

# TINT ANNUAL REPORT 2019

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TINT Eindhoven

WORKSHOPS - COACHING  
TALKS - TALKS  
TALKS - TALKS



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# Preface

For TINT, 2019 was a year of expanding and creating more depth in the activities regarding life questions, meaning of life, personal development and intercultural & interreligious connection in the student community of Eindhoven. The cooperation agreement with the TU/e and the intensive cooperation with many different parties that are active in areas that affect the work of TINT offered wonderful opportunities for this. The financial support from TU/e, PKN, PGE, Boelaars de Vries Foundation, De Kapel and others made it possible to strengthen the TINT team to achieve this.

The demand for coaching in the field of life questions increased rapidly in 2019 and fortunately TINT was able to adjust to this by inviting an extra part-time life coach / student pastor, named Rachelle van Anandel, and two life coach interns: Mymza Wever and Laura Curta, to the team. This expansion was also a welcome reinforcement of the team for the development and organization of workshops and other activities.

Due to the improved staffing of the team, we as TINT were able to organize many activities in 2019 in collaboration with partners and also provide more workshops than in previous years. The performance indicators from the cooperation agreement with TU/e have therefore been achieved (in some respects amply).

By coordinating Credo, the philosophical umbrella for the TU/e community, TINT has been able to support and further expand the exchange, coordination and connection between the various philosophical organizations (of different religions).

In collaboration with the student workers of the Christian student associations / organizations IFES and Navigators, a next step has been taken towards the PKN by submitting a joint project proposal at the end of 2019 for the student work (student ministry) in Eindhoven over the next five years. This proposal was approved in March of 2020.

We took up the theme of loneliness among students in 2019. In the beginning, it was a big search for us in how to attack this project. What do we actually mean by it and how important is it in the student community? Michelle van Rensch, student Applied Psychology at Saxion University of Applied Sciences, did an internship at TINT researching loneliness among students in Eindhoven. This provided more insight and formed the basis for new contacts with various organizations that are already working on this theme or would like to do something with it. If anything is clear, it is that reducing loneliness requires a joint approach with various small and larger steps and activities, which are taken by different parties.

Without even having any idea of this, with the focus on the theme of loneliness, we were preparing ourselves for what was going to happen to students, TU/e, Fontys, all student organizations and TINT in 2020: COVID-19. That required a lot of creativity, trying things, learning from them, trying other things and a lot of perseverance. All of this required a lot of time and attention: something that makes the publication of this annual report a little later than usual.

Collaboration with others has a central role in our work as TINT. Collaboration gives meaning to the work and makes the work possible. That is why we would like to thank all our partners and also the participants in our activities for this collaboration, involvement and support!

Willem Mak  
**Chairman TINT Eindhoven Foundation**

# Mission

TINT offers students of TU/e (BSc, MSc, PhD, PDEng and Postdoc), Fontys Hogescholen and Design Academy Eindhoven the opportunity to develop themselves in the field of meaning, life questions, spirituality, compassion, connection and personal development. TINT wants 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 connection with international students and wants to reduce the chance that students fall outside all networks. In addition, TINT contributes to the formation of the community by connecting and stimulating cooperation between organizations that work in the field of personal development, meaning of life, religion, and a multicultural community. TINT works from a multi-religious and multi-cultural perspective.

## Goals

At the beginning of 2019, three new goals were set that the organization wants to achieve in the coming years. These goals are:

- Organize 1 event and 1 connecting workshop per month
- Reach 5000 students and involve 25% in TINT
- Develop a partnership program with a minimum of 3 partners



*Workshop Visuals at Work, a cooperation with Curious Piyuesh, on May 8, in Innovation Space (TU/e)  
Photo: Youfang Peng*

# Activities

To realize its mission and new goals, TINT puts together an annual program of life coaching (pastoral care), events and workshops. Life coaching by means of individual conversations is an essential way in which all students from the past are supported in gaining insight into their life questions, dealing with life's meaning 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, topics aren't only discussed in a more methodical way, but there is also a focus on working on personal development. In addition to these activities, TINT coordinates the umbrella organization for philosophical and religious student associations: Credo. In the coordination of Credo, TINT stimulates meeting, exchange and collaboration between students from different ideological and religious backgrounds. In addition, in 2019 TINT focuses more on the communication of the program and the philosophical umbrella.

