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Tint Eindhoven



Tint Eindhoven



ANNUAL REPORT 2021

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PREFACE

For TINT, 2021 turned out to be a different year than expected. When writing the preface to the Annual Report for 2020 (in April 2021), we were hopeful that we could fully resume our TINT activities with face-to-face conversations and meetings in 2021. TINT activities are about life questions, the meaning of life, personal development, and intercultural and interreligious connection; for that, 'meeting live' is essential. Ultimately, it will only be in 2022 that everything can meet live again, which TINT wants to do.

Therefore, the unpredictability of the corona measures and the continuous adjustment of schedules, locations, and activity design demanded a lot from the TINT team in particular. As a result, we didn't manage to realize the program that TINT would have achieved in a more stable situation with few restrictions. But looking back on 2021, we are very proud of what we have been able to organize in (online) workshops and events and of the new initiatives we have developed.

It also resulted in surprisingly positive experiences. Some workshops turned out to be better and more in-depth online than live. Students have probably gained so much experience with online meetings that they feel safe and dare to open up. On the other hand, the TINT team had to experience that finding students to join an online workshop is more difficult than for a 'live' workshop.



Willem Mak
Chairperson Stichting TINT Eindhoven

For many students, it was challenging that the corona restrictions lasted much longer and became stricter again. There was very little room to maneuver left. Luckily, this problem was widely recognized and acknowledged precisely because of corona's longer timespan. A lot of attention was paid to the search for opportunities to do something about this, not only by TINT. TU/e and Fontys also focused on the well-being of students and set up an activity program for it. This led to a great collaboration at TU/e, in which the TINT team was able to contribute experience around elements of well-being that have to do with questions of life, meaning, personal development, intercultural and interreligious connection.

The greater attention to student well-being also led to a new umbrella organization FISO. An umbrella for (student) organizations mainly concerned with 'student well-being'. The TINT team has played an active role in setting up this umbrella, implementing the experience with and needs of the existing religious and philosophical umbrella organization, Credo. Credo is going to be incorporated into FISO.

Before the start of the corona epidemic, TINT had already picked up the theme of loneliness. This made it possible to focus activities on this topic at the beginning of the corona restrictions in March 2020. TINT has fully continued this line in 2021 and gave preventing & dealing with loneliness a permanent place in the program.

Although it was clear that extending the corona measures was especially difficult for certain groups of students, and TINT organized many activities, the search for what the students needed and when they needed it continued. It was striking, for example, that TINT saw a substantial increase in requests for coaching conversations when the measures were less strict. That could simply be the result of the desire to have face-to-face conversations when it was possible again, but from other experiences and information, we think there is more to it. Just as everything became more or less 'normal' again, awareness arises of how 'not normal' it was, what students missed previously, and what was still missing. There is a lot to catch up on for all students, but that is not easy for all students. This will continue to demand our attention for the foreseeable future.

Corona also influenced the significant role that social media has acquired in society, which stimulates the tendency in society, and thus the TU/e community, to have fewer real-life encounters with others outside of their bubble. This so-called 'bubble' can distort the view of one's own identity to that of others. The 'bubble' has an insidious effect on strengthening segregation within the TU/e community and (unfortunately) beyond, resulting in a greater chance of misunderstanding, loneliness, and discrimination.

To counteract this, TINT started a new project in 2021 in which two lines are central 1) Value of own identity. 2) The value of another's identity.

With a plethora of activities, TINT focuses on strengthening these two lines of value of identity in the Eindhoven student community.

As TINT, we are very grateful to experience that various parties continue to support our work financially, even in these difficult times. In addition to the multi-year basic funding from the Protestantse Kerk Nederland (or PKN) and TU/e, it is also the financial support of De Kapel, KNR - Projecten in Nederland (PIN), Stichting Boelaars de Vries and Protestantse Gemeente Eindhoven (PGE) that jointly made the work of TINT possible in 2021.

This continued support (both financial and otherwise) is also an invitation to look ahead to the new situation after corona. What have we learned in these two years, what can we develop further, and what new activities will we set up?

TINT wants to continue close collaboration with others in developing new initiatives and activities. The situation, which has been different than expected in the past two years, has shown how vital cooperation is. Therefore, we would like to sincerely thank our partners and participants in our activities for this cooperation, involvement, and support!

Willem Mak
Chair Stichting TINT Eindhoven

MISSION STATEMENT

TINT offers students from TU/e (BSc, MSc, Ph.D., 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 essential 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 on personal development, meaning, religion, and a multicultural community. TINT works from a multi-religious and multicultural perspective.



GOALS

TU/e asked us to contribute to raising awareness among students: 'How can they form a hospitable community with each other in which everyone, regardless of cultural origin, sexual orientation, or religious belief, can be themselves?' This wish to help them discover their strengths and develop as individuals fits in well with the goals that we have ourselves for the upcoming years. The word 'empowerment' shines through here: it's 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 we are exploring and developing in the coming years is increasing the reach and contribution to the community by offering activities not only to students as individuals. We also want to provide activities to associations to work on a safe and welcoming environment for everyone. The theme of loneliness will also play an essential role in 2021. Loneliness among students has become a more significant problem during the corona period.

These goals translate into the activities below for 2021, categorized as:

- Organization, financing, and cooperation
- Community building
- Life questions and identity
- Communication and visibility

Organization, financing, and cooperation

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

Community building

- To play an active role in the TU/e community and advise the members, TINT participates in the Student Wellbeing Network (SWeN) network.
- Two workshops are being developed and provided on identity and connectedness, which contribute to the empowerment of student associations and their students.
- The coordination of Credo continues, and 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 'Dutch Happiness Week'.

Life questions and identity

- A considerable part of TINT's activities will be continued. 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 twenty activities in 2021.
- Communication tools by the universities, the TINT website and social media support the activities.
- Podcasts are recorded to help students in their development, so students can listen back to them 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 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 TU/e channels 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 channels is being investigated.

ACTIVITIES

TINT annually compiles a program of 1) life coaching (pastoral care), 2) events and 3) workshops to realize our mission and goals. Life coaching through individual conversations is a crucial way to support all students in gaining insight into their life questions, dealing with meaning, and dealing with their own, sometimes difficult situations. The events are organized by TINT or in collaboration with other parties to form the connection between working on personal development and community building. During workshops, themes are discussed more systematically, and students work on their growth.

In 2020, the nature of TINT's activities changed drastically due to the corona measures, which also played a significant role in 2021. There was great concern about the well-being of students with fewer social contacts, which was reflected in the number of coaching requests. Many applications came, especially in autumn, when we were relieved of some measures. All available coaching positions were filled from then until the end of the year. In addition, there were concerns about how the program could be designed. Where possible, TINT offered the program on the TU/e campus.

In addition to these activities, TINT coordinated the umbrella organization for ideological and religious student associations: Credo. TINT encourages meeting, interpersonal exchange, and cooperation between students from different ideological and religious backgrounds. In 2021, the TU/e community, in close collaboration with TINT, has investigated the possibility of a new umbrella. The wish was to bring the various associations in the field of identity, well-being, diversity, and (other) life questions together under a new umbrella

so that they can function better together as a discussion partner for TU/e, Fontys, and the municipality of Eindhoven. At the beginning of 2022, this process led to the umbrella organization FISO to which TINT actively contributed.

In 2022, TINT will continue with the activities that will help us to achieve the mission and goals. The corona measures will also play a role, but hopefully, it will be possible to slowly but surely give more of the program in physical form.

FISO is officially established, and TINT will retain an advisory role. If necessary, Credo will continue to exist to support associations with ideological and religious communication is no longer just a tool to promote events and workshops. It is also a means to share knowledge and inspiration from our experts, students, and the experts/students with whom TINT collaborates.

