

**STICHTING TINT EINDHOVEN**

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# **ANNUAL REPORT**

*2020*



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Tint Eindhoven



Tint Eindhoven

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# PREFACE

2020 was for TINT also a special year. Meeting each other and making connections are the core of TINT's activities. These activities are about life questions, meaning, personal development and intercultural and interreligious connection: subjects for which live conversations and encounters are indispensable. After March 2020 it was over with live talks for the rest of the year (with some exceptions in short periods). Everything had to be online.

Working online wasn't new to TINT. Via social media and the website, more general communication with the students and event participants was already largely online. Signing up and booking tickets also went (and will continue to go) digitally. With this basic experience and the advantage of being a small organization, TINT was able to quickly switch to online activities. Ongoing and planned activities (such as mindfulness, workshops, and events) were - where possible - converted to online activities. New online activities were set up, such as starting the day together twice a week, podcasts, and weekly lunch together. The coaching conversations were also continued online and - when possible - during outside walks.



Willem Mak  
Chairman Stichting TINT Eindhoven

It was very encouraging for TINT - and probably also for other parties - to experience that the collaboration in the field of community and student welfare was intensive and fruitful, especially with this sudden switch to online communication only (and will continue to be after 2020). An example was the TU/e Community Radio, where broadcasts were provided by different parties to form a varied whole. Reference was also made to each other's activities, resulting in a more diverse and wide range of offers.

Creativity, however, remained crucial. After working well in the first wave, interest in online activities declined (due to online fatigue) and with it the ability to reach students declined. All while the concern for the wellbeing of certain groups and individual students grew due to the continuing lack of a return to a (new) normal. TINT, together with others, searched here for what else was possible.

But the restrictions due to corona, such as working from home and online, did not only apply to the students. The TINT Team and board also had to make these changes. Especially in the second half of the year, having to work online for a long time turned out to be a major challenge to retain the same creativity and enthusiasm as in the situation before corona.

2020 was an important positive milestone for TINT because the basic funding for TINT's work for the period up to and including 2024 was largely completed. The *Protestantse Kerk Nederland* (PKN) has awarded a subsidy for the period from 2020 to 2024 in response to an application submitted by TINT together with the Christian student associations and organizations IFES and Navigators. Eindhoven Technical University (TU/e) also approved the basis for an extension of the cooperation agreement between TU/e and TINT for 2021 - 2024.

At TINT we are extremely grateful for this multi-year commitment of financial support for the work, as well as for the support of the *Protestantse Gemeente Eindhoven*, *Stichting Boelaars de Vries*, *De Kapel*, and others, who jointly make the work of TINT possible.

This foundation for continuity in the coming years is also an invitation to look ahead to beyond the end of the corona restrictions. What have we learned and what can we develop further. But also: What are the consequences of very limited live contact for students for a year and a half and what does that mean for new points of attention and creativity in TINT's activities?

TINT wants to continue its close collaboration with others, especially with these new challenges and activities. The major changes that occurred in 2020, which were always different than expected, have shown once again how important collaboration is. That is why, especially after this year, we would like to thank all our partners and also the participants in our activities for this cooperation, involvement and support!

Willem Mak  
Chairman Stichting TINT Eindhoven

# MISSION

TINT offers students from TU/e (BSc, MSc, PhD, PDEng and Postdoc), Fontys Hogescholen and Design Academy Eindhoven the opportunity to develop in the field of meaning, life questions, spirituality, compassion, connection and personal development. TINT aims to help students discover who they are and want to become, deal with challenges that come their way and explore important values in their lives.

For the TU/e community, TINT also aims to strengthen the development of the community on campus by connecting people and groups around personal themes from the lives of students. TINT pays particular attention to connections with international students and wants to reduce the chance that students fall outside all networks. TINT also contributes to the formation of the community by connecting and stimulating cooperation between organizations that work in the field of personal development, meaning, religion and a multicultural community. TINT works from a multi-religious and multicultural perspective.

# TARGETS

Three new goals have been set in 2019, that the organization wants to achieve in the coming years, and the goals are still current for 2020. These goals are:

**1 EVENT AND 1 WORKSHOP**

*to be organized every month*

---

**REACH 5000 STUDENTS**

*and involving 25% with TINT*

---

*develop a partnership program with*

**A MINIMUM OF 3 PARTNERS**

# MINDFULNESS BREAK

An initiative by



## ACTIVITIES

In order to realize the mission and goals, TINT annually compiles a program of life coaching (pastoral care), events and workshops. Life coaching through individual conversations is an essential manner through which all students have been supported for many years, in gaining insight into their life questions, dealing with meaning in life, and dealing with their own, sometimes difficult situation. The events are organized by TINT itself or together with other parties and form the connection between working on personal development on the one hand, and community building on the other. During workshops themes are discussed in a more methodical way, and there is being worked on the development. In addition to these activities, TINT coordinates the umbrella organization for ideological and religious student associations: Credo. In the coordination of Credo, TINT encourages meeting, exchange and cooperation between students from different ideological and religious backgrounds.

In 2020, the activities of TINT have changed radically due to the corona measures. Initially there was some concern about the way in which the program could be designed, taking into account the restrictive measures. Soon after, concern about the students followed and thinking along and working on activities that were still possible. This to support the students as much as possible in mutual connection and dealing with an almost completely online life, in all its aspects: study, work. and private. In the examples, we therefore mainly focus on these activities adapted to the corona circumstances.

*“It is nice to hear that I am not alone with this problem.”*

*Visitor You Can Figure This Out!*

## LIFE COACHING

Life coaching has a long tradition within TINT. Just like the student pastors of the past, our life coaches now help students in the choices and changes they go through in their lives. In an open way, students can vent about dilemmas and receive support with life questions. Topics such as the meaning of life and religion are also discussed. The life coaching at TINT is easily accessible: even smaller questions are discussed before they develop into bigger problems. In addition, life coaching has the function of catching signals in time and, where necessary, referring them to other student counselors and authorities.

In 2020, Margit van Tuijl and Rachelle van Anandel were the 'permanent' life coaches/student chaplains within the TINT Team. In addition, Laura Curta conducted conversations with students from September 2019 to August 2020 as a life coach intern. It has now become more and more common for life coach interns to support and enrich the TINT Team. This allows us to offer more students life coaching than a few years ago.

The arrival of the coronavirus has radically changed life coaching, both in terms of content and form. Substantive questions suddenly arose, such as: 'How do I stay motivated at work, despite all the limitations?', 'How do I keep pleasure in what I do, now that so much is no longer possible?' and 'How do I make sure I keep feeling connected to others, now that there are so few moments of contact?'. What was striking was the large difference in perception between students. Where one person was seriously weighed down by the measures, the other easily found his or her way within. A few even found more peace and concentration due to all the limitations. In terms of how the conversations were conducted, the changes were also drastic, as they suddenly mainly took place online. Depending on the measures and guidelines, a number of conversations were also held on campus or while walking. Of course, it is more difficult to form a complete picture of how a student is doing online than in a face-to-face meeting. Despite this, it turned out that online methods were also possible (for example, making a digital mind map or mood board), which were previously not used. Walking coaching conversations also bring movement and fresh thoughts into the thought process, a beautiful new discovery.



