



**PROGRAM BOOKLET  
TOP WINTER WEEK  
2025**

## Dear new student,

Welcome to Tilburg! We're thrilled to see you participate in TOP Winter Week 2025, where we provide the best start of your student life. During this Week, you will be able to immerse yourself in everything that makes our city and university so special. You can explore Tilburg, meet various associations, delve into Dutch culture, and learn how to party like a true Tilburger. This week is all about making new friends and creating lasting memories as you embark on this new chapter.

This booklet contains all the information you need for TOP Winter Week 2025, including a daily program explanation and important contact information. To participate, please download the TOP Week application before the start of TOP Winter Week.

We hope you have the best start to your student life in Tilburg!

On behalf of the 45th TOP Board,

Cas Bogaers  
Chairman



# Table of contents

- 3 General information
- 4 Important information
- 9 Important dates
- 11 Mentor and group division
- 12 House rules
- 14 What to bring
- 15 Bicycle parking
- 16 TOP Winter Week program
- 23 Cantus rules
- 24 TOP Winter Week locations
- 25 Contact information

# General information

This booklet provides you with an overview of TOP Winter Week 2025. TOP Winter Week is all about meeting other students, discovering the city of Tilburg, and settling into student life. During TOP Winter Week, you will be guided by two or three mentors. Mentors are senior students to help you navigate TOP Winter Week. Get ready for a great start in this new city!

## Contact information

During TOP Winter Week, the board members can be recognized by their bright blue (sweat)shirts. In the event of any problems or questions during the Week, you can always approach us. Besides that, we will be available 24 hours a day at the following number: +31 6 42 09 21 70.

In case of an emergency or if you need the police, an ambulance, or the fire department, call '112'. In all emergencies, please contact us immediately. On the last pages of this booklet, you will find a list of important contact details.



# Important information

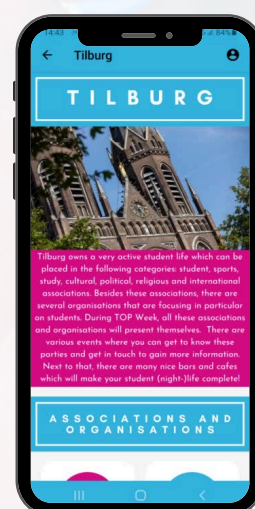
## TOP Week application

The TOP Week application contains all the information you need for TOP Winter Week. The TOP Week application is essential for registration as it contains your QR code, and the application is used for communicating announcements (push notifications) during TOP Winter Week. You can open the application on your smartphone, but also via your desktop.

You will receive an e-mail about creating an account for the TOP Week application the weekend before TOP Winter Week. Make sure to download it and create an account before the start of TOP Winter Week! You can download the application in the App Store or the Google Play Store by searching 'TOP Week'.

The application has many handy features, like seeing your personal TOP Winter Week program, information about all sorts of associations in Tilburg, a chat with your group, and a map of Tilburg with all student hotspots.

**Please note:** the application will be open for all participants the weekend before the start of TOP Winter Week. Make sure to keep an eye on our Facebook and Instagram pages for the exact date and time of the launch.



## TOP wristband

During registration on Tuesday, January 21, 2025, you will receive a TOP wristband. This wristband serves as your admission ticket throughout the Week, so make sure you wear it at all times. Once you have received this wristband, put it on and don't remove it for the rest of the Week! If you lose your wristband, you will have to buy a new one, for € 25. If your wristband is ripped, torn, or broken, you can get a new one for free by showing your old, broken wristband to one of the TOP board members, together with your QR code and passport/ID card. You can recognize TOP board members by their bright blue (sweat)shirts. It is not possible to buy a new wristband if the original one was taken away by the board of the TOP Foundation.

You receive a wristband according to your age. Without a wristband, you will not be served alcohol and do not have access to TOP activities, so do not take off your wristband before TOP Winter Week has ended. All wristbands will be checked at the entrances to TOP activities. The TOP organization, Security staff, and/or bar personnel are allowed to ask for identity cards to verify your age.



## Smoking policy at Tilburg University

Tilburg University is a smoke-free campus. This entails that smoking (e-)cigarettes is not allowed on the Tilburg University campus and in its sports facilities.

