Programme Overview
AUG. 29 - SEP. 1, 2023
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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.
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!

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!
Get Settled Lab

**Time:** 10:00 - 18:00, check your shift in your WW account
**Location:** UU Botanic Gardens, Budapestaan 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!
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**

**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!

**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!

**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!

**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!

**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!

**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.
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!

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.

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.

Orchestra Quiz

**Who:** KOSMU  
**Where:** Parnassos room 103

Come and get to know the student orchestras 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 whichever instrument you play!

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!
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!

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!

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!

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!

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!

Painting competition
Who: BuddyGoDutch
Where: Drift 21 room 0.03
In this workshop, we will 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!

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!
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

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**Evening Activities To-go**

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

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

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**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

**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.

**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.

**Time Slot 2:** 14:30 - 15:30

**Lacrosse**

Who: Domstad Devils  
Where: Sportcentrum Olympos  
Do you want to just be 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!

**Time Slot 3:** 16:00 - 17:00

**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!

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

**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

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.

Time Slot 2:

14:30 - 15:30

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.

Time Slot 3:

16:00 - 17:00
UU Welcome Week

**EVENING ACTIVITIES TO-GO!**

- **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!

- **Movie Night with UP**
  Join University Pioneers movie screening!

- **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 at Pathé**
  Experience an exclusive WW cinema screening

- **Welcome Party with CU/HOST**
  Play games and chill out with CU/HOST Utrecht

- **Sustainability Pubquiz**
  Test your eco knowledge with the Green Office!

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

- **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 Pathé**
  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!

- **Beer Tasting**
  Have a taste of five beers from local breweries

- **Board Games Night**
  Play a Jolly Dutch board game with friends!

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

- **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

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**UU Welcome Week**

**EVENING ACTIVITIES TO-GO!**

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.

**What**

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!

**How:**

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!

**Selection:**

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

**Team Up:**

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!

**Exchange:**

**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!