

HAN Programma Wellbeingweek 2026 Arnhem



Tuesday 10-02 WORKSHOPS	Tuesday 10-02 Wellbeing Hub Mainlobby Ruitenberglaan 26	Thursday 12-02 WORKSHOPS	Thursday 12-02 Wellbeing Hub Mainlobby Ruitenberglaan 31
<p>9:00-10:30 Workshop: Positive Psychology Zane Klavina Ruitenberglaan 26</p>	<p>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.</p> <p>Just drop by for: ~Lovely notes: sent a free postcard~ ~Kidness Rocks~ ~Mirror of positivity~ ~Painting flower pots~ ~Give-away contest~ ~And more fun!~</p>	<p>12.30-13.30 Social Experiment: Solve for Happy Dellwyn Oseana Ruitenberglaan 31</p>	<p>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.</p> <p>Just drop by for: ~Lovely notes: sent a free postcard~ ~Kidness Rocks~ ~Mirror of positivity~ ~Painting flower pots~ ~Give-away contest~ ~And more fun!~</p>
<p>12:30-14:00 Workshop: Vision Boards Nadine Leibig - International Social Work Ruitenberglaan 26</p>		<p>13.30-16.00 u Making Punch cards <i>A gift to yourself</i> Ruitenberglaan 31- basecamp ISB WALK-IN</p>	
<p>15:30 - 17:00 Workshop: Up, Down, Forward <i>Understanding your feelings and finding ways to carry on</i> Arnhem Student Point Ruitenberglaan 26</p>	<p>12:00-15:00 Smoothie Bike cycle your own smoothie!</p>	<p>16:00-17:00 Workshop: Selfdefense Christina Daniels Ruitenberglaan 31 - Silentium</p>	<p>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.</p>
<p>16:00- 18:00 Workshop Already Enough <i>A space to pause, reflect, and belong</i> HAN HUNTU Ruitenberglaan 26</p>	<p>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.</p>	<p>16:30-17:30 Workshop Master your procrastination Christiaan van den Berg Student Support Center</p>	<p>18.00-21.00 u MOVIE NIGHT - INSIDE OUT 2 Ruitenberglaan 26</p> <p>Sign up via QRcode!</p>
<p>19:00-21:00 Workshop Unfiltered You Arnhem Student Point kastanjelaan 22E - Arnhem</p>		<p>Sign up for Free workshops & movienight: </p>	

