Programme Overview
August 30th - September 2nd
2022
Welcome Week 2022
Overview: August 30th - September 2nd

**Tuesday**
- Opening show
  - Welcome Speeches & Pitches
- City Tour
  - Walk around the city with your mentor group

**Wednesday**
- Get Settled Lab
  - Arranging practical matters & getting information
- Academic Programme
  - Organised by faculties morning or afternoon

**Thursday**
- Culture Day
  - By student organisations

**Friday**
- Sports Day
  - By student organisations
- Wrap-up Festival
  - Round up your week with a gathering of all mentor groups in a festival like atmosphere

**E.g.** Bowling, boat tour, pubcrawl and more
Welcome to your UU Welcome Week Programme!

Are you ready?

In this document, you can find the programme of the UU Welcome Week! The team has worked hard on putting a fun and informative programme together, that we hope will give you an excellent first insight into Utrecht and the UU. Keep scrolling to find out everything about the program.

What to bring

Our advice is that you attend all activities carrying your wallet, some cash, an ID, and your phone. On a smartphone you can download the app 'UU Welcome Week'. Here you can see the programme, sign up for workshops and chat with your mentor group. The weather in the Netherlands can be quite unpredictable, so check the forecast in the morning.

There will be lunch available from a foodtruck on 31 August (5,95 euros). On the other days, you are encouraged to bring your own lunch and snacks (though supermarkets are always close).

Evening programme

The main activities of the Welcome Week will be during the day. On 31 August and 2 September there are evening activities for which you need a ticket (included in early bird ticket).

On the other days, you are of course still free to meet up with your mentor group! Your mentor might organise something, or you can come up with your own plan, for example going for dinner or drinks, or exploring Utrecht by night!

Workshop Sign-up

On culture day and sports day you will have to sign up for the workshops being held by student organizations. You can only sign up for 1 workshop per time slot. Registrations will open on the first day of the UU Welcome Week after the Opening Show (15h00) via the UU Welcome Week. You are free to choose how many workshops you want to attend. We advise you pick one or two per day.

The app will become available for everyone on August 15th.
Tuesday
August 30th

Opening show

When? 13h30 - 14h30
Where? TivoliVredenburg (Vredenburgkade 11, 3511 WC Utrecht, NL)

The UU Welcome Week will start with the opening show at the amazing concert venue TivoliVredenburg, in the biggest hall called 'Ronda'. You will be welcomed by the Mayor of Utrecht as well as the Vice-president of the university. During the show, some other important organisations will also introduce themselves to you!

After the show, you will gather with your mentor group and start the city tour!

City Tour

When? 15h00 - 18h00
Where? Utrecht City Center

Time to explore the city of Utrecht! In the UU Welcome Week app you can find the route, as well as some challenges along the way. The group that completes most challenges in the shortest amount of time, will win!
Get Settled Lab & Academic Program

When? 10h00 - 18h00
Where? Educatorium at Utrecht Science

All the practical matter you need to arrange when you arrive in the Netherlands can be overwhelming. The Get Settled Lab is designed to help you with this! You will go through a checklist with the most important practical matter and you can ask any question you might still have at the specialized helpdesks.

You will also follow the academic programme: a mandatory programme hosted by your faculty, where you will receive important information about study-related matter and the Dutch study culture.

Check out the app to see at what time you have which programme!

Pick your Party-Programme

When? 19h00 - 23h00
Where? Utrecht City Center

What does your perfect night out look like? Is it bowling with friends or taking a boat tour? Is it dancing through the night? Or do you prefer a picnic in the park?

Choose which activity fits you best and sign up via the app on the day!

This programme requires a ticket, which is included in the early bird ticket. If you don’t have ticket yet, you can buy it [here](#).
Culture Day

When?  12h00 - 16h00
Where?  Parnassos/ City Center Campus

On this day, different workshops are organised with culture-related activities. There will be a wide variety of workshops to pick from, including vegan cooking, painting, crochet, pubquiz and many more!

You will need to sign up for workshops via the app after August 30th. You can already check out the descriptions and schedule on the next page!
Culture Day

Timeslots

12:00

Timeslot 1
12h00 – 13h00

Intro to Dutch Language - ESN
Where? Room 103
Hey you! Do you want to get started learning a new language now you’ve moved to the Netherlands? Then join our workshop. We’ll make sure you learn some new words, so you won’t be completely lost in a Dutch supermarket or at university. You might leave, finally being able to pronounce the infamous Dutch “G” sound.

Job preparation - Integrand
Where? Room 103
To be announced

Quiz Choir - KOSMU
Where? Room 104
Do you love to sing, but are not sure what would be the best place for you to do so? Come and get to know the student choirs in Utrecht! All four of them will be getting together during this workshop to tell you a bit more about themselves and give you an opportunity to ask them all your questions.

Anteros
Where? Room 116
We will have a conversation about LGBTQ+-related topics, in which we will encourage everyone to share their own experience and opinions, and in which there is space to ask any questions you might have.

Product Pitch - UtrechtInc
Where? Room 117
No matter where you’re pitching or what media you’re using, every pitch needs to get the prospect interested and excited about the opportunity you’re offering. This is not only used in business but in so many other contexts! Join our workshop to learn the key elements of pitching and learn about the role of startups in Utrecht.

12:30

Timeslot 2
13h30 – 14h30

Vegan Cooking - VSA
Where? CultuurCafe
The workshop provided by VSA Utrecht will show you how fun, easy and delicious it is to make and enjoy some vegan food! A few of our members will be giving you a cooking workshop, so if you are interested in trying some vegan food, don’t hesitate to come by!