## Alcohol and drugs policy

Our alcohol policy is completely in line with Dutch law. This means that alcohol will not be sold to anyone under the age of 18. Furthermore, the TOP Foundation applies a zero-tolerance drugs policy. If you are caught using, carrying or selling drugs, you will be excluded from all our events and the police will be informed. If there is any suspicion of drug use, security personnel is allowed to search you and you may be refused entry. However, if there are serious medical issues concerning drug abuse, you should always call the Dutch emergency number: 112. You will not get arrested, as using drugs is not prohibited in the Netherlands.

## Transgressive behaviors

If you experience transgressive behavior during TOP Winter Week or elsewhere, there are several organizations that you can contact for support. The TOP board members are always available to help and guide you in this.

In the event of sexual violence, you can contact one of the following authorities: Police (112 for emergencies / 0900-8844 if it is not an emergency) or the Sexual Assault Center: 0800-0188. All phone numbers are available 24 hours a day.

Tilburg University also has a confidential advisor whom you can contact if you want to further discuss your experience in a safe place. More information about the confidential advisors can be found [here](#).

## Sports Center membership

In order to join the ice-skating activity during TOP Winter Week, you need a Tilburg University Sports Center trial membership. The trial membership is free and allows you to access the ice rink and one free session at the Tilburg University Sports Center. For admission to the activity and the Sports Center, you will need to download the Sports Center Tilburg application. Find more information about memberships and the application via [this link](#). Please create an account and download the application before the start of TOP Winter Week. This is essential for a fully rounded experience!





## Buying drinks during TOP Winter Week

You need to buy TOP tokens to pay for drinks during TOP activities. The price per TOP token is € 2.15. The first opportunity to buy these tokens is at the TOP ON at ESN. Activities where TOP tokens are accepted include: TOP ON, Tilburg Winter Fair, Dinner at Koepelhal, and the TOP Winter Cantus. Make sure you bring enough cash and your bank card to all the other activities to buy drinks.

## Buying food during TOP Winter Week

All dinners are included in the participation fee.

You can buy food and snacks at the Tilburg Winter Fair and at the Ice-Skating activity on Wednesday. Pathé cinema sells snacks on Wednesday. Make sure you bring enough cash and your bank card to these activities to buy food. Only at Registration and during Cluedo on Tuesday, and the Sports Activity and during the City Stroll on Thursday are you allowed to bring your own food. At all the other activities, bringing your own food or drinks is not allowed.

**Please note:** breakfast, lunch, and drinks are not included in the participation fee.



# Important dates

## Registration Day

During the Registration Day, you will receive a warm welcome to Tilburg and Tilburg University. The Registration Day will take place on Friday, January 17 and is meant for all new students starting at the end of January. The TOP Foundation strongly encourages international students to join this day, as all kinds of services will be provided to make sure you have a relaxed and well-organized start in Tilburg. Some of the services that you can expect include:

- In-person travel assistance at both Schiphol and Eindhoven Airports, as well as at Tilburg University's train station;
- Meet the International Office Coordinators (Admission, Immigration, Study Abroad and Housing);
- Visit the Student Desk for all your general questions;
- Meet all the partners like AON Insurances, ABN Amro, TiU Sports Center, International Center Tilburg, We Activate Tilburg, Canon STUDIO Merchandise, DUO, Knickers Student Jobs, and many, many more. For example, you can open a Dutch bank account, arrange insurances, or buy a bicycle.

There will also be music, refreshments, and the opportunity to meet other new international arrivals! For more information on the Registration Day, please visit [this website](#).

**Please note that the following two activities are mandatory for all students:**

### **Program Introduction at Tilburg University**

The International Office of Tilburg University organizes a Program Introduction on Monday, January 20. This Program Introduction will introduce you to all the practical matters of your studies at Tilburg University. For more information, please contact the International Office. Contact details can be found at the last pages of this booklet. Please note that the Program Introduction is not part of TOP Winter Week and we have no hand in organizing this.

### **Registration**

On Tuesday, January 21, the registration for TOP Winter Week 2025 will take place at the Sports Center (Academielaan 5, 5037 ET, Tilburg). Please make sure you bring your passport or ID and that you have downloaded the TOP Week application. The application contains a QR code that is needed for registration. Please note that you do not need the e-ticket from your TOP account, but the QR code from the app. At the registration, you will receive a wristband and a goodie bag. The wristband gives you access to all TOP Winter Week activities.

