



Amsterdam University  
of Applied Sciences

AUAS

Presented

**Opening of the academic  
year 2020-2021**

Thursday, 27 August

16:00 – 16:50

**Watch live!**

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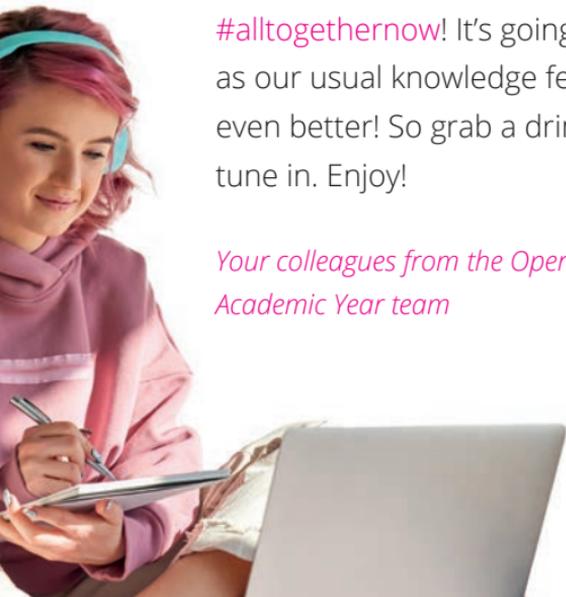
Creating Tomorrow

## Dear colleague,

We hope you've had a wonderful summer so far, and that you're rested and ready to go. What's this about an AUAS TV programme? That's right – it's new, it's different and it's socially distanced. The programme is intended for staff, students and other contacts.

**#alltogethernow!** It's going to be just as fun as our usual knowledge festival – and maybe even better! So grab a drink, have a seat and tune in. Enjoy!

*Your colleagues from the Opening of the Academic Year team*





## Program guide



### **Bar stool talk: Everybody loves Jack!**

AUAS Lecturer of the Year 2020, Jack van de Wal of the Sports Studies programme, sits down for a chat with host Rik van de Westelaken.



### **Tune in to Tune In**

Starting your studies as a first-generation student can be quite a daunting prospect, particularly in the age of the coronavirus. Rik van de Westelaken talks to several students taking part in the Tune In programme.

### **Corridor chat**

HvanA questions the Executive Board and student assessor Elijah Alvares about the top priorities for the coming year.





## Oops bloobs: studying and working online from a student's perspective

Creative Business student Dani Stavorinus illustrates her vision on studying online.

## Blood, sweat and tears

In March, all teaching activities moved to online. What have we learned and what will we never do again? The highs and lows of online teaching are [#heretostay](#). Rik van de Westelaken asks staff and students about their personal lifehacks.

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## Footloose

Kyakuwa: it can't be put into words – you simply have to watch!

## Serious business

A word from the Chairman of the Executive Board.



## #ThebestofAUAS

Rector Geleyn Meijer hands out the award for the 'AUAS Research of the Year'. Learn more about the research heroes: [onderzoekvanhetjaar.mijnhva.nl](https://onderzoekvanhetjaar.mijnhva.nl)  
[#justdoit](https://twitter.com/justdoit).



## Missed the stream?

Watch it whenever suits you best:  
[openinghogeschooljaar.mijnhva.nl](https://openinghogeschooljaar.mijnhva.nl)



## Bar stool talk: **Everybody loves Jack!**

**What is the secret behind AUAS Lecturer of the Year Jack van de Wal's popularity? Join the livestream and find out!**

Jack (from the Faculty of Sports and Nutrition) teaches martial arts, team sports and management skills. His spot as Lecturer of the Year won Jack a prize of 2,000 euros to spend on educational improvement. The student jury praised his enthusiasm, drive and humorous approach.

His close rapport with students has made him a popular lecturer for years. In fact, that rapport is sacred to him: when the AUAS moved to distance learning because of the lockdown, he demanded that his students switch on their cameras.

That way, he could ensure that they were actually doing their practical assignments, such as practising ball tricks. More importantly, it allowed him to keep engaging his class in discussion. Jack believes that a dialogue between students and the lecturer improves the atmosphere in class. It reduces the metaphorical distance between them, meaning students are more open and communicative.

From Café Fest, Jack discusses how he keeps in touch with his students (even online), how he makes sure his classes are interesting and how he keeps them that way. It's a must-watch!

*Jack van de Wal*





## Tune in to Tune In



**Studying at a university of applied sciences can be quite a big deal when you're the first in your family to do so. Many students drop out in the first year. What does the AUAS do to help first-generation students successfully cross the threshold into higher education? And how can lecturers contribute to their success?**

Tune In is a three-day AUAS programme full of workshops, speeches and team-building activities for first-generation students. It offers them a small taste of things to come and helps them with things such as managing expectations, working with others and asking for help – things they may not have picked up over the course of their prior education. Special student coaches – themselves first-generation students who have since graduated – are on hand to help the first-year students on their way.

Tune In project leader Mohammed Skori and two student coaches sit down to discuss their special approach for first-generation students. They also talk about the workshops, what lecturers should know about first-generation students and, of course, the great success of last year's first edition. Be sure to take the title's suggestion and tune in!



## #ThebestofAUAS

**Good research should be celebrated! Which research projects were nominated for the 'AUAS Research of the Year' award this year?**

### **PROMIO: a powerful lifestyle programme for elderly migrants**

Old age usually comes with its fair share of physical ailments. It's striking, however, that elderly non-Western migrants are often less healthy than elderly people without a migration background. The aim of the ProMIO

programme is to develop a new, powerful exercise and nutrition programme that allows dieticians and physical therapists to better cater to the specific needs of elderly migrants. The programme aims to improve muscle strength through stimulating protein intake and exercise among the three most prevalent migrant communities in Amsterdam: the Surinamese, Turkish and Moroccan groups. What do they need? The answer lies in culturally specific protein-rich products and dishes (break out the asparagus beans!), as well as more exercise.

*Researcher: Elvera Overdeest (FSN)*

*Student: Beyza Dogan*



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*Researcher:  
Irene Maldini (FDMCI)*

## **CAN DESIGN CONFRONT CONSUMERISM? - A critical study of clothing volumes, personalization, and the wardrobe**

Our surfeit of clothing and its impact on the environment keeps on growing. Despite the green strategies employed by fashion designers and clothing producers, our collective shopping spree shows no sign of slowing down. Why is that? Researcher Irene Maldini dove head-first into many different closets to figure out clothing consumption in our modern society and use that information to tackle the environmental challenges that it gives rise to.

## **SPAARWIJS - increasing the financial resilience of young people**

According to the National Institute for Family Finance Information (Nibud), 37% of senior secondary vocational education students aged 18 and over are in debt. What's more, almost half of these young adults claim they don't consider this a problem. That's a problem in its own right! How do they make financial decisions and which factors influence their decision-making? Researcher Aisa Amagir has designed, developed and evaluated the Spaarwijs (Savewise) programme. As part of Spaarwijs, pupils in pre-vocational secondary education set a personal savings goal and discuss everyday financial matters with both peers and their families. This not only teaches them about saving money, but actually helps them do so. That, in turn, makes these youngsters more financially resilient!

*Researcher: Aisa Amagir (FE)*



# I'd like to see that!

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