

UvA Health Week 2021

(1/3)

Publication date: March 24, 2021

All activities take place online (apart from the walk and talk sessions)

Title	Type	Speaker(s)	Open for	Language	Time
Monday 12 April					
Daily morning meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	08.15 - 08.45
Yoga - online live session	workout	USC Universum	students, PhD, staff	ENG	09.00 - 10.00
Studying at home: a challenge?	workshop	UvA Student counsellors	students	ENG	09.30 - 10.30
Thuisstuderen: een uitdaging?	workshop	UvA Student counsellors	students	NL	09.30 - 10.30
Werk-prive in balans	workshop	Arbodienst	staff, PhD	NL	10.45 - 12.15
How to thrive when challenged	workshop	Career coach	students, PhD	ENG	11.15 - 13.15
How to get your work done? A workshop about motivation	workshop	UvA Student counsellors	students, PhD, staff	ENG	13.00 - 14.00
Emotional First Aid	lecture and Q&A	Dr. Guy Winch	students, PhD, staff	ENG	14.00 - 14.45
MindSpace Session - online live session (extra)	workshop	CREA	students, PhD, staff	ENG + NL	15.15 - 16.15
MindSpace Session - online live session	workshop	CREA	students, PhD, staff	ENG + NL	16.45 - 17.45
Daily afternoon meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	17.00 - 17.30
Wat doet eenzaamheid met de hersenen en hoe bestrijd je eenzaamheid?	lecture and workshop	Study association Congo	students, PhD, staff	NL	17.30 - 19.00
Slaapworkshop: Gezond Slapen (voor studenten)	workshop	Dr. Winni Hofman	students	NL	19.30 - 20.30
Tuesday 13 April					
Daily morning meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	08.15 - 08.45
Wellbeing Walk with a student counsellor	walk and talk (students)	UvA Student counsellors	students	ENG + NL	10.00 - 12.00
Work-life balance	workshop	Arbodienst	staff, PhD	ENG	10.45 - 12.15
Yoga@your desk	workshop	Arbodienst	students, PhD, staff	ENG + NL	12.00 - 12.45
Walking coach	walk and talk (staff)	Arbodienst	staff, PhD	ENG + NL	13.00 - 16.00
Stay connected to yourself and others in stressful times	workshop	UvA Student psychologists	students, PhD	ENG	13.30 - 15.00
Smart Working from Home	workshop	Human Resources UvA	staff, PhD	ENG	13.30 - 15.30
Tips omgaan met corona blues + Mentale welzijn Q&A	lecture and Q&A	De Advieswinkel	students, PhD, staff	NL	16.00 - 17.00
Salsa - online live session	workshop	CREA	students, PhD, staff	ENG + NL	16.45 - 17.45
Daily afternoon meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	17.00 - 17.30
HIIT - online live session	workout	USC Universum	students, PhD, staff	ENG	17.15 - 18.00

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Wednesday 14 April					
Daily morning meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	08.15 - 08.45
Yoga - online live session	workout	USC Universum	students, PhD, staff	NL	09.00 - 10.00
Walking coach	walk and talk (staff)	Arbodienst	Staff, PhD	ENG + NL	10.00 - 12.00
Yoga@your desk	workshop	Arbodienst	students, PhD, staff	ENG + NL	11.00 - 11.45
Pilates - online live session	workout	USC Universum	students, PhD, staff	ENG	12.30 - 13.15
Stress and mental health	lecture and Q&A	Prof. Harm Krugers	students, PhD, staff	ENG	16.00 - 16.45
Creativity Boosts - online live session	workshop	CREA	students, PhD, staff	ENG + NL	16.45 - 17.45
Daily afternoon meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	17.00 - 17.30
De invloed van studentensport op de mentale gezondheid van UvA studenten	lecture and debate	Studenten Sport Amsterdam	students, PhD, staff	NL	19.00 - 21.00
(Silent) Disco	dance and disco	Faculty association FMG	students, PhD, staff	NA	21.00 - 24.00
Thursday 15 April					
Daily morning meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	08.15 - 08.45
Vitaal en Veerkrachtig	workshop	Human Resources UvA	staff, PhD	NL	09.30 - 11.30
Yoga@your desk	workshop	Arbodienst	students, PhD, staff	ENG + NL	09.45 - 10.30
Resilience: rebuilding confidence in finding work	workshop	Career coach	students, PhD	ENG	10.00 - 12.00
Executive Board Q&A online - topic: mental health	Q&A	CvB	students, PhD, staff	ENG+NL	12.00 - 13.30
Wellbeing Walk with a student counsellor	walk and talk (students)	UvA Student counsellors	students	ENG + NL	14.00 - 16.00
Addiction and student life	lecture and Q&A	Prof. Reinout Wiers	students, PhD, staff	ENG	16.00 - 17.00
Mindspace Session - online live session	workshop	CREA	students, PhD, staff	ENG + NL	16.45 - 17.45
Daily afternoon meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	17.00 - 17.30
Total Body Workout - online live session	workout	USC Universum	students, PhD, staff	ENG	17.15 - 18.00
Slaapworkshop: Gezond Slapen en Gezond werken (voor medewerkers)	workshop	Dr. Winni Hofman	staff, PhD	NL	19.30 - 20.30
Friday 16 April					
Daily morning meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	08.15 - 08.45
Pilates - online live session	workout	USC Universum	students, PhD, staff	ENG	12.30 - 13.15
Walking coach	walk and talk (staff)	Arbodienst	staff, PhD	ENG + NL	13.00 - 16.00
Energy Movement - online live session	workshop	CREA	students, PhD, staff	ENG + NL	16.45 - 17.45
Daily afternoon meditation	guided meditation	Student Meditation	students, PhD, staff	ENG	17.00 - 17.30
Kookcursus - Cuisine Quarantine	workshop	Study association Bona Fide	students	NL	18.30 - 20.00
Saturday 17 April					
Mini Meditation Retreat	meditation	Student Meditation	students, PhD, staff	ENG	10.00 - 14.00

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After the UvA Health Week					
Walking coach	walk and talk (staff)	Arbodienst	staff, PhD	ENG + NL	TBD
E-Health module - 24/7 (register between 17 March - 17 April)					
Geluk	e-Health module	General Practitioners Practice UvA	students, PhD, staff	NL	
Omgaan met coronastress	e-Health module	General Practitioners Practice UvA	students, PhD, staff	NL	
Dealing with corona stress	e-Health module	General Practitioners Practice UvA	students, PhD, staff	ENG	
Thuiswerken	e-Health module	General Practitioners Practice UvA	students, PhD, staff	NL	
Eenzaam bij Corona	e-Health module	General Practitioners Practice UvA	students, PhD, staff	NL	
Back on Track – Reduce your unwanted use of cannabis	e-Health module	UvA Neuroscience of Addiction Lab, Amsterdam Emotional Memory Lab and ADAPT Lab	students, PhD, staff	ENG + NL	



UvA Health Week

www.uva.nl/en/healthweek