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LIFE COACHING

Within TINT, life coaching (pastoral care) has long been traditioned. Our life coaches/student chaplains support students in the choices and changes they go through in their lives. Students can openly discuss dilemmas and receive support with their 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 examined before they develop into more significant problems. In addition, life coaching has the role of catching signals in time and, where necessary, referring them to other student counselors, therapists, and authorities. In 2021, Margit van Tuijl and Rachelle van Andel were the permanent life coaches/student chaplains within the TINT team. In addition, Izabella Reháková conducted interviews with students from February 2021 to February 2022 as a life coach intern. Life coach interns have now become more common to support and enrich the TINT team. This allows us to offer more students life coaching than a few years ago.

The persistence of the corona pandemic was also noticeable in 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 my work in periods when so much is no longer possible?' and 'How do I stay connected, now that there are much fewer moments of contact?'. Striking was the significant difference in perception between students. Where the measures seriously weighed down one person, the other quickly found their way within. A few even found more peace and focus due to the limitations. The conversations also suddenly had to take place mainly online, which was a drastic change. Several conversations could be held on campus or during walks depending on the guidelines. Of course, it is more difficult to form a complete picture of how a student is doing in an online meeting than face-to-face. Despite this, it turned out that it was possible to use online methods (for example, making a digital mind map or mood board), which were previously unused. Coaching while taking a walk also brings movement and fresh thoughts into the conversation: a beautiful discovery we continued to use after the lockdowns.

In 2021, the life coaches and life coach intern held 135 coaching conversations by appointment. In addition, they conducted an estimated



Margit



Rachelle



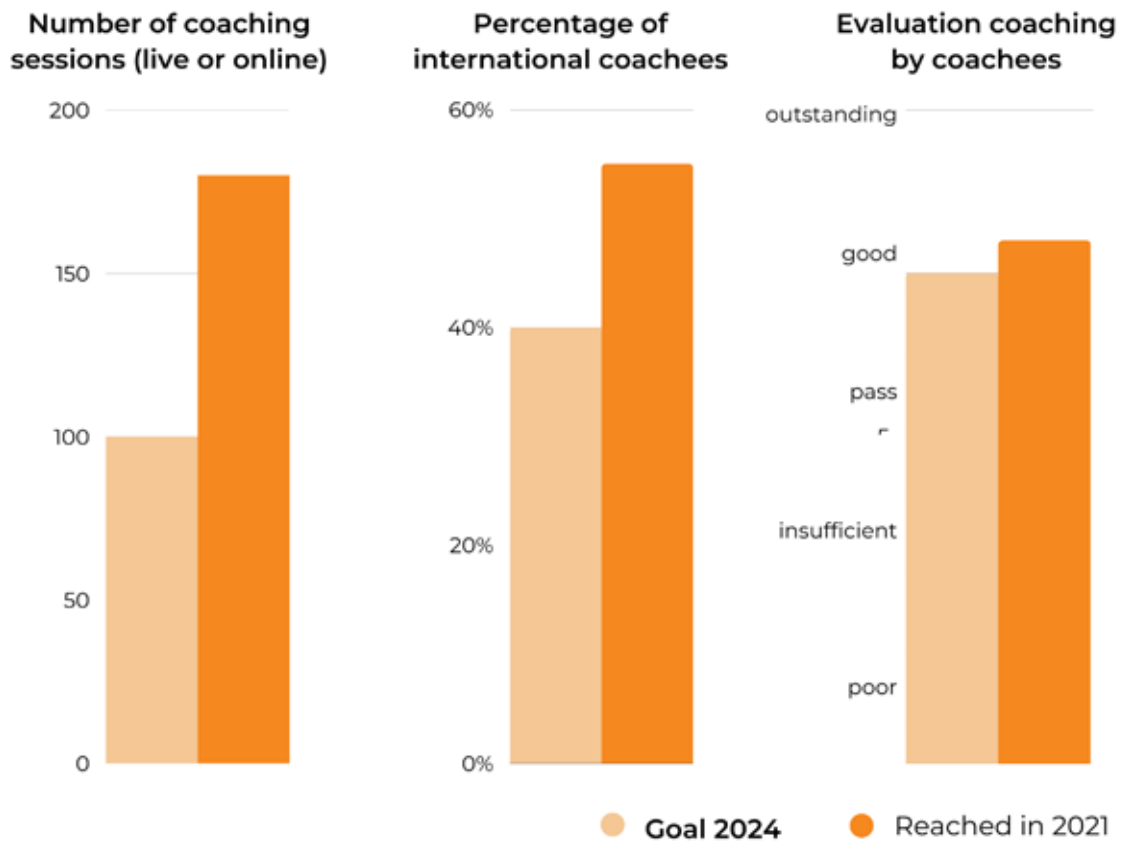
Izabella

sixty informal conversations with a coaching character. The number of informal coaching conversations is slightly higher than in 2020, as more activities could occur on campus in 2021. Because we were more present on campus, there were also more conversations about the physical events and in the corridors of the TU/e. Interestingly, in the autumn of 2021, the number of coaching requests increased, while quite a few measures were already relieved. This suggests that starting up a 'normal life' again required guidance from many students. Students found their way to life coaching through TINT events, our website, social media, referrals from other student counselors, and fellow students.

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?
- What do I bring from my youth and how do I deal with it?
- How can I grow my self-confidence?
- How do I view life and death?
- What does spirituality mean to me?
- How can I gain more confidence from my faith?

GOALS AND RESULTS



'I have experienced the life coaching sessions as very pleasant. Especially during the hectic initial phase of the covid period, it felt like a much-needed safe space. Rachelle indicated from the start that she didn't have the answers for me, but that she would help me find them by holding up a mirror to me.

I still use the tips and questions she gave and asked me then. And this gives me the feeling that I am also more resilient and have gotten to know myself better. I am also more aware that it is an ongoing process and that it is not a bad thing if it does not always go as desired.'

Shivania, TU/e student

'As a student you sometimes want to get lost. This has happened to me more times in my college life than I can count on one hand. During the graduation project of my Bachelor at Eindhoven University of Technology, I ended up in a deep hole, from which I could not pull myself out.

With the help of life coaching from Margit I got my life back on track in small steps and I managed to get my Bachelor. Margit's questions make you think about what is really important in life. With a clear view and genuine interest, Margit ensures that you can tell your story and regain your focus.'

Ricardo, TU/e student

'In counseling, Izabella gently asked me questions based on my stories which made me reflect deeply on that actual self and successfully disclose some thoughts that were especially difficult for me to share with close relationships. I also gained self-growth under the evidence of Izabella.

I selected two directions that I want to look into during this period and luckily I managed to explore both of them.

This journey ends but my life is still ongoing, carrying gains from this experience I become a braver person who would willing to explore her potential in all aspects. I would like to recommend more people to care about your mental health and don't just simply ignore problems, be more sensitive about your status. It's wise to talk to an expert and try to speak out instead of hiding all so called secrets'.

TU/e student

Food for Thought: Meaning in life!

What makes your life meaningful? What is it that you get out of bed for in the morning? How do you discover the meaning of your life? And why is it important to know your purpose?

Many people are looking for meaning today since, for many of us, that 'sense' is no longer unambiguously motivated by faith or tradition. It is evident from the popularity of magazines, articles, and books on the meaning of life that many people are searching for it. The Corona crisis has only further strengthened this search for meaning: many certainties have disappeared, and what value remains?



I recently read the book 'Man's search for meaning' by Viktor E. Frankl, which has been very important to many people since its publication in 1946. It is the account of a psychologist who survived several concentration camps during World War II and studied the behavior and experiences of people (including his own) amid all these atrocities. He came to the exciting conclusion that as long as a person experiences meaning in their life, they manage to endure the worst suffering. For example, it turned out that prisoners who had a goal for their time after a (possible) liberation had a greater chance of survival. An important goal that Frankl himself had in mind was to publish his research to inspire others. After the war, he indeed published his insights. On this basis, he developed 'logotherapy', therapy where the client learns to discover the meaning of their life and thereby finds a purpose to live again. This 'meaning of life' can not be prescribed in general terms but can only be seen and articulated by each individual in their specific situation.