[Margit](#)



[Rachelle](#)



[Laura](#)

*'Margit is a very loving and nice coach to have. She listens very carefully and accepts your story as it is. I felt very comfortable with Margit. She starts the conversation from peace and reflection. This approach creates a relaxed and open atmosphere, allowing you to tell your own story.'*

*Robert, student Industrial Engineering TU/e*

In 2020, the life coaches and life coach interns together held 150 coaching conversations by appointment. In addition, they conducted an estimated 40 informal conversations with a coaching character. This is less than in previous years, because before corona, these conversations often took place during lunch breaks in various TU/e canteens and in the corridors of TU/e. Due to the measures, these informal conversations could only take place in 2020 around (mostly online) events and via social media. Students found their way to life coaching through TINT events, our website, social media and referrals from other student counselors.

Questions from students in life coaching were, for example:

- What do I want after my studies?
- How can I break through my feelings of loneliness?
- What helps me to be happier in my life?
- How do I deal with loss?
- How do I look at life and death?
- What does spirituality mean to me?
- How can I gain more trust from my faith?

*'At first I didn't understand why Margit focused so much on the things that give me energy, that inspire and motivate me. Precisely because we talked about it a lot, I got to know myself better. I now understand why she thought it was important to be clear: I deserve good things in my life, and it's actually so easy to give them to myself!'*

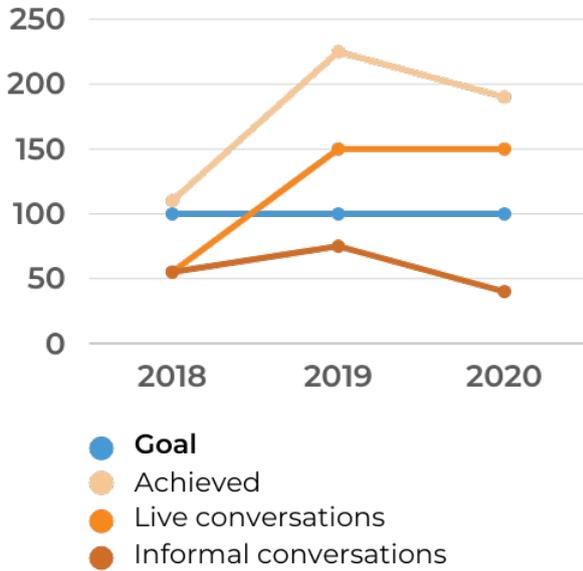
*Naomie Amsing, Student TU/e*

In addition to individual life coaching, TINT's life coaches have contributed to the [Hear Me Line](#), which was created in April 2020 as a result of the first lockdown. Students could approach this listening line via (video) calling or chat if they needed a listening ear. The life coaches of our foundation have guided the volunteers of the listening line in intervention groups. In the end it turned out that less use was made of the line than initially expected. Nevertheless, we are happy that we have been able to support this line as life coaches.

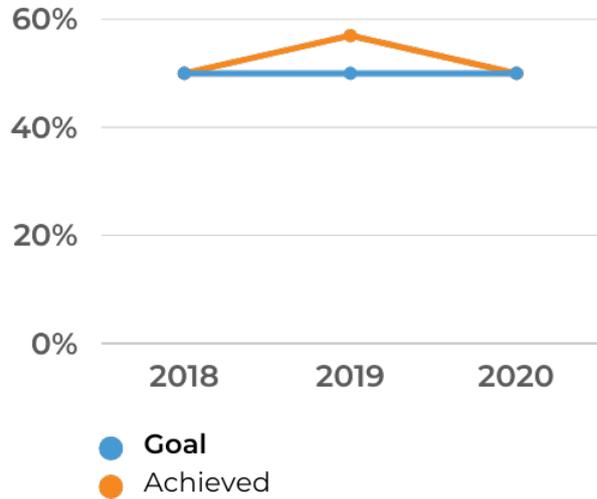
Output & outcome of coaching

Output

Number of coaching sessions



Percentage conversations with foreign students



Outcome

Evaluation coaching by student

**Goal:** Good  
**Achieved:** Good

*'My self-esteem and self-confidence depended heavily on my study results and on my love relationship. By discovering in life coaching what I find pleasant, fun and inspiring outside of my study and relationship, I have found a stronger foundation in myself. This also helps me to be more relaxed in my studies and love life.'*

*Student Sustainable Innovation  
 TU/e*

## WORKSHOPS AND EVENTS

In 2020, TINT has offered 26 activities, including 10 unique events and 13 unique workshops. The offer varies from major events such as '[Celebration of Women in Science](#)' - which was organized in collaboration with WISE - to workshops such as 'Compassion', 'Connect With Yourself' and 'Self-Leadership' where the life coaches took the substantive leadership, in collaboration with external coaches. In addition, in 2020 TINT organized several activities that were repeated weekly, including the Mindfulness Break and Come, Chat & Connect. TINT also linked up with university-wide activities, including the Bachelors and Masters Intro Week. Due to the measures, various activities were moved to an online environment. There also was a shift in the type of activities organized online. So during the first months TINT became testing grounds. A new, recurring event was 'Good Morning Eindhoven', where students started the day together with a life coach to increase production; a challenge many students experienced once everything went online. Especially with the weekly events, it was important to reflect well and determine whether it contributed to the wellbeing of the students. Over time, we noticed that students became less interested in these online events, as they all had to do all of their other activities (lectures, exams, contact with friends and family) online as well. It was therefore a great relief that the Intro week could partly take place offline and that a few activities could still be organized offline in September and October within the measures. The entire overview of the workshops and events in 2020 can be found in "Appendix 1: Annual overview events and workshops 2020" on page 29.

*"Why is the event only once a year?"*

*Bezoeker TU/e in Dialogue:  
Unboxing Yourself*

What struck us overall was that the number of attendees at the online activities was a lot lower than when we still organized in-person activities. Offline workshops are often sold out at TINT with 8 to 12 tickets, but since the pandemic this has dropped to 5 to 7 attendees per workshop.



## FIRST IMPRESSIONS MEETUP

Platonic Speed Dating & Quiz Night

| 07.10.2020 | 18:30-21:30 | Koeveld Ground |





Between October 5th and 11th it was Diversity Week at TU/e. Diversity is a difficult but very important topic for TINT. It is a subject with many issues that I like to discuss, but as a white, Dutch student you quickly enter a certain bubble. Fortunately, TINT came to my rescue, in April I was welcomed as a new event organizer and coordinator of Credo (the umbrella organization of religious and spiritual associations at TU/e). I wanted to give something back to TINT, after the wonderful coaching process I was able to follow. But now that I can give something back to TINT, TINT suddenly does a lot for me again.

