

# PROGRAM BOOKLET TOP WINTER WEEK 2021

26 - 29 JANUARY  
[TOP@UVT.NL](mailto:TOP@UVT.NL)

**TOP**

Tilburg Orientation Program

Dear student,

We are very pleased that you have decided to join TOP Winter Week 2021. You are about to start your student life in the best possible way. Apart from getting to know your university and your study association, you will be visiting sport associations throughout the week and explore everything a student in Tilburg needs to know. But above all, you will meet many new people and build friendships for life! All in all, TOP Winter Week is the best start of your life as a student in Tilburg!

This year, TOP Winter Week has a completely new program, consisting of online and offline activities. Most of TOP Winter Week will take place online. If you wish, you can participate in some events that physically take place in Tilburg. The offline activities will be in line with the measures of the Dutch government and the Dutch National Institute for Public Health and the Environment (RIVM).

This booklet provides you with all the information you will need during TOP Winter Week. We recommend that you always keep it with you during TOP Winter Week. To be able to participate in TOP Winter Week, you will need to download the TOP Week application. Search for 'TOP Winter Week' in the App Store or Google Play Store. All the information in this booklet is also available in the app.

We hope that you will have a great week!

On behalf of the TOP Board,

Loran van den Dungen,  
Chairman



# TABLE OF CONTENTS

---

Important information	<b>4</b>
Basic rules	<b>8</b>
TOP Week Application	<b>9</b>
Mentors and group division	<b>10</b>
Program introduction and Registration day	<b>11</b>
Program explanation	<b>12</b>
TOP Challenges	<b>19</b>
Important addresses and contact	<b>20</b>
Map of Tilburg University	<b>24</b>
Packing list	<b>25</b>
Bicycle stations	<b>26</b>
TOP organization	<b>27</b>

# IMPORTANT INFORMATION

## TOP WEEK AND COVID-19

This year, TOP Winter Week consists of online activities due to COVID-19. You will be able to get to know student life in Tilburg. The online activities will take place via our application. Via this application, you can familiarize yourself with all aspects of student life in Tilburg. You can get to explore the city, and most importantly, meet your fellow students.

In this booklet, everything regarding the TOP Week program is explained in detail. Given the corona measures, most activities will take place online. If the measures regarding COVID-19 allow it, some TOP events will physically take place in Tilburg. Because only a limited number of students can participate in offline events, you will have to register for them. It is not necessary to register for online events, except for the workshops. This booklet provides detailed information on what events to register for and how to do so.

## FIRST AID AND EMERGENCIES

If you need first aid assistance at any event during TOP Winter Week, please visit the first aid station or ask the TOP organization. In the event of an emergency, please call 112.

TOP organization	+31 6 42 09 21 70
Emergency: police, ambulance, and fire brigade	112
Emergency at Tilburg University	+31 13 466 25 25
Non-emergency: local police	+31 900 88 44
Non-emergency: First Aid	+31 900 332 22 22
Non-emergency: Tilburg city center fire brigade	+31 88 225 01 00

For more contact information, see 'Important Addresses' (page 20).

# IMPORTANT INFORMATION

---

## TOP WEEK APPLICATION

A special TOP Week application (app) is available for your smartphone and desktop. This app contains all the necessary TOP Winter Week information, such as the program, the locations, and push notifications if there are any changes in activities. You can follow the online program via the app or your desktop, so make sure you download the TOP Week application. The app is available in the App Store and Google Play Store. You can find an elaborate explanation of the app in the chapter 'TOP Week application' (page 9).

## ZOOM

This introduction week is mainly online because of COVID-19. As a result, some members of your group may not be able to physically attend TOP Winter Week. If this is the case, you can use Zoom to involve all the members of the group. Every student of Tilburg University has access to a premium account on Zoom. You can use it to have a call with your group without a time limit.

To start a Zoom session:

1. Go to <https://tilburguniversity.zoom.us/profile>
2. Log in on your university account
3. Press: "Host a meeting"
4. Make sure your computer audio is on
5. Copy a link of the meeting and sent it to your group

# IMPORTANT INFORMATION

---

## FOOD AND DRINKS

No food or drinks will be provided during TOP Winter Week. All food and drinks are for your own account. Tilburg has many nice restaurants, bars, or cafes where you can grab a bite to eat together with your fellow students.