The question 'What gives my life meaning?' also plays a role for students, although you might not always literally put it this way. Instead, you might ask yourself questions like 'How can I find motivation?' or 'Which direction would I like to go in the future?' To be able to make choices on that basis. Recently, a student told me that he felt like a 'floating boat on a lake', while he wanted to feel the wind in his sails and keep a course. I always like

to ask students what inspires them: What do you like to do? What are your passions? What gives you energy? In many ways, I can invite you to dream about what you want to experience in your life. Not infrequently, it turns out that students don't only want to live for themselves but also want to be meaningful to others and society. Many people experience meaning in connection with others, and it's very well possible to make your unique contribution to this world from what you like to do—just like Frankl wanted to publish his research to inspire others. Sometimes students ask me why I don't emphasize their shortcomings in the coaching to improve. Many expect a focus on weaknesses; there is room to discuss difficulties and struggles. Yet, I deliberately do not look for flaws, as I assume that strengthening people's sources of inspiration and qualities is much stronger than tinkering with what is missing. Moreover, it becomes a joyful process if you start looking for what is buzzing in your life and what you want to see in the light of day.

Of course, this search for a meaningful life is also more difficult for students during Corona times than in the time before. One cannot achieve many things one wants to do or accomplish while all of the measures are active. Fortunately, a lot is still possible. For example, I recently spoke to a student who saw her previous plans to study abroad go up in smoke. After a significant time of disappointment, she had the opportunity to participate in a project for young people who think along with the Ministry of Foreign Affairs. This way, she could still follow her passion, albeit in a different guise. It is nice to see these kinds of possibilities emerge.

At TINT, we don't only focus on the meaning of life. We are also active in personal development, life questions, spirituality, and religion. The great thing about life's purpose is that it is relevant for religious and non-religious students. After all, at some point, every person is faced with the question: 'Who am I, and how do I live a meaningful life?'

Frankl's story shows us that even under the harshest circumstances, we can find purpose. These days, this puts our current situation into perspective and encourages us to continue to think about possibilities. It also invites us to ask ourselves the questions: 1. What do I like to do? 2. What am I good at? 3. What do I want to contribute to the world I live in?

These questions help you discover what gives your life meaning. Where you find answers to these questions, you notice that you also become more 'inspired to live', because: meaning in your life gives meaning to life!



Margit van Tuijl
Student Pastor / Life Coach

*Written for Samen, Year 50, no 2. Protestantse
Gemeente Eindhoven. Revised and translated for
tint-eindhoven.nl*

WORKSHOPS AND EVENTS

In 2021, 28 activities were organized, of which 17 workshops and 11 events—a less equal distribution than we had in previous years. The activities have been adapted to the possibilities in corona time. When only online activities were possible, we focused more on guidance and workshops, and TINT organized fewer big events. Our experience is that organizing events online works less well. Because we always provide a social aspect while enjoying a snack or drink, recreating this experience is more difficult online. However, thanks to our presence at TU/e, many TINT workshops fell under education, making a fair number of workshops possible during the stricter lockdowns.

While the events are usually open to students and employees of TU/e and Fontys, TINT focuses mainly on the students in the workshops.

We noticed that in 2021 there was more demand for workshops. Various study associations and other TU/e-related organizations managed to find TINT with the request to offer a specific workshop. The average attendance for workshops is around eight students, with a maximum of twelve. The average attendance at events is approximately twenty. In events, there is often room for about double the attendance in 2021.

A number of successes that stood out in 2021:

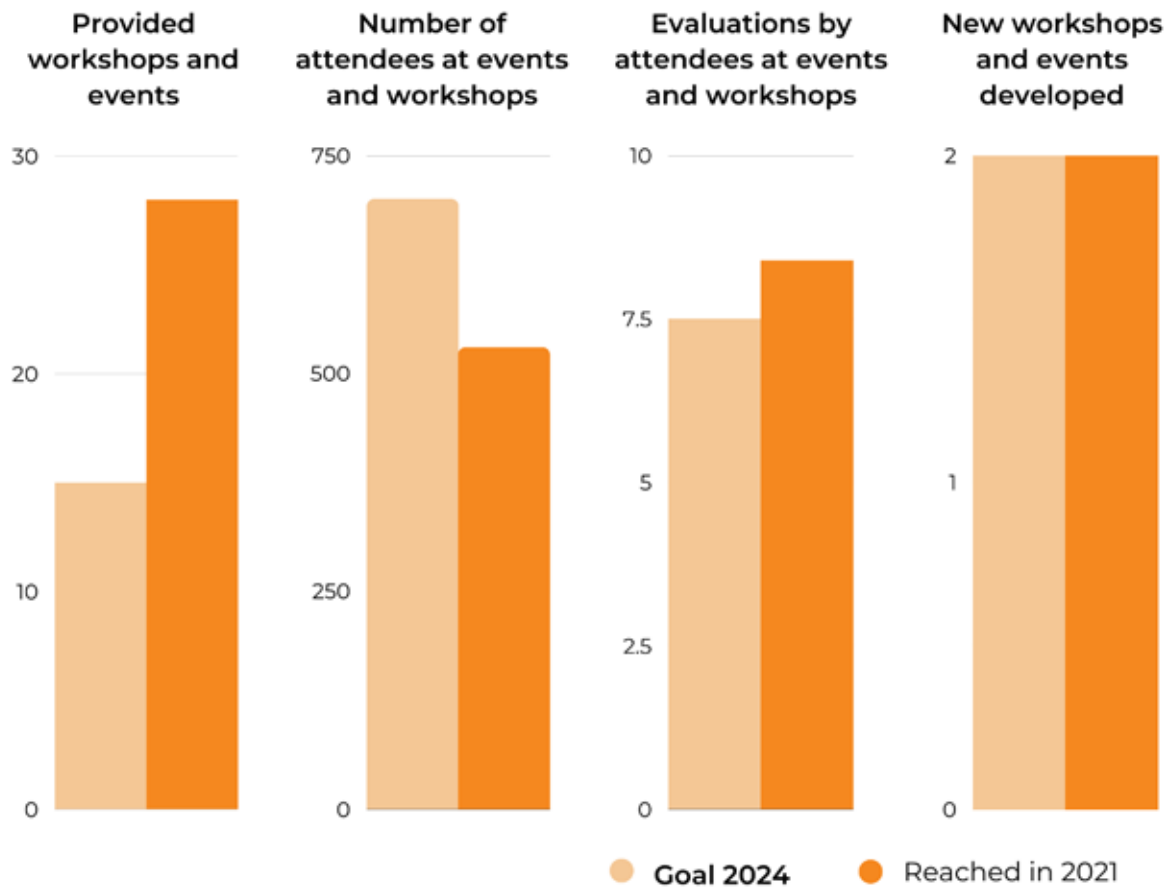
- More and more TU/e related organisations, students and employees know where to find TINT for a workshop.
- The life coaches were able to quickly put attendees at ease during workshops.
- Thanks to the continued involvement of previous intern Laura Curta, TINT has been able to offer many workshops supervised by two coaches.
- Regularly, we received the feedback that the workshops were extremely inspiring. The same came back for the workshop-like activities that were part of events. Attendees expressed that they would like to have more time and space for this.

The most important aspects where TINT can still achieve development:

- None of the events and workshops were sold out. Increasing the attendance would be a great way to reach and help more students.



GOALS AND RESULTS



Food for Thought: Dealing with perfectionism

By TU/e Applied Physics student Jesse van den Tempel

We first introduced ourselves just before we immediately received an exercise. We had to divide a circle in several parts about what we do when we tend to have perfectionistic behaviour, for example, procrastinating, overthinking or just sleeping less. After we discussed this with the whole group, the TINT life coaches provided some theory about perfectionism that actually came down to three aspects: standards that are too high, pushing these standards and becoming angry when they are not achieved.

After this we had multiple other exercises and received more information. One exercise I liked particularly was to write down your reminder of relaxation. For this, we divided the group in three and discussed the answers within each of

those. I thought this was really nice as you may receive some new tips that you did not think of yourself. We also came to the topic of hugs and how much we miss hugging people during COVID-19, which was a nice distraction.

