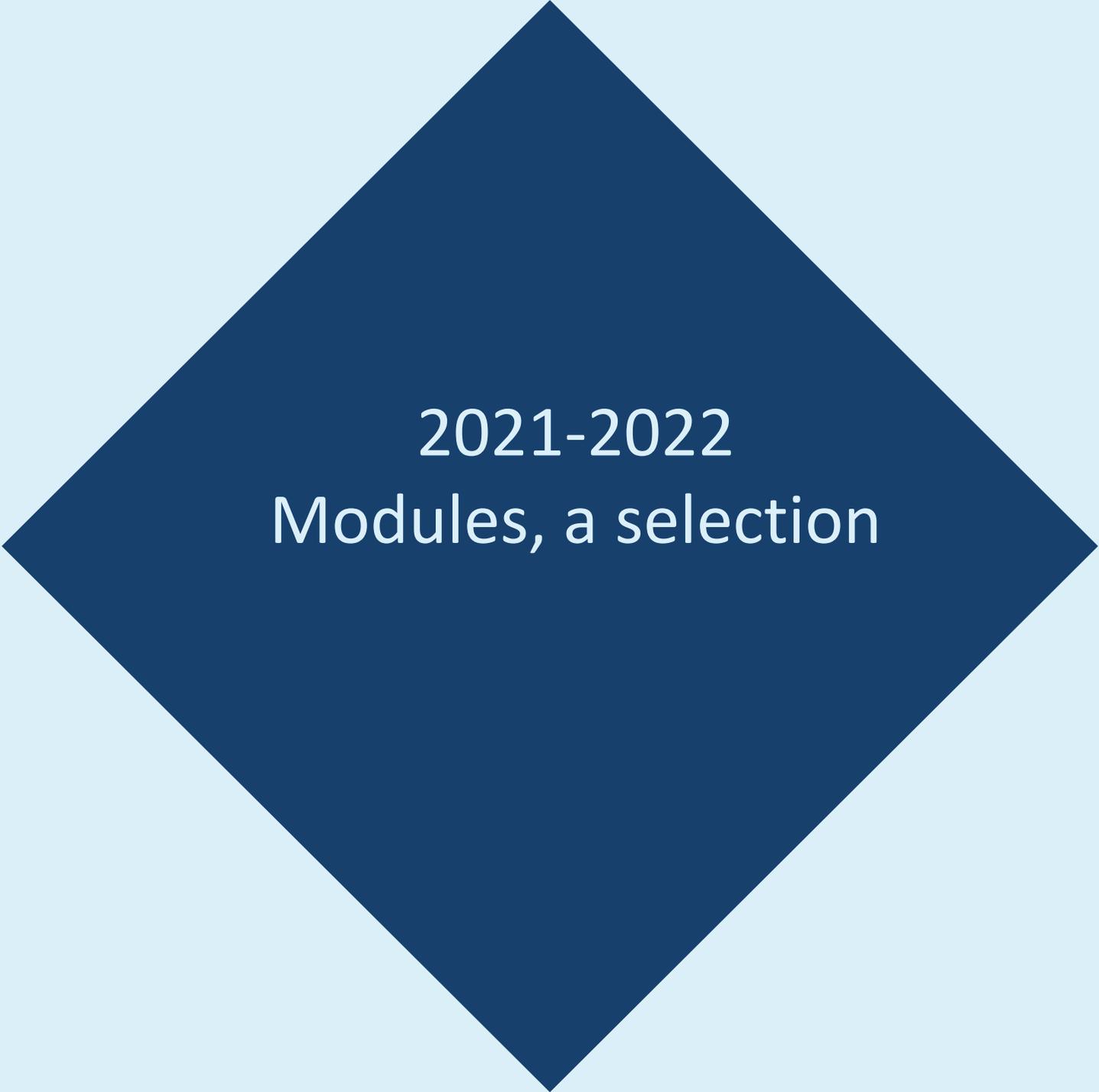




Tilburg University

Outreaching Honors Program
2021 – 2022



2021-2022
Modules, a selection

SEARLs



- 3-4 times throughout the year
- Events organized around the three core pillars
- Guest speakers from relevant disciplines
- Attend all and earn 2 ECTS



Self Coaching



2 ECTS

Max. participants: 15
Second group: February- April
More information: Canvas
Contact person: Anna Meijknecht

Become more conscious of how you react to situations and why you take certain decisions. Identify inner barriers & limitations and how to overcome them. Calm the monkey mind and create focus. Increase resilience in situations of dissonance. Develop a vision that guides future actions. Connect with others with more clarity and persuasion”
The entire course will be accompanied by an introduction into meditation & mindfulness techniques.



2 ECTS

Max. participants: unlimited

Contact and further information:

<https://www.tilburguniversity.edu/campus/academic-forum/certificate-academic-forum>

Academic Forum Certificate

Academic Forum organizes symposia, debates and small-scale exchanges focusing on scientific, social and philosophical issues.

The certificate is an initiative of Academic Forum (Tilburg University), intended to stimulate a broader awareness and personal development among students of the university. It can be obtained for Outreach by participating in 5 sessions on topics related to the Outreach Pillars and writing a report.

