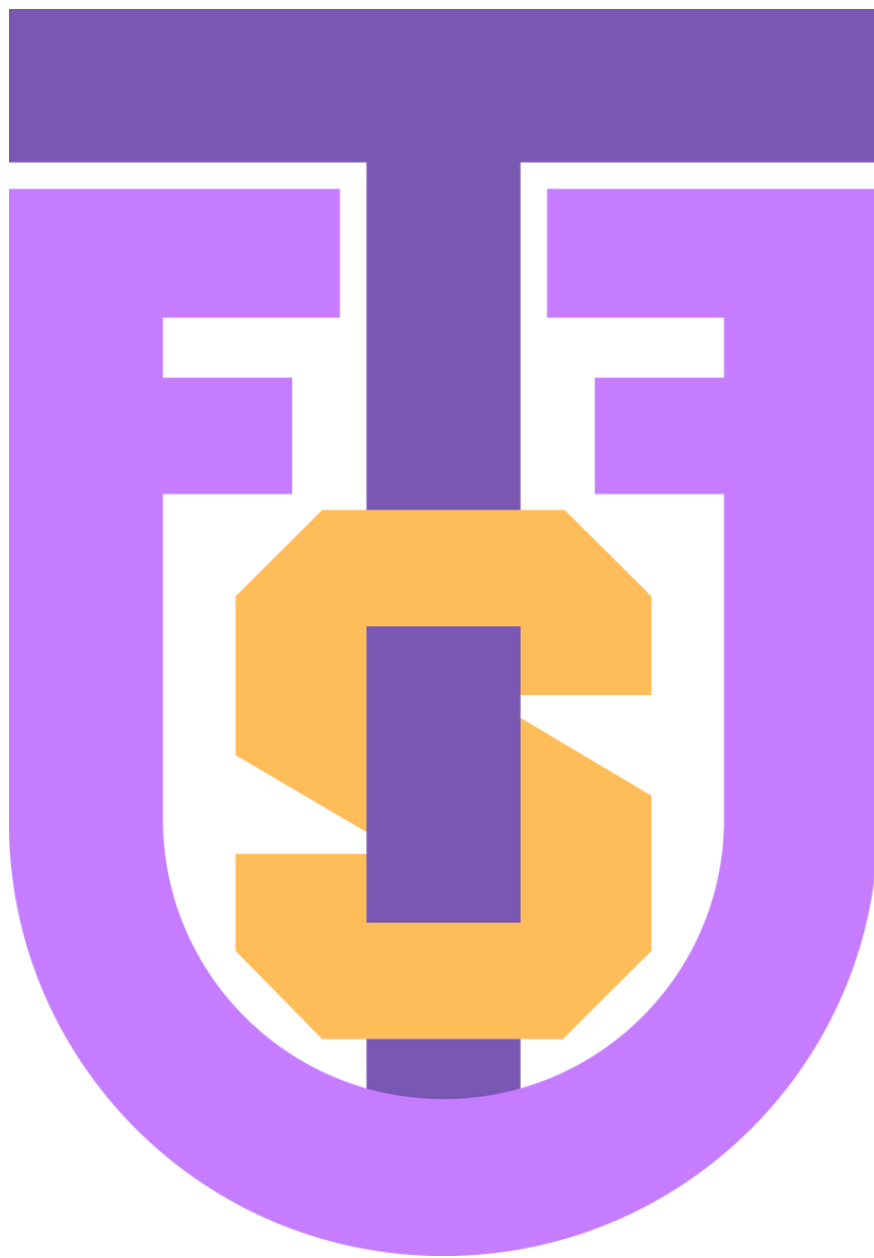


# Wellbeing Vision

2023 - 2024



# Introduction

## Dear Reader

Within this vision we aim to explain our opinions and views within our student housing portfolio. This vision is meant to be seen as a public opinion of the union upon which we will base our further policy. This means that this vision will function as our public decree of our opinion regarding student housing policy. This document will also function as the basis upon which later boards will have to write their policy.

The fact that the policy has to find its basis in our vision documents has two main reasons. This way we ensure that the vision documents of F.U.S.T. are consistently updated and we ensure that the actions of the board can be traced back to a decision by the General Meetings (seeing as this vision document also directs the board in their daily tasks). Thus always keeping the union's opinions relevant and based upon the opinion it's members.

Lastly, we want to recognise the ambiguity that comes with an vision document such as this. We therefore also want to clearly state that within this vision document is room for discretion of the board. If there are any questions or doubts about the handling of this vision document by any board, we redirect you to the General Meetings.

**On behalf of the 1st board of F.U.S.T.,**

**Taylan Mete**

**Secretary Federal Union Students Tilburg**

# Protection

The educational landscape is constantly evolving, and FUST recognizes the crucial importance of student well-being within this context. With a holistic vision of student well-being, student life encompasses mental, physical, and social aspects. We believe that an approach integrating these aspects is essential for promoting a healthy and supportive environment in which the full potential of every student can be achieved.

Since the coronavirus era, mental health care for students has received increased attention. Although the Trimbos Institute reports improvements compared to previous years, FUST recognizes the importance of protecting these improvements (<https://www.trimbos.nl/kennis/welzijn-studenten/mentale-gezondheid-van-studenten/>). Mental healthcare is a subject where prevention of problems is just as important as curing them.

The past years have taught us that access to mental health care should not be a luxury, but a basic right. FUST believes in a Tilburg with accessible, affordable, and culturally inclusive attention to mental health care for students in Tilburg. This means that students should experience as few barriers or complexities as possible when seeking diagnosis and therapy. Peer networks will be available, and there is a rich network of mental health service providers. Attention is given to both prevention and treatment of mental health issues.

## Breaking the Stigma

However, FUST's vision is larger than just striving for an environment with sufficient direct care. FUST sees Tilburg as an environment where mental health issues can be openly discussed without prejudice or stigma. There is a culture in which openness about mental health issues is encouraged and supported.

## Quality

In line with the holistic approach, FUST recognizes the importance of physical health as part of student well-being. There will be a strong focus in Tilburg on creating a healthy lifestyle for students. This means that an active lifestyle with healthy nutrition is accessible to every student. Accessible sports facilities, fitness centers, and an environment that supports and encourages healthy choices are examples of our vision for an ideal Tilburg.

FUST strives for a city where healthy and affordable food options are available for all students. Collaborations with businesses and eateries to offer nutritious options, as well as educational programs about nutrition and workshops that give students the opportunity to make healthy choices, are not an unfamiliar sight in this vision.

## Conclusion

FUST envisions a Tilburg where students are encouraged to find a balance between study, work, and social activities. Students are able to adhere to a routine that enables optimal self-development.