



Programme Overview

AUG. 29 - SEP. 1, 2023



TUES. 29

WED. 30

THURS. 31

FRI. 01

Opening Show

TivoliVredenburg

10:00 - 13:00,

2 Shifts

**Explore the
City**

Utrecht City Centre

After show

Get Settled Lab

Botanic Gardens

10:00 - 18:00,

in 1 hr shifts

**Academic
Programme**

Science Park

9:00 - 12:00

SocSci, Hum, Sci

**Academic
Programme**

Science Park

9:00 - 12:00

LEG, GSLS, Geo

**Culture
Workshops**

Utrecht City Centre

13:00 - 17:00

**Sports
Workshops**

Olympos Sports
Centre

Centre

13:00 - 17:00

Mix & Mingle

LE:EN Restaurant

18:00 - 23:00,

in shifts

**To-go Evening
Activities**

Locations TBD

Times TBD

**To-go Evening
Activities**

Locations TBD

Times TBD

Day



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Sports Workshops

Are you ready?

In this document, you can find the details of each activity in the UU Welcome Week! We have worked hard to put a fun and informative programme together, and we hope it 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 to attend all activities with your wallet, some cash, an ID, and your phone. You are also encouraged to bring your own lunch and snacks. On the 31st of August, there will be 3 food trucks at the Get Settled Lab where you can buy lunch. The weather in the Netherlands can be unpredictable, so always check the forecast in the morning.



Where's the Welcome Week team today?
TivoliVredenburg

AUGUST
29

Opening Show

Time: 10:00 - 13:00, check your shift in your WW account.

Location: TivoliVredenburg, Grote Zaal, Vredenburgkade 11, 3511 WC Utrecht

The UU Welcome Week will start with the opening show at the epic concert venue, TivoliVredenburg! You will be welcomed by **a band**, a representative of the **city** and a representative of the **university**. Next, **important organisations** will introduce their services to you!

Exploring the City

Time: 13:00 - 17:00

Location: Utrecht City Centre

After the show, you will gather with your mentor group and start exploring the city! Get to know Utrecht by following **the route** on the **Welcome Week website** and complete **photo challenges** along the way. The group that completes most challenges in the shortest amount of time wins!



Where's the Welcome Week team today?

 Helpdesk Botanic Gardens & later at LE:EN




AUGUST

30

Get Settled Lab

 **Time:** 10:00 - 18:00, check your shift in your WW account


 **Location:** UU Botanic Gardens,
Budapestlaan 17, 3584 CD Utrecht

The Get Settled Lab is designed to help you with **arranging your practical matters!** First, you will go through a checklist with the most important practical matters in your mentor group. If necessary, you can also visit the **specialised help desks** to learn more about a particular service or ask any questions that come up. There will also be many other information booths, introducing you to everything the UU has to offer.



Mix & Mingle

 **Time:** 18:00 - 23:00, check your shift in your WW account

 **Location:** LE:EN Restaurant,
Heuveloord 140, 3523 CK Utrecht

In this evening activity, you will be introduced to the **cultural and sports organisations** at UU. Each organisation will have an **information station** hosted by a few elected representatives. You can take a short tour around LE:EN, **have a chat** with these organisations, and **make new friends** - all with a drink in hand!



Where's the Welcome Week team today?



Helpdesk at Drift 21

AUGUST

31

Academic Programme



Time: 9:00 - 12:00



Location: [Educatorium](#) or [Ruppertgebouw](#),
Leuvenlaan 19, 3584 CE Utrecht



Faculty: Social Sciences, Humanities, Sciences

Your faculty will host an academic programme, where you will receive important information on **study-related matters** and Dutch study culture. You may also be introduced to your study association! You will receive more information about this at the end of August.

Culture day



Time: 13:00 - 17:00



Location: Utrecht City Centre

Student organisations in Utrecht will host **culture-related workshops**. You can choose from Dutch basics, vegan cooking, debate, and more! This is the place to **meet people** with similar interests!

Evening Activities To-go



Time to collect materials: 12:30-17:30



Location to collect materials: Drift 21, Hall

More information about this event is included below!

Culture Workshops

Time Slot 1:
13:00 - 14:00

Time Slot 2:
14:30 - 15:30

Time Slot 3:
16:00 - 17:00

LGBTQIA+ related talk ●●●

Who: ANTEROS

Where: Parnassos room 116

In this workshop, we will have a conversation about LGBTQIA+-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.

