



## Newsletter period 2

Do you want to know what is happening at the university and what kind of projects VeSte has been working on during last year? Read our newsletter to see what we did!



## Topics this period

- Day in a life of - Sam
- Studying in corona times
- Surf Your Stress
- Day in a life of - Renee

## Day in a life of - Sam

The day starts when the sound of the alarm wakes me in the morning. FYI, I am not a morning person. I then start the usual morning routine, breakfast, clothes, brushing your teeth, shower and opening my laptop (the order of these activities changes from day to day). At exactly 9:00 AM (more or less ;) I start the

internal meeting with VeSte in the morning. In this meeting we discuss the past week and the activities for the upcoming week, make decisions on certain topics and divide the workload. There are always some jokes and laughs in between. Since I work from home, I get to have lunch with my roommates every day ;). For the rest of this day, the entire SC had a Meet&Greet with the student counseling department, I had a meeting with the SC promotion committee and was present at the programme committee meeting for Animal Sciences! At 5 work is over and it's time to close the laptop. In these corona times I usually spend the evenings with my roommates or close friends. But not too late, because work starts at 9 in the morning.



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Did you know that... there is an event coming up on the 26<sup>th</sup> of November about RSI complaints? We have invited people to explain how to work in an RSI proof way and how to do so at home without high quality resources

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## Studying in corona times

The first period has finished already! We hope you all had a successful period. This period you were introduced to a new form of education; blended learning. Now it is time to evaluate and look forward towards to coming periods!

We think students are very important stakeholders in evaluating the current education system. That is why we opened contact form where you can leave all your remarks, feedback, problems and ideas about blended education! Go to our website, [www.vestewageningen.nl](http://www.vestewageningen.nl), and leave your comment. We will make sure that you are heard! Do you have more to say, feel free to email us at [veste@wur.nl](mailto:veste@wur.nl). Bart van Osebruggen is currently looking for students to talk to about software issues. If you are interested in a conversation about that, send us a mail!

This is also the time to look towards to future. The government announced that there will be little impact on education as a consequence of Corona, so good news! More good news, the university has enlarged the number of study places at campus as requested by the student council. Be sure to reserve your spot using TimeEdit and wear your mask while walking through the buildings. In addition, the various student associations also offer study places in their own buildings!

Lastly, we would like to talk about wellbeing during these strange times. Students who

picture describes where you have to go with your problem. VeSte thinks it is important for students to find and get the right support for them. We hope you are all doing well, and we wish you good luck in the upcoming period!

# STUDENT SUPPORT AT WUR



## Surf Your Stress

with this? Come to the 2<sup>nd</sup> edition of the Surf Your Stress week! From the **16 till 20 November** there will daily be activities concerning the theme student wellbeing. This year the week will have a digital touch, due to the covid-19 measures. During daily interactive workshops you will be handed concrete handles to beat your stress. Themes that will be discussed are: dealing with perfectionism-stress (Remko van der Drift), finding your digital balance (Johan van Houten) and learning to “turn your study off and turning your life on” (Thijs Launspach); keeping your study and private life separated from each other during corona times.

This year the week will be kicked off with a breakfast rave (MiniCulture) with a free healthy breakfast, there will be spinning lectures where you become wiser while working out, picture your goals on a vision board (AISEC) and completely relax with laughter yoga. At <https://www.wur.nl/en/activity/Surf-Your-Stress-week.htm> you can find the entire program and you can sign up for the activities. Are we seeing you there? Let's learn to balance & ride the waves

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Did you know that... that WUR is working hard on the quality agreements and that we are involved in the discussions? More information about this? Look here:

[https://www.wur.nl/upload\\_mm/e/a/2/58faaeac-bd6e-41e8-aaba-44b0a647ba7e\\_WUR\\_Quality%20Agreements\\_2019-2024.pdf](https://www.wur.nl/upload_mm/e/a/2/58faaeac-bd6e-41e8-aaba-44b0a647ba7e_WUR_Quality%20Agreements_2019-2024.pdf)

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## Day in a life of - Renee



Hey everyone, welcome to my day in a life of... Renee, the Veste Treasurer! Around eight o'clock I wake up, get a coffee and start my first meeting about thesis workplaces. After that I have my second meeting with the student council committee about finance. We discuss the WU budget, ongoing projects and decide what we want to discuss with Arthur Mol during the consultation meeting within a few weeks. After that it is time for lunch! Today I go for a lunch with a friend and we get a nice sandwich and soup from the Spot. Afterwards we walk a bit and I go back home to continue working. I'm working on the VeSte Budget for 2020-2021, which I will discuss next week with the KasCo. Later in the afternoon I have some meetings about education and the quality agreements. Around 5 the working day has come to its end! I like to finish my day in the Bongerd with an intensive Power Dumbbell class. In the evening I go make pokebowl, drink some

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Did you know that... this academic year the education will continue to be blended (online and on campus).

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*The VeSte Cotton candy machine is for rent for all students. It costs 35 euros to rent the machine for a day. Interested? Mail [veste@wur.nl](mailto:veste@wur.nl)!*



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