# Mentors and group division

During TOP Winter Week, participants will be divided into groups of approximately 20 students from all over the world. If you are an exchange student, you will be placed in a group with other exchange students and if you are a degree-seeking student, the other group members will also be degree-seeking students. In the weekend before the start of TOP Winter Week, you will receive an e-mail with your group number and registration time.

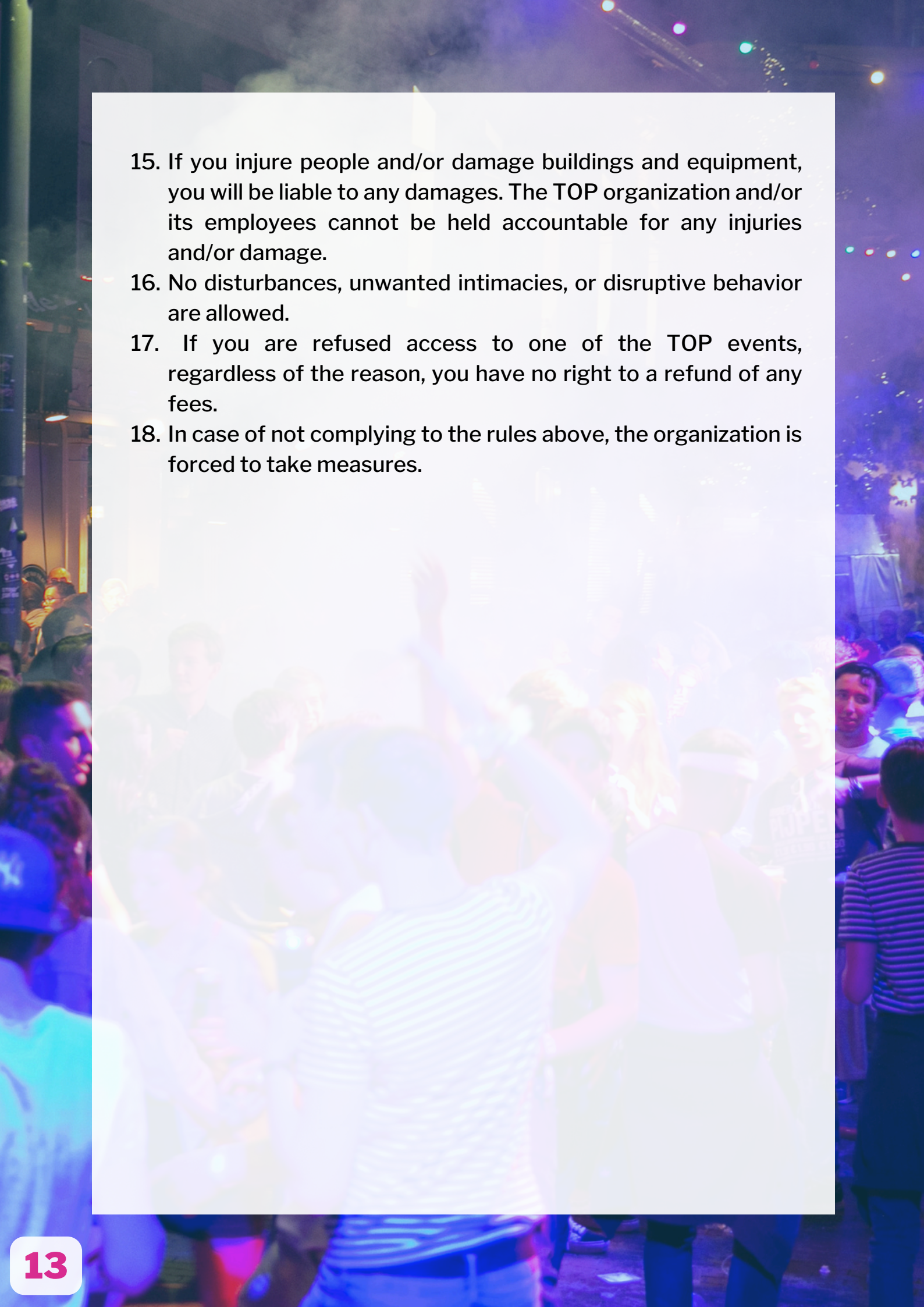
You will be guided by student mentors, who will introduce you to student life in Tilburg and to Tilburg University. Your mentors will provide you with all the information you might need. A few days before the start of TOP Winter Week, we will send your name and phone number to your mentors, so they can create a WhatsApp group.

