

Student Well-being Week 2023 - Monday 13 November 2023 - Friday 17 November 2023

	When	What	Where	
	Monday 13 November	09.00-10.00 Morning meditation (ENG)	Rap100	Online
	Monday 13 November	11.00-16.00 Cuddle King 2000 (NL/ENG)	SETUP	The Hague
	Monday 13 November	12.00-13.00 Walk-in hour for questions about your well-being/well-being support (NL/ENG)	Well-being office	Leiden
	Monday 13 November	13.15-15.15 Workshop: How to handle career stress (ENG)	Career services	The Hague
Fully Booked	Monday 13 November	15.00-17.00 Nature Walk (ENG)	Nature Academy	Leiden
Fully Booked	Monday 13 November	16.00-18.00 Visual Art Workshop (ENG)	LAK	Leiden
Fully Booked	Monday 13 November	19.30-21.00 Bouldering (NL/ENG)	Walhalla	The Hague
	Monday 13 November	Art exhibition Perspectify	Campus The Hague	The Hague
Fully Booked	Tuesday 14 November	09.00-13.00 Cursus reanimatie en AED (NL)	Rode Kruis	Leiden
	Tuesday 14 November	09.30-10.30 Power yoga (ENG)	USC	The Hague
	Tuesday 14 November	09.30-10.30 Power yoga (ENG)	USC	Leiden
	Tuesday 14 November	13.00-14.30 Workshop: Succes met onderhandelen (NL)	Jill van den Bosch	Online
	Tuesday 14 November	14.00-16.00 Plant cuttings swap (NL/ENG)	Hortus botanicus Leiden	Leiden
	Tuesday 14 November	15.30-16.30 LifeHack: Een workshop om aan je mentale gezondheid te werken (NL)	Caring universities	Leiden
	Tuesday 14 November	19.00-21.30 Food for Thought: Potluck Dinner - The Importance of Friendship (ENG)	Rap100	Leiden
	Tuesday 14 November	19:30-21.00 Workshop: Confidence in public speaking (ENG)	Leiden Model United Nations Foundation (MUN)	The Hague
	Tuesday 14 November	Art exhibition Perspectify	Campus The Hague	The Hague
	Wednesday 15 November	10.00-11.30 Workshop: Performance pressure (ENG)	Student In Balans	Online
	Wednesday 15 November	10.30-12.00 Klankreis (NL)	Karlijn Krijgsman	Leiden
Fully Booked	Wednesday 15 November	13.30-15.00 Sustainable candle crafting (ENG)	Leiden University Green Office (LUGO)	The Hague
	Wednesday 15 November	14.00-15.30 Workshop: Well-being Booster - positieve emoties (NL)	Martine Efting Dijkstra & Ellis van Spanje	Leiden
	Wednesday 15 November	14.00-16.00 Game Cafe	Faculty of Humanities	Leiden
	Wednesday 15 November	16.30-18.00 Boundaries,	Our Bodies Our Voice	The Hague

	November	Communication & Consent workshop (ENG)		
	Wednesday 15 November	Art exhibition Perspectify	Campus The Hague	The Hague
	Thursday 16 November	09.00-10.00 Outdoor Bootcamp (ENG)	USC	Leiden
	Thursday 16 November	11.00-13.00 Nature Walk (ENG)	Nature Academy	The Hague
	Thursday 16 November	13:30-14:30 Workshop: Getting motivated for self-study (ENG)	Simone Keijzers	Leiden
Fully Booked	Thursday 16 November	13.30-17.30 Resuscitation CPR and AED use Course (ENG)	Rode Kruis	Leiden
	Thursday 16 November	15.15-16.45 Well-being Booster workshop - Positive Emotions (ENG)	Martine Efting Dijkstra & Ellis van Spanje	The Hague
	Thursday 16 November	16.30-18.00 Workshop - Being an ally (ENG)	Our Bodies Our Voice	Leiden
	Thursday 16 November	17:15-18.15 Balance Workshop (ENG)	Gezondeboel	Online
	Thursday 16 November	19.30-21.00 Workshop Eenzaamheid en Middelengebruik (NL)	Door Het Geluid	The Hague
	Thursday 16 November	09.00-17.00 1K Z1E J3 - Making suicidality discussable (NL/ENG)	Faculty of Science	Leiden
	Thursday 16 November	Art exhibition Perspectify	Campus The Hague	The Hague
	Friday 17 November	09.30-10.30 Time-management Training (ENG)	De Kleine Consultant (DKC)	Online
	Friday 17 November	11.00-12.00 Be @ease: breaking taboos in mental health and learning more about coping strategies (ENG)	@ease	Leiden
	Friday 17 November	13.00-14.00 Workshop: Aandacht en AD(H)D (NL)	Studentendecaan Romke Biagioni	Leiden
Fully Booked	Friday 17 November	15.00-16.30 Tote bag painting (ENG)	Uni-life	The Hague
	Friday 17 November	17.00-22.00 International cultural night (ENG)	Meeting point	Leiden
	Friday 17 November	Art exhibition Perspectify	Campus The Hague	The Hague