## PROBLEMS WITH YOUR MENTOR

During TOP Winter Week, if you experience problems regarding one of your mentors, you can always call +31 6 42 09 21 70. Your complaints will be dealt with anonymously. It is also possible to file complaints after TOP Winter Week via [topregistratie@tilburguniversity.edu](mailto:topregistratie@tilburguniversity.edu).

## ALCOHOL AND DRUGS POLICY

Our alcohol and drugs policies are completely in line with Dutch law. This means that no alcohol will be sold during TOP activities due to COVID-19 restrictions. Drugs are strictly prohibited. If you are caught using or carrying drugs, you will be excluded from all our events and the police will be informed. Should any serious medical issues arise concerning drugs abuse, please call the Dutch emergency number: 112. You will not get arrested, as using drugs is not prohibited in the Netherlands.

In the event of sexual violence, make sure to contact one of the following authorities:

- Police (112 for emergencies / 0900-8844 if it is not an emergency)
- Sexual Assault Center: 0800-0188

All phone numbers are available 24 hours a day.

# IMPORTANT INFORMATION

---

## SMOKING POLICY AT TILBURG UNIVERSITY

Please note that the Tilburg University campus as well as the Tilburg University Sports Center have a non-smoking policy. This means that smoking is not allowed anywhere on campus or around the Sports Center. E-cigarettes are not allowed either.



# Basic rules for everyone

TOP Winter Week will only be a success if everyone adheres to the measures.

## Do you develop symptoms?



Stay at home



Follow the online program



Call the GGD



Limit physical events



Stay 1.5 meters away from other people



Stay in self-quarantine for 14 days if you visited a (high-) risk area



Avoid busy places



Wash your hands often



Use paper tissues



Cough and sneeze into your elbow



Avoid shaking hands



# TOP WEEK APPLICATION

A brand-new TOP Week application (app) has been developed for TOP Winter Week 2021!

## For your smartphone

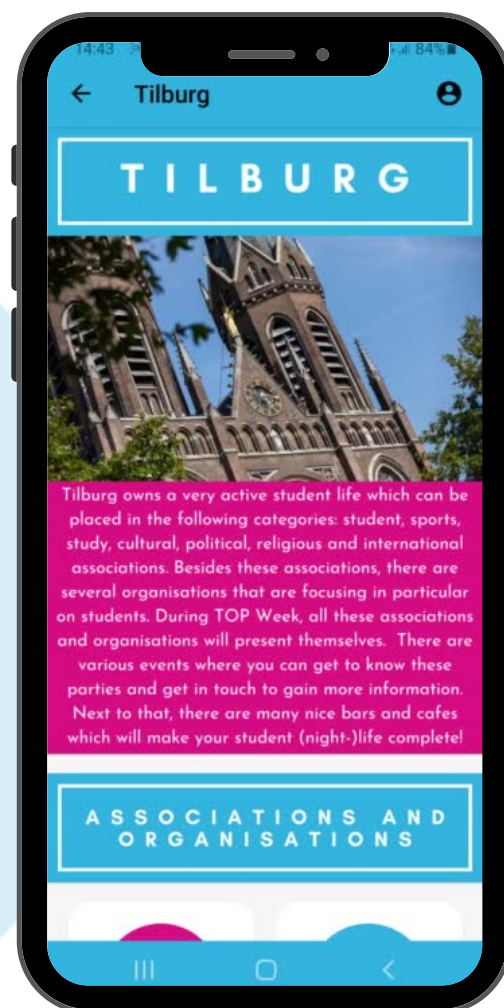
You can download the app now on your smartphone. Search for 'TOP Week' in the App Store or Google Play Store.

## For your desktop

You can also find the app on your desktop. Go to [TOP.introcloud.app](http://TOP.introcloud.app) in your browser for the desktop version of the application.

Please note: it is not yet possible to log into the app. You can log into the app the week on January 22, 12:00 with your TOP Account.

The app has many handy features, like seeing your personal TOP Winter Week program, the checklist, chatting with other students, and a map of Tilburg with all student hotspots. You can follow the entire online TOP Winter Week program in the app or on your desktop. For more information on the program, see the chapter 'Program explanation' (page 12).