The more I think about it, the more I see that in daily life, groups hardly mix and I think that's such a shame. After all, we can learn a lot from each other. Fortunately, TINT breaks through this trend, all kinds of different people come together here and they dare to speak up about it. TINT is a pair of open arms for everyone, for that one transgender student in the Introduction week, for that one Master student who studies Tantra, and that one guy from Syria who would like to make new friends.

Diversity, sometimes it's a blessing and sometimes it's a curse. Each time you have to cross a border, build a bridge between different worlds, which are sometimes less different than they seem and sometimes remain very different. It is exciting and sometimes it takes a lot of energy to build such a bridge, but you often get a lot in return. I see that at our events too, at first there is hesitation but by the end of the evening strangers have become friends and the conversations are brimming with energy.

Outside TINT's safe space, however, such a conversation can turn into hatred and fear of another. One situation that bothered me was the tone of the Nashville statement several years ago. I wrote a speech to show that I don't think you should judge others in this way, that fear and hate only divide the world more. I wanted to let people know it's okay to be different. That it is important that everyone can live on a basis of love instead of fear, shame or hate.

Adapted for TINT, and translated into English, we published [the speech](#) during the Diversity Week. The mindfulness break during that week was also about the beauty of differences and together with Cosmos, the international student association, we organized a nice evening to get to know each other and the Dutch culture.

All in all, this week opened my eyes again to the wonderful diversity at TU/e, but I also experienced once again how important it is to pay attention to this difficult subject during such a week.



Nuriye, TINT Event Organiser  
Samen, year 49, no. 11  
Publication: Protestantse Gemeente Eindhoven

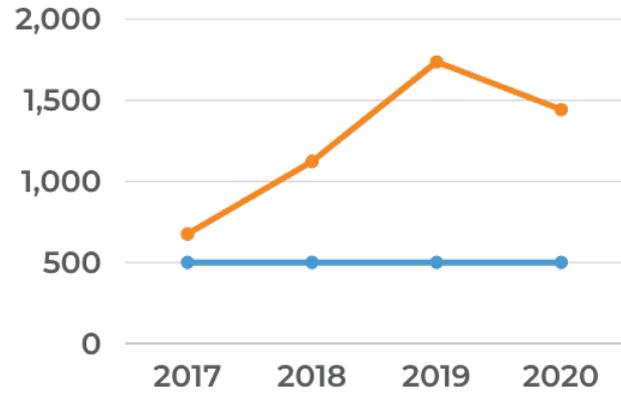
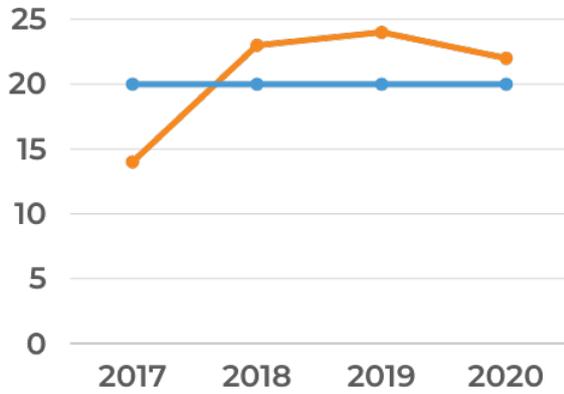
*Output & outcome of workshops and events*

**Output**

**Outcome**

Total number of activities

Total number of attendees



- Goal
- Achieved

**Percentage foreign students:**  
unknown  
**Rating by attendees 2020:**  
more than sufficient

## CREDO

Since 2017, TU/e has had a religious and ideological umbrella that is coordinated by TINT. In 2020, the Christian student association Ichthus, the Christian network group Navigators, the Islamic student association S.A. Salaam, the international Christian student association HOST, mindfulness community Enter The Now and TINT united under Credo. For TU/e as an educational institution and for the community, the umbrella is important in order to have a single point of contact for spiritual associations, comparable to the umbrella organizations in which sports associations or study associations work together. For the associations themselves, this increases their visibility within TU/e and it offers Credo opportunities to be a joint and stronger discussion partner for TU/e as an umbrella organization. In addition, Credo offers the members the opportunity to exchange experiences. Credo also offers an environment in which people from different religious denominations can get to know each other, exchange ideas and seek connections.

### CREDO ORGANIZATION AND THE COORDINATING ROLE OF TINT

Due to a change in the TINT Team, Credo got a new coordinator. Around the summer of 2020, Mayke passed the baton to Nuriye, our new addition and event organiser. In order to keep an eye on the mutual exchange of ideas on a spiritual level and to seek the substantive connection, the coordinator works together with a life coach as an advisor. This role was taken over from Margit by Rachelle in the second half of 2020. The Credo umbrella is formed by a representation of the boards of all of the various associations and meets approximately four times a year.

### CONTENT DEVELOPMENT

In the first half of 2020, Credo focused on increasing visibility on campus. The plan was to organize a joint event before the end of the 2019-2020 academic year. Due to the corona measures and therefore also the care for activities of everyone's own associations, unfortunately this was not succeeded. The first quarterly meeting of 2020-2021 was mainly dominated by listening to the associations and their expectations and ideas, because almost all associations had new boards. The goals of Credo have been discussed with all (new) boards and these have been re-established together. The associations mainly stated that they see Credo as a group where the associations can support each other with challenges that the boards of the associations encounter. It was also mentioned that Credo is important for communication between TU/e and the associations. An important topic related to the theme of 'standing up for interests' is obtaining extra support from TU/e, such as an administrative grant. A conversation that quickly becomes substantive when it turns out that the requirements that TU/e sets for associations to be eligible for support do not correspond to their own convictions or working method. It characterizes Credo that these kinds of conversations can be had. Looking ahead, the main goal for the upcoming period, starting in 2021, is initially to build a greater sense of community within Credo, and from there to develop further towards strengthening communal representation at the University.

**THE GOALS SET IN 2017 ARE**

- ◆ *Promoting mutual cooperation.*
- ◆ *The exchange of knowledge and experiences.*
- ◆ *Strengthening the place of religion and spirituality on campus.*
- ◆ *Promoting awareness among TU/e students on religious and spiritual questions.*

**THESE HAVE BEEN RECALIBRATED IN THE COURSE OF 2020,  
AND DEFINED AS FOLLOWS**

- ◆ *To show and represent religion/ideology/spirituality and its diversity at the university.*
- ◆ *Standing up for the interests of the associations and its members in the organizational and spiritual field.*
- ◆ *Creating a connection and sense of community between the different associations and letting the associations support each other.*

# PROJECTS

## PROJECT 'LONELINESS'

In 2018 TINT has received a subsidy from the Boelaars-de Vries Foundation. Partly thanks to this subsidy, we started the 'Loneliness' project. As part of this project, Michelle van Rensch has conducted research to gain more insight into the perception of loneliness among students at TU/e and what it takes to reach students who experience loneliness.

The TU/e journalism platform, Cursor, has published an article about the (in their view) most striking results of the research: ['International TU/e student doesn't feel lonely more often than Dutch student'](#).