Intro to Dutch language ●●●

Who: ESN

Where: Drift 13 room 0.04

Are you interested in getting a head start on how the Dutch Language works? Do you want to learn the first phrases you need to converse with Dutch locals? Then this workshop is for you! Learn all about the first steps to speak Dutch!

Happiness & Success Talk ●●●

Who: Online Coaching Centre

Where: Janskerkhof 2-3, room 1.11

In this workshop you will learn: Who are we in different aspects of life? What do we need and what are our true goals? How can we make our goals aligned with our needs, without sacrificing both parts? Sign-up to find out more!

How to act like a local ●●●

Who: ESN

Where: Janskerkhof 15A, room 0.04

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 our How to Act Like a Local workshop!

Paint like Van Gogh ●●●

Who: ESN

Where: Parnassos room 204

If you enjoy painting and you always dreamed of having a painting lesson like van Gogh, this workshop is for you! After getting briefly introduced to the life and work of a famous Dutch artist, you will follow a painting tutorial and paint one of the artist's works yourself on a canvas using acrylic paint! Get your creativity flowing!

Debate Workshop ●●●

Who: Urios

Where: Janskerkhof 2-3, room 0.21

Do you like debate? Come join us in discussing the fine details of freedom of speech and the burning of religious books at the Urios debate workshop!

How to bike in NL ●●●

Who: 030 Fietsen

Where: 030 Fietsen, Nobelstraat 3

Curious about immersing yourself in the famous Dutch biking culture? Dive into it with our specialized workshop for international students. Learn the essentials of biking, from road etiquette to navigating cycle paths, and enhance your cycling skills through hands-on practice. Plus, seize the opportunity to grab your own bike with a special 10% discount offered exclusively for the Welcome Week!

Entrepreneurship & Innovation ●●●

Who: Utrecht Inc

Where: Drift 21, room 0.06

UtrechtInc is a global top 10 university start-up incubator for early-stage, scalable technology start-ups in the areas of health, sustainability, education, and AI. We can help you turn your innovations into success stories. During this workshop we will introduce our student programme and emphasise basic principles of entrepreneurship and innovation.

Vegan Sushi Making ●●●

Who: VSA

Where: Parnassos room 117

Ready to make some rolls? Come join us and make your own new sushi creation! Only with the foods you like. We, the Vegan Student Association Utrecht, are all about good food. We will provide the ingredients and the tools, you only have to bring yourself!

Culture Workshops

Time Slot 1:
13:00 - 14:00

Time Slot 2:
14:30 - 15:30

Time Slot 3:
16:00 - 17:00

Public Speaking Workshop

Who: AIESEC

Where: Janskerkhof 2-3, room 0.21

During your time as a student and later in your professional career, there will likely be moments where you'll have to present a topic or make a case in front of a group of people. Come join us for this session as we'll teach you about the ins and outs of public speaking, and become the best public speaker within any project group!

Debating Games

Who: SIB

Where: Janskerkhof 2-3, room 1.16

We will be engaging our minds and challenging each other to a battle of wits! Practice your argumentation skills during a series of debating games with SIB-Utrecht. Several fun formats are sure to keep you on your feet while you think about the prompts and their implications. Don't hesitate if you're not as well-versed in techniques, the debates are for entertainment purposes!

Human Rights Advocacy

Who: AISU

Where: Drift 21 room 0.06

In this workshop you will experience what it is like to be part of the Amnesty International student group, by learning ways to advocate for human rights. You will be part of a group, and brainstorm activities to address a specific human rights issue

Mental Wellbeing Conversation

Who: Frisse Gedachtes

Where: Janskerkhof 2-3, room 1.17

A lot of students struggle with their own mental wellbeing or know someone who does. Despite this, it's often still hard to really talk about mental wellbeing with other students. In this workshop we offer an easy and fun way to start the conversation about mental wellbeing and will make you think about it from different perspectives.

DIY Zero Waste: Self Care

Who: Green Office

Where: Drift 21 room 1.09

Are you interested in making a simple, sustainable swap that will not only reduce waste and help protect the planet, but save you some money too? Come by and take part in an easy, fun DIY session hosted by the Green Office! During this session, you can make your own Zero Waste self-care products, whilst learning more about sustainability and circularity.

Orchestra Quiz

Who: KOSMU

Where: Parnassos room 103

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. There is something for everyone, whether you like a big or small group, lots or less time investment or whichever instrument you play!