# MENTORS AND GROUP DIVISION

---

All new students who participate in TOP Winter Week will be assigned to groups. Degree-seeking students will be divided into groups of approximately 20 students based on their study program. Exchange students will be divided into groups of approximately 20 students together with other exchange students. In the week before the start of TOP Winter Week, you will receive an e-mail with your group number. All groups will be guided by two or more mentors, senior students who are members of I\*ESN. A few days before the start of TOP Winter Week, we will send your name and phone number to your mentors, so you can already meet your group. These mentors will guide you through the (online) week and will be available to answer all your questions during your first year as a student in Tilburg.

Due to the measures regarding COVID-19, you will have to arrange sleeping accommodation yourself.

# PROGRAM INTRODUCTION AND REGISTRATION DAY

---

## PROGRAM INTRODUCTION

The Program Introduction (PI) is organized by the various Schools of Tilburg University: this program component is separate from TOP Winter Week. This year, the PI will take place online. If you are a student at one of the universities of applied sciences (Fontys/Avans Hogescholen), you will not have a PI during TOP Winter Week.

During this compulsory introduction to your study program, you will receive information on studying and the details of your program's curriculum. For instance, you will get practical information on the digital learning environment, the facilities available at the university, and places to go to if you have questions or problems. The PI is organized by the various Schools of Tilburg University: this program component is separate from TOP Winter Week.

The PIs are held on various times before, during, or after TOP Winter Week. You will receive more information from your School. If you have any questions on your PI, please go to the Tilburg University website or contact the School that teaches your study program. You will receive all information on your PI from your School.

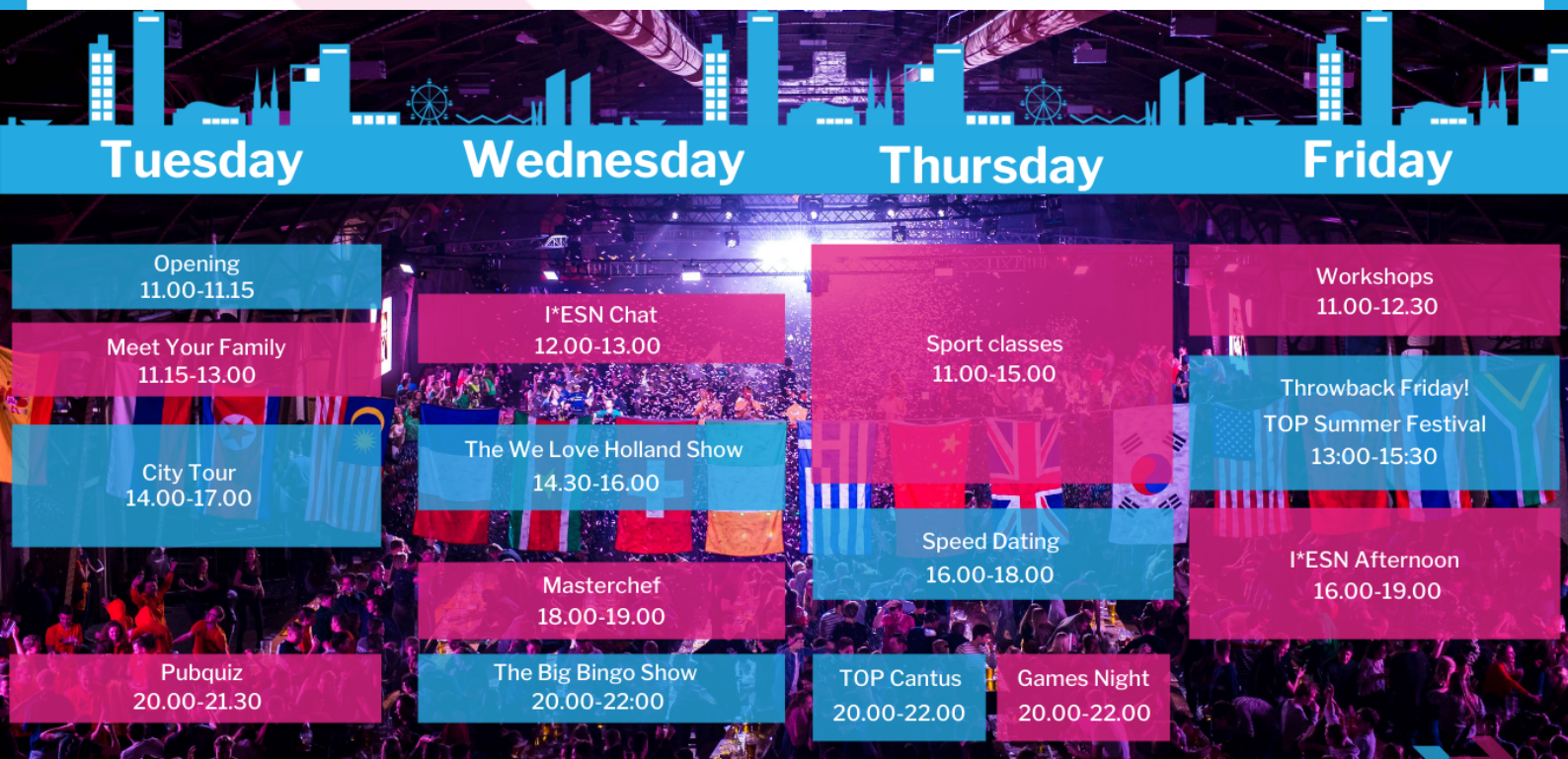
Contact information for PI's:

