

# PROGRAM BOOKLET TOP WINTER WEEK

January, 25-27 2022





Dear student,

Welcome to Tilburg! We are very pleased that you have decided to join TOP Winter Week 2022. You are about to start your student life in the best possible way. During this week, you will get to know the university, Tilburg and also several study and sport associations. You will explore everything a student in Tilburg needs to know but above all, you will meet many new people and build friendships for life!

This year, TOP Winter Week will be online, but we worked hard to create a great online program! This booklet provides you with all the information you will need during TOP Winter Week, such as an explanation of the program per day and important contact information. We recommend that you read it carefully. To be able to participate in TOP Winter Week, you will also need to download the TOP Week application. Search for 'TOP Week' in the App/Google Play Store. The app will be the main communication channel during TOP Winter Week, so make sure to download it!

We hope that you will have a great start of you student life in Tilburg!

On behalf of the TOP Board,

Melissa Riley  
Chairman



From left to right: Nienke Lapien, Melissa Riley, Lisa Corstanje, Lenny Hoevenaars, Margot Hoffman, Stijn Smits, Maaïke Visser.

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# Important information

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This booklet provides you with an overview of TOP Winter Week 2022. TOP Winter Week is all about getting to know your fellow students, the Netherlands and the city of Tilburg, and life as a student in Tilburg. It's the best start of your student life in Tilburg!

## TOP Week and COVID-19

Due to the current COVID-19 measures, the TOP Winter Week program will be online this year. This doesn't mean that you won't be able to get to know your fellow students!

The online events will take place in the TOP Week App. Via this app, you can join Zoom meetings, watch livestreams, and find fun online games to play with your group. This way you can still get to know your group members and mentors. Keep an eye on the website of the Dutch Government to see if it is possible to meet your group members in small groups. Please discuss with your group how you are going to do this and make sure that everybody is included!

## Contact information TOP organization

Because there won't be any offline activities, you will not be able to see us walking around during the week. This doesn't mean that we won't be available to answer your questions or help you if any problems or emergencies arise during the week! You can reach us 24 hours a day at the following phone number: +31 6 42 09 21 70.

Call '112' in case of emergency if you need the police, an ambulance, or the fire department. In all emergencies, please also contact us! On the last pages of this booklet, you can find a list of all important contact information.

# Important information

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## Zoom

Most of our online activities use Zoom to give you the opportunity to meet with your group or others online. Every student at Tilburg University has access to a premium Zoom account. This means you can meet with your group online, without a time limit. For the activities that don't contain a Zoom link, you can still create a Zoom meeting for your group only to still do the activity together! Please encourage each other to use Zoom and to make sure that everybody is included.

How to set up a Zoom meeting:

- Go to <https://tilburguniversity.zoom.us/profile>
- Log in with your Tilburg University account
- Click 'Host a meeting'
- Make sure your computer audio is on
- Copy the link of the meeting and send it to your group

## Food and drinks

No food or drinks will be served during TOP Winter Week. This means that all food and drinks are for your own account. If the measures allow you could grab a bite to eat together with some members of your group but make sure to follow the measures of the [Dutch Government](#).

In the event of any problems with your mentors

If, for some reason, you experience problems regarding one or both of your mentors, you can always contact us. Any complaints will be taken seriously and will be dealt with anonymously. You can contact us via e-mail by sending an e-mail to [topregistratie@uvt.nl](mailto:topregistratie@uvt.nl) or send us a WhatsApp message at +31 6 42 09 21 70.

# Important information

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## Alcohol and drugs

Since there won't be any offline activities during TOP Winter Week, we won't be serving any drinks. We would still like to point out the Dutch alcohol and drugs policy. In the Netherlands, alcohol cannot and will not be sold to students under the age of 18. It also isn't allowed to buy alcohol for students under the age of 18, should there be any minors in your group. While buying alcohol it is obligated to show your ID until the age of 25. In addition, possession of drugs are strictly prohibited.

## Smoking at Tilburg University

The Tilburg University campus and the Tilburg University Sports Center have a non-smoking policy. This means that smoking is not allowed on campus and around the Sports Center. E-cigarettes are not allowed either.

