

Culture Book 2020



Student Sports
Centre Eindhoven
Your home for sports

Prologue

If you want to build a ship,
 don't drum up the people
 to gather wood, divide the
 work, and give orders.
 Instead, teach them to yearn
 for the vast and endless sea.

Antoine de Saint-Exupéry – Le Petit Prince [1943]

“And... what do you do for a living? The ultimate question when you first meet someone. For example, you answer that you are a fitness instructor, work in the Sports Café, take care of communications, give tennis practice or are simply the director of the SSC. You tell what your tasks are and how you carry them out, what processes and applications you use, and of course whether you like it or not. But why you really do the work, what your purpose is, you don't tell that very quickly.

Therefore the simple idea of this Culture Book. We have emailed all our staff and sports teachers one question: “write a story of 100 to max. 250 words describing what working at the SSC means to you and include some images”. The goal of this culture book? To give an idea what the SSC culture is all about to our sports card holders, (prospective) new hires, our partners, and anyone else who might be interested.

Of course, we could have hired copywriters who write in perfect sentences what our core values are, but we'd rather let our employees tell you in their own words why they work at the SSC and how they have experienced 2020. The same employees that have worked their socks off and have overcome quite some obstacles this year, which have united us even more. The same people who have chosen to add their knowledge, skills, beauty and weirdness to the SSC every day.

We are already looking forward to 2021 and how we will shine and tackle all the challenges, but first a look back at 2020. Enjoy!

Team SSC
 December 2020



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Three Hajraa Head Coaches



A unique way of working together

In 1985 I started as a sports instructor at the SSC and was responsible for the volleyball training at Hajraa and the fitness training at the ESAC. At that time, I played in the Dutch Men's Volleyball team and we had just finished the European Championships volleyball in The Netherlands. The contrast between the top sports climate I was used to and that of students at the SSC was quite significant, as you can imagine. Athletes appearing at training sessions in a ragged outfit full of threads or showing up to practice on Friday evenings straight from the AOR (student hub) with the smell of alcohol hanging as an Eau de Cologne around them. It's safe to say, I experienced a real culture shock.

But despite the difference in sports approach, I saw a challenge in it. I soon had a lot of respect the way student sports associations actively involve their members in various club activities and also how well they organized the formal matters surrounding league matches and weekend activities. Large events are still creatively set up with a passion and a huge drive in which all members actively participate. Many a professional agency would be jealous of this.

Working together as student associations do, creates a very strong bond between the members; something you seldomly see with a 'citizen' association. It bothered me immensely that student associations were often dismissed as unprofessional and not serious, whereas they play an important supporting role in Eindhoven's student life. In my opinion, the negative image was completely unjustified and ignored the competences and qualities of this special group. This negative image had to be broken! That is for me an important challenge and reason to work at the SSC!

In addition to the extensive sports facilities and sports program that the SSC offers for students and staff, mobilizing the capacities of both students and staff is a challenge that fascinates me every day and that adds value to the organization of the SSC. The current corona pandemic shows to what great things close cooperation can lead. For instance, the student sports associations keep on adequately anticipating to the ever-changing corona measures, so it remains possible and rather easy for our sports card holders to keep practicing in a responsible manner. The cooperation between the various groups also shows in the elaboration of the SSC's expansion and renovation plans and in the important role currently taken up by the ESSF in the organization of the SSC. I am proud to have the privilege of working with motivated students and colleagues. All this ensures that I still enjoy coming to the SSC every day, even after 35 years!



Wim Koch

31 years of happily working at SSC

Lately we, as SSC management team, have had several conversations with our staff and one of the questions was ‘why do you work and like to work at SSC and what brightens your day?’.

This question made me rethink my situation and motivation as well and also made me (this happens at a certain age) look back at my years at SSC. I remember, like many of us all, starting as a 22 year-old Totelos Futsal trainer on a 3 hours per week contract. Best parts of my week were Wednesday- and Friday evenings where I could train and play/coach matches with young, highly motivated, eloquent and critical students. Through the years we managed to come and play at a higher and higher level, give the association its identity at the SSC and many of the players of those days have become friends for life.

You might ask yourself ‘why is this old man telling all this?’. Let me try and explain. Even after all these years, in which I gave more and more classes and later on got more and more responsibilities (and more than a three hours per week contract) the basics are still the same. The real joy of working here is that young people, no matter for what reason, come to our place where we facilitate the opportunity for them to have the best and nicest classes, to benefit from the best motivated and enthusiastic teachers, to meet others, make friends for life, work on their skills as a board member and enjoy this phase of their lives. The fact that I, at first as a teacher and later on as a facilitator, have been able to contribute to all

this, makes me proud and makes me come to work every day with a smile on my face.

As mentioned before, one gets older, but there is an advantage to this as well. The last 10 to 15 years I got to select and work with younger colleagues and, same as for the students, it’s a great joy to see them work with the same motivation and enthusiasm. To see, and sometimes maybe even help a little, them grow, and watch them maintaining and improving the standard at the SSC, is what makes it worth to come out of bed for and walk around at the SSC with a smile on my face.

If we all together can keep up this spirit and if I can keep on facilitating and helping students and colleagues as well then maybe, just maybe, in the far away future I might be able to step down and retire (but never leave) from the SSC.

For now, I can say that I gladly come to work every day, there is joy in every day’s work and in meeting so many people. I can only hope I can help everybody feel the same way at this very special place.



Peter Geurts





Eindhoven Student Sport Federation



For 58 years we, the ESSF, have been connecting athletes and board members of student sports associations and have been sharing knowledge and experience in the sports world. Sport connects and fraternizes. Sharing makes us stronger, bigger and better. We are very proud to support 37 student sports associations and to represent their voice in Eindhoven and nationally. Even in times of crisis, the ESSF continues to facilitate sport and look for opportunities.

What is the ESSF?