- TiSEM: <https://www.tilburguniversity.edu/students/tutoring/education-coordinators/economics-management>
- TLS: [D.vanOs@tilburguniversity.edu](mailto:D.vanOs@tilburguniversity.edu)
- TSB: [TSB-pi@tilburguniversity.edu](mailto:TSB-pi@tilburguniversity.edu)
- TSHD: [TSH.est.secretary@tilburguniversity.edu](mailto:TSH.est.secretary@tilburguniversity.edu)
- International Office: [studyabroad@tilburguniversity.edu](mailto:studyabroad@tilburguniversity.edu)

## REGISTRATION DAY

On Friday January 22, 2021, from 9:00 - 18:00 hrs our Registration Day takes place. During the day we provide you with a number of online services to make sure you have a pleasant and a well prepared start in Tilburg. If you plan to travel to Tilburg in January, we advise you to arrive during this day in order to benefit from the travel assistance we offer (if corona measures permit)!

# PROGRAM EXPLANATION



\*Note that all activities are online!

# PROGRAM EXPLANATION

---

## TOP WINTER WEEK 2021

Given the measures regarding COVID-19, an online program has been developed for TOP Winter Week 2021. The program will focus on introducing you to student life in Tilburg, i.e., you will get to know all student and study associations, the city of Tilburg, and your fellow students.

It is always possible to join the online activities. Even if you are not in Tilburg during TOP Winter Week, you can enjoy a great introduction time.

## REGISTRATION FOR ACTIVITIES

You will need to book a timeslot for some activities. Registration is on an individual basis, except for the I\*ESN afternoon\*. If you would like to visit the activities with your TOP group, please discuss with your group in which timeslot you want to do the activity. You need to register for the following activities to participate:

- The Big Bingo Show (Wednesday);
- Workshops (Friday);
- I\*ESN Afternoon (Friday).

You can book timeslots via the TOP Week app or TOP.introcloud.app. If you have booked a timeslot for an activity:

Registration for activities opens in the week before TOP Winter Week, after mentors have received your contact information. You can register on January 22, 18:00!

\*You can sign up as a team of 4 or individually.

# PROGRAM EXPLANATION

---

## ONLINE ACTIVITIES

You will get access to the online activities if you have registered for TOP Winter Week. You can find all the online activities in the TOP Week application. You will get access to the TOP Week app in the week before TOP Winter Week. There is no need to register for the activities, except for the Big Bingo Show on Wednesday, the workshops and I\*ESN afternoon on Friday.

## TOP ACTIVITIES

Attending TOP activities is not mandatory. Of course, it's more fun to join as many TOP activities as possible to get a taste of the student life in Tilburg.

