

MONDAYS 17.00 - 18.00H
THURSDAYS 16.30 - 17.30H



VOLLEYBALL

Twice a week we play recreational indoor volleyball. Players of every level can participate because you get real training from a fellow student who has been doing this for several years. Sometimes we play friendly matches against UCR or we train on the beach. Does this seem fun to you, give up quickly!

YOU HAVE TO SIGN YOUR PRESENCE AT EVERY VISIT



BASKENBURG, VLISSINGEN
MEMBER ACTIVITY | 0,05 ECTS

MONDAYS 17.00 - 18.00H
THURSDAYS 16.30 - 17.30H



BASKETBALL

Twice a week, our students try to find their inner Michael Jordan on the basketball court of sports hall Baskenburg. Playing as many friendly games as possible within an hour is what happens during this activity. Sign up if you like to improve your basketball skills!

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BASKENBURG, VLISSINGEN
MEMBER ACTIVITY | 0,05 ECTS



PROGRAMME
AUGUST-DECEMBER
2020/2021



PICTURE: PAUL WALLIETZ, UNSPLASH

HZ UNIVERSITY
OF APPLIED SCIENCES

TUESDAYS
19.30 - 20.30H



YOGA

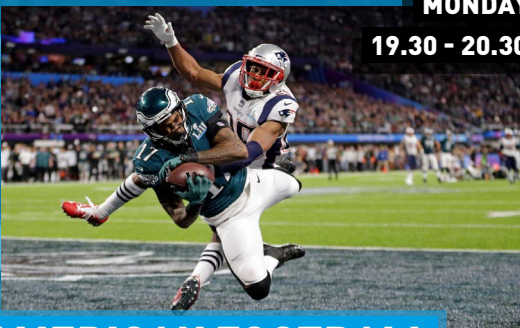
HZ Sport is convinced that mental health is just as important as physical health. That is why Yoga has been added to the HZ Sport program. We want to give students the opportunity to work on their mental and physical health at the same time.

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FITNESS FITAAL, VLISSINGEN
MEMBER ACTIVITY | 0,05 ECTS

MONDAYS
19.30 - 20.30H



AMERICAN FOOTBALL

The Vlissingen Sharks works together with HZ Sport. This American Football team is growing and trains boys who have never practiced this sport before. Have you ever seen it on TV and do you think it's cool to give it a try, then sign up quickly!

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BASKENBURGPLEIN 4, VLISSINGEN
MEMBER ACTIVITY | 0,05 ECTS

SPORTS PROGRAMME FOR STUDENTS

SPORTS PROGRAMME FOR STUDENTS

Sports, health and sports experience. HZ Sport has member activities such as volleyball, basketball, indoor football and yoga. We also have monthly activities such as a table football tournament in the HZ Café and Lacrosse-clinics. Last but not least we organize trips such as the HZ Ski-trip, HZ Soccer-trip and the HZ Cycling-trip.

MEMBER ACTIVITIES

Get to know fellow students, exercise with them, play friendly matches against other schools and try another sports-activity! For €49.95 per year or €29.95 per semester you can do unlimited: Swimming, Yoga, Futsal, Volleyball, Basketball, American Football.

Per visit to a member activity you get 0,05 ECTS. When visiting 25 member activities you will get 1.25 ECTS.

Attention! Register yourself or have yourself registered at each activity. You have to visit at least 25 activities to earn a HZ Personality credit.

WEDNESDAYS
17.00 - 19.00H



FUTSAL COMPETITION

Every Wednesday they play indoor football (futsal) in the sports hall 'Baskenburg'. Gather some classmates and enter the competition! Just drop by once and join a team anytime. It doesn't matter how well you are at playing soccer, we play for fun and conviviality.

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BASKENBURG, VLISSINGEN
MEMBER ACTIVITY | 0,05 ECTS

DAILY



SWIMMING LANES

With your HZ Sport-pass you can swim unlimited lengths in the Vrijburgbad in Vlissingen. You can also earn credits with this activity. Have yourself registered each time you visit and earn your HZ Personality credits by swimming.

Attention! You can only enter for free with your sports pass during the lane swimming hours. The hours you can do this vary per day. Check these times on www.optisport.nl/vrijburgbad

YOU HAVE TO SIGN OFF YOUR PRESENCE AT EVERY VISIT



VRIJBURGBAD, VLISSINGEN
MEMBER ACTIVITY | 0,05 ECTS

TICKET SALES & HZ PERSONALITY POINT

Earn your HZ Personality points with HZ Sport. Join the member activities or choose and combine different events and trips for a total of 1.25 ECTS. You can also organise an event to earn credits. If you don't need any credits but just want to participate in our activities you are very welcome! Buy your tickets at HZ Sport by going to our website www.hzsport.nl/mobile.

OPTION 1: HZ SPORT CARD

Buy a HZ Sport card for € 49,95 per year, go 25 times to our member activities and earn 1,25 ECTS.

OPTION 2: COMBINE

Combine your member activities with monthly activities. For example, visit 15 member activities and 4 monthly activities to collect 1.25 ECTS.

OPTION 3: JOIN HZ SPORT TRIPS

Do you want to earn your point at once? Join the HZ Trips.