Further explanation of the research and the collaborations that have arisen from this can be found in the [Annual Report of 2019](#).

The research that ran until the beginning of 2020 showed that every student can experience loneliness, regardless of aspects such as gender, study, housing type or descent (Dutch or international). In order to better reach the students, TINT has mapped out the network around loneliness/isolation and used it to gather more knowledge and share knowledge. We have been keeping active contact with our network around the theme of loneliness since 2020 to see where we can work together and strengthen each other. For example, we are one of the partners within the Eindhoven in Contact Foundation, where a quarterly meeting is organized around a theme related to loneliness. The most important finding from this network: organizing activities is not necessarily the solution for lonely students. We also learned that students are aware that they are in control of their own lives and that they want to help each other.

A lot has changed for students in 2020 due to the corona crisis. The theme of loneliness is therefore even more relevant than before. But the various lockdowns required a different approach than TINT initially planned. Based on the experiences of the last two years, we at TINT have started working hard to tackle loneliness in times of lockdown. We reached out to the target audience of students as best we could through online and offline activities focusing on topics like starting the day together, self-compassion, how to stay productive without social control, and work pressure.

At the same time, TINT has been able to investigate in which forms we want to tackle loneliness in the future. In addition, it is now clear that corona will also strongly influence our lives and that of the students in 2021. That is why our foundation has also investigated how lasting changes can be implemented around communication, community building and life coaching.



## THE CONCLUSIONS

### SOCIAL MEDIA AND PODCASTS

We are increasingly using social media to reach students and share knowledge. We started creating and distributing podcasts to help students develop themselves and help each other. The podcasts we have put online are already well listened to (50-100 listeners per podcast within a few weeks after uploading). We also work with student organizations that use online platforms to keep in touch with each other. A good example of this in 2020 was the TU/e Community Radio, which was broadcast several times a week from March 18 to May 29 thanks to study association GEWIS (Faculty of Mathematics & Computer Science). Five times, TINT has provided 3 hours of content to encourage students through inspiring music and useful tips to get through the lockdown.

### COMMUNITY BUILDING THROUGH ONLINE WORKSHOPS AND EVENTS

We are developing a workshop called 'Who Will I Become?', which we will deliver in 2021. We also gave the 'Under Pressure' workshop about work pressure, which we converted to an online version for this. In these workshops, which are not necessarily literally about loneliness, we are making even more sure that students can always share their experiences. The recognition that this causes creates a stronger mutual bond and the motivation to help each other. All in supervision with an experienced life coach who leads the conversations. In 2020 we also investigated how we can soon offer workshops to the boards of student associations in the field of identity and connection. The aim of these workshops is to enable board members to develop skills that will enable them to increase diversity and inclusivity within their associations.

### LIFE COACHING

Due to the efforts in the field of communication and through the workshops and events, more and more students are finding their way to the life coaching that TINT has to offer. Within the theme 'Chat & Connect' we are always looking for new ways to get in touch with students. At the beginning of 2020 we organized lunch sessions on campus where we had lunch together with students who would otherwise take a break alone. This went well until everything had to be online due to corona. We tried it online for a while in the form of 'cooking and eating together online', but stopped because of the small number of participants. What we continued for a longer time during the first lockdown are the joint morning openings, where we started the day online twice a week with information (tips/tricks) about organizing your time in an online (corona) world. We have also continued to join forces with the student organization 'Enter the Now' from the first lockdown to organize online Mindfulness sessions. In addition, TINT's life coaches have cooperated with a listening line for students, which was set up from the TU/e (Hear Me line). Because this listening line was used less than expected, we started investigating another concept in which the life coaches and volunteers go for a walk with one or more students.

Thanks to a new subsidy from the Boelaars-de Vries Foundation, we were able to make an extra effort from TINT on this theme last year within our possibilities in the field of communication, community building and life coaching and we will continue to do so in 2021.

## STUDENT WELLBEING NETWORK

The Student Wellbeing Network (SWeN) is a new network that was initiated and set up in September 2019 by student faction *Groep-één / ESR*, to increase communication and collaborations between different TU/e organizations that contribute to student wellbeing. TINT was involved from the start in organizing the resulting meetings. TINT helped develop the vision document and linked up with the meetings.

Themes that were discussed included: internationalization, loneliness, and promotion of campus activities related to student wellbeing. Thanks to the project that has been running at TINT since 2018, the theme of loneliness has been put on the agenda. The results of a survey conducted in 2019 inspired the network to investigate how other organizations within TU/e can also get started. Questions such as 'How can others be involved?', 'How can we connect people?' and 'How can a good campus culture be created?' were discussed from there. Tips were exchanged and the newly gained expertise was taken back to their own organizations by all those present. This project is a good example of how the members of SWeN feel responsible to get started and to investigate what role they (want to) take in crises.

The first year of SWeN was a positive experience for TINT because of the opportunities we got to share our expertise more directly and concretely with students. We experienced appreciation for the work of TINT and the values we represent in the TU/e community. Thanks to SWeN, we have been able to strengthen our network. We contributed by sharing ideas and success stories.

SWeN is a promising initiative that could become the most important consultation forum for student wellbeing at TU/e. Any organization or department of the university can simply propose a topic for the consultations and receive constructive feedback within an hour from the umbrella organizations, which represent the various student community. As a result, we see that TU/e recognizes and uses the value of this network. TINT is an involved member and can strengthen the presence of SWeN in the TU/e structure and in wellbeing projects that are being organised. An important opportunity to emphasize the importance of organizations such as TINT.



Tap the image to watch the video: Student Wellbeing Network TU/e | TINT.

# COMMUNICATION

Communication is very important for the TINT Foundation to achieve its goals. It is not only a tool to announce and/or promote activities and life coaching, but also to share knowledge and inspiration from our experts and students. Due to the pandemic, some communication tools have become a hybrid form between communication and events. TINT uses the following means of communication, among others: social media, the agenda of TU/e online magazine Cursor, digital screens throughout TU/e and new communication channels for TINT such as [TU/e Radio](#), the [TINT newsletter](#), [‘Tools For Life’ the TINT Podcast](#) en [YouTube](#).

## TU/E RADIO

During the beginning of the pandemic, TU/e Community Radio was broadcast daily. TINT was a guest here five times between March 22 and May 26 to provide the three-hour live broadcast. Life coaches and event organizers played music, shared work made by students and started into a conversation with each other, the radio makers and the listeners about themes such as building habits in times of corona, thinking patterns, self-confidence, digital detoxing and finding breathing space. Meditation and tips for home were of course not left out.

## ‘TOOLS FOR LIFE’ THE TINT PODCAST

Following the successes of TU/e Community Radio, TINT decided to translate this format into an on-demand variant. For example, the team noticed that it is great fun to share expertise and inspiration around a specific theme, and that the conversations, dialogues and discussions that were initiated in response to the theme are of a high level of entertainment and at the same time enriching. In addition, in 2020, the importance of content that the student could listen to on demand was also high, opening up even more opportunities with regard to communication: students did not have to sit in front of their computers to listen in, and they could listen to it whenever they wanted to make time for it. A nice side effect is that for the first time a kind of database of knowledge is created at TINT, which would not be ‘lost’ after an event. In addition to these conversations, TINT also decided to record and share the mindfulness sessions, so that they can also be listened to on request.