## 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 speak up about dilemmas and receive support with life questions. Subjects such as meaning and religion are also discussed.

The life coaching at TINT is easily accessible: smaller questions are also discussed before they develop into larger problems. In addition, the life coaching has the function of receiving signals in time and, when necessary, referring students to other authorities. In 2019, for the first time a life coach intern joined the TINT team: Mymza Wever. In the second half of 2019, Laura Curta followed this internship as part of an independent life coach training. In addition, from the summer of 2019, Rachelle van Andel joined the TINT team as a life coach / student pastor for one day a week.

Mymza, Laura and Rachelle coached students with great dedication and good results. This has resulted in more than twice as many students benefiting from life coaching in 2019, compared to 2018. In 2019, the life coaches and life coach interns together conducted 150 coaching sessions by appointment. In addition, they held an estimated 75 coaching conversations during TINT events, during lunches in various TU/e cafeterias, in the corridors of TU/e and via social media.

Students found their way to the coaching through TINT events, the TINT website, Facebook, Instagram and through the life coaching flyers we distributed. This year, as a team, we paid more attention to the announcement of the coaching, which resulted in a further increase in the number of coaching conversations.

Examples of questions from life coaching students were:

- 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 view life and death?
- What does spirituality mean to me?
- How can I gain more confidence in my faith?

## Reviews of coached students

*'I feel like the life coaching helped me to remember things I had forgotten, especially things that made me happy. In a busy life, it is easy to lose control of what's important or to lose things that make you feel good from within. Talking to a person about remembering the importance in my life and what path I want to follow gave some structure to my mind. We did some techniques that helped to seek happiness and direction. Those techniques definitely can be of help for the future too. Overall, I think the life coaching is a good program for students that are struggling, and gives peace to the ones that have too much on their plate. I think you do a good job and transmit peace when having a conversation.'*

- Estefania, student TU/e

*'I felt very comfortable during life coaching. The meetings gave me insight into how I felt about myself at that moment. The peace and tranquility, with the fact that I did not feel interrupted and that I could finish, created an overview for me. It is nice to be heard sincerely, this was the feeling Margit gave me and she remained professional in the form of "remainin objective". Something in which I can develop myself is being open-minded and not judging the situation of another. If I eventually want to become a coach, I have to put this judgment aside and sit in an open conversation. It was inspiring to see Margit do this!'*

- Bas, student Applied Psychology, Fontys

## Output & outcome of coaching

Nr.	Performance indicator	Target	Actualization 2018	Actualization 2019
<b>Output</b>				
1	Number of coaching sessions either "live" or via Facebook	100	110 (55 live, 55 via FB)	225 (150 live, 75 informal conversations)
2	Percentage of conversations with international students	>50%	50%	57%
<b>Outcome</b>				
3	Evaluation coaching by student	good	good	good

### Note

When it turned out in 2018 that the ambitious goal of 100 coaching sessions had already been achieved, we decided to work on further expansion in 2019 by means of more life coaches. At Output 1, coaching conversations were originally explained in two forms: "live" and via Facebook, in the meantime we interpret conversations "via Facebook" as all informal conversation, not only via Facebook. Facebook is becoming an increasingly less popular medium among students, especially for such conversations, but the number of informal conversations has indeed increased.

The "evaluation coaching by student" is not structurally measured and should be read as an interpretation based on the oral (and sometimes also written) feedback by students.

## Workshops and events

In 2019, TINT offered 24 activities, of which 13 events and 11 workshops. Almost all activities were offered in collaboration with others. With the exception of exam weeks and holiday periods, this means that TINT has organized an activity every week and a half on average. The very first goal that we set at the beginning of the year has therefore been achieved.