The ESSF is the student sports umbrella in Eindhoven, led by a group of students that constitutes the board for that year. They represent all those using the student sports facilities, as well as the (members of) Student Sports Associations (SSA) in Eindhoven. We are very proud to be part of the Student Sports Center and to work together closely.

Our goals?

Our first goal is 'representation', we promote goals of students and SSAs in student sports. Second, 'connections'; as we cannot accurately represent the goals of students without them being connected to us as well as to each other. The last, main goal is 'organisation'; as we also contribute to organisational tasks at the intersection of SSA needs.

The ESSF has had its ups and downs over the past 58 years, but we are very pleased with the place we are at now. We are really looking forward to the next 58 years and are excited for all the other amazing things that we can achieve together in the future.



A place to enjoy!

A place where you enjoy working, playing sports, meeting people, making memories and making friends.

SSCE also stands for me:

S: samen (together)

S: sports

C: (diverse) cultures

E: everything together in beautiful Eindhoven

Together on the road to beautiful adventures.



And if you need this, we will be happy to give you that support (steuntje in de rug).



Mylène Grams

Exercising together...



... with many different cultures



For more than 50 years a place where many memories are made and where many a party is celebrated.



Meeting Place

Members of the SSC hail from all provinces of the Netherlands, from every European capital and from all corners of the world. More than 100 different nationalities exercise weekly in and around the SSC. Our sports centre is the meeting place for students and staff of Fontys and the TU/e. Sport itself is already an easy way to build a (new) social life in Eindhoven, but next to all sports activities we also organize various other activities for our campus visitors and residents, such as sports weeks, pub quizzes, Mix&Meet events, Winter specials to celebrate Christmas, and an extensive Summer program.



SSC Open Week Pub Quiz 2018

A Spectacle

A spectacle. High above the crowd there you see cheerleaders shooting in the air doing flips, twists and all crazy stuff. Excited as we were, my team and I are finding our path through the crowd to find a spot between these crazy high performing cheerleading teams from all over the world. It's a dream come true; we are competing at the Cheerleading World championships in Orlando Florida. At the Disney resort, awesome!

Together with Oriane and Oriol, two members of E.S.T.C. Twist, we have made it to Team Netherlands and went to Worlds 2018, 2019 and 2020 (canceled due to corona). It wouldn't have been possible without the opportunity of the SSCE and Twist starting a cheerleading classes in 2012.

Throughout these years we had a lot of fun, parties, practices, (training)camps, Nationals, Europeans. We created a positive culture in our cheerleading group, which is open to all students. Beginner- and competitive athletes, all mingled by working together and becoming friends. We even inspired cheerleaders to become coaches and continue the sport in the Netherlands.



Amber van Es





TU/e sports day 2018



TU/e intro 2019

From intern to employee

As the young-just graduated-new one, it has been only a few months that I (almost) fulltime work at the SSC, but my SSC story started some three years ago. As a new student in Eindhoven, I wanted to build a bigger social network and I happened to play soccer back home. So, the easy way to get that social network was to subscribe for E.S.Z.V.V. Totelos (futsal). And that was my first contact moment with the SSC.

Every Thursday I had training at the SSC, with afterwards a beer in the Sports Café. It was and is still my favorite moment of the week.

Our coach at that time, Raymond Starke, gave me, in my second year of my Communications studies the opportunity to do my internship at the SSC. I was pretty scared as an inexperienced student, but eventually it was all but scary. Everyone was very warm and welcoming. Colleagues wanted to get to know me and helped me when I needed it. That really boosted my confidence.

It was such a nice experience, and apparently from both sides, that I could work at the SSC for two years as a side job.

And after graduating last July, I now work at the SSC for around 30 hours per week. The positive respons from my colleagues, the responsibilities I get and the recognition for the things I do, gives me more confidence every day.

I started at the SSC as a bit of an insecure Communication intern and now three years later my confidence has grown and I have to opportunity to keep learning and building experienting. All because the SSC gave me a chance to do that.



