



November 18th till
November 22nd 2024

Student Wellbeing Week

CONNECT TO CREATE

Campus
Woudestein

Monday 18/11	Tuesday 19/11	Wednesday 20/11	Thursday 21/11	Friday 22/11
Boost Your Future: 1-on-1 Career Session for Clarity and Confidence! Personal Support Hub 09:30-14:00	The Art of Caring Living Room 11:00-13:00	Tint Your Tote Bag Langeveld 3.10 11:00-12:30	ROOM break Personal Support Hub 10:30-11:00	Boost Your Future: 1-on-1 Career Session for Clarity and Confidence! Personal Support Hub 10:00-12:00
Pick your Path: Essential skills to make better choices Langeveld 1.04 11:00-12:30	Grip op druk: Prestaties en Financiën in Balans (Dutch Only) Mandeville T3-13 13:00-14:10	Aligning with Purpose: Reflect, Refocus, Renew Langeveld 3.19 11:00-12:45	Master Your Strengths and Unlock Career Opportunities Theil CT-2 11:00-12:30	Simply Delicious: Cooking Vegan Lunch with Organic & Budget Tips Erasmus Food Lab, Mandeville ground floor 11:00-13:00
Music's Mental Toolbox: How to use your favorite music for your well-being Langeveld 1.19 13:00-14:30	Food With(out) Your Senses: Communication workshop Living Room 15:00-16:30	Jam Session: Walk in to Detune and Destress Living Room 13:00-14:30	Sing and Unwind Living Room 13:00-14:30	Write Your Heart Out: Find clarity through the art of journaling Langeveld 3.19 13:00-14:30
Optimising Your Own Performance Langeveld 1.22 15:00-17:00	Outside day: FREE snacks, lounge area and much more wellbeing activities! @ Erasmus Plaza 14:00 - 17:00	Boost Your Future: 1-on-1 Career Session for Clarity and Confidence! Personal Support Hub 13:30-15:30	The Power of Compassion - A mindful journey to the heart Theil CT-3 15:00-16:45	Breaking Barriers: Peer-to-Peer Suicide Prevention Living Room 14:30-16:00
ROOM Break Personal Support Hub 15:30-16:00	Soul Cycle Erasmus Sport - Hatta sports (downstairs) 17:30-18:30	Mocktail Workshop Living Room 15:00-16:30	Ballet Barre Erasmus Sport Hall 5 18.00 - 19.00	Power Pump Erasmus Sport - Hall 4 16.00 - 17.00
Pilates Core Flow Erasmus Sport - Hall 5 18.00 - 19.00	Let's Talk About Porn Erasmus Paviljoen 19:00 - 21:00	BodyToning BBB Erasmus Sport - Hall 5 18.00 - 19.00		
Rapid Connections: get to know your fellow students! Café Hoekzight 20:00-23:00				

Erasmus



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Other locations

Monday 18/11

Productivity and Time Management @ ISS

@ ISS The Hague
09:00-11:00

Yoga SeSSlons in the Hague

The Attic @ ISS
13:30-14:30

Art SeSSlons at the Butterfly Bar (Sip & Paint)

Butterfly Bar @ ISS
16:00-18:30

Tuesday 19/11

The Art and Skill of Negotiation @EUC

Multifunctional room
13:00-15:00

Wednesday 20/11

Smoothie Cycles @EMC

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13:00-15:00

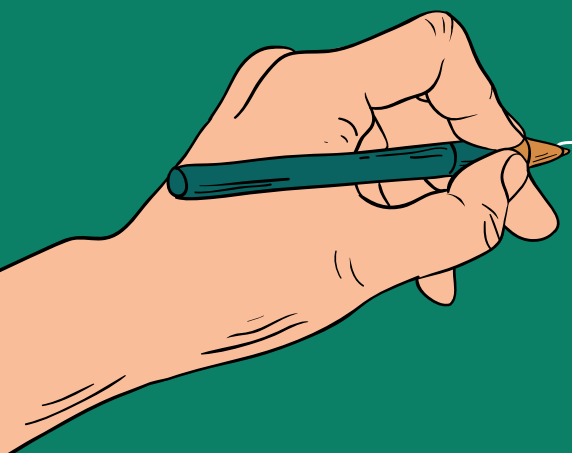
Smoothie Cycles @EUC

13:00-15:00

Thursday 21/11

Friday 22/11

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