WELL-BEING
AT THE ULTIMATE PEOPLE-FIRST UNIVERSITY OF TECHNOLOGY

At the University of Twente we highly value your well-being and, therefore, the annual health week has been transformed! The new ‘well-being weeks’ are organised two times a year for employees and students. During the well-being weeks we will give special attention to balance, vitality, physical and mental health, fun, and relaxation.

Learn more at utwente.nl/wellbeingweeks

BOOST & BALANCE

The Boost and Balance well-being weeks included a wide range of events. During these four weeks of well-being you could choose from a large selection of workshops, lectures, and activities. For example: lunchwalks, cholesterol-glucose and bloodpressure checks, individual walk & talk with a lifestyle coach, and a breathing session in an icebath. Again, this edition was a great success!

732 participations in total
Employees vs students

TOP 3 RATED ACTIVITIES
01 8.6 breathing session with ice bath
02 8.5 salsa workshop
03 8.3 mindfulness workshop, how to switch off work

TOP 3 MOST VISITED ACTIVITIES
01 300 measure your cholesterol, glucose and blood pressure
02 199 lunchwalk
03 81 sleep smart – sense and nonsense of sleep

NEXT WELL-BEING WEEKS COMING IN SPRING 2022

In spring 2022 the next well-being weeks will take place. The topic will be based on the results of the well-being research, lifestyle checks and current events. For more information on well-being at UT, visit the employee well-being page or contact us at wellbeing-hr@utwente.nl.

Stay up to date! Sign up for the well-being weeks newsletter here

HIGH TECH HUMAN TOUCH
UNIVERSITY OF TWENTE.