Celebration of Cultures

Who: HOST Utrecht

Where: Parnassos room 203

Are you interested in guessing and trying food from different cultures? Our event 'Celebration of Cultures' is a taste to what our organisation is and the people who are a part of it! HOST Utrecht is a group of internationals and Dutchies. You will get a chance to try each dish which is from a culture/country represented by someone within our group.

DIY Zero Waste: Household

Who: Green Office

Where: Drift 21 room 1.09

Are you interested in making a simple, sustainable swap that will not only reduce waste and help protect the planet, but save you some money too? Come by and take part in an easy, fun DIY session hosted by the Green Office! During this session, you can make your own Zero Waste household cleaning, whilst learning more about sustainability and circularity.

Choir Quiz

Who: KOSMU

Where: Parnassos room 103

Come and get to know the student choirs in Utrecht! Three of them will be joining together during this workshop to tell you a bit more about themselves and give you an opportunity to ask them all of your questions. There is something for everyone, whether you like a big or small group, lots or less time investment or sing soprano or bass! You can even go and sing together with an orchestra!

Culture Workshops

Time Slot 1:
13:00 - 14:00

Time Slot 2:
14:30 - 15:30

Time Slot 3:
16:00 - 17:00

Inclusive Classroom workshop

Who: University Pioneers
Where: Parnassos room 203

UUniversity Pioneers Community is a community for first generation students. Uni-life may be challenging if a student doesn't have the network and/or financial means that other students do have. UP tries to bring students in contact with each other and alumni to tackle some of these barriers. Interested in the topic? Join our workshop to learn more about inclusive participation at the UU!

Unicef Workshop

Who: UNICEF Utrecht
Where: Drift 23, room 1.03

Have you always wanted to familiarize yourself with UNICEF? Do you want to gain valuable experience and network with a UN organization? Come to our workshop to find out more about UNICEF Utrecht Student Team Utrecht, as well as UNICEF as a global organization, and discover your opportunities!

Crochet

Who: Marit
Where: Drift 23, room 2.06

After tying your mind into knots all day at the university, crocheting is a great way to unwind and weave things together using your hands rather than your head!

Delft painting

Who: BuddyGoDutch
Where: Drift 21 room 0.03

In this workshop, will we create and paint the famous delfts blauw tiles. We think this is the perfect way to introduce international students to their new city, as it touches on a familiar Dutch icon, but also connects with foundation of our own organization. We hope to see you there!

Mini Games

Who: ACHN
Where: Parnassos room 110

Experience the fusion of education and entertainment with ACHN's unique adaptation of the popular Ludo board game, immersing you in African and Caribbean cultures. Journey through a variety of mini-games, quizzes, challenges, and the chance to win the prize for the top team during this engaging workshop.

Yoga

Who: Sarah
Where: Parnassos, room 103

Life can get busy, especially when you're a student! Join this workshop to escape the chaos, relax, and recharge. Through movement, meditation, and focused breathing, we'll boost our concentration and get ready for upcoming challenges. No matter whether you're a yoga pro or it's your first time - everybody is welcome! Just bring your own mat!

Intro to Debate

Who: UDS
Where: Janskerkhof 2-3, room 1.10

UDS will give an interactive workshop on what debating exactly is. How do you structure arguments? What makes an argument persuasive? Sign up to get to know our fun society and learn about debating!

Painting competition

Who: Stukafest
Where: Drift 23, room 2.07

We will tap into our artistic sides and paint and create a design in groups that captures Stukafest as an organisation. But here's the fun part: your design will enter a draw to be one of the winning designs that will be printed on Stukafest Tote Bag. We will ask the students to vote for their favorite designs via Instagram, and the design that receives the most votes will be selected. We will then bring this winning design to life by printing it on tote bags that will be sold on the Stukafest events, and of course gifting the tote bag to the winner of the challenge. We hope to see you there!


Where's the Welcome
Week team today?

 Helpdesk at Olympos
Sports Centre



Academic Programme

 **Time:** 9:00 - 12:00

 **Location:** [Educatorium](#) or [Ruppertgebouw](#),
Leuvenlaan 19, 3584 CE Utrecht

 **Faculty:** Law, Economics, and Governance,
Graduate School of Life Sciences, Geosciences

Evening Activities To-go


 **Time to collect materials:** Thursday 12:30-17:30

 **Location to collect materials:** Drift 21, Hall

More information about this event is included below!

Sports day

 **Time:** 13:00 - 17:00

 **Location:** [Sportcentrum Olympos](#),
Uppsalalaan 3, 3584 CT Utrecht

Student organisations in Utrecht will host various **sports workshops**. You can choose from football, salsa, ice hockey, and more! This is a great place to try out new sports, interact with the organisations, and make friends!

