

1-5 June 2026

STUDENT WELL-BEING WEEK

Monday 1 June	Tuesday 2 June	Wednesday 3 June	Thursday 4 June	Friday 5 June
Game cafe 12:00-14:00 DH	Gardening 10:00-12:00 L	Guided tour: Hortus botanicus 10:00 - 11:00 L	Creative coffee break 10:00 - 12:00 L	Botanical drawing workshop 10:00 - 12:30 L
Training omgaan met stress 13:00-15:00 DH	Sign language workshop 13:00-14:00 L	Workshop: Omgaan met verlies 13:00-15:00 DH	Gardening 10:00-12:00 DH	Hyrox HIIT training 11:00 - 12:00 DH
Workshop: uitstelgedrag aanpakken 14:00-16:00 L	Workshop: How to find a job that suits me 14:00-16:00 DH	Workshop: Self defense 14:00- 15:00 L	Cats & Crochet: A purrfect pause 13:00 - 15:00 DH	Lunch lecture: Breaking taboos 12:00 - 14:00 L
Walk-in hour: Alcohol and substance use DH 17:00 - 18:00 L	Art & Emotion: colour your inner weather 14:00-16:00 L	Walk in hour: Financial support 15:00 - 16:00 L	Cats & Crochet: A purrfect pause 15:00 - 17:00 DH	Kintsugi workshop 14:00 - 15:30 L
Meditation 19:00-20:00 L	Creative picnic at the Park 15:00-18:00 L	30 Seconds game well-being 15:00 - 17:00 L	Rowing clinic 15:00-17:30 DH	Game cafe XL 14:00 - 17:00 L
Clay workshop 19:00-20:30 DH	Salsa 16:00-17:00 DH	Movie & Dialogue 'Tuinhuis' 16:00 - 17:30 DH	Indoor football 18:30 - 20:00 L	Pilates 16:00 - 17:00 DH
Creative evening at @ease 19:00-21:30 L	“Echte mannen huilen niet” Movie and Barbecue 17:30-21:00 L	Low-stimulus workshop: Sensory-based creative session L 18:00 - 20:30	Stand Up Paddling 19:00-20:00 L	Ceramic painting 18:00-19:30 DH
Aerial yoga 21:00-22:00 L	Workshop: Grip op je Geld! 18:00-20:00 DH	Movie night 19:00 - 21:30 L	Mocktail workshop 19:00-21:00 DH	

THIS TABLE IS
CLICKABLE!

L Leiden
DH Den Haag