The offer varies from major events such as 'Celebration of Women in Science', with an attendance of about 85 students - to workshops such as 'Personal Vision Board' and 'Who do you think you are?' during which the life coaches and interns took the lead. TINT also participated in various university-wide activities, including the Intro week and 'Connect With My Culture'. On average the events organized by itself had 25 attendees. We reached a total of 1738 students in 2019. In the appendix to this report an overview of all activities is represented called "[Overview events 2019](#)".

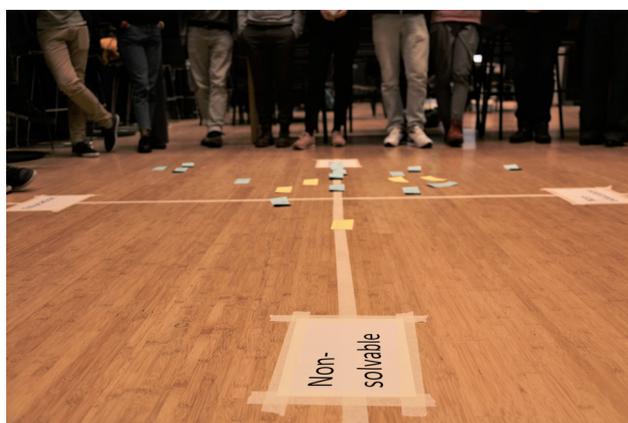
Experiences about the events written by volunteering students can be read on <https://www.tint-eindhoven.nl/blog/events/>.



*"Celebration of Women in Science" a cooperation with Women In Science Eindhoven in The Hub.*

*Photo: Kevin Tatar*

*LTR: Margit van Tuijl, Arantja Rosalina, Karen Buchanan (WISE), Evelyn Douw (WISE), Ana Pereira, Nidhi Sinha (WISE), Korin Slegers, Ieva Vaitekunaite*



*"Well-being among students" workshop on November 20, in the Atlas restaurant (TU/e)*



*"Superpowers of M/F Scientists" a cooperation with Studium Generale on March 13, in Blauwe Zaal, Auditorium (TU/e). Photo: Kevin Tatar*



*"Passionate about your future" workshop on October 14, in Innovation Space (TU/e)*



*Emotional Alchemy Dinner, October 2, in the Atlas Restaurant (TU/e), a cooperation with Enter The Now. Photo: Juul van Geleuken*



*TU/e Intro Week 2019. Photo: Juul van Geleuken  
LTR: Margit van Tuijl, Mayke Krekel, Arantja Rosalina, Ana Pereira, Ieva Vaitekunaite*



*“Who Do You Think You Are” event on November 26, in the Atlas Restaurant (TU/e). Photo: Youfang Peng*

## Output & outcome of events

No.	Performance indicator	Target	Actualization 2017	Actualization 2018	Actualization 2019
<b>Output</b>					
1	Number of gatherings	20	14	23	24
<b>Outcome</b>					
2	Total number of participants	500	675	1123	1738*
3	Percentage international student participants	50% - 80%	unknown	unknown	unknown
4	Review by participants (not just in total, but on targets)	more than sufficient / good	unknown	unknown	unknown

### Note

\* Including activities organized by TINT as well as activities in which TINT participated, but which were organized by TU/e. The latter are: Bachelor's and Master's Intro, Connect With My Culture and the Christmas Market.

# Credo

Since September 2017, TU/e has established a religious and spiritual umbrella. TINT was asked to coordinate this umbrella. The goals are:

- Promoting mutual cooperation;
- Exchanging knowledge and experiences;
- Strengthening the place of philosophy and religion on campus and
- Promoting awareness among TU/e students in the field of philosophical and religious questions.

In 2019, Christian student association Ichthus, the Christian network group Navigators and the Islamic student association S.A. Salaam united under Credo. At the end of the year, the international Christian student association HOST and the mindfulness community Enter The Now joined.

At TINT, we are committed to making Credo a lively umbrella. After the joint benefit event “TU/e Gives” was organized for the second time, a re-analysis was performed with questions such as “How can we involve the associations in Credo so that more participation arises?”

