## Thursday 30/11
- **How to find your purpose through Ikigai**
  - Living Room
  - 10:00-11:30

## Friday 1/12
- **New Year, New Habits: A Workshop on Resolutions**
  - Living Room
  - 09:00-11:00

## Activities

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Spin the Wheel: What do you think you know about sex?</strong></td>
<td>Erasmus Plaza</td>
<td>14:00 - 17:00</td>
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<td><strong>Cross the line</strong></td>
<td>Langeveld 4.19</td>
<td>15:00 - 16:30</td>
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<td><strong>Tackling Loneliness Together</strong></td>
<td>Langeveld 4.09</td>
<td>15:30 - 17:00</td>
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<td><strong>Workshop: optimism can be learned!</strong></td>
<td>Langeveld 2.08</td>
<td>13:00 - 15:00</td>
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<td><strong>Workshop: The Power of You!</strong></td>
<td>Polak 1-21</td>
<td>15:30-17:00</td>
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<td><strong>Walk-in: Financial Consultation Hour</strong></td>
<td>Personal Support Hub</td>
<td>16:00 - 17:00</td>
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<td><strong>Zumba</strong></td>
<td>Erasmus Sport Hall 5</td>
<td>20:00-20:50</td>
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<td><strong>Urban self-defence</strong></td>
<td>Erasmus Sport Hatta downstairs</td>
<td>20:00 - 21:20</td>
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<td><strong>Walk by and warm up with FREE drinks and snacks and much more!</strong></td>
<td>@ Erasmus Plaza</td>
<td>14:00 - 17:00</td>
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<td>Monday 27/11</td>
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| **Smoothie cycles**  
@ EUC Campus  
13:00-15:00 | **Smoothie cycles**  
@ ’t Vat in het EMC Onderwijs Centrum  
13:00-15:00 | **Rooftop Yoga & Breakfast**  
Groot handels gebouw  
09:00-11:00 | **Smoothie cycles**  
@ ISS Campus  
13:00-15:00 | **Yoga class for all levels**  
@ EUC Campus  
16:00-17:30 |
| **Candle painting**  
Onderwijscentrum EMC  
14:00-16:00 |