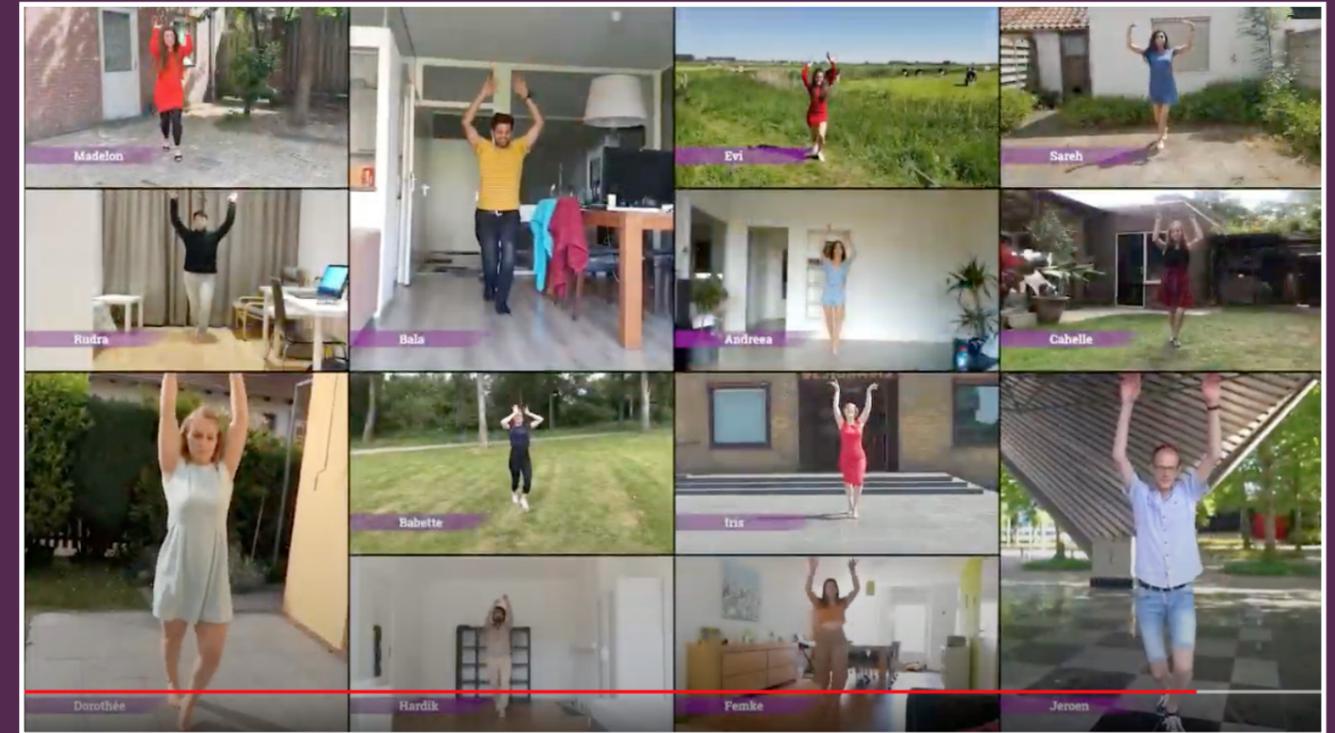
Lobke van Mourik

Teaching at the SSC means: connection!

This became even more clear at the beginning of this year when the self-evident nature of this connection suddenly disappeared. That connection and feeling part of a greater whole does not only apply to me, that became clear when one of my students proposed to teach online immediately after the closure of the SSC on 11 March 2020. We did some sound and vision tests, and the first online salsa lesson was born!

And so, on 16 March, I gave for the first time salsa solo lessons from my own living room. Of course it took some time getting used to dancing with my face to the wall and without dancers around me. Not to mention the varying quality of the digital tools. In comparison with the original salsa lessons, the connection was actually quite a long way off. And yet a group of students faithfully kept appearing online every week. It was nice to see them and to be able to ask how they were doing. Some of them told their story after the lesson, another even played a song on guitar for the group. In this way we secretly got to know a bit more about each other...

The lockdown continued and we already feared our 'show' for June would be cancelled. So why not an online show? An extra goal and motivation to practice alone and together. And a way in which we could dance together, at least digitally. That's how our online Salsa Shines Show was created to the song 'Soledad', which means loneliness. Despite the fact that we all danced separately, each in our own 'box' on the screen, we still felt a little extra connected with each other through this online project.

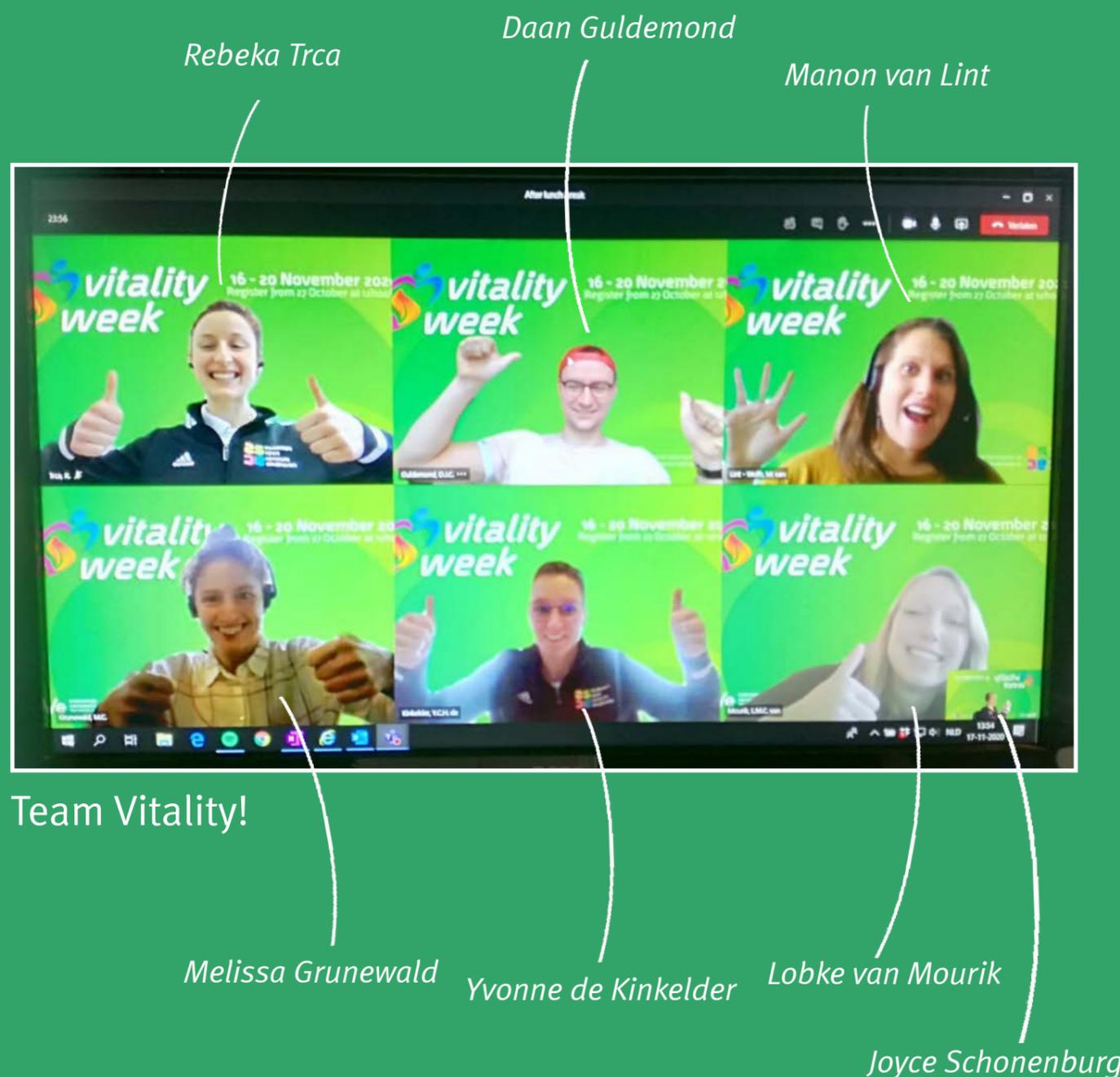


Iris Rutten



Scan the QR-code to see the video!