The last task was to have a look at the circle made before and change it to how you want to respond to perfectionism. This was a good final exercise as everyone could use the tips/stories from others.

All in all, it was an interesting and useful evening. TINT did a great job on having a safe atmosphere where everyone could say what he/she wants without feeling judged. I also really enjoyed being there and getting to know other people who struggle with the same kinds of problems.

This is a fragment of the blog written by attendee Jesse van den Tempel.

[Read the complete blog here.](#)



**DEALING WITH
PERFECTIONISM**



Tuesday November 23rd 19:00- 21:00

FROM CREDO TO FISO

Credo

Since 2017, TU/e has had a religious and ideological umbrella called Credo. This umbrella is coordinated by TINT. The associations that work together in Credo are: the Christian student association Ichthus, the Christian network group Navigators, the Islamic student association S.A. Salaam, the international Christian student association HOST, the mindfulness community Enter The Now, and TINT.

ORGANIZATION OF CREDO AND THE COORDINATING ROLE OF TINT

Unfortunately, due to covid, the members of Credo could not organize a joint activity in 2021. The corona measures hugely impacted the board, consisting of a representative of all members. The workload in the associations of each Credo board member increased, which redirected their focus on keeping their associations and groups running. But this does not mean that Credo was stagnant. TINT worked on strengthening the mutual ties between the groups through more informal quarterly meetings.

Unfortunately, this year the Salaam association was negatively in the news due to a situation involving a former member. During these events, TINT substantively helped the Salaam board get through this period as successfully as possible by offering to coach and thinking along with the board around communication within the association and externally. In this situation, the added value of Credo became apparent, particularly the life coaches' advisory role in cases that concern students personally.

After all, there was already a basis from which to work together, which made it

possible to act quickly. At moments like these, the power of cooperation becomes apparent, and expression of support is vital for the association in question.

A new seed also grew: the idea of bringing all groups and associations that focus on identity, well-being, diversity, and (other) life questions together under a new umbrella.

FISO

An umbrella organization is essential for the community and TU/e as an educational institution. This creates a single point of contact for as many like-minded associations as possible. For example, the umbrella organizations in which sports associations or study associations work together. For the associations themselves, this increases their visibility within TU/e and Fontys. The umbrella also offers opportunities to be a valuable partner for these educational institutions. In addition, an umbrella organization offers the associations the opportunity to exchange experiences. It provides an environment where people can get to know each other, exchange ideas, and seek connections.

There was no umbrella yet for some of the associations, including Cosmos for international students, Compass for the LGBTQIA+ community, and Lighthouse for student welfare. Therefore, a formation group was established from TU/e in April 2021. the goal of the formation group was to discover whether there was a possibility of bringing these associations together. In June, talks started with Credo as well. These conversations highlighted that Credo experienced similar challenges to these associations that other umbrella organizations did not encounter. Although

Credo was a success in bringing together religious and ideological groups and maintaining contact with TU/e, the goal of creating a strong voice and recognition within the student community was not yet sufficiently achieved. Credo and its members saw more opportunities to achieve our goals in terms of recognition and visibility in collaboration with other associations within the new umbrella.

Therefore, all members of Credo decided to investigate whether this new umbrella organization could be established to bring together all associations around the themes of identity and well-being. Together with two representatives of TINT: Nuriye, on behalf of the Credo members, and Arantja, with the TINT knowledge of establishing the umbrella Credo, a plan has been drawn up in close collaboration with all associations to develop the new umbrella organization FISO in 2022

The values on which FISO is built are internationalization, inclusivity and student well-being. The objectives:

- Every student should feel welcome at TU/e, regardless of their background.
- Every student has the right to their own identity, worldview and beliefs.
- Every student has the right to be free from stress around their background, ideas or beliefs and should feel supported in reducing stress around other sources to make the most of their studies.

Together, we also examined the new role of TINT during this process. Because a new umbrella also means new responsibilities.

The following has been agreed upon:

- TINT is an actively involved member of FISO, as are all other members. As a result, TINT is in closer contact with the student community. TINT also receives support for housing, activities on the campus of TU/e or Fontys, project financing, and access

to activities such as the introduction weeks of TU/e and Fontys.

- Arantja, who has been involved with Credo for some time, takes a seat on the supervisory board to support the establishment and ensure that all decisions align with the larger FISO objectives.
- One life coach has a permanent advisory role on the supervisory board. This life coach supports the supervisory board and the board of FISO concerning student welfare, diversity, and identity.

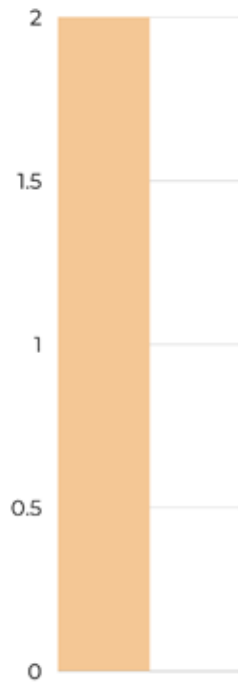
We already see several successes in 2021 and beautiful promises for 2022.

In 2021, the future participants of FISO were in closer contact thanks to the mutual conversations in which everyone got to know each other better. TINT has also created a permanent space for identity and well-being within the structure and organization of FISO and TU/e. In addition, in the year, a newer association - the Vegan Student Association - also found FISO and expressed the wish to join the umbrella. 2022 promises to offer even more great developments that will also help TINT to support more students, including:

- Contact with Fontys around, among other things, the Fontys introduction week.
- Board grants for the FISO umbrella board allow them to manage the umbrella for about thirty hours a week.
- Plans to break open the 'habits' surrounding typical Dutch student life (think of the expectations around alcohol, clothing, and more) and question them so that they become more inclusive for all students in Eindhoven.

GOALS AND RESULTS

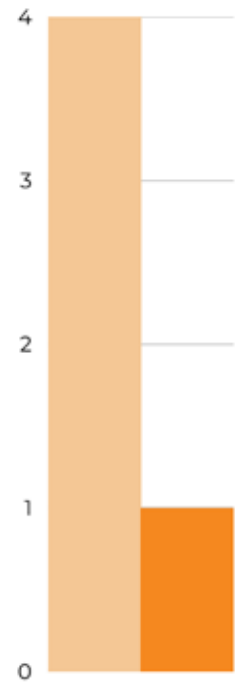
Organize activities for the community from Credo



Meetings within Credo



Conversations with individual members of Credo



● Goal 2024 ● Reached in 2021



PROJECTS

PROJECT 'LONELINESS'

In 2018, TINT received funding from the Boelaars-de Vries Foundation to tackle loneliness at TU/e. The research until the beginning of 2020 showed that every student could experience loneliness, regardless of characteristics such as gender, study, housing type, or origin (Dutch or international). To better reach the students, TINT has mapped out the network around loneliness and isolation and used it to gather more knowledge and share knowledge previously gained. The main finding: organizing activities about loneliness is not necessarily the solution for lonely students. We also learned that students are conscious of their control over their own lives and want to help each other. You can find further research explanations and collaborations from this in the annual report of 2019.

A lot has changed for students due to the corona crisis. The theme of loneliness is, therefore, even more, relevant than before. From TINT, based on our experiences in 2021, we started working hard to tackle loneliness in times of corona. Thanks to a two-year subsidy from the Boelaars-de Vries Foundation, we made an extra effort from TINT in 2020 and last year on this theme within our possibilities in the field of communication, community building, and life coaching.

Social media and podcasts

At TINT, social media is now so much more than just a tool to promote activities. TINT reaches more students through social media, podcasts, and blogs, including students who do not come to workshops or events. The themes that the students struggle with are the topic of conversation through these communication tools so that students are also reminded online that they are not alone and that there are always like-minded peers.

Some subjects discussed are 'The power of connection', 'The importance of wellbeing', 'Love lessons' and 'The art of taking a break'.

