

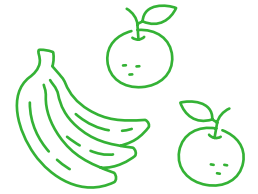
WELL-BEING WEEKS



RESULTS FIFTH EDITION

RESULTS FIFTH EDITION

TOGETHER WE CARE. After the past edition with the theme 'Take the Lead' we decided to switch the focus from a more individualistic view to a more collective view. It is essential to take care of ourselves, but it is equally important to look after each other. This edition of the well-being weeks will spotlight those who are already helping others regularly but also provides tools on how to start a dialogue if you see someone struggling.



12400
PIECES FRUITS



569 REGISTRANTS

503 PARTICIPANTS

1458
TOTAL

PARTICIPANTS **955**

UB VISITS **73.685**



STUDENTS

TOP 3 RATED ACTIVITIES

9.2

OUTDOOR
YOGA

9.0

HAPPINESS
AT WORK

8.7

GOLF

TOP 3 MOST VISITED ACTIVITIES

149

LUNCH
WALKS

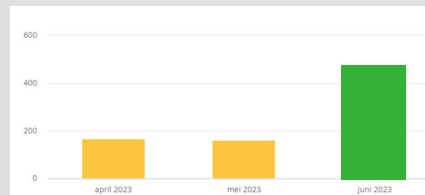
70

LIFESTYLE
CHECKS

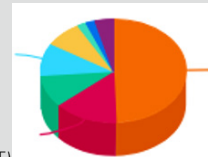
59

OUTDOOR
YOGA

GOODHABITZ



- MORE COURSES FOLLOWED
- MAINLY WITHIN PERSONAL STRENGTH (ORANGE)



TOP 3 MOST VISITED ACITIVITIES

400

MEDITATION
MINDFULNEST

380

BREAKFAST
AT UB

253

SMOOTHIE
BAR

SIGN UP FOR THE
NEWSLETTER

REACH THROUGH COMMUNICATION CHANNELS

SERVICEPORTAL

590
(TOTAL)

375 PORTAL &
215 MONDAY UPDATE

WEBSITE

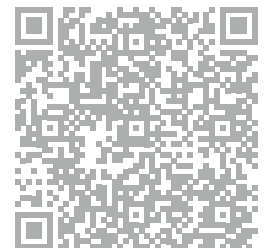
MAIN PAGE: **799** (ENG) **476** (NL)
PROG. EMPLOYEES: **900**
PROG. STUDENTS: **522**

VIA: (1) GOOGLE (2) DIRECT

INSTAGRAM

3237
(AVERAGE)

ACCOUNTS REACHED



NEXT WELL-BEING WEEKS WILL TAKE PLACE IN **NOVEMBER 2023**

UNIVERSITY OF TWENTE.

utwente 7u

WELL-BEING WEEKS

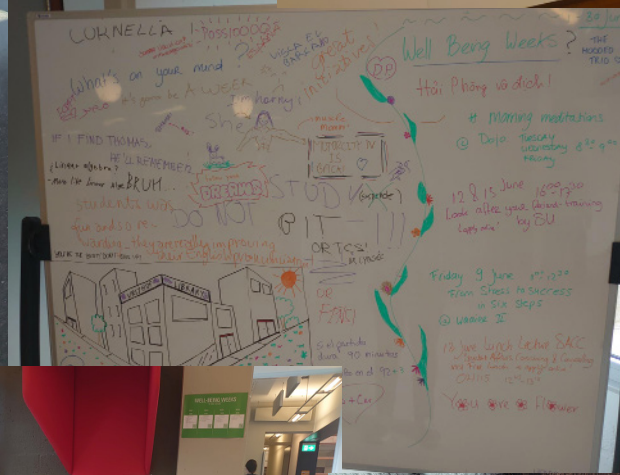
TOGETHER WE CARE



FROM 01/06 TO 30/06

CHECK OUT THE WEBSITE FOR ALL THE ACTIVITIES

WELL-BEING WEEKS PROGRAMME



utwente 3 minuten

WELL-BEING WEEKS

HAVE COME TO AN END...



CHECK OUT THE WEBSITE FOR MORE INFORMATION ON THE WELL-BEING FACILITIES THE UT OFFERS

UTWENTE.NL



NEXT WELL-BEING WEEKS WILL TAKE PLACE IN NOVEMBER 2023

UNIVERSITY OF TWENTE.