Vitality Week 2020!



Team Vitality!

Rebeka Trca

Daan Guldemond

Manon van Lint

Yvonne de Kinkelder

Melissa Grunewald

Joyce Schonenburg

Lobke van Mourik

It was the beginning of May when my colleagues Joyce Schonenburg and Melissa Grunewald started poking me to get together for the Vitality Week. For me this would be the first edition that I can contribute to. At that moment we still had no idea that the corona virus will still hold us in its grip in November 2020. Together we got in action and came up with the most original online workshops, lessons and webinars.

With more than 1000 registrations, 800 check ins and more than 200 unique participants, we can consider this “special” Vitality Week as the pearl of 2020. And whoever misses Joyce on this photo, know that she has started a photo course to make even more beautiful photos of this event next year.



Manon van Lint

At the SSC you can also develop yourself socially and professionally. Student sports clubs are for students and run by students. From the chairman to the water carrier, students show initiative and leadership in every field. Every year the whole board changes and makes way for a group of new students who want to gain valuable experience for the future. In addition to board positions, an association offers various places in committees, such as for sponsorship, an (international) tournament, team weekends, activities and lustrum.

Leading your club is an unforgettable experience. Already during your student days, you make decisions that you thought were reserved for old wise men and women in a neat costume.



Personal Development

Fit @ Home Program



It was halfway through March that the SSC as we knew it was suddenly placed ‘on hold’ for a moment. Our business operations had to be quarantined because of the emerging Covid-19 virus. Group lessons, training, fitness and free sport were no longer allowed. Everything that makes the SSC beautiful, the excitement and liveliness of students and staff, was postponed for a while.

So, now a few weeks holiday? Quietly prepare everything for the reopening? Nope, it was the busiest and most challenging period in a long time. Making the mental switch from “what is not possible?” to “what is possible?”. In a week’s time we changed the whole business and implemented a new concept: Fit@Home. Online lessons, online advice hours, online FitBreaks, online fitness program and numerous instruction videos.

Thanks to a process of intelligent fast failure and intensive cooperation, we were able to let thousands of sports card holders enjoy the enthusiastic lessons from our teachers in front of their TV, tablet, laptop or telephone in the months of lockdown. A top achievement of the whole Team SSC, and especially of all our group lesson teachers!



Teaching others has become a drug and I can't get enough of it



The first moment I entered the Sports Centre, I felt like a kid in a candy store. The excitement was so intense that I set myself the goal to try every possible class (more than 70 different sports). Well, five years later my goal has not been achieved, but in the process I discovered so many new hobbies and met people from every corner of the world. It's fair to say that the Sports Centre is my second home and could not imagine my life in Eindhoven without it. For the past 2 years, I've had the pleasure to share my passion for sports with other people and the main reason I wanted to teach was to challenge myself. I have always been an introvert person and the thought of speaking in front of a group of people gave me goosebumps. I still remember how nervous I was the first time I had to teach and stand in front of all these people. Right now, teaching others has become a drug and I can't get enough of it.



Daniel Gyorev





Toon Reijnders



Frits Niemans

The retirement of two prominent people

Last year we said goodbye to two prominent people within the SSC. After many years of loyal service, our Toon and Frits are now enjoying their well-deserved retirement!

Toon

At the end of May we said goodbye to our administrator and best-dressed man of the SSC: Toon! One thing you knew for sure, from Monday to Thursday the office lights would be on in the second last office between 9:00 and 17:00. With the departure of Toon unfortunately also (almost) all receipts and his big calculator disappeared from the SSC. We have nothing but nice memories of working with Toon; he is always in a good mood and always has time for a chat. He was always there for you, only between 12:30-13:00, then his bread bin including two mandarins and the local news in the Eindhovens Dagblad were given priority.

Frits

Three months later our physio and philosopher Frits retired. In small and cosy company, while enjoying a good piece of cake, he received a well-deserved farewell speech from Wim, who had trouble holding back his tears

saying goodbye to a loyal colleague. With the departure of Frits we lost another pearl of the SSC. With heart and soul he has treated many students and staff for many years and was also responsible for setting up several health programs within the TU/e, not to mention the annual Day of Physical Health. Frits always liked to share his stories and ideas. When you received one of Frits' long e-mails, you really had to take your time. Luckily, Frits still visits us at a weekly basis, so we can still enjoy his athletic body.

We first have to get COVID-19 under control, before we can dance uninhibitedly the polonaise and toast to the well-earned retirement of our Frits and Toon. Thank you once more for the wonderful cooperation!



Joyce Schonenburg

Development and exploration through dance at SSC

As a dance teacher at SSC I've had the pleasure to work with many students through the Modern Dance- and Showdance classes.

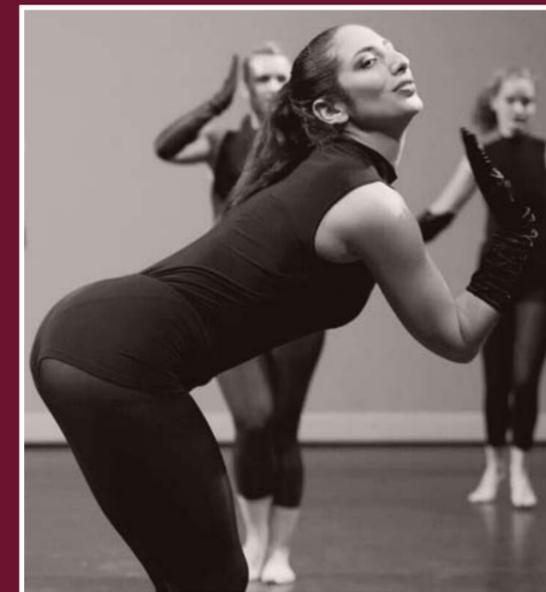
What started out as a small course has progressed to two full hour classes, filled with all sorts of people. Different cultures and different levels of dance experience come to mix, have fun and explore dance together.

