

Student Welfare Week

14 – 18 October 2024




Kralingse Zoom 91

workshop
Perfectionism
14 Oct | 9:30–11:00

Library
Bookmark Colouring
16, 17, 18 Oct | 09:00 – 17:00

Library
Game on!
14, 15, 16 Oct | 13:00 – 17:00

workshop
Busy, busy, busy!
18 Oct | 9:30–11:00

 **Yoga**
14 Oct | 17:00–18:00

workshop
Boost your self-image
18 Oct | 13:00–14:30

workshop
Coping with Stress
15 Oct | 9:30–11:00

Library
Paint your Totebag
18 Oct | 14:00 – 16:00

Wijnhaven – Blaak

presentation
Stacii Samidin
14 Oct | 12:30–13:30

Morning Rave
16 Oct | 8:00–9:30

workshop
Busy, busy, busy!
17 Oct | 9:30–11:00

talk
George Hlavacs
15 Oct | 10:00–11:00

workshop
Coping with Stress
16 Oct | 12:00–13:30

workshop
Boost your self-image
17 Oct | 13:00–14:30

dance workshop
African Styles
15 Oct | 13:00–14:30

workshop
Perfectionism
16 Oct | 14:00–15:30

workshop
Stop Procrastinating
18 Oct | 9:30–11:00

Yoga
15 Oct | 15:00–16:30

Morning Rave
17 Oct | 8:00–9:30

presentation
Johan Kleinjan
14 Oct | 12:00–13:30

English spoken activities

Erasmus Sport

Pilates
14 Oct 16:00 – 17:00

Hatha Yoga
15 Oct 19:00 – 20:00

Zumba
16 Oct | 17:00 – 18:00

Yoga meditation
17 Oct 09:00 – 10:30

Soul Cycle
18 Oct 14:30 – 15:30
18 Oct 15:30 – 16:30

Boxen
14 Oct 19:00 – 20:00

Brazilian Jiu Jitsu
15 Oct 20:00 – 21:30

Aikido
16 Oct | 18:30 – 20:00

Urban Self Defense
17 Oct 19:30 – 21:00

Strong Nation
18 Oct 18:00 – 19:00