If for some reason you're having trouble with your mentors during TOP Winter Week, you can always call +31 6 42 09 21 70. Your complaints will be taken seriously and will be dealt with anonymously. It is also possible to file complaints after TOP Winter Week.



# House rules

1. Obey the instructions given by the TOP organization and security.
2. Entry to events will only be given to participants visibly wearing the TOP wristband and age wristband provided by the organization.
3. Purchased entry tickets/wristbands will not be refunded by the organization.
4. Entering the location of the TOP events is at your own risk.
5. You are obliged to carry a valid ID card/passport at all times.
6. TOP has a zero-tolerance alcohol policy: No alcohol < 18 years old
7. TOP has a zero-tolerance drug policy. It is not allowed to use or carry drugs. Entry will be refused if there is a suspicion of any drug use. Your TOP Wristband may be taken away if you break any of these rules.
8. TOP has a zero-tolerance weapons policy. It is strictly prohibited to use or possess weapons.
9. Bringing your own food or drinks to TOP activities is not allowed, except when explicitly stated otherwise.
10. You are not allowed to enter locations for which you are not authorized.
11. You may be searched prior to and during events. Those who do not submit to this may be denied entry. When you refuse to be searched and/or have your bag checked, the TOP organization and/or security will deny you access to the event.
12. The TOP organization and security have the right to refuse access to TOP events.
13. No alcohol will be served to people who misbehave or are unduly intoxicated.
14. During the introduction week, visual materials will be captured. By entering the premises, you give your consent for this.

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15. If you injure people and/or damage buildings and equipment, you will be liable to any damages. The TOP organization and/or its employees cannot be held accountable for any injuries and/or damage.
  16. No disturbances, unwanted intimacies, or disruptive behavior are allowed.
  17. If you are refused access to one of the TOP events, regardless of the reason, you have no right to a refund of any fees.
  18. In case of not complying to the rules above, the organization is forced to take measures.

# What to bring

There are some important things you will need to bring every day: a bicycle, cash money and/or your bank card, and your phone so that you can keep in contact with your mentors and your group. Remember that it might be cold, so please make sure you wear warm clothes. Also, make sure to bring some party clothes for the TOP ON and the open parties. Other things you will need to bring on specific days include the following.

## Tuesday

Bring your phone with the TOP Week application that holds your QR code and your passport or ID card.

Please wear comfortable shoes and warm clothes since you will be walking through the city during the Real Life Cluedo.

## Wednesday

Bring your phone to the ice rink with the Sports Center application that holds the free sport session. Please also wear warm clothes and socks to the ice rink. Wearing gloves and a hat is mandatory for safety reasons.

## Thursday

If you decide to participate in the sport clinics, please wear comfy or sports clothing and bring a water bottle and a small snack.

We advise you to wear comfortable shoes and warm clothes during Tilburg Through Your Eyes since you will be walking through the city.

**Please note:** we highly recommend that you rent or purchase a bicycle for your stay in Tilburg and for TOP Winter Week, as it will provide you with a convenient means of transportation.