As a dancer and dance teacher I really believe dance can provide you with happiness, strength, endurance, a grounded connection with your body and a release for stress and emotions.

Those two hours teaching dance at SSC make me so happy every week! It brings me such joy to see so many people experience dance and connect to their bodies. To see them get better, find freedom in movement and feel more at ease with their bodies. Students who came in shy and apprehensive in the first class, have become more confident about their body. Students that struggled with their emotions, found a way of dealing with it through dance and movement. Students that would normally not meet, connect with each other by way of dance.

Students have come up to me to tell me that they feel more open to explore and that these classes have provided them with a safe place to do so. It's been a pleasure to provide this to all students that attend my classes and to share this passion with my fellow teachers at SSC.

I look forward to continuing my dance classes and watch my students grow!



Esther Smit

Tales of the changing rooms



I mean is there a better thing to endlessly talk about than sports? At the SSC with teachers in more than 70 different sports, there is always someone who can tell you something new in the fields of sports. Whether it is a funny anecdote, an exciting match report or a conversation about training strategies, there's always some chit-chat possible. The place where the best spontaneous conversations happen are the teacher's changing rooms.

A simple "how was your training?" is usually enough encouragement for our teachers to start talking like a passionate town crier. They tell in full detail about their last practice or match. "My students always give their all!", "They are so eager to learn", "It's all about finding the right balance between student fun and being competitive". And of course also, "we have an important match on Sunday, but five were missing because of exams".

I'm always amazed by the pure dedication of our teachers for their sports and, especially, for 'their' students. It's not just about the practices or matches, they do so much more. Even helping struggling students. If you really like to

know what I'm talking about, please read this interview I had with our ice hockey coach Roger Provencher; a man with a thousand stories: The ice hockey coach and mailman who brings a smile to every face.

And let's be honest, it's great working with young, driven students. I only have to think of my years as trainer/coach of the ladies' futsal team and I will always smile!



Raymond Starke

E.S.Z.V. Totelos Lustrum Gala 2019

I feel blessed to be able to do what I love!

To the world that knows me I am Jaya, to the world that doesn't know me I am Zumbajaya. I like to make people happy. I take great pleasure in my work as a Fitness and Dance instructor at the SSC Eindhoven. I feel blessed to be able to do what I love. It puts me in contact with many wonderful people and allows me to help them in their health/workouts/motivation & most of all their happiness!

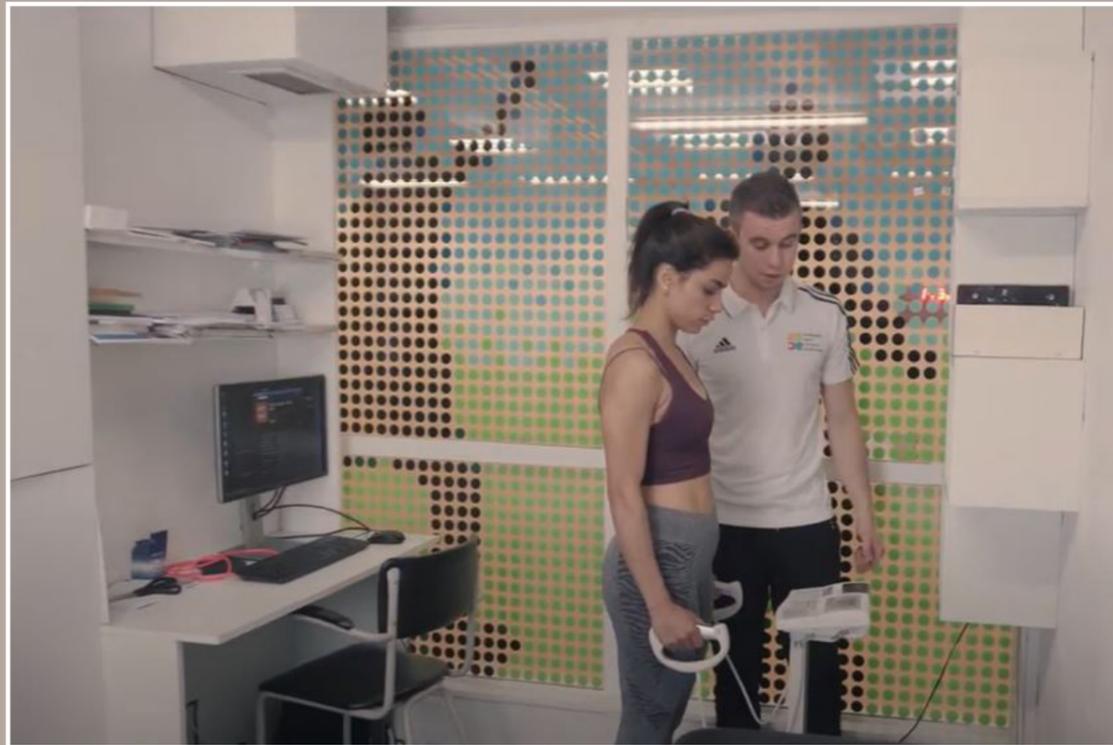
I am an international Zumba presenter. I teach yoga and many other group classes at the Student Sports Centre. So, if you have not tried any of these classes, I invite you to give it a try! Take a risk.

My hobbies include cooking, dancing, talking, watching horror movies, exploring new things, adventures & smiling....the list goes on! I believe that we all have something special in us, finding what that is and sharing it with the world is what I feel we are here for!