# TOP Week App

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The TOP Week App contains all the information you need for TOP Winter Week, such as the program, information about all sorts of associations in Tilburg, access to the online activities, and much more. Because our program is entirely online, the TOP Week App is essential during TOP Winter Week! You can open the app on your smartphone, but also via your desktop.

You received an e-mail about creating an account for the TOP Week App in the week before TOP Winter Week. Make sure to download it and create an account before the start of TOP Winter Week!

For your smartphone

You can download the app in the App Store/Google Play Store by searching 'TOP Week'.

For your desktop

Go to [TOP.introcloud.app](http://TOP.introcloud.app) in your browser for the desktop version of the application. This version could be useful for online activities because it makes it easier to join Zoom meetings and you will be able to see livestreams on a bigger screen.

The app has many handy features, like seeing your personal TOP Winter Week program, a chat with your group, TOP Matching via which you can meet other participants with the same interests as you, and a map of Tilburg with all student hotspots.

Please note: The app will be open for all participants the weekend before the start of TOP Winter Week, make sure to keep an eye on our Facebook and Instagram for the exact date and time of the launch.



# Mentors and group division

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During TOP Winter Week, participants will be divided into groups consisting of approximately 20 students from all over the world. If you are an exchange student, you will be put into a group with other exchange students and if you are a degree-seeking student, you will be put into a group with other degree-seeking students with the same study program. In the weekend before the start of TOP Winter Week, you will receive an e-mail with your group number and registration time.

All groups will be guided by two or more mentors of the international student association ESN Tilburg. A few days before the start of TOP Winter Week, we will send your name and phone number to your mentors, so they can create a WhatsApp group for your group. Your mentors will guide you throughout the week and will be available to answer all your questions during your first year as a student in Tilburg.

Please note: Due to the measures regarding COVID-19, you will have to arrange sleeping accommodation yourself. You can always try to arrange something with your mentors or fellow students in your group.



# (Study) Program Introduction

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The (Study) Program Introduction is organized by the various Schools of Tilburg University: this program component is separate from TOP Winter Week. This year, the (Study) Program Introduction will take place online.

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 online learning environment, the facilities available at the university, and places to go to if you have questions or problems. The (Study) Program Introductions are held at various times before, during, or after TOP Winter Week. You will receive more information about your (Study) Program Introduction from your School and if you have any questions, please contact the School that teaches your study program.

Contact information for the (Study) Program Introduction:

- TiSEM: [mak@tilburguniversity.edu](mailto:mak@tilburguniversity.edu)
- TLS: [L.Nederveen@tilburguniversity.edu](mailto:L.Nederveen@tilburguniversity.edu) (NL) & [J.N.G.M.Ketelaars@tilburguniversity.edu](mailto:J.N.G.M.Ketelaars@tilburguniversity.edu) (EN)
- TSB: [TSB-pi@tilburguniversity.edu](mailto:TSB-pi@tilburguniversity.edu)
- TSHD: [TSH.est.secretary@tilburguniversity.edu](mailto:TSH.est.secretary@tilburguniversity.edu)
- Exchange (International Office): [studyabroad@tilburguniversity.edu](mailto:studyabroad@tilburguniversity.edu)
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Please note: the (Study) Program Introductions are not organized by TOP

# Registration Day

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The Registration Day is on Friday, January 21, 2022. This day is organized by Tilburg University to give new students a warm welcome and to make sure they have enough time to arrange practical matters. Among other things, you can get information about opening a bank account in the Netherlands. If you plan to travel to Tilburg in January, we advise you to arrive on this day in order to benefit from the travel assistance that is offered by Tilburg University and international student association ESN Tilburg.

Due to COVID-19, the Registration Day will take place online. You will be able to ask questions to the different parties present via Zoom. Please visit the Tilburg University [website](#) for more information about the Registration Day.

# TOP Winter Week Program



As mentioned before, TOP Winter Week will be entirely online. We worked very hard to make the program as fun a diverse as possible and to still give you the opportunity to get to know your fellow students, the city of Tilburg, all sorts of associations relevant for students and Tilburg University. Our goal is to give you the best possible introduction to your new student live.