Act like a local - ESN
Where? Lecture Hall
Are you interested in getting info about practical matters such as transportation, useful apps, or places to study? Are you curious about Dutch culture and stereotypes, key Dutch phrases, and getting tips about hidden gems in and around the city? Come to us, Act Like a Local workshop!

Amnesty Presentation - AISU
Where? Lecture Hall
Do you want to get involved with the Amnesty International Student Group Utrecht? Come join us in this workshop to get to know the different Student Committees you can take part in during the next academic year!

Leadership training - AIESEC
Where? Workgroup Room
But what is leadership exactly? During this session, we will touch upon the different theories about leadership and give you a bit of insight into what kind of leader you are at the moment and start thinking about the kind of leader you could possibly be in the future. This can positively influence the productivity of your role in a team.

Hidden impact - Green Office
Where? Room 110
But where do we start? And how can you make a positive impact, even on a small student budget? In this workshop, you’ll learn more about your hidden impact on the environment. Leah Bali, student member of the Green Office, will tell you everything you need to know to kick-start your student life in a sustainable way.

14:00

Timeslot 3
15h00 – 16h00

Paint like Van Gogh - ESN
Where? Workgroup Room
If you enjoy painting and you always dreamed of having a Van Gogh lesson, this workshop is for you! After getting briefly introduced to the life and work of a famous Dutch artist, you will follow an online painting tutorial and paint one of the artist’s works yourself on a canvas using acrylic paint! Get your creativity flowing.

Debate - UDSUtrecht
Where? Workgroup Room
UDS will give an interactive workshop on what debating exactly is. How do you structure arguments? What makes an argument persuasive? Feel free to drop by!

Quiz Orchestra - KOSMU
Where? Room 207
Do you play an instrument and are eager to do so during your time here as well? Come and get to know the student orchestras in Utrecht! Three of them will be joining forces during this workshop to tell you a bit more about themselves and give you an opportunity to ask them all of your questions.
**Sports Day**

**When?** 12h00 - 16h00  
**Where?** Olympos Sports Center

On this last day, you follow sports workshops hosted by student organisations in Utrecht. This allows you to try out a (new) sport and meet the organisation all at the same time. All the workshops take place at Olympos, the Sports Centre at Science Park.

You will also have to sign up for these workshops at the beginning of the week. Check out the schedule already on the next page!

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**Wrap-up Festival**

**When?** 19h00 - 21h00  
**Where?** Werkspoorkathedraal, Tractieweg 41

Even though this may be the end of the UU Welcome Week, it will be the start of your time in Utrecht! During this festival, you can see everyone you met during the week again and make plans for the year, while enjoying your dinner from a food truck.

Enjoy the last evening with fellow students & good vibes!

*This programme requires a ticket, which is included in the early bird ticket. If you don’t have ticket yet, you can buy it [here](#).*
### Sports Day

**Timeslots**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00</td>
<td>Dance - STUdance (Timeslot 1)</td>
<td>Sporthal 1A</td>
</tr>
<tr>
<td>13:00</td>
<td>Handball - HV Beertje (Timeslot 2)</td>
<td>Sporthal 1B</td>
</tr>
<tr>
<td>14:00</td>
<td>Gymnastics - UTurn</td>
<td>Sporthal 2B</td>
</tr>
<tr>
<td>15:00</td>
<td>Floorball - Jungle Speed</td>
<td>Sporthal 3B</td>
</tr>
<tr>
<td>16:00</td>
<td>Football - Odysseus '91</td>
<td>Footballfield A</td>
</tr>
<tr>
<td>12h00 - 13h00</td>
<td>Dance workshop given by student dance association STUdance. In this one-hour workshop, we will teach you a little part of a dance. This dance will be fun for everyone so no worries if you don’t have much dance experience yet. Afterward, you can ask us some questions about the association if you’d like. Hope to see you there!</td>
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<tr>
<td>13h30 - 14h30</td>
<td>Handball is a very interactive and fun sport to play. In this workshop, we will teach you how to play handball by playing different games. This way, you can experience how great it is to play handball. So come and join!</td>
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<tr>
<td>13h00 - 14h00</td>
<td>Get ready to do some gymnastics with us! It does not matter if you have gymnastics experience or not, because we welcome people of all skill levels. During this workshop, you will get to know the basics of gymnastics and learn cool tricks and moves! You can find something you like and be bound to it.</td>
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<tr>
<td>15h00 - 16h00</td>
<td>To be announced....</td>
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**Tabletennis - Trajectum**

*Where? Mbazal*

This is a beginner level table tennis workshop organized by UST Trajectum, a small table tennis student association. Nothing fancies here, just good old fun hitting the ball with a bat. Every skill level is welcome!

**Squash - Beat It**

*Where? Squash courts*

Come to try out squash! We will be playing some fun minigames on the squash courts at Olympus. US Beat.

It is an international association which plays squash at all levels and also hosts many activities off the court!

**Rugby - USRS**

*Where? Rugbyfield A*

You will get acquainted with the sport rugby and the club USRS. We will pass, tackle and finish with a small game of touch rugby. If this appeals to you, come over by our booth and join us!

**Intro to Lacrosse - Domstad**

*Where? Rugbyfield B*

Do you want to be just like the guys in Teen Wolf or the girls in Wild Child? Come try out the basics of lacrosse in a workshop given by our own Domstad Devils and see if lacrosse is something for you! There’s no need to bring anything, just make sure you’re wearing some athletic clothing and bring some energy! See you there!

**Bootcamp - Softijs**

*Where? Outside*

Curious to know what an ice-skating club does in the summer? Join our dry land training workshop! During winter we train on ice, but since there is none in summer, we have to find other ways! We do all kinds of ice skating-specific exercises that focus on strength and technique.