All developments have resulted in an increased visibility. For example, TINT was mentioned nine times in articles by Cursor journalists around themes such as loneliness, diversity and personal development. Which is an all time high. Our activities also appeared in the internal TU/e newsletters several times and associations shared our content on social media with their students.

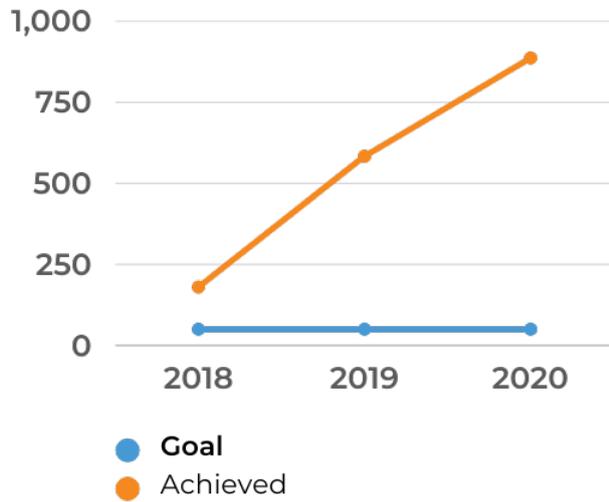
Due to these developments, we also notice that the performance indicators as drawn up in 2017 are outdated and 2020 will be the last year in which we will measure communication within the organization based on these indicators.



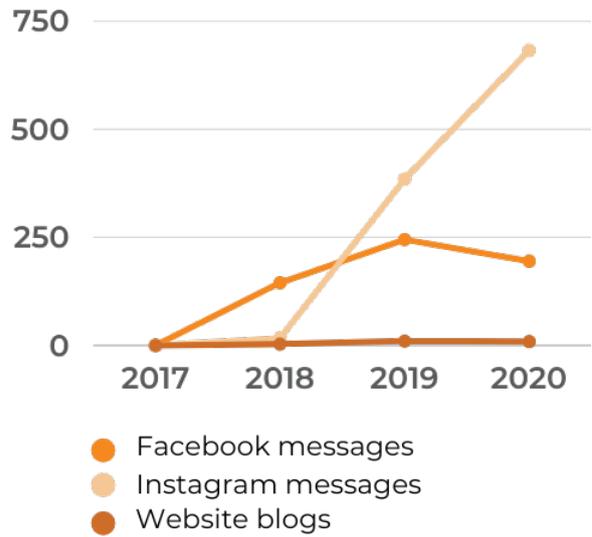
Output & Outcome of communicatie

Output

Number of announcements, either printed or online

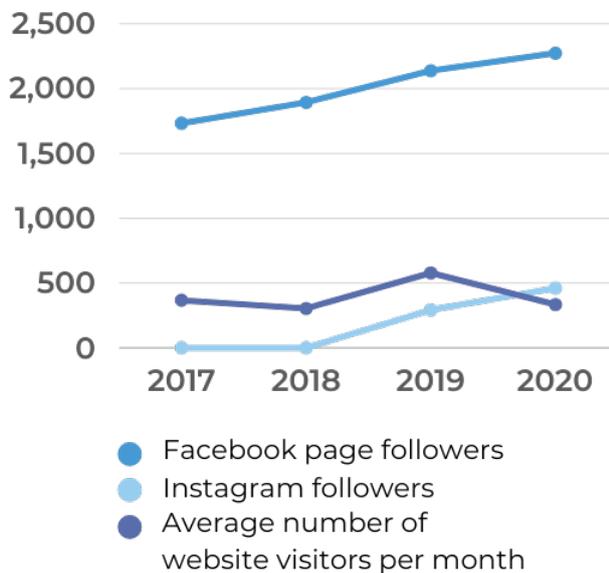


Online messages



Outcome

Online visibility



## BLOG: A JOURNEY TO A BETTER WORLD

### OCTOBER 2020

My name is Nuriye, I study applied physics and for a few months, I work for TINT as an event organizer. My favorite thing to do is being creative, in any way, and that is exactly what I would like to share with you.

During the beginning of the Corona pandemic, a big part of the world was suddenly set to pause-mode, including me. Losing my weekly activities as playing theatre and meeting with friends, I was left with a huge amount of free time.

My first reaction to this was actually doing A LOT.

I signed up as a corona volunteer at many places, wrote letters to isolated elderly, called my grandparents, etc. Inspired by an interview with Lidewij Edelkoort I thought this MUST be the time for change. I dreamed about a worldwide paradigm shift, a better world, a more sustainable world, and a happier world.

The idea popped up into my mind to make a list of big and small things people could do to change the world. Every tiny step towards a better world is already an achievement to celebrate, I thought. Moving forward, forward, forward. Just keep on going and you will get there! Never waste a good crisis! NOW is the time for change!

Do you already feel stressed out? Well, I did.

Something was missing. I was doing a lot to change the world, but I did not feel satisfied. Stress and pressure made me do these things out of fear for what would happen if did not. My activities were hardly funded in passion, love, or joy. Even though my original stress causes were reduced by the pandemic, I managed to construct some new ones.

It was really time to slow down.

My decision to cut back in activities was easily made. Instead, I started listening to music, dancing and meditating. Stillness and peace returned to my life and it was a huge relief. This eye-opener inspired me to update the list with some more calming and soothing activities.

Taking care of the world also means taking care of yourself.

It is something I learned even more deeply a few days ago when I watched the documentary "Inner Climate Change". It taught me that it doesn't matter what you do, but how you do things.

The once so important list reduced for me to a nice bunch of inspiration, I would still like to share with you. But if you really want to make the world a lovelier place, then just do or make something filled with love!

Hopefully, I can do this by organizing great activities with TINT. Using my creativity, I hope to contribute to an open and connected academic community here in Eindhoven.

Hope to see you soon!

[Read the 'Crazy Covid-51 - A list of things you can do to change the world' by Nuriye here!](#)

# ORGANISATION

TINT is part of a broad network of students, student associations, student support organizations, partner organizations, educational institutions, and of course also the local and regional network in which our international and Dutch-speaking students are located.

The TINT Team is the executive team for the daily organization of events, workshops and the provision of life coaching sessions.

The TINT Team is led by the TINT Council, a group of directors with a jointly inspired vision, who ensure that the course is maintained, and who investigate, recalibrate and implement newly arising opportunities and disappearing old ones and practical preconditions so that the team can do its job well. The TINT Council meets monthly with two permanent board members: Willem Mak and Tony Williams. Susanne van Dijk quit as a board member in the spring of 2020. Two new members joined in the course of 2020 and Hein-Otto Folkerts and Janneke Roodzant have now been trained as full members of the board.