From there it was concluded that the visibility of Credo on the TU/e campus had to be increased. The executive board of Credo would consist of one board member of each affiliated association and Credo would from then on organize 3 events or join those organized by TU/e, such as the Christmas Market or “Connect With My Culture”.



Vragen en antwoorden van de eerstejaars Bachelor studenten tijdens de TU/e Intro Week 2019.

## Project “Loneliness”

In organizing activities for students (and especially international students), in coaching and individual conversations with individual students and organizations, it became clear time and again: there are students who are not reached by TINT and other organizations that guide students in well-being. These students have ended up in a type of isolation in which invitations to participate in activities, to engage in conversation and to share experiences are not answered. This leads to loneliness, stress and unhappiness.

Thanks to the Boelaars-de Vries Foundation, a budget has been released to start up the project “Loneliness”. The first start was made in 2018 to ultimately achieve two objectives:

- More insight into how isolation works, ideas about how to break through it and what should be done for it.
- Contact with students and young professionals who are in, or are moving towards isolation.

To achieve this, various activities are deployed: communication about the research and theme, activating the ecosystem, taking a survey / conducting research, one-on-one interviews and conversations, follow-up activities for establishing contacts, mapping the problem and possible solutions, an action plan for TINT (and other parties) for follow-up.

In 2019 Saxion student Michelle van Rensch conducted her graduation research at TINT. She investigated how lonely TU/e students felt and who exactly were the students who felt lonely. It showed that half of the respondents sometimes feel lonely, and that social support from friends, close relationships and connectedness have the greatest influence on the experience of loneliness. It also turned out that there were no characteristics (housing situation, gender, field of study) that stood out where more loneliness could be found. The conclusion that everyone can become isolated was a surprising but important finding, where it was previously thought that especially international students would be lonely. The summary of the research can be read in the appendix, entitled “[Summary loneliness research](#)”.

After her research, Michelle stayed with TINT to further develop the project. The focus was on mapping the ecosystem. In addition, she worked on activating this ecosystem, expanding our own network and entering into a dialogue, in order to bring all knowledge and findings together into an action plan.

All activities have ensured that the ecosystem became more aware and active on not only the isolation of students, but the general well-being. Various parties also became more aware of what the others were doing. Groep-één | ESR, for example, set up the Student Wellbeing Network initiative and asked TINT to take an active and advisory role in this.

The first part of the project has been completed. 2020 will revolve around bringing all knowledge and findings together into an action plan for all involved.

# Communication

## Output & outcome of communication

No.	Performance indicator	Target	Actualization 2018	Actualization 2019
<b>Output</b>				
1	Number of announcements and flyers, messages, posts, either printed or online	50	180	
<b>Outcome</b>				
2	Familiarity among students: name and activities	To be determined	unknown	unknown

### Note

The type of announcement has changed a lot since the setting of the targets and indicators in 2017. This does not only happen via flyers and Facebook anymore. Instagram, LinkedIn, the screens that are all over TU/e campus, the TINT newsletter and social media from fellow organizations are used in 2019 to announce events, workshops, life coaching and the “loneliness study”. The website of Cursor (the online magazine for students and employees of TU/e) is also used to announce events. Social media is also, next to announce activities, being used to share knowledge, to inspire and to strengthen the community.

It is not yet clear how much awareness among students is desired, and how this should be measured. However, the figures below do give an indication of the range that TINT has.

## Output & outcome of (social) media

No.		Actualization 2017	Actualization 2018	Actualization 2019
<b>Output</b>				
1	Facebook events	unknown	29	28
2	Facebook messages	unknown	116	217
3	Instagram messages	0	17	161
4	Instagram stories	0	0	164
5	Website blogs	0	3	10
6	Newsletters	1	3	4
<b>Outcome</b>				
7	Facebook page followers	1733	1894 (+9.3%)	2138 (+12.9)
8	Instagram followers	0	0	292
9	Average number of monthly website visitors	367 (from September 1st)	304	578
10	Sign ups newsletter	36	83	273
11	Interaction with newsletter (opens, link clicks etc.)	does not apply	does not apply	34,5%

# Organization

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

The TINT team is focused on the daily organization of events, workshops and the provision of the life coaching session.

