

2-6 June 2025

STUDENT WELL-BEING WEEK

Monday
2nd of June

Yoga at the Hortus
10:00 - 11:00

L

Go with the row:
discover rowing
15:00 - 17:30

DH

Introduction to poetry
15:00 - 17:30

DH

Dirty details workshop
19:00 - 20:30

L

Tuesday
3rd of June

Stronger together: improve
the social well-being of
yourself and others
10:00 - 11:00

L

Messy hands, happy
hearts - clay workshop
13:00 - 15:00

DH

Picknick at the park
15:00 - 19:00

L

Online workshop:
job interview
14:30 - 16:30

L

Bootcamp at Malieveld
19:30 - 20:30

DH

Wednesday
4th of June

Rocycle
10:00 - 11:00

L

Plants & pencils –
botanical drawing
10:00 - 12:30

L

Summer wisdom walk
12:00 - 14:00

DH

Building bridges workshop
15:00 - 17:00

L

Music bingo
19:30 - 21:00

L

Thursday
5th of June

Yoga at the beach
10:30 - 11:30

DH

Power Up!
Nutrition hacks
11:00 - 12:00

L

Sup'n Explore
12:00 - 13:30

L

Make your own
sustainable soap
15:00 - 17:00

DH

Offline game night
19:30 - 22:00

L

Friday
6th of June

Boxing clinic
09:30 - 10:30

L

Hoe vind ik een baan
die bij mij past? (NL)
11:15 - 13:00

L

Science market
at the Hortus
13:30 - 16:30

L

Bring summer to life:
design your moodboard
15:00 - 16:30

DH

L

Leiden

DH

Den Haag

THIS TABLE IS
CLICKABLE!

ALL YEAR ROUND



Podcasts

Free mindfulness app

Study with others

Meet other students online

Online training mental skills

Online training study skills

