



To Dah Loo

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IN COOPERATION WITH THE STUDENT COUNCIL



Especially made for
UvA science students

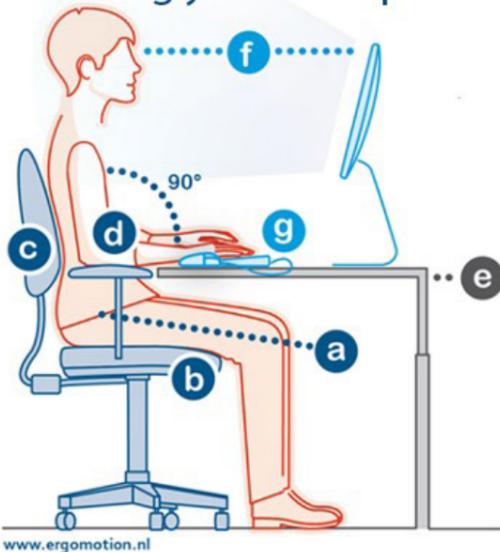
January 2022



Dear students,

Welcome to 2022, the council wishes you a magical year! With all the cold and rainy weather outside, it is logical that you would go outside less than in the summer. While you are studying, watching a movie or gaming until late at night, you sit behind your screen for a very long time. To assure that your back, neck, wrists and posture remain healthy, it is very important that you sit correctly: new year, new posture! To do so, there are certain guidelines that you can follow that will make working on your laptop while sitting down a sustainable activity for your body. The following rules are essential to keep in mind while sitting, and are shown in the picture:

Installing your workplace



- Have your hips just higher than your knees.
- Sit in the back of your chair and adjust the position of the seat.
- Have the curve of the chair correspond with the curve of your back. Have your head up straight above your spine.
- Let your underarm and upper arm make a 90o angle.
- Your desk height should align with your armrests.
- Have an arm's length between eyes and screen, and have the upper edge of your screen aligned with the position of your eyes.
- Have your keyboard approximately 10 centimeters from the edge of your desk, and keep your mouse close next to it.

Hopefully these rules can help you release body tension and prevent stress and pain to your body while studying!

Kind regards,
Daan Jellema and Koen Oostinga
The Faculty Student Council FNWI 21/22

More information? Send an email to
fnwi@studentenraad.nl or go to studentenraad.nl/fnwi

Let's talk with... Gijs Rood, Employee University Library

Have new facilities been added to the University Library recently?

The Library is constantly monitoring at the changing needs of the students. For example, a pilot has been started to investigate whether we can make study places suitable for video calling. So we have placed two green screens in the study areas on A1 and a call cell has been placed on the first floor near the elevators. I strongly encourage everyone to test these facilities and provide us with feedback.

Do you have a nice story about students in the library?

Recently a student came to ask if he could stay in the library for a weekend. He had to finish his thesis. The deadline was getting closer. He was afraid that all the good ideas he had picked up in the library would disappear when he had to go home again.

What other improvements can we expect?

The new building - Lab 42 - will house 200 brand new, beautiful study places, managed



by us. As a result, the range of these places at Science Park increases considerably. That's good news!

Spotted on Instagram



Good intentions

Let's make 2022 a good one! We wish you a lot of happiness, friendship, knowledge and scientific breakthroughs! Some of our study associations have written down their wishes or good intentions for this new year. Scan the QR code and view their wishes on our Instagram page.

Follow us on Insta:
UvA_Science

DID YOU KNOW THAT...

What inspired the design of the study tables in the library of our building?

- Atom
- Water Molecule
- DNA structure

New year's resolutions to get fit?



Find more than 75 sports activities at the University Sports Centre (USC). Grab your sportswear and walk in at Science Park 306. You can also join one of the many student sports associations at the Science Park. Go to the A-Z list for more information about the sports.

Need some help dealing with stress?

Follow an online training, consisting of 6 digital meetings, where you will learn how to deal with tensions and reduce negative thinking through mindfulness techniques.

Data of meetings: Every Friday from 21 January until 25 February 2022, from 09:30-11:30 (online).



Already completed the survey?

The Faculty Student Council is hosting its yearly New Year's survey! We hope to use your input to better mental health care, upgrade the course evaluation process and improve education during the pandemic. You have a chance to win one of two €50,- bol.com gift cards for those who fill in the survey from the QR code!