# TUESDAY

## OPENING

TOP Winter Week will be opened on Tuesday morning. During this opening, which takes place online via the app or TOP.introcloud.app, you will be welcomed as a new student in Tilburg and you will receive some information on what TOP Winter Week is going to look like.

## MEET YOUR FAMILY

After the opening, you will get to know your mentor group through an introductory activity: Meet Your Family. In the TOP Week app, you can find many fun games with which you can get to know your fellow students.

## CITY TOUR

You start your afternoon with an online City Tour. Via the TOP Week app, you will explore the city of Tilburg in an interactive way.

## PUB QUIZ

In the evening, the Pub Quiz will be livestreamed via the app or TOP.introcloud.app. It is time to test your knowledge about Tilburg, TOP Week, and student life during this quiz! The winner will win an amazing prizes.



## Tuesday

Opening  
11.00-11.15

Meet Your Family  
11.15-13.00

City Tour  
14.00-17.00

Pubquiz  
20.00-21.30

# WEDNESDAY

---

## I\*ESN CHAT

You can chat with I\*ESN via the TOP Week App and ask them all your questions!

## 'WE LOVE HOLLAND SHOW'

During this stream, we will show you the different aspects of Dutch culture in a fun way! For example, there will be typical Dutch games or there will be speakers who will explain the strange habits of the Dutch.

## COOKING STREAM

Let's cook together! In the app, you can see what kind of ingredients you need and, via this live stream, we will cook together!

## THE BIG BINGO SHOW

New on the program: the Big Bingo Show. Instead of a classic bingo, this a music bingo. Grab your bingo card and mark the song you hear! Note; registration is mandatory.





# THURSDAY

## SPORTS CLASSES

Begin Thursday in a sportive fashion with a sports class! Via the TOP Week app, some home sports classes, which are organized by the Sports associations, are available. You can also do a workshop on healthy food via the app.

## SPEED DATING

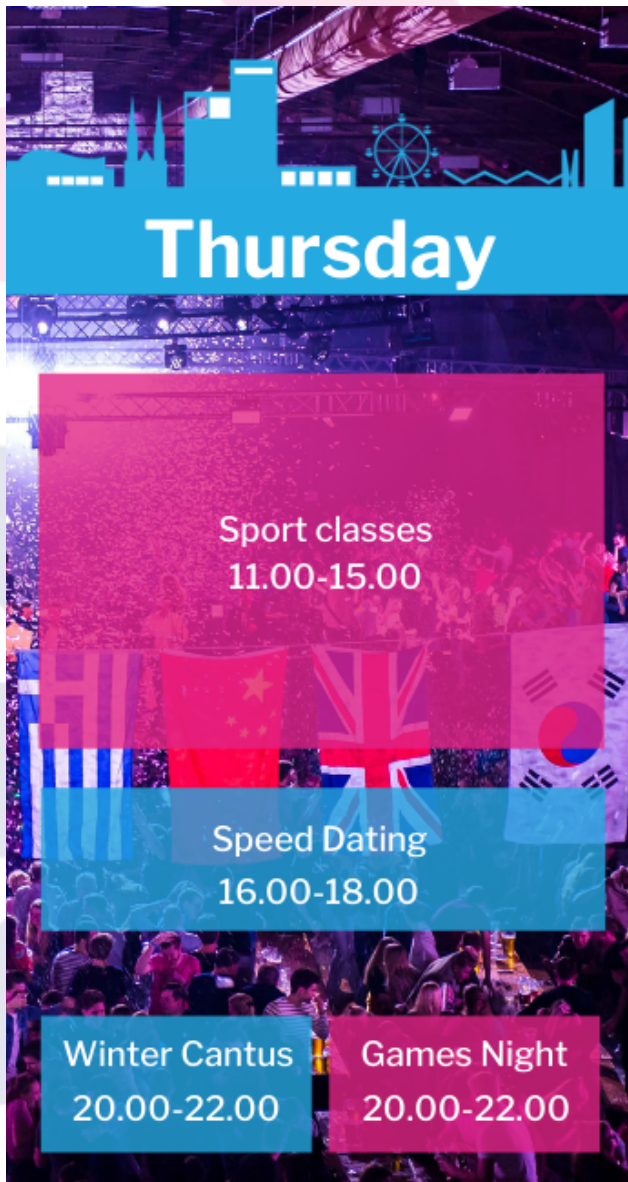
After the sports classes, you can get to know your fellow students! During speed dating, you get to know all kinds of people who participate in TOP Winter Week. Now you get to know not only your group members but also other participants! You can join this activity online (via the app or [top.introcloud.app](http://top.introcloud.app)).