Jaya Vittal





A lot of variation in work

I started at the SSC as an intern for kids swimming. By coincidence I could continue working as a swimming teacher for two hours per week, which was perfect since I was still studying at the academy of physical education. After a couple of months I could also work a few hours per week as a fitness instructor. It actually didn't work that well with my studies, but I simply have a lot of passion for fitness. Now a couple years later I have a steady job at the SSC.

Besides the fact that the work tasks are very varied, the SSC members are also very diverse. We may be the 'Student' Sports Centre in name, I regularly work with children, employees, seniors, foreign exchange students and expats. I get a glimpse into many different cultures and age groups and learn how people experience Dutch culture from all angles. This enriches me as a human being!

The great thing about working at the SSC is the variation in work and the opportunities you get to develop yourself. Because the SSC offers its members a very diverse sports program, as an employee you also have a lot of variation in your work. Every employee can develop in different areas within the SSCE. For example, I have developed enormously in teaching children, students and the elderly and I have learned to lead rather than follow.



Knud Böttger

Chairman 58th Board ESSF

Every morning I park my bike alongside De Dommel and cross the charming tiny bridge full of new energy. To my left, I see the outdoor parcours, tennis courts, hockey fields and Playground. And through the beautiful trees I can start seeing the Student Sports Center in front of me. At that moment my motivation is increasing enormously, can't wait to start working again!

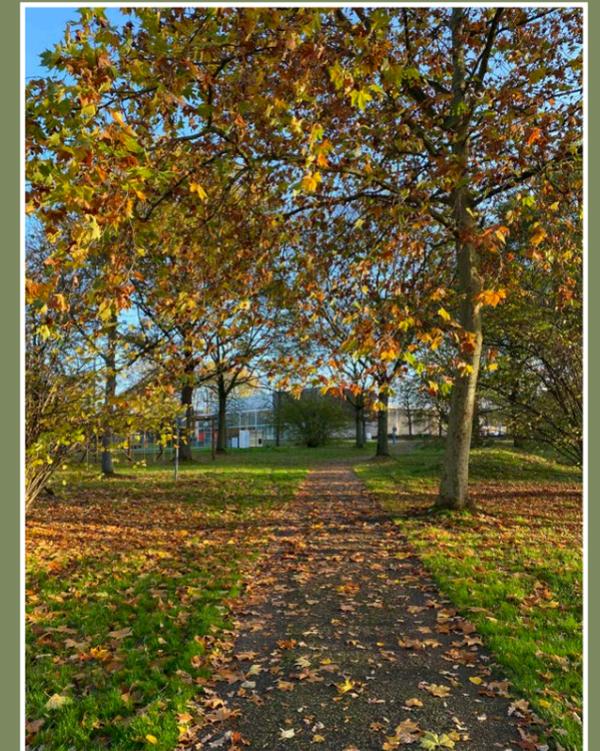
What a privilege that I am allowed to work at this particular place. A place that feels almost as home. An inspiring and motivating work environment and a place where I can and may always be myself.

But above all, I am grateful for the fact that, in spite of my own challenges, I have been granted the opportunity to develop myself here for two years in a row. Previous year as the Secretary of E.S.V.H. Don Quishoot and this year as the proud Chairman of the ESSF board.



Eleonor Jordans

What an honor to always be surrounded by so many lovely, honest, passionate and happy people. Every time I walk out the doors of the Sports Center, back to my bike again, the feeling of pride and gratitude dominates. I can't wait to be back again!



How beautiful connections emerge



With a group of people who don't know each other beforehand, you can see beautiful connections emerge in a short time! For example, I have seen my mindfulness training have always been special meetings. There are Dutch and English mindfulness courses. The English courses were a kind of micro representation of the world population. A Chinese, a Brazilian, a South African, a Dutchman, ... all mixed up together. Each with his/her own view on life.

The special thing about the lessons was that after several meetings there was more openness and some inspiring and vulnerable experiences were shared with each other. And that with a group of people who often had quite different cultural and/or religious backgrounds.

Especially these "international" meetings sometimes also provided a permanent contact between the participants. For example, there were groups that started organizing their own meetings after the 8 week training, such as a barbecue.

It was nice to be able to facilitate these connections with these students. I am grateful that I was able to take care of these lessons and give the participants tools to develop more self-knowledge and to let them enjoy more of what is there at the moment. And you can apply it for the rest of your life, at least that is my experience.



Sander Moerkens

400 lessons per week in 70 different sports, fitness and (special) courses under the guidance of qualified (top sports) teachers. In our extensive facilities you can play free sports. At our 38 student sports clubs you have the opportunity to shine in sports, gain management experience and of course enjoy the student life. Seven days a week, before, during or after lecture hours, the SSC is the meeting place on campus for exercise, sports and meetings. At the SSC you challenge yourself, make friendships for life and develop skills you didn't even know existed. So step out of the crowd and take that opportunity to develop yourself.



Biggest sports program of Eindhoven

Coach / trainer All Terrain



I have been coach / trainer for All Terrain for many years. Survival is the main sport we practice, which is the original and extreme version of obstacle running. I have been training with All Terrain for as far as I can remember. Just after 1991, when the current SSC director established the association together with some enthusiastic students who wanted new challenges. All Terrain is known for their open culture and will accept everybody who wants to train their body and mind in a fun way, mostly outdoors. And yes, you will get dirty in a good way.

I remember one training some years ago. We had some new participants from Asia. Of course, this is a different culture, but since most people blend in quickly, I sometimes forget to consider this. So, it was the third week these students joined the training. We had some ropes hanging from the bridge above the Dommel river. The obstacle was to go down in one rope, move sideways from one rope to the next rope, and at the last rope climb up the bridge again. So as you know everybody should listen to the trainer, one of these students climbed in the first rope. And as he was hanging above the water, he told me (still standing on the bridge): "I cannot swim".