If you want to attend the online activities together with part of your group (e.g., watch a livestream together), please take the Dutch measures against COVID-19 in mind. Visit the website of the Dutch Government to see the current measures and if these measures allow, you could meet part of your group to do the activities together. Do make sure to include everybody in your group so always create a Zoom meeting for your group if there isn't a general zoom meeting in the TOP Week App.

For more information about the current COVID-19 measures in the Netherlands, please visit the website of the [Dutch Government](#).



# TOP Winter Week Program

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## Tuesday

### Meet Your Family

Time: 12:30-13:30

TOP Winter Week starts with Meet Your Family. During this activity you will get to know your group members and mentors. Your mentors have prepared a presentation in which they tell you fun facts about themselves and during which you can ask questions. This activity is the perfect way to get to know everyone and to find out more about your group members.

You can attend the activity by joining the Zoom link in the TOP Week App. Once you enter the Zoom meeting, you need to choose the right breakout room (with your group number) and your mentors will start the activity once all group members joined the meeting.

### City Tour

Time: 14:30-16:30

During the city tour, you can explore the city of Tilburg via the TOP Week App. We will show you some of Tilburg's greatest hotspots and you will learn fun facts about the city of Tilburg. We will give you some information about each hotspot and by answering a question or solving a puzzle you can earn points and go to the next location. The person that earns the most points or solves all the questions the fastest, will earn a nice price.

This activity doesn't contain a Zoom meeting or livestream, but you can still do this activity together with your group! Create your own meeting, let someone share their screen and walk through the city tour together.

# TOP Winter Week Program

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## Family Game Night

Time: 20:00-22:00

In the evening you can get to know your group even better during various fun games. Find out if one of your group members has ever missed a flight, been on a blind date or gone skydiving during never have I ever and find out who is most competitive during Pictionary and Thirty Seconds.

To attend this activity, you need to join the Zoom meeting in the app. We will explain each game to all of you and after the joint explanation and opening, you can go to the breakout room with your group number to play the games with your group.

# TOP Winter Week Program

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## Wednesday

### **Campus Tour powered by SAM & Front**

Time: 12:00-13:00

Get to know the Tilburg University campus with student party SAM and student party Front! They will give you an online tour around the Tilburg University campus and tell you everything about all the buildings, study areas, facilities, and other hotspots you need to know as a student at Tilburg University.

This event will be a video that you can watch via the TOP Week App. The video will go online once the event starts.

### **Explore 013 Fair**

Time: 14:00-16:00

Are you interested in joining one of the many student, study, or sports associations in Tilburg? During the Explore 013 Fair, we will introduce you to some of these associations and you can find out which ones suit you best. You can learn more about each association in various rounds. During each round you can choose which association you want to get to know better. They will provide you with some information and you will have the opportunity to ask questions.

To attend this activity, you need to join the Zoom meeting in the app. Once you enter the meeting you will see an overview of the fair and discover which associations are present. After that, you can freely join the breakout room of the association you want to get to know. At the end of each round, you need to leave the breakout room and you can choose the next association.



# TOP Winter Week Program

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## ESN Night

Time: 20:00-23:00

On Wednesday night you can get to know international student association ESN Tilburg. They will introduce you to their association and will host a pub quiz for all TOP Winter Week participants.

This event will also be a general Zoom meeting that you can find in the TOP Week App.

# TOP Winter Week Program

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## Thursday

### Workshops

Time: 11:00-13:00

Do you want to know more about nutrition, branding and networking, or more? Thursday morning there will be various workshops. Parties such as the Tilburg University Sports Center and ABN AMRO will organize these workshops. Check the TOP Week App to see all topics.

By going to the event in the TOP Week App you can join the workshop you like best!

### Speed dating

Time: 11:00-13:00

On Thursday afternoon you get the opportunity to get to know other participants of TOP Winter Week. During the speed dating activity, you need to join a Zoom session and will be placed in breakout rooms with other TOP Winter Week participants. This way you will meet even more fellow students and you will be able to talk about your experiences so far. During this activity we will also open the TOP Tinder in the TOP Week App. Via this function you can meet and chat with participants that have the same interests and hobbies as you.