## TOP CANTUS

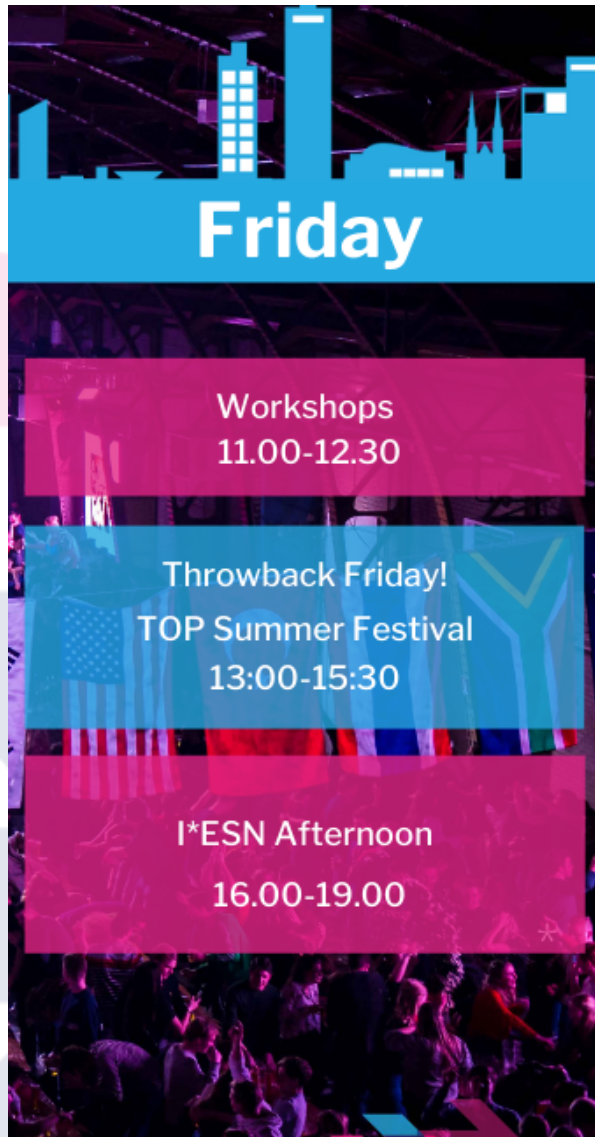
In the evening, it is time for the one and only TOP Beer Winter Cantus. This year, the TOP Winter Cantus takes place online. However, that will not make it less spectacular. The TOP Beer Cantus is a party where all TOP Week participants sing along with the Cantus band while having drinks. Please note: if you are under the age of 18, you are not allowed to drink alcohol during the TOP Winter Cantus. The TOP Winter Cantus is available to watch via the TOP Week app or [TOP.introcloud.app](http://TOP.introcloud.app).

## GAMES NIGHT

Don't feel like drinking beer? Join our online games night!



# FRIDAY



## WORKSHOPS

In the morning, you can further develop your skills during various online workshops. AIESEC and Integrand will host these workshops. The subjects of these workshops are sustainability, student life book and career prospects.

## TOP SUMMER FESTIVAL

Throwback Friday! After the workshops, you can chill and watch the Online TOP Festival. This festival is recorded at several locations in Tilburg during the summer of 2020!

## I\*ESN ACTIVITY

The last activity of TOP Winter Week will be the I\*ESN Afternoon. I\*ESN will arrange an online escape room! There will be some puzzles and a scavenger hunt through Google. Every time a group finishes their puzzle, they notify the game master and will get the next puzzle. The group that finishes first, wins.

# TOP CHALLENGES

---

This year, you can earn points by doing Challenges in the course of TOP Winter Week, which you can complete together with your group. You can find the Challenges in the TOP Week app. The more Challenges you complete, the more points you will earn. You will also receive points by visiting as many events as possible during TOP Winter Week. If your group earns the most points, you will receive an amazing prize.