There are a lot of nice, proud and fun memories. The introduction week is always lots of fun. Since a few years we are also part of the program, to have a fun sport introduction day for a high school from Helmond. It is so rewarding to see a group of kids having fun. Some achieve something they thought would not be possible when they woke up that morning. But most of all the smiles on student faces are super. For me the best time of the year is Spring, when we first go into the water. Weather is nice. Walking through the Dommel. Water still cold. The sun setting. Poetic! People walking by, asking if this is part of hazing? I just tell them we do it every week.



Dimitry van Oort

To unite

When I teach a class at the SSC it never feels like work. It feels like sharing my practice with like-minded people. It feels like connecting to something bigger.

The word yoga means ‘to unite’. I have never taught at a place where this is truer than when I’m teaching my Power Yoga classes at the SSC. From the day I walked in, I felt the sparkling energy and willingness to share, both from the students and my fellow teachers.

Connecting to my students is the light in my day. I have had several students who told me that I introduced them to yoga and that joining my classes is the highlight of their week. This is the biggest compliment I have had as a teacher.

For me the sports centre stands for openness and connection. Not a place to work but a place to connect.



Eline Schröer



Commissionair of events 58th board ESSF



As an ESSF board member, you are part of the SSC team for a whole academic year. And I mean really being part of the team. Despite only being here for a year, you get taken in as a fully-fledged member of the team.

In the few months I've been here, the team has been approachable and open. If I have a question or suggestion, the threshold to just walk into someone's office is really low.

Our job is to give a voice to all the Student Sports Associations. The SSC does an amazing job in listening to this voice and doing something with it.

Next to that, the office we have as the ESSF is nice. It really is a professional work environment to not only do my ESSF work, but also for studying and just to spend time in general.

I have really been enjoying my board year so far and will continue to do so. I also think the future ESSF boards will be able to do so as well.



Jasper Bijlsma

Hip Hop: open minds and lots of energy

Working in SSC for the past few years has been a crucial and irreplaceable part of my life. It started so simple – one dance class per week, unexpectedly recruited out of the blue. It was all so new – I was 20 at that time, new to the country, to student life, having to start building a social network from scratch. I could never figure how quickly teaching this one Hip Hop class would turn into the highlight of my week, and soon after would grow into something much bigger, at least for me.

This is just as a background picture of how simple the beginning of great things can be. Now, four years later, that Hip Hop weekly class I kicked off is still a regular in the SSC' schedule. Together with several more classes I get to teach, it is all gathering amazing people and building a real passionate student community.

How did we get to this point? With open minds, sharing lots of energy and positive moments together. Our dance group has worked on a number of projects to keep the students excited and motivated for the outcome of their efforts. We have performed at shows organized by the SSC, where different group classes and associations can perform and showcase their work. We have done a number of video projects

together, which is always great fun to work on and an amazing opportunity to share what we do. And this is just to point out a few.

What I want to emphasize is how valuable SSC is in building connections between students, between teachers and how easy it is to maintain them when you have a hub to meet people with the same mindset. Providing this experience to our students is essential and is way more than just teaching a group class. It is helping that community to grow and facilitating the engagement of everyone who wants to grow their skills into a certain direction. And that is exactly why I love it so much – there is nothing more inspiring and rewarding than being in an environment like that every day and sharing this experience with others.



Velichka Georgieva



Treasurer 58th board ESSF



Being a member of the ESSF board means not only spending hours at the ESSF office while doing ESSF related tasks, but also enjoying being part of a team of lovely, kind, always helpful and most of all, extremely enthusiastic people.

I love that it does not matter what your question is, people will always treat you seriously and take the time to make sure you get the best out of your time at the SSC, whether it is a SSC/ESSF related issue, or any sports related question.

Being present or involved in one part of the SSC, immediately means you are part of the family, whether you join a group lesson, or do a board year.

I really enjoy my time as an ESSF board member and hope to continue to enjoy the many aspects of the SSC for the remainder of my study time here.



Anne van Staveren

Commissionair of external affairs 58th board ESSE

My story at the SSCE started two and a half years ago during the TU/e introduction week. As a first year student I was amazed by all the things student (sports) life in Eindhoven had to offer. Now that I am a part of the team that enables and promotes student sport life within Eindhoven, I am enjoying it more than ever. It is the same enjoyment that I see with many board members of all the student sports associations. They invest a year of their time (often much less as most boards are part-time) in their association and get so much back: new friends, new skills, new insights and many more things. I appreciate that the SSCE supports and promotes a board year at a student sports association. As a board member, you get a lot of freedom to develop yourself and your association. I think that is one of the many things that makes the SSCE an amazing place to be part of.



Thom van Zeijl



2020: a championship and the big wait to celebrate!



Towards the end of last academic year corona hit us, unfortunately with Pusphaira 1 (student football association) we were not allowed to play our first championship match in 20 years. Luckily we still got promoted, a great achievement with this nice and young group of students. The big party and the litres of Schulti's have not been consumed yet, but at a student party is never far away at Pusphaira. So when we are allowed to play again we might just come up with a reason to catch up on partying.

2020 was also the year in which we had to keep the Vitality Week online for the first time and in which we had to make adjustments to our fitness room and group lesson schedule with every new guideline the government announced. However, I am very proud of how we as a company, and a number of colleagues in particular, took up this challenge and were able to offer a full sports program in 2020.



Daan Guldemond

TU/e Winter University

It is the time of the season for the holiday coziness with friends and family again. However, this year is going to be quite different for all of us. Many of our international students and employees will not be able to go back home for the holidays. Especially for the students that have joined us this academic year and have not had the chance to find their social network in Eindhoven. Luckily the Metaforum will be open for our international students during the whole December break, as it is important for them to get out and about and not be stuck in their small rooms the next five weeks. It was a real super bummer that the sports center won't be open during the planned activities on 28-30 December and 2-3 January. I was really looking forward to greet all our students during these day. However, our lovely fitness and group lesson instructors will post online classes to keep our community in tip top shape over the holidays!