The composition of the board as of January 1, 2021 is:

- Willem Mak (chairman)
- Tony Williams (treasurer)
- Dione van Noort
- Janneke Roodzant
- Hein Otto Folkerts

The Advisory Council, consisting of five members, provides the TINT Council with vision and reflection and advises on the long-term course.

In the work that TINT performs as an organization in Credo, the connecting and facilitating role that TINT has at TU/e is emphasized. Coordinating and co-facilitating contacts between the different religious movements at TU/e is an important task of TINT. Credo was founded to give shape to this task in a good, independent manner.





From left to right: Nuriye, Ieva, Laura, Mayke, Arantja, Margit, Ana

## THE TINT TEAM

“The biggest challenge for the TINT Team in 2020 was of course dealing with corona: the lockdown(s), the guidelines and the many hours of working online. I noticed with pride and amazement what the first lockdown woke up in the team: the switch was quickly made to working online and organizing online events, in the beginning even with a daily offer. All team members used their qualities and creativity to make the most of it and it was noticeable that we were an example for other organizations at TU/e. In the rest of the year I also enjoyed the talents in the team.

Arantja Rosalina (program manager) has been able to support the team well with her experience in the field of online working and marketing and also further expanded our network in the student world. Rachelle van Andel (student chaplain) has inspired the team with her ideas and insights to respond creatively to the needs of students. Ana Pereira (event organiser) played an important role in building up the wellbeing network at TU/e (SWeN), which has permanently put the importance of student welfare on the map. Mayke Krekel (event organiser) used her creative talents to take TINT to a higher level in terms of appearance and turned out to be an enthusiastic motor behind the TINT program at TU/e Community Radio. Nuriye van Lamoen (event organiser) cleverly joined the team in this ‘online era’ and has, among other things, taken over and continued the valuable work related to the Credo umbrella from Mayke. Laura Curta (life coach intern) has fully deployed her expertise to provide students with insights and tips to ‘survive’ this corona time. Furthermore, in the first months of 2020 we were able to enjoy the knowledge and skills of Ieva Vaitiekunaite (event organizer), who transferred the social media skills she learned during her internship to the team. In short: ‘the whole is more than a combination of the separate parts’ and that was clearly noticeable in the TINT Team in 2020!

All in all, this year has demanded a lot from the team members and it was nice to see how open the team was to share the tougher moments and setbacks as well. Fortunately, in the better months we were also able to meet live and recharge at these meetings, such as during the summer drink on the terrace of campus café De Zwarte Doos (photo above).”

Margit van Tuijl (life coach/student pastor)

“In the events and workshops that TINT organizes, it touches me deeply to see how everyone is working on growing up, no matter what age. How many struggle with questions and with the search for a purpose in life. In turn this matures me, because it gives me insight into some of those questions.

For example, we have recently organized several events and workshops on topics such as identity, wellbeing among students, and vision and passion for your future. Especially students often struggle with subjects like these, and they influence each other again. For example, if you don't know who you are, it is difficult to see a future for yourself and that can have a big impact on your wellbeing.

For myself, my path and who I am has always been fairly clear. My study and the work that goes with it, however, is very individualistic, something I felt during my graduation. That's why I was happy to be able to keep working for TINT every week during this period.

Every week I could focus on working in a team that is there to help others. In this way TINT helps an extra person, not with what it organizes, but by offering work positions. I have learned that it helps me to help others. It pulled me out of a self-centered mindset that I didn't know I had built. It helps me become the “adult” I hope to be. I hope it will be a lesson I will not forget.

In these troubled times of corona, unfortunately we had to cancel many meetings with TINT. Fortunately, this does not mean that everything is standing still. All the creativity of the TINT Team is used to bring students together online, and promote, exchange and offer meditations. In this way, the search and deepening continues and we may also reach new students. An adventurous process!”



Mayke, TINT Event Organiser  
Samen, year 49, no. 3  
Publication: Protestantse Gemeente Eindhoven

# PLANS VOOR 2021

In July 2020, the TINT Team met with the board to set out the path we want to work on in the next years. For example, we have been asked by TU/e to contribute to raising awareness among students: 'How can they form a hospitable community together in which everyone, regardless of cultural origin, sexual orientation or religious conviction, can be themselves?'. This wish for helping students to discover their strengths and to develop as human beings fits in well with the path that we also want to use at TINT in the coming years. The word 'empowerment' has often been used here: it is about helping students develop skills so that they can grow in connection with themselves, others, life and (for the religious students) with God. TINT would like to (continue to) contribute to this awareness process. A new direction that we as TINT are exploring and developing in the coming years is increasing the reach and contribution to the community by offering activities not only to students but also to associations, so that they can work on a safe and welcoming environment for everyone. The theme of loneliness, as described earlier in this report, will also play an important role in 2021. Loneliness among students has become a larger problem during the corona period, the ongoing activities have been described earlier in this report.

In summary, in 2021 TINT expects to carry out the activities below.

## ORGANISATION, FINANCING AND COOPERATION

- The cooperation agreement with TU/e is being renewed
- We are actively looking for potential subsidy providers
- At least one project grant is requested
- Contact with PKN/PGE and *De Kapel* is maintained through the substantive contribution of the life coach/student pastor to celebrations, writing in the magazine *Samen* and/or *De Kapel* newsletter and exchanging experiences and expertise.
- There is a collaboration with the student organization 'Enter The Now' to offer mindfulness breaks and meditation workshops
- There are collaborations with various groups within the TU/e community, such as Cosmos and Studium Generale, in organizing activities for students.



**Protestantse  
Kerk**



## BOELAARS-DE VRIESSTICHTING



## COMMUNITY BUILDING

- In order to advise TU/e as a community and to play an active role in this, TINT participates in the Student Wellbeing Network (SWeN).
- Two workshops are being developed and given in the field of identity and connection, which contribute to the empowerment of student associations.
- The coordination of Credo continues, the joint meetings are prepared and chaired by TINT.
- TINT strives to organize a joint activity with all members of Credo when physical activities are allowed again.
- TINT contributes to the 'Happiness Week'.

## LIFE QUESTIONS AND IDENTITY

- A large part of the activities by TINT will be continued. In this way, individual life coaching remains an important offer for individual students.
- Just like in 2020, mindfulness meditations will also be offered in 2021.
- Events and workshops are organized for students, the aim is to offer about 20 activities in 2021.
- The activities are supported by communication tools from the university, the TINT website and social media.
- Podcasts are recorded to help students develop, so students can listen them back when the theme is relevant in their lives. The content of this is constantly evaluated and adjusted where necessary.

## COMMUNICATION AND VISIBILITY

- Communication is no longer just a tool to promote events and workshops. It is also used as a means to share knowledge and inspiration from our experts, students and the experts/students with whom TINT collaborates.
- Reaching (a larger group of) students remains a constant point of attention. The website, social media, podcasts and the channels provided by TU/e are used to increase the visibility of TINT, share knowledge and announce activities.
- Expansion of possibilities to reach Eindhoven students of *Fontys Hogescholen* directly through their own channels is being investigated.



