

Monday
29 April



THIS TABLE IS
CLICKABLE

WEEK 1

Morning Yoga
10:00 – 11:00
Janskerk

Philosophy X Psychology
Identity and the Self up close:
Who are we deep down?
12:00 – 13:00
Janskerk

Active meditation &
Yoga Nidra experience
16:00–18:00
Janskerk

How to get rich?
16:00–18:00
Online



Mannen en gevoelens:
bestaat dat?
18:30 – 19:30
Janskerk

Lay Down & Listen
21:00 – 21:45
Janskerk

Tuesday
30 April

Effectieve leesstrategieën
10:00 – 11:45
Online

Door het Geluid
12:00–14:00
Bestuursgebouw

Money Matters
13:30–15:00
Binnenstad

Sleeping better
14:00 – 15:30
Bestuursgebouw



Aikido
15:00–16:00
Olympos

Dodgeball
16:30 – 18:00
Olympos

Rocycle
18:45– 19:45
Kaatstraat 59



PROGRAMME
BOOKLET

Wednesday
1 May

Habit management
10:00 – 13:00
Ruppert

Deep Democracy
11:00 – 14:00
Vagant

Durf te denken
13:00–14:30
Botanical Gardens

Leren Liefhebben
15:00–16:00
Botanical Gardens

Kom schatgraven in jezelf
dmv SoulCollage®
15:00 – 17:00
Vagant

MMA
16:00 – 17:00
Olympos

Hoe bloeit vriendschap?
16:00 – 17:30
Vagant

Speedfriending
17:00–20:00
Parnassos bar

Potluck dinner
18:30 – 20:00
Parnassos bar

Game night
17:00– 20:00
Parnassos bar

Thursday
2 May

Vroegevoegelexcursie
8:00 – 10:00
Amelisweerd

Presenting with
confidence
13:00 – 15:45
Utrecht Science Park

Yoga: Tension and
Stress Relief
13:30 – 14:30
Avanturijn

Energy Management
13:00 – 16:30
Utrecht Science Park

A Zense of Self
meditation
15:00 – 17:00
Avanturijn

How do UU grieve?
15:00 – 17:00
Tussentijd

Pole Sport
16:30 – 17:30
Olympos

Weekly Student
Meditation
17:15 – 18:00
Olympos

Je nieuwe beste vriend:
de gaap
17:30 – 19:30
Avanturijn

Friday
3 May

Breathwork and
Ice Bath
11:00 – 14:30
Olympos

Stadswandeling
Wie ben ik?
Start 11:00 / 12:00 /
13:00
Binnenstad

So, what about
gender?
13:00 – 14:00
Parnassos

Salsa
15:00 – 17:00
Parnassos



Daily activities

Mindful Mornings

Bright Conversations

Walk, Reflect, Act

Student Psychologist

EetMee (Eating Together)

Writing and Study Coaching

Saturday
4 May

Aerial acrobatics
12:00 - 13:30
Olympos

Burlesque
14:00 - 15:30
Parnassos

Connect in movement
15:30 - 17:30
Parnassos

Paint Fusion
18:00 - 19:45
Moira

Rocycle
16:45 - 17:45
Kaatstraat 59



PROGRAMME BOOKLET



Daily activities

Mindful Mornings

Bright Conversations

Walk, Reflect, Act

Student Psychologist

EetMee (Eating Together)

Writing and Study Coaching

WHO
ARE
UU?

Monday
6 May

Positieve psychologie
10:45 - 13:15
Utrecht Science Park

Hoogsensitiviteit als
kracht
11:00 - 13:30
Vagant

Timemanagement for
studies
13:15 - 16:15
Ruppert

Thrift to treasure:
upcycle your clothes
13:00 - 15:00
Vagant

Growing up in the
polycrisis
15:00 - 16:00
Parnassos

Unlock Your Potential:
Journey to Self-Discovery
16:15 - 17:45
Parnassos

Pole Sport
16:30 - 17:30
Olympos

Rocycle
16:45-17:45
Kaatstraat 59

Movie night
18:30
Parnassos

Tuesday
7 May

Uit je hoofd, in je lijf
10:15 - 12:15
Botanical Gardens

Zhineng Qigong
11:00 - 12:00
Botanical Gardens

GeluksCafé
12:30 - 14:30
Botanical Gardens

Cultivating a 'Vitality First'
Mindset
13:00 - 14:30
Botanical Gardens

How to study effectively
14:00 - 15:30
bestuursgebouw

How has your upbringing
shaped you?
15:00 - 16:30
Botanical Gardens

Paint collab: different
perspectives
15:00-16:30
De Vagant

Focus op je studie: smarter
met je smartphone
15:00-16:30
Botanical Gardens

Enik WRAP
18:00-20:30
Hoograven

Wednesday
8 May

De natuur als inspiratie...
voor jou loopbaan?
11:00-12:30
Veldkeuken

Intuition: living life
authentically
12:00-14:00
Botanical Gardens

Grenzenloos genieten
13:30-15:30
Vagant

Creating life with courage
14:15-16:15
Botanical Gardens

Reflecting on our sense of
self in a changing world
15:00 - 17:00
The Green office

Rocycle
18:45 - 19:45
Kaatstraat 59

Kickstart your Dutch:
language and culture
19:00 - 21:00
Vagant



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SIGN UP

WEEK 2