The TINT team is led by the TINT board, a group of members with a jointly inspired vision, who ensure that the course is maintained, and where new possibilities arise and old ones disappear, to investigate and reassess them and to safeguard preconditions so that the team can do its work properly. The TINT board meets monthly with two permanent team members. There were no changes in the composition of the board in 2019, but the wish is to find a fifth board member.

The composition of the board as of January 1, 2020 is:

Willem Mak (chairman)

Susanne van Dijk (secretary)

Tony Williams (treasurer)

Dione van Noort

The Advisory Board consisting of 5 members, provides the TINT council with vision and reflection and advises on the course in the longer term.

The work that TINT holds in Credo (the spiritual umbrella), shows the connecting and facilitating role that TINT has at TU/e. Coordinating and co-facilitating contacts between the different spiritual movements at TU/e is a task of TINT as well. Credo was established to give shape to this task in a good and independent matter.



*Margit van Tuijl giving the Self-Leadership workshop (with Mymza Wever) on September 16, 2019 in Innovation Space (TU/e)*

## The TINT team

The year 2019 was dominated by expansion of the TINT team. Remarkably, they were all women who (came to) work at TINT, despite our attempts to find suitable male team members. It is a pity regarding the diversity, at the same time you can also achieve a lot with “female power”!

In 2019 *Arantja Rosalina (operations manager)* used all her knowledge and skills to keep TINT running smoothly and to put TINT more firmly on the map in terms of marketing. As a result, TINT has grown in terms of effectiveness and visibility. *Ana Pereira (event organizer)* has set up inspiring events with great dedication and supported the workshops positively. Her enthusiasm was reflected in her presentations, in the PR and in the further development of the TINT network. Until the summer of 2019, *Ieva Vaitiekunaite (event organizer)* also made the TINT events a success with her ability to invite and involve students and strengthened the team with her creative ideas. After the summer, due to her new internship, she was only involved on the sidelines and enriched the TINT team with marketing ideas from her internship. *Korin Slegger (event organizer)* worked at TINT in the first half of 2019. In the short time that she was part of the team, we have learned a lot from her openness and original perspectives. *Mayke Krekel (event organizer)* joined the team in May 2019 and brought her creativity and sense of design into her work. Mayke also assumed the chairmanship of the Credo umbrella and created a good foundation for further cooperation within Credo.

New was the reinforcement of the ‘life coaches department’ of TINT. After years of working as the only life coach at TINT, I was reinforced from January 2019 by *Mymza Wever (life coach intern)*. With her natural coaching talent, Mymza easily stepped into coaching and brought along ideas from her training. Mymza also collaborated in the development of workshops in a creative way. In the summer of 2019, Mymza handed over this ‘internship baton’ to *Laura Curta (life coach intern)*, who was brimming with enthusiasm and ideas from the start of her internship. Due to her courageous attitude, she has taken on many challenges and, in addition to coaching, she has also given a number of in-depth workshops. We were also pleased with the arrival of *Rachelle van Andel (university chaplain)*, who, in addition to her work as a renewal pastor in Eindhoven and student pastor in Maastricht, came to support the life coaching at TINT one day a week. With her passion for spirituality and social justice, Rachelle added a new depth to the TINT work and quickly built up her own network among the students. In mutual consultation, Rachelle, Laura and I have strengthened and inspired each other.

A new ‘branch of the TINT work’ was set up by *Michelle van Rensch (research intern on loneliness)*, who came as an intern from Applied Psychology to research loneliness among students at the beginning of 2019. After her internship she continued this research as an employee at TINT. Michelle has made a positive contribution to making the subject of loneliness less of a taboo among students. She has also mapped out and further strengthened the network of partner organizations dealing with this subject.

All in all, I enjoyed the enthusiasm and creativity with which everyone has committed their qualities to TINT. Only thanks to everyone’s unique contribution, the joining of forces and the expert support from the TINT board has TINT been able to experience the growth that we have seen in 2019. Hopefully onwards to the future!

