



Welcome Wellbeing Festival Village



2022 schedule

Thursday 29th September

University Park outside David Ross Sports Village



Oreo and Friends exotic animal encounters. 11am - 5pm
Stroke a skunk, hug a racoon or tickle a tarantula.

Small marquee



Smoothie bike. Pedal against the clock to make your own smoothie in super quick time. 11am - 5pm

Large marquee



Mindfulness & relaxation taster sessions will be delivered by qualified instructors. Each class will last for 20mins.

Various

Small marquee



11am - 11:20am, 11:30 - 11:50am

12pm - 12:20pm, 12:30 - 12:50pm

2pm - 2:20pm, 2:30 - 2:50pm



Treasure hunt. Collect your map from outside the main tent and claim a prize once you've found all the locations around campus.

11am - 5pm

Site entrance



Mocktails and advice about sophisticated cocktails and mixers provided by Cocktail and Flair Bartending society.

11am - 5pm

Large marquee



Take on your friends in the **Gym Challenge** organised by UoN Sport and be in for the chance to great win prizes.

11am - 1:30pm

Large marquee

2:30pm - 5pm



Crafting including beading, painting, plant potting and pebble decorating.

11am - 5pm

Large marquee



Activities including hula hoops, board games and puzzles.

11am - 5pm

Large marquee



Cripps Health Centre will be offering information about their services and how to register.

11am - 5pm

Large marquee

The **Libraries Learning Development** team will be on hand to offer information and useful tips on how to stay on track during your time at university.

11am - 3pm

Large marquee



Chill Out Zone with refreshments, Mindapple trees and staff from the Support and Wellbeing Service available for any questions or concerns.

11am - 5pm

Quiet marquee





Welcome Wellbeing Festival Village

2022 schedule



Friday 30th September

Jubilee Campus outside Café Aspire



Smoothie bike. Pedal against the clock to make your own smoothie in super quick time.

11am - 5pm

Large marquee

Mindfulness & relaxation taster sessions will be delivered by qualified instructors. Each class will last for 20mins

11am - 11:20am

Small marquee

11:30 - 11:50am

2pm - 2:20pm

2:30 - 2:50pm

Tai Chi taster sessions will be delivered by qualified instructors.

12pm - 2pm

Small marquee

3pm - 4:30pm

Mocktails and advice about sophisticated cocktails and mixers provided by Cocktail and Flair Bartending society.

11am - 5pm

Large marquee

Take on your friends in the **Gym Challenge** organised by UoN Sport and be in for the chance to great win prizes.

11am - 1:30pm

Large marquee

2:30pm - 5pm

Crafting including beading, painting, plant potting and pebble decorating.

11am - 5pm

Large marquee

Activities including board games and puzzles.

11am - 5pm

Large marquee

The **Libraries Learning Development** team will be on hand to offer information and useful tips on how to stay on track during your time at university.

11am - 3pm

Large marquee

Cripps Health Centre will be offering Information about their services and how to register.

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11am - 5pm

Large marquee