Public Speaking

4 ECTS

ECTS variable

Max. participants: 24

Contact and further information:

<https://www.unitednetherlands.org/public-speaking-program/>

The Public Speaking Program consists of five training sessions, which provide a solid basis in the art of public speaking in the English language.

Each training starts off with a brief overview of the theory behind effective public speaking before you go into challenging exercises which increase your performance as a public speaker.

Students for Students



1-3 ECTS

ECTS variable

Max. participants: limited

Contact person: Kim van Geijn

s4s@uvt.nl

In this project you cooperate with volunteers in a project to install a sense of belonging for super diversity on campus and work together with partners like Stichting Move and IMC Weekendschool to develop this feeling and engage in primary and secondary education in the Netherlands. Especially students from a minority background are stimulated to join these **projects ranging from 1-3 ects.**

180 Degrees Consulting



... ECTS

ECTS variable

Max. participants: **selection in February**

Further information: Canvas

Contact person: Kilian Kuhlmann
and Leon Kleinau

kleinau@180dc.org

180 DC provides high-quality experiential learning to students via consulting engagements. Students learn lifelong transferable skills, develop as future leaders, and help non-profits in their local communities. At the same time, non-profits receive the support and expertise they need to improve and expand their services. In this sense, the students will be participating in a complete project cycle. That means they will be working with one of our clients, analyzing the problem that the client is facing and identifying the optimal solution tailored to the needs of the client.

Sustainability Factory TIU



...ECTS

ECTS variable

Max. participants: -

Contact and further information

sustainabilityfactory@tilburguniversity.edu

The Sustainability Factory is made up by a small dedicated student team, who work together with university staff to inform, inspire and engage with students, staff and the local community. We are currently working to build a community of likeminded individuals who want to come together around the topic of sustainability, and match ideas, projects and initiatives. The student team carries out some projects themselves and work to support other motivated individuals in bringing their ideas to life. Check the website for the agenda en projects:

<https://www.tilburguniversity.edu/about/policy-and-finance/sustainability/sustainability-factory>

Internship



...ECTS

ECTS variable

Max. participants: -

Contact and further information

outreaching@uvt.nl

During the program Outreaching student can choose to perform an internship in a (inter-)national business community, an organization in the service of society or in public administration. An Internship can be an important element for the professional self-development in the OHP.

Timing and requirements see: **CANVAS under MODULES**

Enactus



... ECTS

ECTS variable

Max. participants: limited

Contact and further information:

<https://enactustilburg.nl/>

Students at Enactus Tilburg see social, economic and ecological problems in Tilburg and use social entrepreneurship to solve these problems.

In addition to running their own company, our students at Enactus Tilburg develop themselves through monthly training sessions and workshops, which are concluded with cozy drinks.

Model United Nations



... ECTS

ECTS variable

Max. participants: limited

Contact and further information:

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

“Tilburg Model United Nations is an interactive, interdisciplinary simulation that places students who aim to learn more about current global issues, diplomacy and international relations, in the role of United Nations delegates.

We strive to build an understanding of global challenges and governance amid youth and crosses borders of culture and nationality. We aim to achieve this through regular trainings, special events, movie nights, and participation as a delegate in national and international Model United Nations conferences.”



Sustainable
Food
Initiative

Your own initiative



- If you come across a wonderful opportunity for yourself and/or your fellow students and if it fits under one (or more) of our pillars, then please send us an email via outreaching@tilburguniversity.edu elaborating:
 - What the opportunity entails
 - Under what pillar it fits and why
 - How many ECTS are involved and why (1ECTS= 28 hrs)
 - If there are costs involved and what you propose wrt these costs



REGISTRATION:

- 1) Read information about the Module on Canvas and/or the websites mentioned
- 2) Contact the contact person and/or send in your application
- 3) Once you've been admitted to the Module: send a message to outreaching@tilburguniversity.edu
- 4) Keep track of all the Modules you're following and send us an overview and the pdf's of the assessment forms if you want to obtain the Certificate

The ECTS

The program is accredited with a total of **12 ECTS**, corresponding a workload of roughly 336 hours (**28h per ECTS**) distributed over the course of one academic year.

As the central module, the Impact Lab will make up for 6 ECTS, while 6 ECTS are to be earned through participation in modules under the three pillars. Students may choose to collect those remaining 6 ECTS in accordance with their individual interest and skills, e.g. through participation in the modules.

Since the requirements set out above are to be understood as minimum thresholds, participants are **strongly encouraged to do more** and seize the various opportunities offered.



Rules



- **Sign up for modules in time: first come first served**
- **Some modules will have a selection.**
- **Once you've signed up for a module: Attendance is mandatory! Missing a meeting without prior notification = not receiving the ECTS.**
- **If you're unable to attend a meeting: Notify in advance the contact person of the module**



See
CANVAS!

*More details about the content of those Modules: please, see **CANVAS under MODULES.***

*You will be notified about new modules through **CANVAS Announcements.***



THANK YOU!

Anna Meijknecht

QUESTIONS can be asked and will be answered. Send an email to:

outreaching@tilburguniversity.edu