Sports Workshops

Time Slot 1:
13:00 - 14:00

Time Slot 2:
14:30 - 15:30

Time Slot 3:
16:00 - 17:00

Floorball

Who: Jungle Speed
Where: Sportcentrum Olympos

Floorball is a dynamic accessible sport combining ice hockey and field hockey. On Friday the 1st we will show you our sport and association. And afterwards we will play a training match. The activity is accessible to both newcomers and more experienced players. Hope to see you there!

Women's & Non-Binary Rugby

Who: RUS
Where: Sportcentrum Olympos

Rugby is a sport for everyone, thick/thin, strong/fast, young/old! For everyone there's a position in which your talents and qualities are needed! During our rugby workshop you'll get to know the very basics of rugby! You'll learn how to pass, run, pass while running, tackle and play a short game of 'touch' rugby.

Tango

Who: USDV U Dance
Where: Sportcentrum Olympos

Are you longing for some passion in your life? Then you must join our beginners workshop tango! This dramatic dance is filled with passion and desire, although we'll make sure to take it slow in the first lesson. You can come alone or with friends. Anyhow, we'll see you there!

Lacrosse

Who: Domstad Devils
Where: Sportcentrum Olympos

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!

Salsa

Who: USDV U Dance
Where: Sportcentrum Olympos

Are you also a big fan of latin and salsa music? Are you interested in finding out if salsa dancing is for you? Join our beginner's workshop! Salsa dancing is an amazing way to easily connect with people and learn a fun new skill at the same time. Hope to see you there!

Running Clinic

Who: ESN
Where: Sportcentrum Olympos

Discover the city of Utrecht first hand by running while also connecting with other international athletes like you!

Dance

Who: STUdance
Where: Sportcentrum Olympos

Hi everyone! 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. Afterwards you can ask us some questions about the association if you'd like. Hope to see you there!

Chacha

Who: USDV U Dance
Where: Sportcentrum Olympos

Do you want to learn how to dance the chacha? Join our beginner's workshop! The chacha is an easy-to-learn dance that, in contrast to what you might expect, is danced to upbeat pop songs! Join by yourself or bring some friends, and we'll see you there!

Ice Hockey

Who: Buccaneers
Where: Sportcentrum Olympos

In this workshop, we will practice a game of ice hockey. The group will be divided in two and you will learn how to shoot a puck. The two groups will then compete by shooting pucks at a goal in order to score points. The group with the most points wins.

Sports Workshops

Time Slot 1:
13:00 - 14:00

Time Slot 2:
14:30 - 15:30

Time Slot 3:
16:00 - 17:00

Football



Who: Odysseus '91

Where: Sportcentrum Olympos

Hi there, always wanted to experience the Utrecht student soccer scene? Come and join us for a free soccer workshop at Olympos!

Squash



Who: US Beat It

Where: Sportcentrum Olympos

Would you like to try out squash and test your skills on the court? We have good news for you! From US Beat It we organize a squash workshop where you can get acquainted with this dynamic sport. It's the perfect opportunity to learn, have fun and meet new people.

Booty Workout



Who: Olympos

Where: Sportcentrum Olympos

Train your gluteus in this active sports session!

Badminton



Who: Helios

Where: Sportcentrum Olympos

Always wanted to try out badminton or already interested in joining the student badminton association of Utrecht? This is your chance! At the workshop you can play badminton matches with other Orientation participants and members of S.B. Helios. Every student is welcome to participate and get to know the association and badminton!

Gymnastics



Who: U Turn

Where: Sportcentrum Olympos

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. Come check us out if you're interested, gymnastics has many different apparatuses to learn cool tricks and moves on, so you're bound to find something you like!

Cheerleading



Who: Olympos

Where: Sportcentrum Olympos

Do you want to build human pyramids, do back flips and handstands on the ground and UP IN THE AIR? No experience is required, we all start from scratch.

Survival Run



Who: Simius Hercus

Where: Sportcentrum Olympos

We are a student sport association who love spending time outdoors! On our own obstacle course we do training in both individual and group format, of which we would like to give you a brief introduction. Climbing like a monkey and running in the woods, bring out your inner child!

Rugby



Who: USRS

Where: Sportcentrum Olympos

Short, tall, thin, fat and ugly it doesn't matter Rugby is for everyone. Experienced or not, it doesn't matter. Rugby is for everyone. Passing balls, making tackles and drinking beers. Try it now this is your chance to meet the U.S.R.S. A rugby society with 55 years of history. Open for both native and international students.