### TOP Show

Time: 20:00-22:00

We end the week with the TOP Show. This will be an interactive live show that you can watch via the TOP Week App. During the TOP Show we will introduce you to several Dutch holidays and student life in Tilburg in a fun way. By answering questions and doing challenges you can earn points. We arranged some great prizes for the winners, so you don't want to miss this. There will be lots of music, fun and interaction so make sure you don't miss this spectacular ending of the week!

# Map of Tilburg University



A: Academia Building  
M: Montesquieu Building  
S: Simon Building  
D: Dante Building  
R: Restaurant Building (Mensa)  
K: Koopmans Building  
C: Cobbenhagen Building  
G: Goossens Building  
F: Faculty Club  
W: Warande Building

T: Tias Building  
L: Library Building  
V: Security  
RP: Reitse Poort  
RT: Reitse Toren  
I: Intermezzo  
E: Esplanade Building  
O: Sports Center  
MD: Meerkolkdreef



# Pack list

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There are some important things you will need to bring every day. Below please find a list of things that are important during TOP Winter Week.

- Your phone (with full battery), so you can keep in contact with your mentors and group and to use the TOP Week App and to show your COVID-19 Certificate at the entrance of offline activities.
- Your laptop/desktop to join Zoom meetings and to watch livestreams.
- An account for Zoom. All students at Tilburg University have access to a premium Zoom account. This means you can meet with your group online, without a time limit. Check page ... of this booklet to see how to create a Zoom meeting.

# Important addresses and contacts

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## **Tilburg Orientation Program (TOP)**

Esplanade Building, room E2.02

Warandelaan 2, 5037 AB Tilburg, The Netherlands

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

+31 (0)13 466 28 49 or +31 (0)6 42 09 21 70

Please note: this is our general address. During TOP Winter Week, you can reach us by calling this number +31 (0)6 42 09 21 70.

## **In case of emergency**

Emergency (Police, ambulance, and fire department): 112

Emergency at Tilburg University: +31 (0)13 466 2525

Local police (non-emergency): +31 (0)900 88 44

First aid (non-emergency): +31 (0)900 332 22 22

All emergency numbers and the TOP mobile phone number (+31 (0)6 42 09 21 70) are available 24 hours a day.

## **Tilburg University**

Warandelaan 2, 5037 AB Tilburg

The Netherlands

+31 (0)13 466 9111

## **Student Desk**

Academia building, A 301

+31 (0)13 466 – 8000

You can call the Student Desk from Monday to Friday from 08:30 - 17:30 hrs.

## Opening hours Student Desk

Tuesdays: 10:00 – 16:00 hrs.

Thursdays: 10:00 – 16:00 hrs.

# Important addresses and contacts

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## **Immigration Office**

Academia Building, room A3.01  
[immigration@tilburguniversity.edu](mailto:immigration@tilburguniversity.edu)

Opening hours Immigration Office  
Tuesdays: 10:00 – 12:00 hrs.  
Thursdays: 14:00 – 16:00 hrs.

Please note: Due to COVID-19, there are currently no in-person office hours. You can discuss immigration-related questions and/or concerns with the Immigration Office by phone during the opening hours mentioned above.

## **Study Abroad and Exchange Office**

International Office  
Intermezzo building  
Room I 612

Tel: +31 (0)13 - 466 4477 (phone office hours are Mon-Fri 10:00 - 12:00 and 14:00 - 16:00 hrs.)  
E-mail: [studyabroad@tilburguniversity.edu](mailto:studyabroad@tilburguniversity.edu)

Please note: Due to COVID-19, the Study Abroad & Exchange Office is currently not offering physical Front Office hours or appointments.

## **Tilburg University Student Psychologist**

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

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

# TOP Organization

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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 of your student life. Furthermore, a warm thank you to all the organizations and associations that collaborated with TOP for TOP Winter Week 2022!

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 and we really value your opinion. The week after TOP Winter Week, we will send you a survey in which you can give your opinion and feedback on TOP Winter Week and help us improve it next year.

## TOP's socials

[Facebook](#)

[Instagram](#)

[Website](#)

[E-mail](#)