# FINANCIAL STATEMENTS

The year 2020 was a difficult year due to corona. Unfortunately, it was also a difficult year for TINT financially, which we ended with a considerable deficit.

In 2019, the professionalism of the team received a major boost from an extra life coach and extra student assistants for setting up and organizing new activities. We largely want to retain the extra leeway this gives and we needed it very much in 2020 to respond to the newly created situation. Setting up a corona-proof program required a lot of creativity, trying things, learning from it, trying other things and a lot of perseverance.

Where the TINT Team made an extra effort to reach the students in this difficult time and to support them with tailor-made activities, it was also a complete switch and extra effort for the board. The farewell of Susanne and the search and training of new board members largely had to be done online and took more time than anticipated.

Due to the growth in personnel costs in 2019, the subsidies that we as a foundation receive from our regular sponsors TU/e, PKN, PGE and *De Kapel* are no longer sufficient to cover all costs. We therefore need extra (project) subsidies of the order of € 20,000 to continue to realize our ambitions. In 2020 we received a subsidy from *Stichting Boelaars-de Vries* for the Loneliness project as described above. A very nice contribution to this important theme that will also be continued in 2021. Unfortunately, we have not been able to obtain subsidies for 2020 from other funds. As a result, we ended the year with a deficit of -€14,389, at the expense of our shareholders' equity.

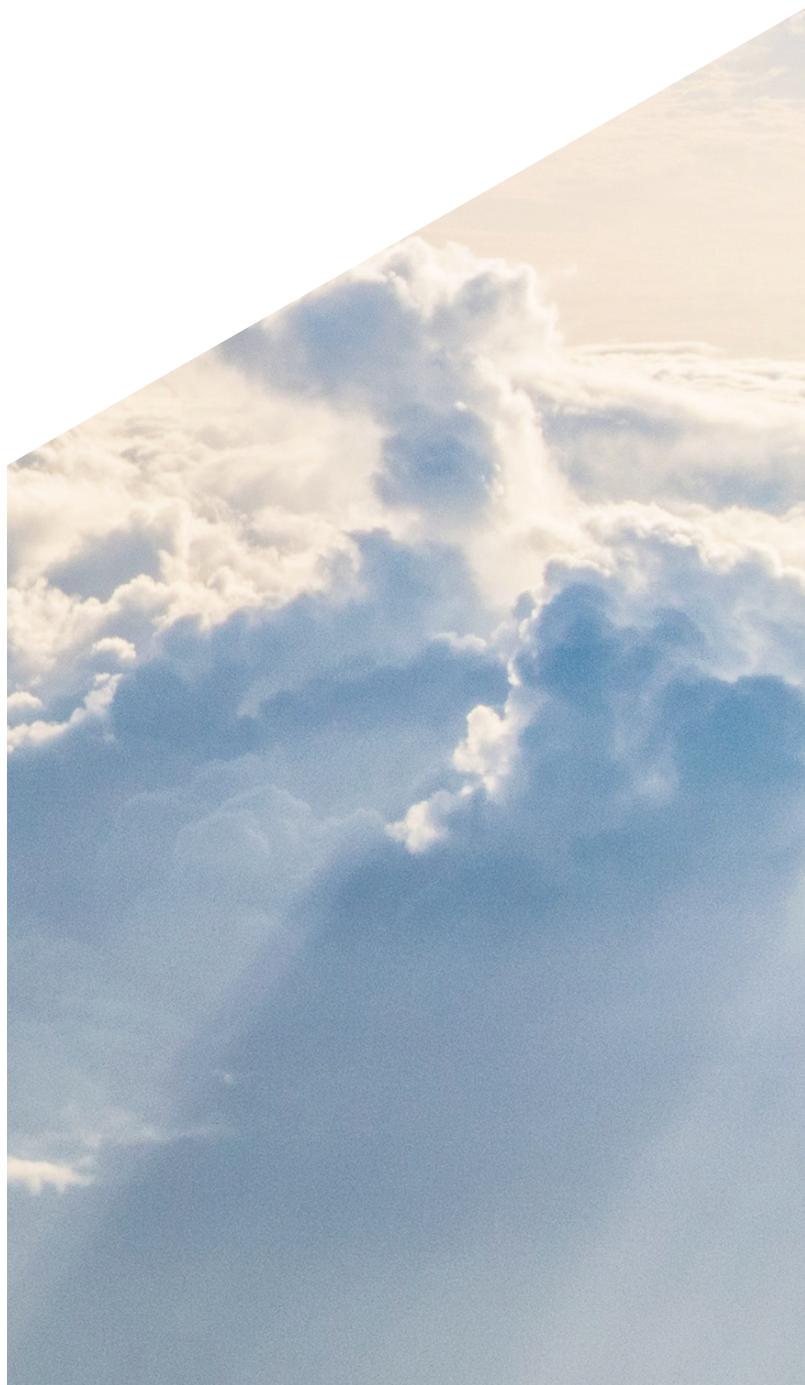
Despite the effort it takes to raise additional funds for our activities, we have decided to stick to our ambition for 2021 and to continue with the same professionals for the TINT Team. As you can see in the 2021 budget, additional resources are needed for this, which we will try to secure in the course of this year through subsidy applications. An extra challenge because due to corona some funds also have fewer financial resources.

The balance sheet, income statement and budget can be found in [“Appendix 2: Balance sheet”](#) and [“Appendix 3: Result 2019/2020 - Budget 2021”](#)



# BIJLAGEN

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# APPENDIX 1: ANNUAL OVERVIEW EVENTS AND WORKSHOPS 2020

| EVENT / WORKSHOP  | DATE                                   | IN COOPERATION WITH...                                | LOCATION                         | NO. ATTENDEES  |
|---|--|---|----------------------------------|--|
| Mindfulness break   | Every Wednesday                        | Enter The Now   | Online                           | 5 per week   |
| Speak Up and Move Forward: What to do first?                    | Mon, Feb. 3                            | Laura Curta   | TU/e Atlas room 2.320            | canceled   |
| Celebration of Women in Science                                 | Tue, Feb. 11                           | Women in Science & Engineering (WISE)                 | TU/e Auditorium Blauwe Zaal      | 80   |
| TU/e in Dialogue: Unboxing Yourself                             | Wed, Feb. 19                           | Studium Generale / Eindhoven in Dialoog               | TU/e Atlas Restaurant            | 46   |
| Vision Board Workshop   | Mon, March 2                           | Mymza Wever (Freelance life coach)                    | TU/e Matrix room 1.345           | 10   |
| Harry Potter and the Magic of Imagination (uitgesteld)          | Wed, March 18                          | Studium Generale                                      | TU/e Auditorium Blauwe Zaal      | postponed  |
| Come Together, Chat & Connect                                   | Every Friday from Jan. to March        | Local Legends   | TU/e Atlas Restaurant            | ~24  |
| Good Morning Eindhoven  | 2x per week from March 18 to May 27    |   | Online (Zoom)                    | ~72  |
| Cook, Chat & Connect  | Every Friday from March 20 to April 24 |   | Online (Zoom)                    | ~15  |
| Compassion Workshop   | Thu, March 26                          | Natasja Timmermans (mindfulness & heartfulness coach) | Online (Zoom)                    | 11   |
| You Can Figure This Out!  | Wed, Apr. 29                           | Laura Curta   | Online (Jitsi)                   | 6  |
| Harry Potter and the Magic of Imagination Lecture by Hetty Zock | Wed, May 13                            | Studium Generale                                      | Online (YouTube & Facebook Live) | Live: YouTube ~130<br>Facebook ~40<br>YouTube in 2021: 556 views |
| Mindfulness 1 year Anniversary                                  | Wed, May 27                            | Enter The Now   | Online (Microsoft Teams)         | 6  |
| Bachelor's Intro - Green Strip Market                           | Tue & Wed, Aug 18 & 19                 | Credo   | TU/e Campus                      | 147  |