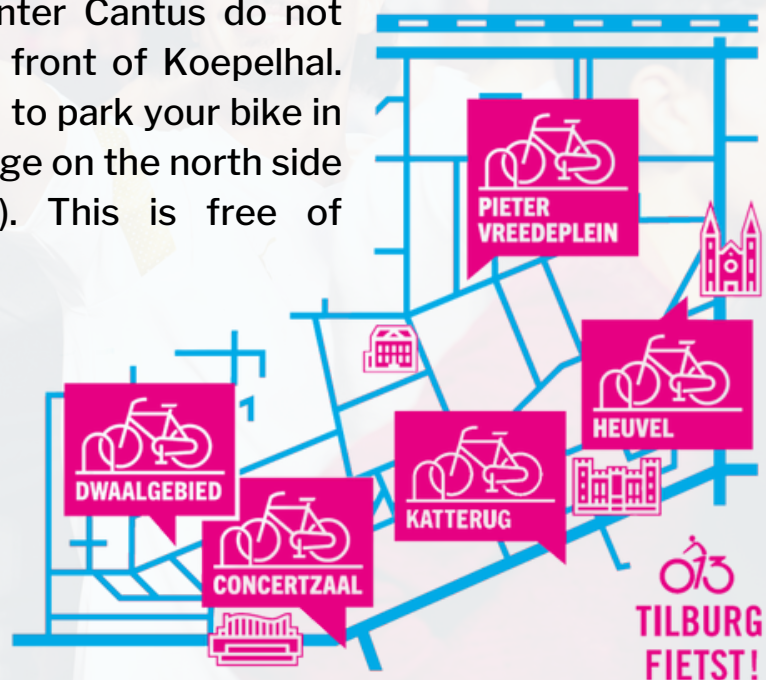
# Bicycle parking

During TOP Winter Week, you will need a bicycle to go from one activity to the next. You can only park your bike in the bicycle stands and in the free bicycle parking stations at the following locations.

- Heuvel: Heuvel 35
- Katterug: Stadhuisplein 115
- Pieter Vreedeplein: IJzerstraat 20
- Concertzaal: Louis Bouwmeesterplein 1
- Dwaalgebied: Bleshof 24
  
- NS Bicycle Storage: Willem II-passage 15
  - At the station, there is a guarded bicycle parking facility on Spoorlaan and another at the rear of the station near the Lochal. You can park your bike there for free for the first 24 hours.

## Please note the following:

- During Registration you can park your bike on the grass opposite of the Sports Center.
- During the TOP Winter Cantus do not park your bicycle in front of Koepelhal. You are only allowed to park your bike in the NS Bicycle Storage on the north side (NS stalling Noord). This is free of charge.





# TOP Winter Week program

## Tuesday

Registration  
09:00 - 11:00  
@Tilburg University Sports  
Center

Real Life Cluedo  
13:00 - 17:00  
@Tilburg City Center

Dinner  
18:00 - 21:00  
@ESN

TOP ON  
21:00 - 01:00  
@ESN

## Wednesday

Ice Skating  
11:00-14:00  
@Ireen Wüst IJbaan

Tilburg Winter Fair  
14:00 - 18:00  
@Koepelhal

Dinner  
18:00 - 20:00  
@Koepelhal

Movie Night  
20:00 - 23:00  
@Pathé City Center

## Thursday

Sports Clinics  
09:00-11:00  
@Esplanade Building

Tilburg Through Your Eyes  
13:00 - 17:00  
@Tilburg City Center

Pre-Cantus Dinner  
17:00 - 18:45  
@ESN

TOP Winter  
Cantus  
19:00- 22:30  
@Koepelhal

Game Night  
19:00 - 22:00  
@Hostel  
Roots

## Tuesday, January 21

### **Registration**

**Time:** 9:00-11:00

**Location:** Tilburg University Sports Center

On Tuesday, TOP Winter Week starts with your registration as a participant. You can register using your QR code from the TOP Week application and ID card or passport. After you have registered, you will receive a TOP Week wristband and a goodie bag. You will be assigned to a group of students under the guidance of mentors. Your assigned mentors will guide you throughout TOP Winter Week and help and advise you on all matters concerning your studies and life as a student in Tilburg.

**Please note:** lunch is not included, so you will need to bring your own lunch to Registration.



### **Real Life Cluedo**

**Time:** 13:00-17:00

**Location:** Tilburg City Center

After registration, the excitement kicks off with a game of Real Life Cluedo. Dive into a murder mystery where solving clues at various locations unveils secrets of the crime. It is not just about solving the mystery; expect Crazy 88-style challenges, making it a fun way to explore both the city and the university. Gather your TOP group and dive into the excitement because, at the end of the adventure, there's a prize waiting to be claimed by the first group who successfully cracks the case!

## **Dinner**

**Time:** 18:00-21:00

**Location:** ESN

Make sure to register at ESN to join the dinner, where you'll be divided between Carpe Noctem, the pub of student association ESN, and Vrienden van Tilburg with your TOP group. The meal is covered by the participation fee. It's a great opportunity to relax, enjoy good food, and bond with your group!

## **TOP ON**

**Time:** 21:00-01:00

**Location:** ESN

Wrap up the first day of TOP Winter Week at the TOP ON opening party! Hosted at Carpe Noctem, this event is the perfect way to relax and have fun with your group members. A DJ will set the mood with great music, ensuring a lively and enjoyable atmosphere. Don't miss this exciting start to the week!