Community building through workshops and events

The workshop 'Who will I become?', developed in 2020, was given in 2021. In collaboration with Cosmos, we also planned the workshop 'Under Pressure', but unfortunately, Cosmos had to cancel it due to urgencies within the association. Furthermore, TINT has had the theme 'connection' on the agenda throughout 2021. This started during 'Dutch Happiness Week' with the event 'The power of connection'. Later, we organized 'Platonic speed dating' (during introduction week), 'First Connections' (with Cosmos), and 'Love Lessons'. There is always an aspect of finding like-minded people in these workshops and events, and we ensure enough space to connect is given to the participants. With this, these activities help to reduce loneliness through the connection based on interest in the same content. Acknowledging this creates a stronger mutual bond and the motivation to help each other. Of course, with the guidance of an experienced life coach who leads the conversations.

We also talked with ESA (TU/e Education and Student Affairs) about setting up workshops for student association boards in the field of identity and connectedness. These workshops aim to enable board members to develop skills that will allow them to increase inclusivity within their associations. Unfortunately, this has not yet taken place. To better map out what the boards need and how we, as TINT and ESA, can respond, we first focused on strengthening our relationships with the boards involved.

Life coaching

Within the theme 'Chat & Connect', we are always looking for new ways to get in touch with students. And with success, because more and more students are finding their way to the coaching that TINT offers with the life coaches. Visibility has also improved thanks to TINT's network efforts, such as contributing to the Student Wellbeing Network (SWeN) and the warm contacts with ESA.

When we talk about loneliness, we cannot forget the spiritual identity of students. Connectivity is often found in religion and the search for an answer to the question 'Is there more?' Life coach Margit was asked at Student Alpha to discuss this question at the beginning of 2021.

In addition, student chaplain and life coach Rachelle had coaching conversations with the board of S.A. Salaam to reduce potential isolation as the only Muslim student association in the community.

During the Mindfulness Break, students and employees found inner peace weekly through meditation and conversation. TINT also cooperated in offering workshops 'Flow & Focus', where we used mindfulness to find ways in groups to promote productivity and balance in a time of uncertainty. Margit, Nuriye (student-assistant), and students from Enter The Now led the mindfulness sessions. TINT helped the students involved to develop their session guiding



skills for their peers. At the end of the sessions, the guides provided the room to discuss and share experiences. There was also room to exchange tips & tricks on how to implement the new experiences in daily life.

Thanks to the Boelaars-de VriesStichting funding, we have learned a lot about the causes, effects, and consequences of loneliness among students at TU/e. In recent years we have been able to integrate the approach to loneliness in the activities of TINT without actively naming the problem, as that can intimidate students. We have received feedback from students that the TINT activities contribute to reducing loneliness and have been able to improve this based on feedback. In addition, we have discovered new means to reach more students, including podcasts. We have also strengthened a network against loneliness in Eindhoven through the Student Wellbeing Network.

TINT is confident and grateful to Boelaars-de VriesStichting for the path we have taken in these years.

**PROJECT 'LONELINESS' WAS MADE
POSSIBLE WITH THE SUPPORT OF**

Boelaars-De VriesStichting

PROJECT 'THE VALUE OF IDENTITY'

The increasing role of social media encourages the tendency in society, and therefore also in the TU/e community, to have fewer face-to-face encounters outside your bubble. This can distort the view of your own identity compared to that of others. Corona reinforces this effect and thus has an insidious impact on strengthening segregation within the TU/e community and (unfortunately) beyond, resulting in a greater chance of misunderstanding, loneliness, and discrimination. Because the covid measures took place during a crucial phase in students forming their identity, this will have an impact long after the end of corona restrictions. Extra attention and effort will be needed to turn the tide and increase awareness of one's identity and understanding of the other.

Identity - and more precisely, the value of identity - plays a vital role in this challenge, especially when looking for opportunities to improve the situation. This works along two lines.

- 1) Value of own identity.
- 2) The value of another's identity.

TINT reinforces these two lines of value of identity in the Eindhoven student community. Something that is present in the basis of the TINT project approach and will receive extra attention in 2021 and 2022 thanks to a solidarity contribution from the joint religious organizations via KNR - Projects in Nederland (PIN).

With our project approach we focus on:

- Strengthening agency
- Making room for identity
- From the practice of active pluralism (respect and tolerance towards other views and practices)

TINT translates the project approach as described into five categories of activities, which are interrelated. Strengthening ownership, making room for identity, and

active pluralism are reflected in these five categories of activities in different ways:

- 1) Organizing workshops and events to increase the platform for dialogue and mutual understanding
- 2) Organizing workshops and events for empowerment of study and student associations on identity
- 3) Individual guidance through life coaching
- 4) Media, social media and podcasts
- 5) Advising on and participating in TU/e community activities inclusiveness/diversity

The execution

Increasing the platform for dialogue and mutual understanding

These activities aim to create more space for dialogue about themes that play a role in the multicultural and multi-religious community, thereby strengthening the community by inspiring students to find similarities, respect differences, and appreciate each other. By increasing the awareness of the value of one's identity, while valuing the identity of another, mutual understanding and involvement are improved, and the (chance of) discrimination is reduced.

'Celebration of Women in Science' is organized in collaboration with WISE. During 'Dutch Happiness Week', TINT screened the film HUMAN and afterward talked to the students about what happiness means to them. 'Let's Talk About Racism' was about cultural identity and how racism plays a role. 'Open stories' revolved around discovering what remarkable stories fellow students and other Eindhoven residents have experienced. Think of living with a disability, addiction, being transgender, or being a person of color. TINT created a safe environment where visitors (students) could ask questions they may not have dared to ask in other situations.

Organizing workshops and events for empowerment of study- and student associations on identity

We have adapted existing workshops. In this way, we can also inspire student groups to take ownership of creating safe environments for their fellow students. This creates more space for discovering their identity, finding answers to their life questions, and seeking connections with a greater diversity of fellow students.

In 2021, the workshop 'You can figure this out!' was developed and given at the request of the study associations. This will be continued in 2022. In 2022, we will also investigate whether FISO participants are interested in attending a workshop on diversity/identity.

Individual coaching for students, for empowerment when faced with challenges of diversity or identity

Workshops on very personal themes like these are not for everyone. Some students benefit more from personal guidance. In TINT's life coaching, students are given the space to enter into a dialogue with themselves in a safe environment and to discover how they deal with these themes without judgment.

In 2021 TINT had two life coaches and a life coaching assistant. You can read more about this in the chapter 'Life coaching'.

Social media and podcasts

TINT also believes that it is important to draw attention to (social) media for themes that play a role within the student community. In addition, we use social media and podcasts to reach students, share knowledge and keep

in touch. We made 21 podcasts in 2021 to help students further develop themselves and help each other. This way, we can reach, inspire and engage in conversation with hundreds of students during the pandemic. We created twelve mindfulness podcasts and nine 'Tools for life' with valuable tips and tricks and substantive conversations about all kinds of themes surrounding the identity of students.

Advise on, stimulate and participate in TU/e community activities around diversity/identity.

TINT shares and uses experiences and insights about exploring one's identity and empowering the campus community. In 2021, for example, we helped study associations to reflect on questions such as 'How to deal with perfectionism?' and 'How do my thoughts and feelings influence the goals I want to achieve?'. In addition, some of the events are also open to TU/e and Fontys employees to open up the dialogue and inspire them to contribute to issues of identity and diversity.

We also worked with employees and teams such as SWeN, the Community Manager, the Diversity Manager, and the newly hired Wellbeing Manager at TU/e. For example, we were invited to the opening activity of 'Diversity week', called 'Diversity breakfast', where we discussed inclusion at TU/e with colleagues and students.

We also keep abreast of the (social) media world in which the students are active. In 2021 we even entered into discussions with institutions that have an influential role on the students, such as the Executive Board of TU/e and Cursor, about developments that have a significant influence on (the self-image of) certain student groups.