Margit van Tuijl  
Life coach / student pastor



*TINT team and chairman during the International Dinner on May 1 in the Hub. Photo: Kevin Tatar  
LTR: Margit van Tuijl, Korin Slegers, Willem Mak, Arantja Rosalina, Mayke Krekel, Ieva Vaitekunaite, Ana Pereira.*

## A new location

At the beginning of the year, the TINT team moved to a new location at TU/e . From Connector we moved to the main building, named Atlas. This brought us more visibility on the TU/e campus. TINT was allocated a (silent) space as a workplace in a space where students regularly come to study. Just like the other residents in the building, TINT made the transition from a permanent place (with 3 offices and storage) to flexible working with a good option to book meeting spaces.

While this took some getting used to flex desks, bookign spaces for consultation and storage, it became apparent at the end of 2019 that this change has done a lot for the creativity and visibility of TINT. We speak to employees and students at the coffee machines, in the restaurant, and mark our meeting room with a banner. We learned the value of the tv-screens that are viewed by students and staff throughout the TU/e campus. Thanks to this change, TINT was also more in the minds of other organizations, as a result of which we were being asked more often to share our expertise or take part in events. All in all, the change of location has worked out positively for TINT as a whole.

# Financial Statements 2019

From a financial point of view, the year 2019 was strongly linked to the financial year of 2018. Because the expansion of the TINT team took place gradually in 2018 with the emphasis on the second half of the year, personnel costs were lower than budgeted and ended 2018 with a positive result of the exploitation. In response to the situation in 2018, a considerable boost has been given in 2019, to the staffing efforts, including for extra life coaching (Rachelle van Andel) and the loneliness project (Michelle van Rensch). This translated into a sharp increase in personnel costs compared to 2018. The cost item for project activities was also significantly higher in 2019 and also higher than budgeted for that year.

Furthermore, new subsidy applications were being held back in 2019, because the activities linked to the subsidy received in 2018 still had to be carried out (for which the additional staff was required). In the financial statements, this can be seen in the reserves made in 2018 and released in 2019. In total, the revenues in 2019 were approximately at a similar level as in 2018.

The combination of higher costs for projects and activities and the slightly higher than anticipated increase in personnel costs resulted in a negative result on the operating account. This is about the same number as the positive result for 2018.

The budget included is an adjusted budget based on the constraints created by COVID-19. The budgeted costs for activities are somewhat lower, because a lot of it moved online. The subsidy applications also have a different character due to the new priorities for activities (specific attention to loneliness, concerns of foreign students).

## Balance

BALANCE	31-12-2018	31-12-2019
<b>ASSETS</b>		
ASN-SAVINGS ACCOUNT	€11.720,56	€54.722,04
TRIODOS-GENERAL BANK ACCOUNT	€1.973,21	€3.391,99
TRIODOS-BANK ACCOUNTS FPUR EVENTS	€90.000,00	€13.000,00
DEBTORS / to be received SUBSIDIES	€2.050,00	€5.573,78
<b>TOTAL ASSETS</b>	<b>€105.743,77</b>	<b>€76.687,81</b>
<b>LIABILITIES</b>		
Creditors / to be paid	€9.642,85	€11.403,99
Reserve potential transition costs TINT	€12.000,00	€8.500,00
Reserve Project loneliness	€7.000,00	€0,00
Reserve impuls coaching	€8.000,00	€0,00
Reserve start pension fund (PFZW)	€6.000,00	€6.000,00
Reserve (new admin system + ...)	€4.500,00	€0,00
<b>Total obligations</b>	<b>€57.142,85</b>	<b>€25.903,99</b>
Equity start financial year	€50.326,53	€58.600,92
Results financial year	€8.274,39	-€8.693,48
<b>Equity end financial year</b>	<b>€58.600,92</b>	<b>€49.907,44</b>
<b>TOTAL LIABILITIES</b>	<b>€105.743,77</b>	<b>€75.811,43</b>