Once a Challenge has been completed by your group, you will need to send some evidence to the TOP Organization. The TOP Organization will then judge the amount of effort that you put into the it and will decide whether you have earned your points. You can earn more points for some Challenges than others!

You will receive more information on the Challenges via the TOP Week app.

# IMPORTANT ADDRESSES AND CONTACTS

---

## ORGANIZATION

Tilburg Orientation Program  
TOP office (E2.02, Tilburg University campus)  
PO Box 90153  
5000 LE Tilburg  
The Netherlands  
+ 31 13 466 2849  
+ 31 6 42 09 21 70  
[top@tilburguniversity.edu](mailto:top@tilburguniversity.edu)  
[www.top-week.nl/en](http://www.top-week.nl/en)

Please note: this is the general address.

# IMPORTANT ADDRESSES AND CONTACTS

---

## EMERGENCY CONTACTS

Emergency: police, ambulance and fire brigade	112
Emergency at Tilburg University	+3113 466 25 25
Non-emergency: local police	+31900 88 44
Non-emergency: First Aid	+31900 332 22 22
Non-emergency: Tilburg city center fire brigade	+31900 0904

## UNIVERSITY'S CONTACT DETAILS

Tilburg University  
Warandelaan 2  
5037AB Tilburg  
The Netherlands  
+31 13 466 9111

[www.tilburguniversity.edu](http://www.tilburguniversity.edu)

Avans University of Applied Sciences  
Professor Cobbenhagenlaan 13  
5037DA Tilburg  
The Netherlands  
+31 13 595 8100  
[www.avans.nl](http://www.avans.nl)

Fontys University of Applied Sciences  
Professor Goossenslaan 1  
5022DM Tilburg  
The Netherlands  
+31 88 508 0000  
[www.fontys.nl](http://www.fontys.nl)

# IMPORTANT ADDRESSES AND CONTACTS

---

## TILBURG UNIVERSITY STUDENT DESK

Please note: it is not possible to visit the Student Desk, due to COVID-19.

- Questions for the Student Desk? Fill in the online form via the Tilburg University website.
- From Monday to Friday, you can call the Student Desk at +31 13 466 8000 between 10:00–12:00 hrs. and 13:30–15:30 hrs.
- From Monday to Friday, you can chat with the Student Desk via a ‘Live Chat’ (see the Tilburg University website) between 10:00–12:00 hrs. and 13:30–15:30 hrs. [www.tilburguniversity.edu/studentdesk](http://www.tilburguniversity.edu/studentdesk)

## TILBURG UNIVERSITY INTERNATIONAL OFFICE

Please note: it is not possible to visit the International Office, due to COVID-19.

For degree-seeking students:

+31 13 466 5647

[internationaloffice@tilburguniversity.edu](mailto:internationaloffice@tilburguniversity.edu)

For exchange students:

+31 13 466 4477

[studyabroad@tilburguniversity.edu](mailto:studyabroad@tilburguniversity.edu)

## HOUSING FOR INTERNATIONALS

If you have any questions about housing, you can go to <https://www.tilburguniversity.edu/education/practicalissues/beforearrival/accommodation> or visit one of the zoom meetings about housing on:

- January 26 between 13:00 - 14:00
- January 28 between 13:00 - 14:00
- February 2 between 13:00 - 14:00
- February 4 between 13:00 - 14:00

The Zoom link will be available in due time on the same website mentioned before.

# IMPORTANT ADDRESSES AND CONTACTS

---

## **TILBURG UNIVERSITY STUDENT PSYCHOLOGIST**

The student psychologists can help you to deal with personal and study-related circumstances that affect your study progress. All registered students from Tilburg University are welcome to seek help from the student psychologists. In case you want to consult a student psychologist, you need to fill in the online application form (see the Tilburg University website). You can also attend a workshop.