**PROJECT 'THE VALUE OF IDENTITY' WAS
MADE POSSIBLE WITH THE SUPPORT OF**



Triodos  **Foundation**

STUDENT WELLBEING NETWORK

The Student Wellbeing Network (SWeN) is a network that was initiated and set up in September 2019 by student faction Group-one | ESR to increase communication and collaborations between different TU/e organizations that contribute to student well-being. TINT has been co-organizing the meetings and advising on themes related to student well-being from the start.

2021 was the theme of the new SWN mission, which TINT co-developed. This mission statement became: 'Fostering collaboration and bringing all interested organizations closer together for a synergistic effort to improve student well-being in the TU/e community'.

The term well-being was also redefined as 'interconnected dimensions of physical, mental, and social well-being that extend beyond the traditional definition of health to include activities aimed at achieving physical vitality, mental clarity, social satisfaction, a sense of accomplishment, and personal fulfillment'.

All this happened partly thanks to the new Student Wellbeing Officer of TU/e: Charlie Raiser. She was assigned the task of mapping out the current well-being of the students and the activities and making adjustments where necessary or advising TU/e. TINT has had a great collaboration with her from the start, and it was good to see that not only the students of TINT but also the life coaches could provide input about the challenges they saw that the students experience.

Within SWeN, we continued working on three overarching goals to increase 1) visibility, 2) accessibility, and 3) cooperation. A primary objective for increasing awareness was to create an information platform that offers a concise overview of well-being resources available to students. In addition, we paid attention to cooperation between the network

members by organizing more together, sharing knowledge, and promoting each other's initiatives.

A confidential contact ("vertrouwenspersoon") initiative has also been successfully set up in which all student umbrella organizations found a fellow student to fulfill this role for students who are members of the associations that fall under the umbrellas. All preparations for this have been made in 2021, including training the student counselors. In 2022, the students will also be able to support their fellow students in their roles as confidentiality contact. Due to the pandemic's impact, study associations noticed more that the well-being of their students was declining. Therefore, each board of the study associations has decided to assign a well-being officer to organize more well-being-related activities for their members. TINT has offered its expertise by participating in sessions, giving workshops, and building solid relationships with some study associations such as Van der Waals, Intermate, and Protagoras.

Other topics we discussed were the future TU/e alcohol policy, the Introweek "parents" training to guide new students regarding well-being and social safety properly, and a new policy on student well-being. These topics will be discussed further in 2022 and implemented where necessary.

The Student Wellbeing Network became an essential discussion forum for TU/e to hear its students and for students and TINT to help each other find solutions. Thanks in part to SWeN, TINT has strengthened its position within the TU/e structure and increased its visibility. In 2020, TINT expected SWeN to become a significant strategic opportunity for TINT. This has been realized so that TINT has been able to help more students, both directly and indirectly.

COMMUNICATION

To achieve its goals, TINT finds communication very important. It is a tool to announce and promote activities and life coaching and to share knowledge and inspiration from our experts and students. The pandemic has given communication a more important role within TINT. It became a hybrid form not only to promote events and life coaching but also to inform, learn and increase student confidence. TINT uses the following means of communication: social media, the agenda of TU/e online magazine Cursor, screens on TU/e, the TINT newsletter, and podcasts. Instagram, Facebook, and Spotify received the most attention in 2021. These means of communication ensured that TINT could stay in close contact with the Eindhoven student community, which is mainly active online.

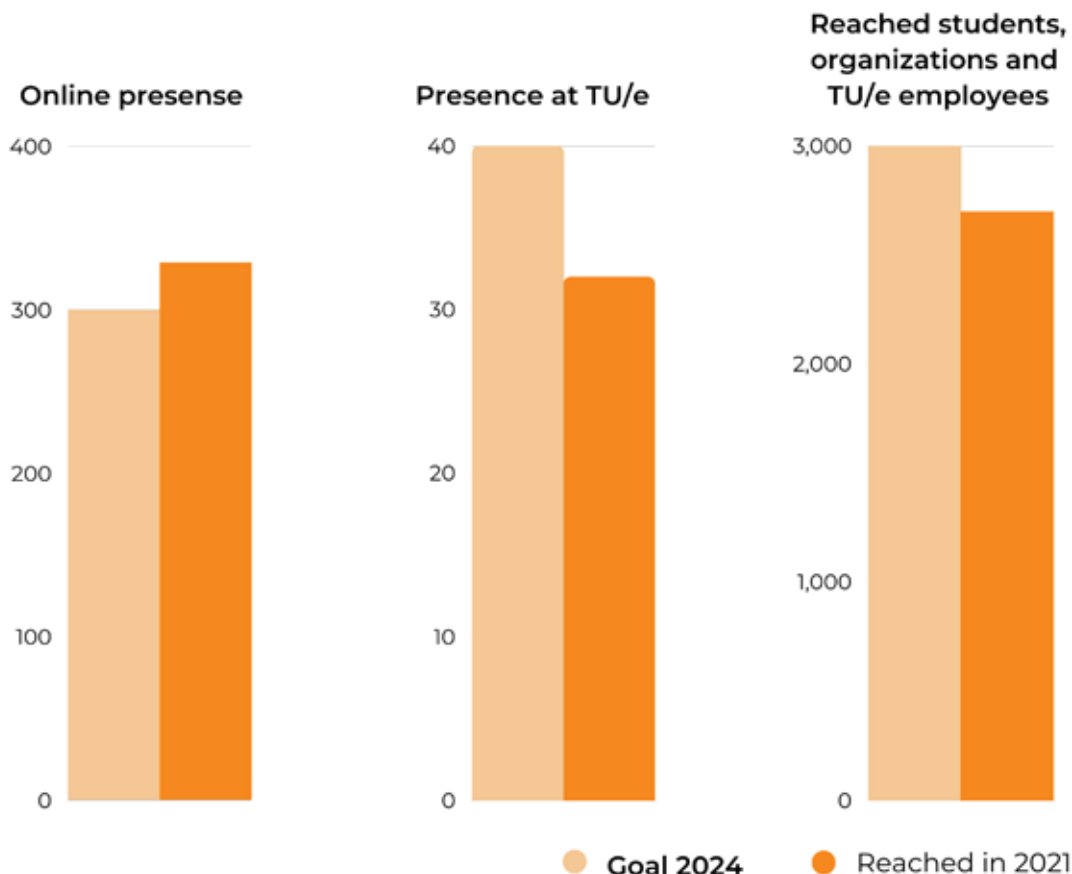
‘Tools for life, the TINT podcast’ deserves extra attention in this annual report. Where 2020 stood for discovering this new platform, in 2021, TINT gave this means of communication a secure spot in our organization. Each month, one or more guests were invited to discuss a particular theme. Examples include:
 The art of taking a break.
 The importance of paying attention to well-being in the TU/e community.
 Inspiring tips for a successful new year or a well-deserved holiday.
 In terms of guests, it varied from TU/e and Fontys students to ESA employees and external experts. Hosts Ana and Nuriye also regularly welcomed one of the TINT life coaches to create more depth around a particular theme or to give away a sneak peek of an upcoming workshop.

GOALS AND RESULTS

Left: Online presence through posts, podcasts and other forms, on platforms such as Facebook, Instagram, LinkedIn.

Middle: Presence at TU/e by means of messages on digital screens, posters and other forms of offline communication.

Right: Reached students, organizations and TU/e employees on platforms such as Facebook, Instagram, LinkedIn and by mail.



ORGANIZATION

TINT is part of a broad network of students, student associations, student support organizations, partner organizations, educational institutions, and the local and regional network in which our international and Dutch-speaking students are located. In 2021, a new collaboration agreement was concluded with TU/e for 2021-2024.

At its core, the TINT team organizes events & workshops and provides life coaching sessions. The TINT board - a group of directors with a jointly inspired vision - leads the TINT team. They ensure that the course is maintained,

and where new opportunities arise and old ones disappear, they investigate and recalibrate the practicalities and preconditions so the team can do its job correctly. The TINT board meets monthly with two permanent team members. The composition of the board has not changed in 2021 and consists of Willem Mak (chairperson), Tony Williams (treasurer), Dione van Noort, Janneke Roodzant and Hein Otto Folkerts.