## Result 2018 / 2019 - Budget 2020

	RESULT 2018	RESULT 2019	REVISED BUDGET 2020
<b>BENEFITS</b>			
Subsidies by TUE, PKN, PGE and De Kapel (before ESK)	€84.000,00	€92.881,17	€109.420
Subsidies fulfilled later over 2018 (i.a. PKN)	€18.236,00	€3.655,25	€5.574
Project subsidies (BdV/PIN/ Remonstranten and others...)	€22.700,00	€250,00	€22.000
<b>Sub total main subsidies to TINT</b>	<b>€124.936,00</b>	<b>€96.786,42</b>	<b>€136.994</b>
Participant fees and other incidental means of income	€1.660,01	€1.775,00	€1.000
Subsidy and contribution to specific TINT projects	€4.950,00	€1.060,00	€1.000
Release bookings	€0,00	€29.000,00	€6.000
<b>Sub total other benefits TINT</b>	<b>€6.610,01</b>	<b>€31.835,00</b>	<b>€8.000</b>
<b>TOTAL BENEFITS</b>	<b>€131.546,01</b>	<b>€128.621,42</b>	<b>€144.994</b>
<b>EXPENSES</b>			
Sub total direct salary costs current workforce	€85.417,12	€112.777,70	€130.000
Expenses initial costs pension fund	-	-	€6.000
Booking impuls coaching	€8.000,00	-	-
Booking / expenses Project loneliness	€7.000,00	-	-
Booking / expenses contribution to student pastoral care of IFES	€4.000,00	€4.000,00	€4.000
Sub total of all other workforce costs	€5.365,75	€2.259,41	€2.000
Sub total general and board costs TINT	€999,28	€1.459,55	€1.500
Sub total general organizational costs TINT	€1.413,55	€4.066,63	€3.000
Sub total direct costs projects and activities	€8.075,92	€12.751,61	€4.000
Unforeseen / extra booking move	€3.000,00	-	-
<b>TOTAL EXPENSES</b>	<b>€123.271,62</b>	<b>€137.314,90</b>	<b>€150.500</b>
<b>RESULT</b>	<b>€8.274,39</b>	<b>-€8.693,48</b>	<b>-€5.506</b>



# Colofon

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**Photos**

Juul van Geleuken,  
Kevin Tatar,  
Youfang Peng,  
TINT



# Appendix

Overview events 2019	20
Summary loneliness research	21

# Overview events 2019

Evenement	Datum	In samenwerking met...	Locatie	Aanwezig
New Years & Goodbye Drink	16 jan.		TU/e Hubble Cafe	15
Celebration of Women in Science	13 feb.	WISE	The Hub	82
Personal Vision Board workshop	18 feb.	Mymza Wever	TU/e La Luna	14
Potluck: Back to School	27 feb.	UNICEF Student Team Eindhoven	De Huiskamer	geannuleerd
Superpowers of M/F Scientists	13 maa.	Studium Generale	TU/e Blauwe zaal / Auditorium	80
Connect With my Culture	27 maa.	Door TU/e	TU/e Atlas restaurant	800
Mindfulness break (weekly) <b>start date:</b>	10 apr.	Enter The Now	TU/e MetaForum	165
Level Up! Energy Levels	24 apr.	Enter The Now	TU/e MetaForum	onbekend
International Dinner	1 mei	Stehven	The Hub	90
Use Visuals at Your Workshop	8 mei	Curious Piyuesh	TU/e Innovation Space	30
Under Pressure workshop	14 mei	Rachelle van Anandel	TU/e Atlas Restaurant	27
Stand Up Paddling (SUP) workshop	5 juni	Supcoach Paula van Loon	TU/e, De Dommel	geannuleerd
TU/e Gives	12 juni	Credo	TU/e campus grounds	36
Bachelor's Intro green strip market	20 aug.	Door TU/e	TU/e campus grounds	82
Bachelor's Intro Mindfulness workshop	22 aug.	Door TU/e	TU/e campus grounds	45
Master's Intro green strip market	27 aug.	Door TU/e	TU/e campus grounds	36
First Impressions Dinner	4 sept.	Cosmos & Kirtika van Hunen	TU/e Common Room	35
Stand Up Paddling (SUP) workshop	11 sept.	Supcoach Paula van Loon	TU/e, De Dommel	6
Self-Leadership workshop	16 sept.		TU/e Innovation Space	22
Emotional Alchemy Dinner	2 okt.	Enter The Now	TU/e Atlas Restaurant	28
Passionate About Your Future workshop	14 okt.	Mymza Wever	TU/e Innovation Space	15
Speak Up & Move Forward workshop	11 nov.	Laura Curta	TU/e Atlas 2.320	10
"Well-being Among Students" event	20 nov.	Groep-één   ESR	TU/e Atlas Restaurant	11
"Who do you think you are?" event	26 nov.	Compass	TU/e Atlas Restaurant	27
Speak Up and Move Forward workshop	2 dec.	Laura Curta	TU/e Atlas 2.320	geannuleerd
Christmas Market	12 dec.	Credo	TU/e campus grounds	82