OPTION 4: HELP HZ SPORT

Help HZ Sport with organizing events and trips, design posters, manage social media, give basketball training etc.

WEDNESDAY 23, 30 SEPTEMBER + 7 OCTOBER

15.00 - 17.30H



LACROSSE CLINICS

Lacrosse is a relatively new team sport in Europe and the Netherlands. It is played with a stick and a ball. About 10 years ago the Dutch Lacrosse Federation was founded and it spreads throughout the country among student cities. Take part in this exciting sport. After these clinics, together with Ogers Lacrosse, the possibilities for a recreational competition will be explored.

THE CLINICS WILL TAKE PLACE ON WEDNESDAY 23 AND 30 SEPTEMBER AND 7 OCTOBER



BADSTRAND, VLISSINGEN

€ 15 | MEMBERS € 10 | 0,20 ECTS

WEDNESDAY 28 OCTOBER 2020

16.00 - 20.00H



RANDOM 3X3 BASKETBALL TOURNAMENT

Random 3x3 Basketball is a new tournament form of 3 against 3. Each participant plays a match in a different team and therefore every match against a different team. For this low-threshold tournament you only have to sign up. It doesn't matter if you play basketball every week or if you have never done so before. Sign up quickly and join in!

INCLUDING ONE CONSUMPTION



HZ, VLISSINGEN

€ 5 | MEMBERS € 2,50 | 0,20 ECTS

WEDNESDAY 11 NOVEMBER 2020

19.00H



DARTS TOURNAMENT

It always looks so easy on the pros, darts. During this tournament we are going to see who is the best dart player of the HZ. Darts is a café sport after all and that's why friendliness is paramount during this tournament! Never thrown a dart before? No problem. Come to the HZ Café with some fellow students and join in! Sign up quickly. The number of places is limited.

INCLUDING ONE CONSUMPTION



ATRIUM, HZ CAFÉ, VLISSINGEN

€ 5 | MEMBERS € 2,50 | 0,20 ECTS

11 - 21 DECEMBER 2020



HZ SKI TRIP

Val Thorens is the highest ski area in Europe with the valley at 2300 meters and the summit at 3300 meters. A week of skiing or snowboarding in one of the most beautiful skiing areas of Europe together with your friends, who wouldn't want that! With some friends for a week in a cozy French apartment where you can watch the snow fall from your balcony.

The trip includes bus trip, 7 overnight stays and a 6 day ski pass. Furthermore, there are all kinds of options to book. You can rent ski and snowboard equipment. This costs between €60 and €120. You can also book lessons at different levels.



VAL THORENS, FRANCE

€ 474 | 1,25 ECTS



Keep an eye on our social media to make sure you're on time when ticket sales start!

FOR MORE INFORMATION VISIT THE HZ SPORT OFFICE F1.01 AND KEEP AN EYE ON OUR SOCIAL MEDIA



WEDNESDAY 20 JANUARY 2021

16.00 - 17.30H



TABLE FOOTBALL TOURNAMENT

You used to play table football a lot at school? Nowadays still occasionally in the sports canteen or in the local pub? Pick up a friend who is also studying at the HZ and sign up quickly to see if you are the best table football players at the HZ! You can also join on your own! On the day of the tournament you will be linked to a teammate.

INCLUDING ONE CONSUMPTION



ATRIUM, HZ CAFÉ, VLISSINGEN

€ 5 | MEMBERS € 2,50 | 0,20 ECTS

THURSDAY 8 OCTOBER 2020

19.00H



CITY WALK & VLEESHAL

Middelburg and its public works are put in the spotlight. Guides will take you through the city and will let you into various studios, the Vleeshal and/or the Nieuwe Kerk. They will also tell you stories about various objects in the city centre and tell you more about the highlights of the tour. You will visit a special exhibition by artist Sandra Mujinga at de Vleeshal, centre for experimental contemporary art. With her work Mujinga investigates invisibility as a survival strategy. Both science fiction and today's political reality are addressed. In the imposing Gothic space of the Vleeshal she shows impressive, towering sculptures and a hologram!



VLEESHAL, MIDDELBURG

FREE | 0,20 ECTS

TUESDAY 4 NOVEMBER 2020

16.00H



SPORTS DOCUMENTARY + SPEAKER

Antoine Griezmann, one of the greatest French soccer players ever. With courage and determination Antoine Griezmann, despite being tiny, became one of the best soccer players in the world.

Sports psychologist Thijs Rentier tells during this one hour documentary about themes such as talent development, dealing with disappointment and achieving achievements that you can apply yourself within sports, school and/or work.



HZ, VLISSINGEN

FREE | 0,15 ECTS

WEDNESDAY 2 DECEMBER 2020

16.00 - 17.30H



HZ PUB QUIZ

Need some brain training? Then take part in the HZ Cult and HZ Sport Pubquiz in the HZ Café. Put together a team of up to five people and compete against other teams. Test your own knowledge and make the team stronger by putting your heads together. This promises to be a great, fun and educational evening! The winner will of course go home with a nice prize!

INCLUDING ONE CONSUMPTION



HZ CAFÉ, VLISSINGEN

FREE | 0,10 ECTS