[studentpsycholoog@tilburguniversity.edu](mailto:studentpsycholoog@tilburguniversity.edu)

[www.tilburguniversity.edu/students/tutoring/psychologist](http://www.tilburguniversity.edu/students/tutoring/psychologist)

# MAP OF TILBURG UNIVERSITY

---



- |                               |                             |
|-------------------------------|-----------------------------|
| <b>A</b> Academia Building    | <b>W</b> Warande Building   |
| <b>M</b> Montesquieu Building | <b>P</b> Prisma Building    |
| <b>S</b> Simon Building       | <b>T</b> Tias Building      |
| <b>D</b> Dante Building       | <b>L</b> Library            |
| <b>R</b> Restaurant "Mensa"   | <b>V</b> Security           |
| <b>K</b> Koopmans Building    | <b>RP</b> Reitse Poort      |
| <b>C</b> Cobbenhagen Building | <b>RT</b> Reitse Toren      |
| <b>G</b> Goossens Building    | <b>I</b> Intermezzo         |
| <b>F</b> Faculty Club         | <b>E</b> Esplanade Building |

Or go to <https://www.tilburguniversity.edu/contact/campus-map>



# PACKING LIST

---

There are some important things you will need to bring every day. Below, you can find a list of things that are important to bring during TOP Winter Week. Please note: it is not necessary to bring some of these things when you will not be coming to offline activities.

- A smartphone, so you can use the TOP Week app or keep in contact with your mentors and your group. Also very handy to have with you in the event of an emergency.
- Bring face masks. It is mandatory to wear a face mask in all public places, including public transport in the Netherlands.
- Hand sanitizer. This is not mandatory to carry it with you, but very handy to have on hand.
- A bicycle, so that you can easily explore the city.
- Cash money and/or your bank card. Keep in mind that not all types of credit cards are accepted in the Netherlands. Please note: some shops in the Netherlands no longer accept cash, due to COVID-19.
- ID card or passport, so you can identify yourself. It is mandatory in the Netherlands to have ID on you in public spaces.
- Bring your raincoat/umbrella and warmer clothing in case the weather is bad.
- Remember that it might be cold, so please make sure you wear warm clothes.

# BICYCLE PARKING STATIONS

---

Here you can find an overview of all bicycle parking stations and their opening hours in the city of Tilburg. All parking stations in the city of Tilburg are free of charge.

## Heuvel

- Monday to Wednesday: 07:00 hrs. - 01:00 hrs.
- Thursday: 07:30 hrs. – all night.
- Friday to Sunday: Open 24/7

## Pieter Vreedeplein

- Monday to Saturday – 07:30 hrs. – 22:00 hrs.
- Sunday: 10:00 hrs. – 19:00 hrs.

## Concertzaal

- Monday to Saturday: 07:00 hrs. – 22:00 hrs.
- Sunday: 10:00 hrs. – 22:00 hrs.

## Katterug

- Monday to Wednesday: 08:30 hrs. – 20:00 hrs.
- Thursday: 08:30 hrs. – 22:00 hrs.
- Friday & Saturday: 08:30 hrs. – 20:00 hrs.
- Sunday: Closed

## Tilburg Central Station (Burgemeester Stekelenburgplein)

- Open 24/7

## Tilburg Central Station (Willem-II passage)

- Monday to Friday: first train – 1:00 hrs.

Next to the bicycle parking stations mentioned above, there are lots more (unguarded) parking spots in the city center. Please note: always put your bike in a designated bicycle parking spot. Otherwise, the Tilburg municipality will remove your bicycle and you will have to pay a fine in order to get it back.

# TOP ORGANIZATION

---

We hope we can give you the most amazing start to your student life in Tilburg, despite COVID-19. TOP Winter Week would not have been possible without a large number of dedicated people. We would like to thank all mentors, who are committed to giving you the best start to your student life. Furthermore, a warm thank you to all the organizations and associations which work together with TOP Winter Week 2021!

The TOP Organization, which consists of seven board members, has worked really hard these past few months to make TOP Winter Week a great success. TOP Winter Week is organized by students like you. Would you like to take part in the organization as a board member, committee member, a mentor, or TOP crew member? Check out [www.top-week.nl/en](http://www.top-week.nl/en) for more information or send an e-mail to [top@uvt.nl](mailto:top@uvt.nl).



**TOP WEEK**



**@TOPWEEK013**



**WWW.TOP-WEEK.NL**



**TOP@UVT.NL**