# Summary loneliness research

## Lonely students at TU/e?

**A summary of the research in which the loneliness problem was mapped among the students of Eindhoven University of Technology**

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*Place and date:* Eindhoven, October 3, 2019  
*Client:* Stichting TINT Eindhoven  
*Supervisor:* Arantja Rosalina

### Summary

Over the past two years, the TINT Foundation has developed a program that emphasizes connecting students. During this program it emerged that there were students who experienced loneliness. TINT want to investigate why these students feel lonely and which factors play a role in their loneliness. This research was used to map the scope, severity and nature of loneliness on the Eindhoven University of Technology campus. The factors that play a role in experiencing loneliness have also been investigated. Thanks to this research, TINT can organize events on the theme of loneliness, but also increase the bond between students.

There are different types of loneliness, with social, communicative and mental loneliness at the heart of this research. Students can experience these forms of loneliness, a social network, in which size and frequency play a role, and the ideal image of the social network, play a role in the experience of loneliness. This would be more common among international students. However, experiencing social support would have a protective factor against loneliness.

To answer the question: "How lonely do students at TU/e feel in 2019?" A questionnaire was used. This questionnaire contains questions from UCLA 3 with additional questions from the literature on factors involved in loneliness. This questionnaire was distributed via the social media channels of TINT. The questionnaire had 117 respondents (N = 117), half of whom are women (N = 66) and the other half are men (N = 51). Slightly more than half of the respondents are international students (N = 64) and the rest are Dutch students (N = 53). 47% of the students live independently in rooms, but a small part (N = 8) lives on TU/e campus itself, in one of the residential towers. Moderate and moderately high loneliness is the most common among the students. High loneliness or low loneliness are less common in this group of students. The results show that half of the students in this study experience loneliness. Social support from friends, close relationships and belonging are seen by the students as factors that play a role in the experience of loneliness. The factor social support from friends is more common than social support from family. Students living on campus experience moderately high loneliness on average, although this average is slightly lower for students living elsewhere.

*Continued on next page*

*Difference in degree of loneliness according to living situation*

<b>Living situation</b>	<b>Average UCLA</b>	<b>Standard deviation</b>
Living on campus	53.50	13.99
Living elsewhere	47.93	11.89
<b>Significance</b>	0.20	

Furthermore, no difference was found in the perceived loneliness between Dutch and international students. Both groups experience moderate loneliness on average. However, in this group, men experience a moderately high loneliness, while for women this is moderate loneliness.

*Average degree of loneliness among students*

<b>Students</b>	<b>Average UCLA</b>	<b>Standard deviation</b>
Dutch	53.50	13.99
International	47.93	11.89
<b>Gender</b>		
Men	50.37	12.43
Women	46.73	11.81

*Average degree of loneliness among students*

<b>Students</b>	<b>Average UCLA</b>	<b>Standard deviation</b>
Dutch	47.66	1.70
International	48.86	1.48
<b>Significance</b>	0.59	

In this study, both Dutch and international students experienced loneliness. Furthermore, men in this study experience more loneliness than women. It can therefore be concluded that loneliness is present among the students of this study. A follow-up examination is recommended, which relates to the experience of loneliness.