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

The board



Willem Mak
chairperson



Tony Williams
treasurer



Dione van Noort



Hein Otto Folkerts



Janneke Roodzant

In the work that TINT performs in Credo (the ideological umbrella), TINT shows its' connecting and facilitating role at TU/e. Coordinating and co-facilitating contacts between the different religious movements at TU/e is an important task of TINT. As mentioned before, the TU/e organization is changing in this area. In 2021, a lot of energy was put into establishing the FISO umbrella. The associations active in the fields of identity, well-being, diversity, and (other) life questions participate in this umbrella. This makes the joint associations a valued discussion partner for TU/e. The FISO umbrella organization will formally be launched at the beginning of 2022. If the collaboration takes place under this new umbrella, we also expect to discover a clear picture of how this relates to Credo.

The TINT team

Dealing with the corona situation continued to be quite challenging for the TINT team in 2021. Thanks to the experience gained, there was a varied offer of events and workshops. It was great to see how all team members use their qualities to offer students a valuable program - even during the ongoing pandemic.

Arantja Rosalina (program manager)

has once again fully deployed her organizational and marketing skills to grow TINT further. She also plays an essential role in opening up the sensitive subject of racism as a topic. Ana Pereira (event organizer) has once again committed herself to student well-being in 2021 and contributed to the further development of the TINT program with her perseverance and clear thinking. With her creativity and sense of personal issues, Nuriye van Lamoen (event organizer) has brought further depth to the TINT range. Rachelle van Andel (university chaplain) has brought up vulnerable subjects and given them a place within TINT based on her passion for social issues. Additional support from the team came from Izabella Reháková (life coach intern), who has guided several students in her calm and skillful way, wrote blogs, and gave workshops. Fortunately, we could again call on Laura Curta (external life coach) in 2021, who has enthusiastically developed and offered several workshops.

Overall, I am once again satisfied with how the TINT team has continued to work meaningfully and inspired, even under the difficult circumstances of the ever-changing corona guidelines. It was tangible that all team members contributed to TINT from a personal passion and commitment!

Margit van Tuijl
Life coach/student pastor



From left to right: Rachelle van Andel (university chaplain), Arantja Rosalina (programma manager), Ana Pereira (event organizer), Nuriye van Lamoen (event organizer), Margit van Tuijl (life coach/student pastor)

Food for Thought: Role models

Without many people realizing it, February 11 is a special day. At least, for people in science, like me. This day is reserved for 'The international day of girls and women in science'. TINT has put this unknown holiday on the map at TU/e. Under the leadership of power woman Ana (my colleague student assistant) and in collaboration with WISE (Women In Science - Eindhoven Network), a tradition has arisen that we celebrate this day every year. Last year I was allowed to be there as a volunteer, which was very eye-opening and pleasant. This year I was allowed to join the organization for the third edition of this celebration. This was a unique year, as for many other events, because it took place online. It was demotivating in the beginning of the organization, because the ambiance of an online event often falls short. Luckily we didn't give up.

We came up with the theme 'Growing towards a role model'. The aim was to go through the phases that a role model in the academic world goes through. We touch upon the three most important points; the choice of study after secondary school, the choice to do PhD research after your studies and finally the further development to become a professor at university. We discussed how we can get more girls from secondary school interested in technology. A PhD student talked about her experience and an assistant professor told the full story of her academic career, the positives, but also the setbacks. In addition, each step included an interactive assignment.

Surprisingly, the online event had a good vibe from the start. The diverse audience consisting of employees and students was very involved. The lively conversations continued during the breaks created an enthusiastic exchange of tips and insights. The common denominator of the evening was how self-confidence plays an important role in the choice of girls and women. I know that all too well myself. It took my physics teacher quite some time to convince me that I was good enough for university. Other women also indicated that they would never have followed their dreams had it not been for someone to support or inspire them. The role models are thus closely linked to the theme of self-confidence. Fortunately, a role model does not have to be far from you, many ladies indicated that their mother or grandmother was their role model. That's how it is with me. My grandmother inspired me to follow my dreams, even though it may be unusual. She herself went to study medicine at a time when studying was still a privilege only for men. I could write whole books about her, but unfortunately my word limit has been reached. If you are interested, you can listen to me and my co-organizers about our role models on the TINT podcast episode '[Celebrating female role models](#)'.



Nuriye van Lamoen
Event Organizer

PLANS FOR 2022

Several changes in 2021 will continue to influence 2022 and years to come. In June of that year, TINT signed the collaboration agreement with TU/e for 2021-2024. Based on conversations with TU/e, the TINT board, in collaboration with the team, has re-examined the objectives and activities offered for the TU/e community. For example, we were asked by TU/e to contribute to guiding students to form an accessible and hospitable community in which everyone, regardless of cultural origin, sexual orientation, or religious conviction, can be themselves. We were asked to help students discover their strengths and develop themselves holistically as whole human beings. This fits in well with the line we also want to use at TINT in the upcoming 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. TINT is exploring and developing a new direction in the coming

years. We want to increase the reach and contribution to the community by offering activities to associations and individual students to create a safe environment within their surroundings and a welcoming environment for everyone. The topic of loneliness remains relevant. Loneliness among students has become a more significant problem during the corona period. Loneliness as a theme has now been integrated into TINT's range to such an extent that it will no longer be seen as a separate project from 2022 forward.

In 2022 we are working on two projects. From the project 'Working on the value of Identity in the Eindhoven student community', we will continue to build on this theme in the coming years to strengthen dialogue and mutual understanding about diversity and inclusion. Our second new project is 'Let's talk about discrimination'. The main objectives and activities of these new projects are included in the plans for 2022.

**THESE PLANS HAVE BEEN MADE POSSIBLE
MAINLY THANKS TO THE SUPPORT OF**



**Protestantse
Kerk**

TU/e **EINDHOVEN
UNIVERSITY OF
TECHNOLOGY**



In summary, TINT expects to perform the following activities, categorized into:

- Organisation, financing and cooperation
- Community building
- Life questions and identity
- Communication and visibility

Organisation, financing and cooperation

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

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) network.
- Two workshops or activities will be developed and five workshops or trainings will be given in the field of identity and belonging that contribute to the empowerment of student associations and their students.
- TINT makes an active contribution to the development of the new umbrella organization FISO.
- Credo's coordination continues. In the course of 2022, TINT will monitor the position of the 'former Credo members' within FISO. The position of the philosophical associations within FISO will be evaluated and it will be examined whether there is still a need for a joint field of work. Where this is desirable, the organization is adapted to the needs of the associations and this is discussed with the TU/e as the 'client'.
- TINT contributes to the 'Happiness week'.



Life questions and identity

- A large part of TINT's activities will be continued. In this way individual life coaching remains an important offer for individual students.
- As in previous years, mindfulness meditations will also be offered in 2022.
- Events and workshops are organized for students, the aim is to offer about fifteen to twenty activities by 2022. In 2022 attention will be paid to the theme of identity, through new workshops specifically for association boards and 'courageous conversations'. In addition, the theme 'Let's talk about discrimination' is discussed in more detail.
- The activities are supported by communication tools from the universities, the TINT website and social media.
- Podcasts are recorded to help students develop, so students can listen back when the theme is relevant in their lives. The content of this is in line with the wishes of the students and the themes that tie in with the current projects.

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. By means of the website, social media, podcasts and the TU/e channels, TINT works on its' visibility, sharing knowledge and promoting activities.
- The possibilities of expansion to reach Eindhoven students of Fontys Hogescholen directly through their own channels is being investigated.



FINANCIAL STATEMENTS

For a few years, the TINT team has consisted of two life coaches, two student assistants, and a program manager. This gives the team an excellent balance and sufficient scope to organize the planned activities and develop new initiatives. Our ambition is to maintain the team's strength and expand the hours for life coaching where possible because we notice that the demand for individual coaching conversations is currently greater than we can meet.

