

STUDENT PROGRAM HANZE, GRONINGEN 2014

INTRODUCTION

At Coehre 2014 you will get an introduction to Quantified Self (QS) and will use its tools to discover what you can do to monitor your health, and maybe even improve it.

During the week you will perform an experiment with and on conference members to become familiar with the use of QS. At the end of the week you will present your findings in debates and presentations – actively discussing the results and findings of your experiment.

Throughout the week there will be field visits to interesting institutes where you will get to know the practical side of this year's topics.

You will work with students from different countries and different disciplines. The focus will not only be on learning, but also on exploring the city of Groningen.

Groningen is a vibrant city in the north of the Netherlands. It's a small city where a lot of students live. There are many cultural and social events during the year and its nightlife is quite famous. In between the lectures and presentations, we will explore the city 'Dutch style' (by bike) and discover its nightlife. This way you will get to know the city and each other.

STUDENT PROGRAM

Monday 7th April 2014

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| 17.00-18.00 | Registration |
| 18.00-19.00 | Welcome by dean |
| 19.00-20.00 | Explanation week program |
| 20.00-... | Cycle tour |

Tuesday 8th of April 2014

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| 09.00-10.00 | Welcome, overview of the weekly program, getting to know each other |
| 10.00-12.00 | Setting up groups, task for presentation on Friday Intro on al 4 subthemes, intro on Lumoback and Fitbit |
| 12.00-13.00 | Lunch |
| 13.00-16.00 | Field visits by bike <ul style="list-style-type: none">- Quantified Self Institute- Private practice physiotherapy- Martini-hospital- Multi-cultural centre- Beatrixoord |

- 18.00-20.00 Dinner
21.00-... Discover Groningen – pubtour

Wednesday 9th of April 2014

- 09.15-10.30 Reflection on field visits (Pecha Kucha and pictures)
10.30-12.00 Lecture on philosophy of science and debating
12.00-13.00 Lunch
13.00-14.30 Lecture on subthemes
Brainstorm presentation Friday
14.30-15.15 Displacement and refreshments
Performance Charlotte Beerda, singer/songwriter
15.15-15.25 Opening ceremony Arwin Nimis
15.25-15.45 Opening ceremony Henk Pijlman
15.45-16.00 Opening ceremony Cor Segeren
16.00-16.40 **Keynote:** Quantified Self
Martijn de Groot
16.40-17.20 **Keynote:** Families under pressure
Agnes Uhereczky
19.00 Reception

Thursday 10th of April 2014

- 09.30-11.00 Prepare energizing event
11.00-12.45 Walk and talk on subthemes
12.45-14.00 Lunch
14.00-15.30 Prepare presentations Friday
15.30-16.15 Displacement to the campus
16.15-17.15 Energizing session arranged by students
17.30-19.00 Visit Groningen museum

Friday 12th of April 2014

- 09.00-09.15 QS collect data
09.10-09.50 **Keynote:** Self management
Joost Keers
10.00-11.20 Data analysis/Prepare presentation afternoon
11.20-11.45 Refreshment
11.45-13.05 Data analysis/Prepare presentation afternoon
12.45-14.00 Lunch
14.00-15.00 Students' presentation: debate
15.00-15.30 Refreshments
15.30-16.10 **Keynote:** Health and welfare professions in transition
Petrie Roodbol

16.10-16.30 Pitches 3 nominees final posters
16.30-17.00 Closing ceremony
19.00-00.30 Dinner and dance