

SOCIAL ROADMAP



... IMPROVE MY MENTAL HEALTH

Within the EUR

Student Advisor ESHPM

The study advisors are there for you during your studies and are your main contact point for personal advice and guidance.

<https://www.eur.nl/en/eshpm/education/practical-information/student-advice>

Student Psychologist

The team of student psychologists helps students with mild complaints of a psychological, social and/or emotional nature.

<https://www.eur.nl/en/education/practical-matters/advice-counselling/student-psychologists>

Online coaching (Siggie)

With Siggie you will receive professional coaching that is fully tailored to your needs.

This can be for support with psychological challenges or for help in finding the right care.

<https://my.eur.nl/en/eur/education/student-wellbeing-platform/services/online-coaching>

Outside the EUR

113 Suicide prevention

Do you have thoughts or suicide or know someone who has them? Here you can call or chat anonymously. They are available 24/7.

https://www.113.nl/?gclid=Cj0KCQjwoeemBhCfARIsADR2QCsW58bbcNQN6hifxtbqME_RHClwi1FcdmoPj2ozoN_YhSrekFSIMCMaAhZoEALw_wcB

Caring Universities

An online platform focused on student welfare. You can take various programmes for your mental well-being.

<https://caring-universities.com/nl/>

General Practitioner/POH-GGZ

Please note that you can always contact the POH-GGZ via your GP; this does not fall under deductible and is therefore usually free of charge.

<https://www.eur.nl/en/education/practical-matters/studying-eur/advice-health-and-safety/health>

MIND

Are you experiencing mental problems, worrying about someone or having problems with others? At MIND, you can chat, call and email a counsellor.

<https://mindkorrelatie.nl/>

@ease

Here you can just walk in or chat: anonymously, without an appointment and free of charge. They are there especially for young people aged 12 to 25.

<https://www.ease.nl/index.php>

Luistertelefoon (only Dutch)

You can reach them if you need an anonymous phone call/chat for anxiety, stress or loneliness.

<https://www.deluisterlijn.nl/>



... RELAX MORE

Within the EUR

Living Room/Personal Hub at Langeveld Building

The Living Room is a place on campus accessible to all students, without exclusion, serving a diverse and inclusive audience, reflecting the EUR community as it is. There is always a host – a trained student – to welcome you.

<https://www.eur.nl/en/news/only-place-campus-where-studying-not-allowed>

Mindfulness and massage chair at University Library

In the university library you have a mindfulness nest which lets you get away from all the hustle and bustle for a while. Moreover, there are 2 massage chairs.

Erasmus Sport Centre

With a sports pass, you can join unlimited group classes and exercise freely in the gym. You can also take yoga or meditation classes here.

<https://erasmusport.nl/>

Outside the EUR

Rotterdam Relaxing

The ultimate travel guide for a relaxing experience in Rotterdam! The Best parks, beautiful botanical gardens, sunsets views, swimming spots, and many more! Our local Spotters shared the best spots in town for an relaxing experience in Rotterdam.

<https://www.spottedbylocals.com/rotterdam/category/relaxing/?cn-reloaded=1>

I WOULD LIKE TO...



... DEVELOP MY LEARNING SKILLS AND CAREER PATH

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Buddy System SHARE

If you struggle with a particular subject, SHARE can match you with a student who can tutor you in it.

<https://www.share-fa.com/buddysystemshare/>

Trainings by the EUR

The training courses are offered by the student counsellors, psychologists and career advice. The training sessions can cover, for example, fear of failure, studying, study switch and mental health.

<https://my.eur.nl/nl/eur/praktische-zaken/begeleiding-advies/agenda-studentbegeleiding>

Lifevercity

Here all students can develop soft-skills (such as leadership, public speaking, communication and networking) by taking free courses.

<https://www.lifevercity.nl/>

Online coaching (Siggie)

With Siggie you will receive professional coaching that is fully tailored to your needs. This can be for support with working on personal development or improving study skills.

<https://my.eur.nl/en/eur/education/student-wellbeing-platform/services/online-coaching>

Career Advisor

They can help you with preparing for the job market and your study choice/switch.

<https://www.eur.nl/onderwijs/praktische-zaken/begeleiding-advies/loopbaanadvies/afspraak-maken-individueel-gesprek>

Health Business Week

The HBW is the healthcare event where students, companies, organizations, thought leaders and keynote speakers can each other. It offers students the opportunity to orient themselves to the healthcare-related job market. This two-week event usually takes place in March.

<https://www.healthbusinessweek.com/>

SOCIAL ROADMAP



... TALK TO SOMEONE

Within the EUR

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Student Mentor (for freshmen)

All first-year students have a mentor to whom they can turn with questions in an approachable way. They can also help you find the right place for help.

Student Counsellor

Help with obstacles involving different regulations and legal provisions play a role (top-level sport; disability; children/pregnancy; money problems). They are for all the EUR-students.

<https://www.eur.nl/en/education/practical-matters/advice-counselling/student-counsellors>

Tutor

If you find it a big step to seek help, you can also tell your story to your tutor. They may be able to help you find the right help.

Course Coordinator

Point of contact for problems you experience during a course that you cannot or do not want to discuss with your teacher. Contact details are on Canvas at the relevant course.

SHARE Board (J7-35)

At the boardroom, a board member will be sitting from 11am to 3pm every working day. You can talk to them if you want/need that. So be sure to drop by!

<https://www.share-fa.com/contact/>

Student Psychologist

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Confidential Counsellor

They serve as the contact person for anyone who has been confronted with unwanted behaviour or unequal treatment in their study or work environment.

<https://www.eur.nl/en/education/practical-matters/advice-counselling/confidential-counsellor/contact>

Moreover, SHARE has an own confidential counsellor for problems within the association.

<https://www.share-fa.com/confidential-counsellor/>



... TALK TO SOMEONE

Within the EUR

Safe@EUR

If you are not sure if your experience suits the service provided by the confidential counsellor, or if you have questions about which other options there are for you within or outside of the EUR, you can contact them.

<https://my.eur.nl/en/eur/organisation/safeeur#FAQ>

Spiritual Counsellor

Do you need to talk to someone about life's questions, spirituality or what you find important? The spiritual counsellor is someone not affiliated with any religion with whom you can have a conversation about these kinds of questions.

<https://www.studentenpastoraat010.nl/>

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... HAVE MORE CONTACT WITH OTHER STUDENTS

Socialize with SHARE

This is SHARE's platform where we connect students who want to meet other members.

SHARE Committee

SHARE has several committees that organise many events. As well as weekly meetings, there is plenty of room for socialising.

<https://www.share-fa.com/committees/>

Join an association

To get in touch with other students, it is advisable to join an association. In Rotterdam, you have a range of study, student and sports associations.

<https://www.eur.nl/onderwijs/studeren-rotterdam/studentenleven/studentenverenigingen>

Uni-Life app

The app can help you to find a buddy at university and it is the ultimate online platform for all university events, offering plenty of opportunities for you to make the most out of your student life.

<https://www.uni-life.nl/gettheapp>