

# HAN Programma Wellbeingweek 2026 Arnhem

Tuesday 10-02

## WORKSHOPS

**9:00-10:30**  
**Workshop: Positive Psychology**  
Zane Klavina  
Ruitenberglaan 26

**12:30-14:00**  
**Workshop: Vision Boards**  
Nadine Leibig - International Social Work  
Ruitenberglaan 26

**15:30 - 17:00**  
**Workshop: Up, Down, Forward**  
*Understanding your feelings and finding ways to carry on*  
Arnhem Student Point  
Ruitenberglaan 26

**16:00- 18:00**  
**Workshop Already Enough**  
*A space to pause, reflect, and belong*  
HAN HUNTU  
Ruitenberglaan 26

**19:00-21:00**  
**Workshop Unfiltered You**  
Arnhem Student Point  
kastanjelaan 22E - Arnhem

Tuesday 10-02

## Wellbeing Hub Mainlobby Ruitenberglaan 26

**Wellbeing Hub 12:00-16:00**  
The Wellbeing Hub offers a place to chill, meet people, engage in creative activities, ask life questions, and learn more about additional support in the area of wellbeing.

Just drop by for:  
~Lovely notes: sent a free postcard~  
~Kidness Rocks~  
~Mirror of positivity~  
~Painting flower pots~  
~Give-away contest~  
~And more fun!~

**12:00-15:00**  
**Smoothie Bike**  
cycle your own smoothie!

**12:00-16:00**  
**Need a chat?**  
Questions, thoughts, or just a moment to talk? The Student Support Center, Arnhem Student Point & Ixta Noa are here for you.

Thursday 12-02

## WORKSHOPS

**12.30-13.30**  
**Social Experiment: Solve for Happy**  
Dellwyn Oseana  
Ruitenberglaan 31

**13.30-16.00 u**  
**Making Punch cards**  
*A gift to yourself*  
Ruitenberglaan 31- basecamp ISB  
WALK-IN

**16:00-17:00**  
**Workshop: Selfdefense**  
Christina Daniels  
Ruitenberglaan 31 - Silentium

**16:30-17:30**  
**Workshop Master your procrastination**  
Christiaan van den Berg  
Student Support Center

**Sign up for  
Free workshops &  
movienight:**

Thursday 12-02

## Wellbeing Hub Mainlobby Ruitenberglaan 31

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**18.00-21.00 u**  
**MOVIE NIGHT - INSIDE OUT 2**  
Ruitenberglaan 26

**Sign up via QRcode!**



HAN UNIVERSITY  
OF APPLIED SCIENCES