Strength Workout Beginners



Who: Olympos

Where: Kratistos

Would you like to have more varied practice sessions, be challenged more and get better results but do you lack experience in strength sports? This course is the one for you! In a small group supervised by an experienced and certified instructor, you will be introduced to the fundamentals of strength sports in a wide sense.

Sports Workshops

Time Slot 1:
13:00 - 14:00

Time Slot 2:
14:30 - 15:30

Time Slot 3:
16:00 - 17:00

Cross Challenge



Who: Olympos
Where: Kratistos

An extremely varied practice for all! If you want to improve your general fitness and strength, this is the workout for you. You will be practising in a small group with a strong focus on technique and responsible training.

Boxing



Who: Olympos
Where: Sportcentrum Olympos

Boxing boosts your self-confidence and improves your – physical and mental - condition. An increasing number of women has been taking up boxing. Training is mixed and recreationally oriented.

CIRCL Mobility



Who: Olympos
Where: Sportcentrum Olympos

CIRCL Mobility focuses on flexibility, breathwork, and mobility exercises. Come and have a fun workout!

Strong Nation



Who: Olympos
Where: Sportcentrum Olympos

Strong nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more

M/Cocktail Making

Become a team of mixologists at home!



Knit the Night Away!

Unwind together with crochet and knitting



Paint and Plant

Decorate your mini pot and sow a new plant!



Karaoke

Sing your heart with new friends and hit the spotlight!



Baking Bonanza

Bake and decorate tasty cookies together!



Old Dutch Games

Try out some classic Dutch games and snacks



Picnic with Buddy Go Dutch

Join Buddy Go Dutch for a fun picnic in your first week!



Movie Night with UP

Join Univeristy Pioneers movie screening!



Wine Tasting

Stop by Grape District store to pick up 3 specially selected wines



UU Welcome Week

EVENING ACTIVITIES TO-GO!

Pannenkoeken Dinner

A typical Dutch pannenkoeken evening to unwind and enjoy some tasty treats!



Welcome Party with CU/HOST

Play games and chill out with CU/HOST Utrecht



Movie Night at Pathe

Experience an exclusive WW cinema screening



Sustainability Pubquiz

Test your eco knowledge with the Green Office!



Drinks with VSA

Get to know VSA at Oproer Biercafé!



Bike Like the Dutch

Enjoy a bike ride and typical Dutch snacks



Pubquiz with SIB

Get your thinking caps on for a fun pubquiz night with SIB



Beer Tasting

Have a taste of five beers from local breweries



Board Games Night

Play a Jolly Dutch board game with friends!



EVENING ACTIVITIES TO-GO!

What

Evening To-Go Activities are themed packs designed for groups of 4-6 students. Each pack offers a unique experience for you and your friends to enjoy either at a designated location, or at home.

How:

On the first day of Welcome Week, after the Opening Show, you'll receive a special token. This token is key for participating in the Evening To-Go activities, so make sure you don't lose it!

Selection:

After the tokens are handed out, you can take another look at our "menu" of the various packs, including beer and wine tasting experiences, a picnic at one of Utrecht's many beautiful parks, or a movie night at Pathé cinema. Each pack is tailored for different interests, so there should be something for everyone!

Team Up:

Team up with fellow UU students who share your interests. Most activities "cost" 4-6 tokens, so these groups sizes are best, if possible.

Exchange:

On August 31st head to our stall in the lobby of Drift 21 in Utrecht city centre. Your group can stop by before/after/in between your Culture workshops, from 12:30-17:00 on this day. Here, you can exchange your 4-6 tokens to "buy" your favorite pack. Enjoy the evening of fun in your new city!

YOU CAN CHOOSE FROM

Movie Night at Pathé



*Experience an
exclusive WW
cinema screening*



Baking Bonanza

*Bake and decorate
tasty cookies
together!*

Karaoke

*Sing your heart
with new friends
and hit the
spotlight!*



Bike Like the Dutch

*Enjoy a bike ride
and typical Dutch
snacks*



Wine Tasting

*Stop by Grape
District store to
pick up 3 specially
selected wines*



Paint and Plant

*Decorate your mini
pot and sow a new
plant!*



Pannenkoeken Dinner

*A typical Dutch
pannenkoeken
evening to unwind
and enjoy some tasty
treats!*



... AND MANY MORE!