| EVENT / WORKSHOP  | DATE                   | IN COOPERATION WITH...                           | LOCATION                      | NO. ATTENDEES |
|---|------------------------|--|-------------------------------|---------------|
| Bachelor's Intro - Mindfulness Workshop                       | Thu & Fri, Aug 20 & 21 | Enter The Now                                    | TU/e Campus                   | 45            |
| Master's Intro Week   | Wed, Aug 26            |  | TU/e Campus                   | 6             |
| SUP Mindfulness Workshop                                      | Wed, Sept. 9           | Supcoach Paula van Loon                          | TU/e Dutmalapad De Dommel     | 5             |
| Connect With Yourself   | Wed, Sept. 30          | Diana Ciolca (Love and conscious relating coach) | TU/e Atlas room 4.225 & 5.201 | 13            |
| Mindfulness Break - Diversity Week                            | Tue, Oct. 5            | Enter The Now & Diversity Week                   | Online (Microsoft Teams)      | ~20           |
| First Impressions MeetUp - Platonic Speed Dating & Quiz Night | Wed, Oct. 7            | Cosmos & Diversity Office                        | TU/e Koeveld                  | 20            |
| Self-Leadership Skills  | Mon, Oct, 12           | Mymza Wever (Freelance life coach)               | TU/e Matrix room 1.345        | 11            |
| TU/e in Dialogue: Turning the page                            | Wed, Nov 18            | Studium Generale & Eindhoven in Dialoog          | Online (Microsoft Teams)      | 13            |
| Under Pressure  | Fr, Nov. 12            | Vitality Week (SSCE)                             | Online (Microsoft Teams)      | 7             |
| Self-Leadership Skills for Postdocs                           | Mon, Nov. 30           | PDA  | TU/e Matrix room 1.345        | 6             |
| Misfits Meet Up: Introduction to storytelling                 | Sat, Dec. 5            | Remonstranten Eindhoven                          | Remonstrant Church            | canceled      |
| Finding Common Ground Workshop                                | Wed, Dec. 9            | Laura Curta                                      | Online (Microsoft Teams)      | postponed     |

# APPENDIX 2: BALANCE SHEET

| <b>BALANCE</b>                         | <b>31-12-2019</b> | <b>31-12-2020</b> |
|--|-------------------|-------------------|
| <b>ASSETS</b>                          |                   |                   |
| Triodos bank account GENERAL           | € 54.722          | € 17.837          |
| Triodos bank account EVENTS            | € 3.392           | € 5.831           |
| Triodos savings account                | € 13.000          | € 12.990          |
| DEBTORS / to be received SUBSIDIES     | € 5.574           | € 19.446          |
| <b>TOTAL ASSETS</b>                    | <b>€ 76.388</b>   | <b>€ 56.104</b>   |
|  |                   |                   |
| <b>LIABILITIES</b>                     |                   |                   |
| Creditors / to be paid                 | € 11.404          | € 5.609           |
| Reserves any transition costs TINT     | € 8.500           | € 8.500           |
| Reserves for start pension plan (PFZW) | € 6.000           | € 5.600           |
| <b>Total liabilities</b>               | <b>€ 25.904</b>   | <b>€ 19.709</b>   |
|  |                   |                   |
| Equity start financial year            | € 58.601          | € 50.784          |
| Resultaat in the financial year        | - € 7.817         | - € 14.389        |
| <b>Equity end financial year</b>       | <b>€ 50.784</b>   | <b>€ 36.395</b>   |
|  |                   |                   |
| <b>TOTAL LIABILITIES</b>               | <b>€ 76.688</b>   | <b>€ 56.107</b>   |

# APPENDIX 3: RESULT 2019/2020 - BUDGET 2021

|  | <b>RESULT<br/>2019</b> | <b>RESULT<br/>2020</b> | <b>BUDGET<br/>2021</b> |
|--|------------------------|------------------------|------------------------|
| <b>BENEFITS</b>  |                        |                        |                        |
| Subsidies from TU/e, PKN, PGE and <i>De Kapel</i> (voorheen ESK) | € 92.881               | € 109.470              | € 109.600              |
| Subsequent subsidies (PKN)                                       | € 3.655                | € 5.574                |                        |
| Project based subsidies (BdV and others)                         | € 250                  | € 5.000                | € 5.000                |
| To be requested project subsidies                                |                        |                        | € 20.000               |
| <b>Subtotal substantial subsidies</b>                            | <b>€ 96.786</b>        | <b>€ 120.044</b>       | <b>€ 134.600</b>       |
| Participation fees and other incidental sources of income        | € 1.775                | € 1.618                | € 1.000                |
| Subsidy and contribution to special TINT projects                | € 1.060                | € 1.000                | € 2.000                |
| Release reserved funds   | € 29.876               | € 400                  |                        |
| <b>Subtotal other benefits</b>                                   | <b>€ 32.711</b>        | <b>€ 3.018</b>         | <b>€ 3.000</b>         |
| <b>TOTAL BENEFITS</b>  | <b>€ 129.498</b>       | <b>€ 123.062</b>       | <b>€ 137.600</b>       |
|  |                        |                        |                        |
| <b>EXPENSES</b>  |                        |                        |                        |
| Subtotal direct salary costs current workforce                   | € 112.778              | € 126.196              | € 122.000              |
| Subtotal other personnel costs                                   | € 2.259                | € 1.046                | € 1.800                |
| Contribution to student chaplaincy by IFES                       | € 4.000                | € 4.000                | € 4.000                |
| Subtotal general and administrative costs                        | € 1.460                | € 261                  | € 1.500                |
| Subtotal general organizational costs                            | € 4.067                | € 2.458                | € 3.000                |
| Subtotal direct costs projects and activities                    | € 12.752               | € 3.491                | € 5.300                |
| <b>TOTAL EXPENSES</b>  | <b>€ 137.315</b>       | <b>€ 137.451</b>       | <b>€ 137.600</b>       |
|  |                        |                        |                        |
| <b>RESULTS</b>   | <b>- € 7.817</b>       | <b>- € 14.389</b>      | <b>€ 0</b>             |