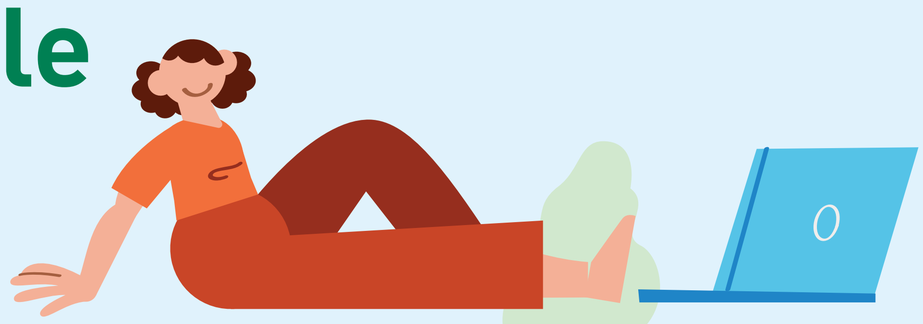
Wellbeing Week Timetable

Scan the QR to sign up for free!



Monday
9 November

12:00-16:00 | Main entrance of the main building

The Pop-Up Square

Busy schedule? Visit the Pop-Up Square for all kinds of short, fun activities to boost your energy. Just drop in anytime, **no registration required!**

Wellbeing Café
A cosy space to slow down, connect and recharge. Grab a matcha, join a tea tasting or explore a little tarot magic in a relaxed café atmosphere.

The Support Hub
Don't know where to go when you need some extra support? Our advisors and counsellors are ready to provide you with guidance, tools and advice. Stop by for an open, honest chat with them - whenever you need it, no appointment required.

Fit Check
How fit are you really? Take the test, get moving, get your heart rate up - this is your sign to move today.

The CC - The Creative Corner
Contribute to VU's largest work of art and discover the Japanese art of visible mending. Be creative!

The Oasis
Need a moment to slow down during the Wellbeing Week? Visit our green Oasis to relax in a massage chair, learn a simple 5-minute relaxation technique, or explore touch and connection through a playful sensory cushion activity.

An Honest Moment with Vincent van Gogh
Take an honest moment with van Gogh to reflect, connect and talk about mental wellbeing.

More to discover...
- Make your own healthy pasta
- A project exposition by students on student wellbeing
- Take a fun polaroid photo by Moodlift
- Tai Chi during your lunchbreak (at NU Atrium)

11:00-13:00
Discover the World of Matcha - Matcha Workshop (walk-in)
Global Room

12:00-13:30
Chair massage (walk-in)
HG (Near Student Wellbeing Point)

12:30-14:00
Physiotherapy (walk-in)
Sportcentrum VU (OZW)

13:30-15:15
Finding stillness through movement
HG-11A36

14:00-16:00
Chair massage (walk-in)
HG (Near Student Wellbeing Point)

14:30-17:00
Fit Test & Talk
Sportcentrum VU (OZW)

15:45-16:45
Creative writing (guided by music)
HG-02A37

19:00-21:00
Tiny Desk x Jam Sessions
3D

Tuesday
10 November

11:00-12:00
De Kracht van Waardering (NL)
HG-02A36

11:00-12:00
Learning Dutch through friendshipping
3D

11:00-12:00
How to stop procrastinating
HG-09A33

11:00-12:00
Kickboxing
Campus Square

12:00-13:00
Yoga
Sportcentrum VU (OZW)

12:00-13:30
Chair massage (walk-in)
HG (Near Student Wellbeing Point)

13:30-14:45
Understanding your negative spiral
HG-10A36

13:30-15:15
Boost your battery
HG-11A36

14:00-16:00
Chair massage (walk-in)
HG (Near Student Wellbeing Point)

15:30-17:15
DIY Natural Skincare workshop
Green Office

16.00-17:00
Breathing for stress relief
HG-02A36

Wednesday
11 November

11:00-13:00
A Tea Journey - Gong Fu Cha traditional ceremony (walk-in)
Global Room

11:00-12:45
Follow your Flow
HG-14A20

11:00-12:30
Stress management
HG-14A36

12:30-14:00
Physiotherapy (walk-in)
Sportcentrum VU (OZW)

12:45-13:30
Yoga
Sportcentrum VU (OZW)

13:30-15:00
Bollywood dance
HG-06A37

13:30-16:45
Arcade & Game
3D

13:30-14:45
Find your personal balance
HG-11A37

15:30-17:00
The mind-body connection in mental health
HG-09A24

15:30-17:00
Self-defense for women
Sportcentrum VU (OZW)

16.00-17:30
Hack your nutrition!
HG-09A32

16:00-18:00
Movie Wild Robot
Theatre 6 (NU)

Thursday
12 November

11:00-12:30
From stress to reset
HG-0G28

12:00-15:00
Fit Test & Talk
Sportcentrum VU (OZW)

12:00-13:30
Chair massage (walk-in)
HG (Near Student Wellbeing Point)

12:45-13:30
Yoga
3D

13:30-14:45
Taking Action!
HG-01G10

13:30-15:00
Making Mends workshop
NU-04A45

13:30-14:30
Pilates
3D

13:30-15:00
Self-defense for women
Sportcentrum VU (OZW)

14:00-16:00
Chair massage (walk-in)
HG (Near Student Wellbeing Point)

15:30-17:15
Climate justice psychology - Coping with an unjust world
HG-01G10

18:30-20:00
Candlelight Concert
Theatre 1 (NU)

Friday
13 November

11:00-12:30
Mindfulness
HG-05A36

12:45-13:30
Yoga
3D

12:30-14:00
Physiotherapy (walk-in)
Sportcentrum VU (OZW)

13:00-13:30
Hybrid VU (Hyrox dupe)
Sportcentrum VU (OZW)

13:30-14:00
Hybrid VU (Hyrox dupe)
Sportcentrum VU (OZW)

13:30-14:45
Tools to Unwind
HG-10A36

13:30-15:00
Botanical drawing
HG-0G28

17:30-19:15
Sip & Paint by FAM
HG-Restaurant

- Sport & Nutrition
- Mental Wellbeing
- Community
- Personal Development
- Creative

More info: **vu.nl/wellbeing-week**

VU VRIJE UNIVERSITEIT AMSTERDAM