## Wednesday, January 22

### *Ice Skating*

**Time:** 11:00-14:00

**Location:** Ireen Wüst IJsbaan

Join us at the Ireen Wüst Ice Skating Rink in Stappegoor, home to a 400-meter speed skating oval—a nod to one of the Netherlands' most beloved sports. Members of Tilburg's student ice skating association, T.S.S.V. Braga, will be on hand to guide you with technical skating tips. Skates are available to borrow free of charge, but don't forget to wear gloves (mandatory) and a hat (highly recommended). As part of this activity, take on a special Eleven Cities Tour-inspired challenge: collect stamps on your stamp card as you skate and immerse yourself in a unique winter adventure!

**Please note:** you only have FREE access to this activity if you have registered for a trial sports membership. If you would like to continue ice skating after this week, you can purchase a sports membership. For more information on sports memberships and student sports in Tilburg, you can visit the Tilburg Sports Center website.

### *TOP Winter Fair*

**Time:** 14:00-18:00

**Location:** Koepelhal

The TOP Winter Fair takes place in Koepelhal. This afternoon, there will be all kinds of fun activities for you to do, to familiarize yourself with various kinds of associations and other parties in Tilburg. At the TOP Winter Fair, you will get a taste of some typical Dutch games and you will also have the opportunity to try some Dutch food.

Various companies and student associations will be at the TOP Winter Fair to introduce themselves to you with games and information that might be interesting for your stay in Tilburg. Let your creativity shine by designing and making a flag to represent your group during the TOP Winter Cantus on Thursday. Take a photo of your flag and send it to us—the most beautiful and creative flag will win a special prize!

At the start of the TOP Winter Fair, you will receive a stamp card. You get a stamp at every stand you visit, and every sport you participate in. If you visit all the stands, and thereby collect all the stamps, you can win a prize!

### **Dinner**

**Time:** 18:00-20:00

**Location:** Koepelhal

After you have enjoyed an afternoon of getting to know all Tilburg has to offer, it is time to enjoy a delicious meal. This meal can be collected by your mentors from 18:00 at Koepelhal. The meal you will be served is included in the TOP Winter Week fee.

### **Movie Night**

**Time:** 20:00-23:00

**Location:** Pathé Centrum (NOT Pathé Stappegoor!)

Join us for an entertaining evening at Pathé Cinema! Before the movie starts, take part in a fun quiz for a chance to win exciting prizes. During the screening, you can enjoy drinks and snacks, available for purchase. Please note that these are not included in the TOP Winter Week fee. The featured movie for the night will be announced soon!

**Thursday, January 23**

***Sport Clinics***

**Time:** 9:00-11:00

**Location:** Esplanade Building @Tilburg University

Get ready to move and have fun at our sports clinic! Whether you're a pro or a beginner, our instructors will guide you through an exciting sports class that will be easy to follow. Join us for an energizing and social sports experience! Don't forget to register via the TOP app to secure your spot. The specific sports will be announced soon, so stay tuned for updates.

***Tilburg Through Your Eyes***

**Time:** 13:00-17:00

**Location:** Tilburg City Center

Get creative with a photography game inspired by the Dutch show *Het Perfecte Plaatje* (The Perfect Picture), where teams compete to capture the most fun and imaginative photos. Along the way, you'll discover Tilburg from a fresh perspective, exploring its hidden corners and iconic spots. Each team's creativity will be put to the test as they aim to take home the title of Most Creative Photographer and a special prize!

***Pre-Cantus Dinner***

**Time:** 17:00-18:45

**Location:** ESN

Make sure to register at ESN to join the dinner, where you'll be divided between Carpe Noctem, the pub of student association ESN, and Vrienden van Tilburg with your TOP group. You will be served a delicious meal, providing you with enough energy for tonight's TOP Winter Cantus. The meal you will be served is included in the TOP Winter Week fee.

## **TOP Winter Cantus**

**Time:** 19:00-22:30

**Location:** Koepelhal

The TOP Winter Cantus, to be held at Koepelhal, is famous among students in Tilburg. It is an activity in which the participants sing along with lots of famous songs (such as Neil Diamond's *Sweet Caroline* and Billy Joel's *Piano Man*, but also some typically Dutch songs) and drink beer, wine, or soft drinks together. Alcohol-free beer will also be available. Be aware that you have to be at least 18 years old to participate in the TOP Winter Cantus. There are lockers to store your belongings. Please keep in mind that you will have to pay for a locker. Refreshments during the TOP Winter Cantus can only be bought by your mentors with TOP tokens. Remember not to wear your best or newest clothes to the Cantus. Close off TOP Winter Week with a bang!