On 25,26 and 31 December our Hubble Community Café will be offering festive 3-course meals for the internationals who don't get to celebrate the holidays with friends and family. We will also give the opportunity for internationals to sign up for the 'Corona Bubble' friend groups where a special December cupid will find the perfect matches for everyone. We

hope that with this little extra tender, loving, care that our community will feel the holiday spirit in these difficult times. A special thanks to all the wonderful colleagues who are helping out during this week, we really appreciate all the help!



Lara Hofstra



Scan and see the video about the TU/e Winter University



Secretary 58th board ESSF

Since the beginning of October, I have been part of the 58th board of the ESSF. A board which is connected to the associations and their boards and to the SSC and national student sports federation. Each of these connections is a special bond that we have in our board year.

From my previous board year at a sports association, I got to know a few people at the SSC. Now, with a (very nice) office in the SSC, I even get to know more people. It is a pleasure to be part of the SSC team.

Together with the four other board members of the ESSF, we will make it a great year!



Myrthe Twisker

Your second family

SSC very fast becomes like your second family and you get many new siblings who are all willing to help you. This gives me a feeling of safety which I also try to give to the sports cardholders and other colleagues.

I can say very confidently all of the SSC instructors love their job, and this concept of loving your job before joining SSC for me seemed like a fairy tale.

In a way, instructors and sports cardholders make one team together. It gives me so much motivation when I hear and see the sports cardholders that joined my classes have enjoyed the classes and that I, as the instructor, maybe have had the effect to improve their lives either physically or mentally. This for me is the main stimulant that keeps me going forward and feel satisfied at the end of the day.



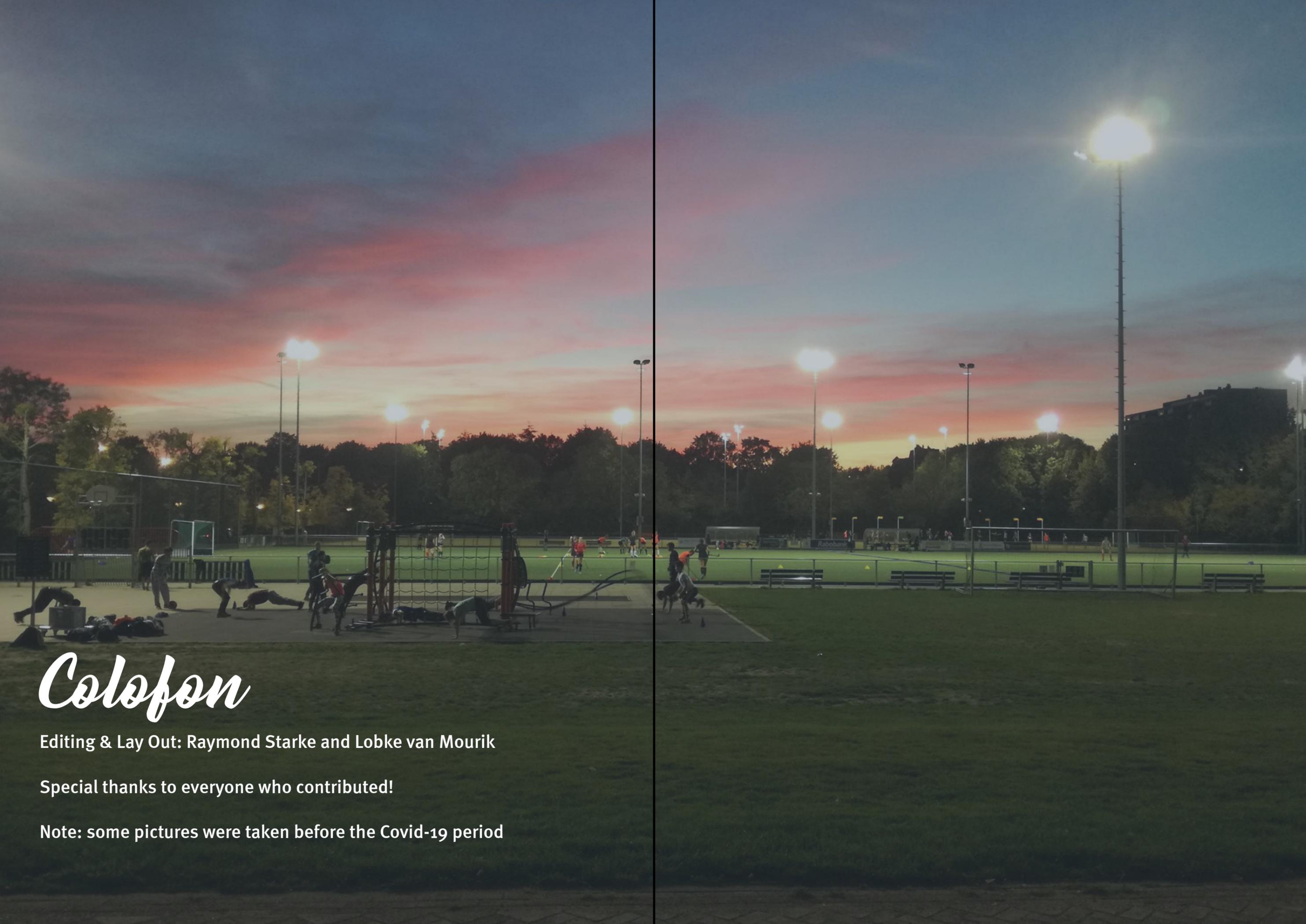
Arash Roomi



The SSC is proud of the diverse community of TU/e and Fontys. Top-class sports, performance sports and recreational sports are all possible at the SSC. Both the beginner and the advanced can exercise at the SSC. Whether you are primeval Dutch or have your roots in another country, we offer everything bilingual: Dutch and English. To stimulate diversity and inclusiveness we have appointed a Diversity & Inclusion officer. Together with the students and staff we provide a safe sports environment where everyone can feel at home; a home away from home!

Diversity





Colofon

Editing & Lay Out: Raymond Starke and Lobke van Mourik

Special thanks to everyone who contributed!

Note: some pictures were taken before the Covid-19 period