The direct salary costs of staff are the most significant cost item in the budget. On the income side, the coverage for this is basically formed by structural (long-term) contributions from Eindhoven University of Technology (TU/e), Protestantse Kerk in Nederland (PKN), Protestantse Gemeente Eindhoven (PGE) and Stichting De Kapel. We are very grateful to our sponsors for this.

However, due to the growth in personnel costs in 2019, the subsidies that we receive from our regular sponsors, TU/e, PKN, PGE, and De Kapel, are no longer sufficient to cover all costs. In addition, personnel costs increase annually due to wage increases, while the financial contribution of some of our sponsors will remain the same for the coming years. Therefore, we need additional funds to continue realizing our ambitions.

By developing new activities, we aim to recruit these extra financial resources through project subsidies for selected themes to which we (want to) pay extra attention within TINT. In 2021 we received a grant of €5,000 from the Boelaars-de VriesStichting for the 'Loneliness project' described earlier. A very nice contribution to this important theme will remain relevant as part of TINT's work in the student community in the coming years.

In addition, the TINT team and board went the extra mile regarding fundraising for a new project, 'Working on the value of Identity in the Eindhoven student community'. Thanks to a contribution of €10,000 from the joint churches in the Netherlands via KNR - Projecten in Nederland (PIN), we started in 2021.

Despite these additional financial resources, we ended the year with a deficit. Although the results in 2021 are better than in 2020, we have a shortage of €-6,693 at the expense of our shareholders' equity. This presents us as a board with a dilemma because we cannot sustain this for much longer, as we also need our equity capital for the required liquidity during the financial year.

For now, we choose to raise additional funds for our activities to secure the professional TINT team in 2022. We want to report that we will receive a financial contribution of €10,000 from the Triodos Foundation in 2022 for the project 'Working on the value of Identity in Eindhoven student community', with which we can continue the scheduled activities this year. We also started fundraising for a new project: 'Let's talk about discrimination'. This project will build on the 'Value of Identity' theme to increase dialogue and mutual understanding about diversity and inclusion. We are pleased to report that VSB Fonds will support this project financially over the next two years with a donation of €15,000 in total, of which we have included €7,500 in the budget for 2022. The total budget for 2022 will remain roughly the same as in recent years.

The balance sheet, income statement, and budget can be found in the appendix.

COLOPHON

ANNUAL REPORT 2021

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APPENDIX

APPENDIX 1

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Year overview events and workshops 2021

APPENDIX 2

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Balance sheet

APPENDIX 3

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Income Statement & Budget

APPENDIX 1

YEAR OVERVIEW EVENTS AND WORKSHOPS 2021

EVENT / WORKSHOP	DATE	IN COOPERATION WITH...	LOCATION	NUMBER OF VISITORS
Weekly Mindfulness Break	Every Tuesday*	Enter The Now	MS Teams	+/- 140
Celebration of Women and Girls in Science	February 10	Women In Science & Engineering	MS Teams	75
Presentation 'Is there more?'	February 24	Student Alpha	Zoom	10
Flow & Focus (Vitality Week)	March 9 & 11	Enter the Now & PROOF	Teams	70
The Power of Connection (DHW)	March 16			8
HUMAN movie viewing party + discussion (DHW)	March 17		Discord	15
SUP Mindfulness (DHW)	March 20	SUPcoach Paula van Loon	TU/e De Dommel	5
Under Pressure	May 6	Cosmos (Lustrum week)		Canceled
'Who Will I Become?'	May 19		TU/e MetaForum 7	+/-6
Dealing With Perfectionism	May 26	Van der Waals	TU/e MetaForum 7	11
Self-Leadership Skills	May 31	Intermate	TU/e MetaForum 7	10
Dealing With Perfectionism	June 2	Van der Waals	MS Teams	12
Let's Talk About Racism	June 9	Kaylee Rosalina	TU/e MetaForum 7	7
Dealing With Perfectionism	June 14	Protagoras		+/-6

EVENT / WORKSHOP	DATE	IN COOPERATION WITH...	LOCATION	NUMBER OF VISITORS
Life Question Duck-Fishing Game	August 25	TU/e Intro Week BSc	Green Strip Market	All first year TU/e students
Platonic Speed Dating	August 27	TU/e Intro Week BSc	TU/e Auditorium 10	32
Self-Leadership Skills	September 2	TU/e Intro Week MSc	TU/e Atlas 10.330	16
SUP Mindfulness	September 17	SUPcoach Paula van Loon	TU/e De Dommel	6
First Connections	September 29	Cosmos	TU/e Markthal MetaForum	14
Open Stories	October 5	Student Diversity Officer & Groep-één	TU/e Atlas cafeteria	35
Love Lessons	October 13	Liefdesdokter aka. Love Doctor Inge van de Vorst	TU/e Atlas 4.225	24
Self-Leadership	November 17	TU/e Wisselstroom	TU/e Atlas -1.210	
Dealing With Perfectionism	November 23	Applied Physics & Van der Waals	TU/e MetaForum 9	8
TU/e in Dialogue: The Courage to Connect	December 1	Eindhoven in Dialoog & Studium Generale	MS Teams	14
You can figure this out!	December 7		TU/e Atlas 2.215	6
You can figure this out!	December 20		TU/e Atlas 2.215	8
You can figure this out!	December 21		TU/e Atlas 2.215	3

* With the exception of exam weeks and during holidays.

APPENDIX 2

BALANCE SHEET

	31-12-2020	31-12-2021
ASSETS		
Triodos bank account - general	€ 17.837	€ 26.178
Triodos bank account - events	€ 5.831	€ 857
Triodos savings account	€ 12.990	€ 14.766
DEBTORS / SUBSIDIES to be received	€ 56.104	€ 10.114
TOTAL ASSETS	€ 56.104	€ 51.915
LIABILITIES		
Accounts payable	€ 5.609	€ 8.113
Reserves for any transitional costs TINT	€ 8.500	€ 8.500
Reserves for start pension fund (PFZW)	€ 5.600	€ 5.600
Total current liabilities	€ 19.709	€ 22.213
EQUITY		
Equity at start of financial year	€ 50.784	€ 36.395
Retained earnings	- € 14.389	- € 6.693
Total equity	€ 36.395	€ 29.702
TOTAL LIABILITIES & EQUITY	€ 56.104	€ 51.915

APPENDIX 3

INCOME STATEMENT & BUDGET

	RESULT 2020	RESULT 2021	BUDGET 2022
REVENUE			
Subsidy from TU/e	€ 40.000	€ 40.000	€ 40.000
Subsidies from PKN, PGE and De Kapel	€ 69.470	€ 70.690	€ 70.000
Fulfilled subsidy PKN for 2019	€ 5.574		
Project based subsidies BdV, KNR-PIN, VSBfonds, Triodos Foundation	€ 5.000	€ 15.000	€ 17.500
Project subsidies to be requested			€ 7.500
Total main subsidies TINT	€ 120.044	€ 125.960	€ 135.000
Participants fee	€ 1.000	€ 532	€ 1.000
Other incidental revenue	€ 1.618	€ 1.395	€ 1.000
Release of funds	€ 400		
Total other revenue	€ 3.018	€ 1.927	€ 2.000
TOTAL REVENUE	€ 123.062	€ 127.887	€ 137.000
EXPENSES			
Personnel	€ 126.196	€ 121.789	€ 122.000
Other personnel related expenses	€ 1.046	€ 1.660	€ 1.800
Contribution to student chaplaincy of IFES	€ 4.000	€ 4.000	€ 4.000
General and board expenses	€ 261	€ 321	€ 1.000
General production	€ 2.458	€ 2.933	€ 3.200
Projects and activities	€ 3.491	€ 3.878	€ 5.000
TOTAL EXPENSES	€ 137.451	€ 134.580	€ 137.000
RESULTS	- € 14.389	- € 6.693	€ 0