## **Game Night**

**Time:** 19:00-22:30

**Location:** Hostel Roots

If you are not yet 18, or prefer a non-alcohol related activity, we refer you to the Game Night at Hostel Roots as an exciting alternative to the TOP Winter Cantus. Here, you can enjoy playing a variety of games and connect with fellow participants in a relaxed and friendly atmosphere.

# Cantus rules

The TOP Cantus is the highlight of every TOP Winter Week. However, this amazing event is accompanied by some strict Cantus rules. We expect you to pay attention to them. The table below shows prohibited actions and their consequences (warning or removal). Two warnings will result in removal.

Removal	Warning
Smoking inside	Unpleasant drunk behavior
Fighting	Standing outside the benches
Peeing outside of the toilets	Drinking when the band is playing
Throwing up	Leaving the table with the whole group
Throwing beers or pitchers	
Standing or jumping on benches or tables	
Singing 'eins, zwei, drei, saufen' and the song that comes after	

**Please note:** it is allowed to go to the bathroom during the Cantus. Once you exit the venue, you are not allowed to re-enter again.



# TOP Winter Week locations

## Tilburg University

Warandelaan 2, 5037 AB Tilburg

## Tilburg University Sports Center

Academielaan 5, 5037 ET Tilburg

Location for: Registration

## Spoorzone (Koepelhal)

NS-Plein 6, 5014 DA Tilburg

Location for: TOP Winter Fair, Wednesday Dinner, TOP Winter Cantus

## ESN Tilburg / Carpe Noctum

Heuvelring 45, 5038 CJ Tilburg

Location for: Tuesday and Thursday Dinner, TOP ON

## Pathé Centrum

Olympiaplein 2, 5022 DW Tilburg

Location for: Movie Night

## Ireen Wüst Ice Rink

Curlingstraat 15, 5022 DZ Tilburg

Location for: Ice Skating

## Vrienden Van Tilburg

Heuvelring 116, 5038 CL Tilburg

Location for: Tuesday and Thursday Dinner

## Hostel Roots

Stationsstraat 41, 5038 EC Tilburg

Location for: Game Night

# Contact information

## TOP organization

Tilburg University, Esplanade building (E.202)  
5000 LE Tilburg  
The Netherlands  
+31 13 466 2849 (not available during TOP Winter Week)  
+31 6 42 09 21 70 (24 hours per day during TOP Winter Week)  
[top@tilburguniversity.edu](mailto:top@tilburguniversity.edu)  
[www.top-week.nl](http://www.top-week.nl)

## Emergency contacts

Emergency police, ambulance, and fire brigade	112
Emergency at Tilburg University	+31 13 466 25 25
Non-emergency local police	+31 900 88 44
Non-emergency First Aid	+31 900 332 22 22
Sexual Assault Center (anonymous and free of charge)	0800-0188

## Websites

[Sport membership | Tilburg University](#)  
[Registration Days | Tilburg University](#)  
[Confidential Advisors | Tilburg University](#)

# Word TOP Commissie!

**Wil jij het grootste  
studenten evenement in  
Tilburg organiseren?  
Word TOP Commissie!**



**Geïnteresseerd?  
Stuur een email naar  
[top@uvt.nl](mailto:top@uvt.nl) of stuur ons een  
bericht op social media.  
Je kunt solliciteren van 27  
januari tot en met 21 februari.**



**Volg onze social media voor meer informatie!**



# Word TOP Bestuur!

**Wil jij het  
grootste  
studenten  
evenement in  
Tilburg  
organiseren?  
Word TOP  
Bestuur!**



**Geïnteresseerd?  
Stuur een email naar  
[top@uvt.nl](mailto:top@uvt.nl) of stuur ons een  
bericht op social media.  
Je kunt solliciteren van 24  
maart tot en met 30 april.**



**Volg onze social media voor meer informatie!**



# Become TOP Mentor!

Do you want to give students the best start of their student life?  
Become TOP Mentor!



You can register from 4th March via our website: [www.top-week.nl](http://www.top-week.nl)



Follow our social media for more information!

