

KICK-IN

MAGAZINE

2026

INTRODUCTION PERIOD

All you need to know before joining the official introduction period of University of Twente

UNIVERSITY OF TWENTE

Explore the faculty buildings on campus and take a look at the map of the Kick-In



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DEAR FUTURE STUDENT,

Welcome to the University of Twente (UT)! The fact that you are reading this magazine means that you have made an amazing decision: to study at the University of Twente. This means that there will be a new and exciting chapter in your life. As a new student at the University of Twente, many things will change. You will begin your studies, make new friends, explore new interests, and maybe you will live in a student home instead of with your parents/guardians. In the end, these changes will give you the potential to live your dream and make the most of everything here at UT!

One thing is certain; in about two months you will become a student where you will have a great time. We, as the Kick-In Committee, who are organising this whole Kick-In introduction week, can confirm that from our own experience; we were also new students at the University of Twente once, and we are still students excited to be organising your Kick-In! We will make sure you have a great flying start and don't have to worry about anything. We will ensure you find a place you fit in, make countless amazing friendships during, but also after, the Kick-In so that you will not be alone in the lecture halls. Along with your fellow students, you will also learn about all aspects of life in Enschede, such as the city, campus, and university facilities. Whether you like culture, sports or want to join a social association: you will see it all during Kick-In 2026!

This magazine is made just for you to assist you in the transition from high school to your new life in Enschede as a student. It is full of stories from other students, tips, practical information and fun articles, to get you excited before you arrive in Enschede! So, sit back, enjoy the sunshine, and read through this package of fun!

The Bachelor Kick-In will take place from 19 August until 27 August 2026. The Master Kick-In will take place from 22 August until 27 August 2026. So, mark these dates in your calendar! Until then this magazine will give you a taste of what is yet to come. To stay informed about the programme of the Kick-In and what to expect, please follow us on Instagram, TikTok, Facebook, and check out our website: www.kick-in.nl.

There is just one final thing to do for you before all the fun starts: sign up, so you don't miss this spectacular event! See you in August!

Hannah, Bart, Evi, Mattis, Axel, and Kim
Kick-In Committee 2026

KICK-IN COMMITTEE 2026

Each year the Kick-In is organised by six enthusiastic students. They put their study on hold for a year to put their energy and time into one goal: organising the best Kick-In yet! Together, we are responsible for developing the programme which the new students will experience during this Kick-In, arranging all the necessities to make them happen, and managing the cooperation with all involved parties. Luckily, we also have support from our amazing crew, consisting of around 200 volunteers, who help us during the Kick-In.



Chair
Hannah Vennekens
Master Technical Medicine
22 years old



Secretary
Bart Griepsma
Master Computer Science
22 years old



Treasurer
Evi Beers
Master Industrial Engineering
Management
21 years old



Publication
Mattis Witte
Bachelor Applied Mathematics
23 years old



Logistics
Axel Frankema
Master Civil Engineering and
Management
21 years old



External Affairs
Kim Hartemink
Master Business Administration
22 years old



WHAT IS THE KICK-IN?

WHAT IS THE KICK-IN?

The Kick-In is the official introduction period of the University of Twente. Each year, the Kick-In takes place in the weeks before the academic year starts, so all new students are fully prepared to start their study programme and their student life. The Kick-In 2026 consists of nine days full of activities to show you as much of student life in Enschede as possible. You will explore many new things during the Kick-In: you will meet new people and experience the many different associations that are part of student life in Enschede. Of course, you will not be all by yourself. You will enjoy all Kick-In activities together with your do-group, a group of students from your study guided by two do-group parents, older students from your study. Later in the magazine you can find more information on do-groups.



WHY WOULD YOU TAKE PART IN THE KICK-IN?

You have probably heard it before: “Your student days are the best time of your life”. We believe this to be true. Your student life is full of new opportunities, friendships, and experiences. The best way to kickstart your student life is by joining the Kick-In. The goal of the Kick-In is to give you the best possible start in your student life, by exploring everything life in Enschede entails. In nine days, older students will prepare you for all aspects of student life. This will all be done with cool activities and fun events in a relaxing atmosphere. After the Kick-In you will be in the centre of student life. Trust us, you do not want to miss this!

HOW IS THE KICK-IN STRUCTURED?

The Kick-In consists of two parts; the general Kick-In and the study-related programme.

GENERAL KICK-IN

The general part of the Kick-In is the same for all students, regardless of your study. Every new student of the university is invited to take part in the general Kick-In, about 2000 students! During the general Kick-In the different days are dedicated to the different parts of student life. There will be a day dedicated to sports, a day for performing arts, and a day for social associations! These days will introduce you to the different associations by organising many fun activities especially for you! You can try out new sports at the sports associations, enjoy shows or take part in a workshop at the culture associations, and get to know the city with the social associations!



STUDY-RELATED PROGRAMME

The study-related programme is different for each study. This part of the programme is organised by the study associations and faculties. Since these days are different for each study, they are marked as ‘study-related programme’ in the programme on the next page. During the study-related programme you will have a lot of fun activities with your fellow students and the association of your study programme. Furthermore, you will get to know the programme director, study advisers, and professors. You will also learn everything about your study programme, and you can arrange everything needed before taking a seat in the lecture halls.

HISTORY

The Kick-In was first organised in 1963, when the university was still known as Technical School Twente. In 2008 the introduction period was rebranded as the “Kick-In”. Since the beginning, the introduction period had a theme linked to it. During the 1980s, there were themes such as “Choose”, “Direction”, and (believe it or not) “Goose”. With a theme that varies every year, it is not only possible to make clear what the committee members want to achieve this year with the introduction of the new students, but it is also possible to give a very personalised touch to each introduction period. This provides every introduction with a unique atmosphere and its own identity!

LIVE YOUR DREAM!

This year the theme of the Kick-In is “Live Your Dream”! A dream can take any form, what matters is that it’s yours. No matter what shape it takes, your dream is worth chasing. You can start by getting to know the different study, social, sport, culture and world associations, as well as the campus and the city centre. They will all be there to welcome you and help you discover what makes student life your own. So go out, explore, and live your dream!



WHAT IS A DO-GROUP?



More than 2000 future students from across the world will start their student life in Twente with the Kick-In. You will enter a new environment, and maybe you don't even know any other people yet. This may seem challenging, but you are certainly not alone. On the very first day of the Kick-In, you will meet your do-group.

WHAT IS A DO-GROUP?

A do-group is a small group of about 8 to 12 first-year students from the same study programme. You will experience the entire Kick-In together with your do-group. Often, the students from your do-group will remain your friends for the rest of your student life! During the Kick-In, the various bachelor do-groups can often easily be recognised by the do-group shirts that some receive from their do-group parents.



YOUR DO-GROUP

At the Kick-In Opening Fair, before joining a do-group, you and all the other first-year students will get to know the rich association life of the University of Twente. After an afternoon full of new impressions, you will come together with the students from your own study programme for the do-group market. The do-groups will present themselves differently per study programme. For some studies the do-groups use a video and a short talk, while other studies have a do-group fair where you can walk around and talk to the do-groups you find interesting! When the fair is over, you will list your preferred do-groups, and based on that, the do-groups will be distributed. From that moment onwards, you will experience the Kick-In as part of your do-group, and the Kick-In can really start!

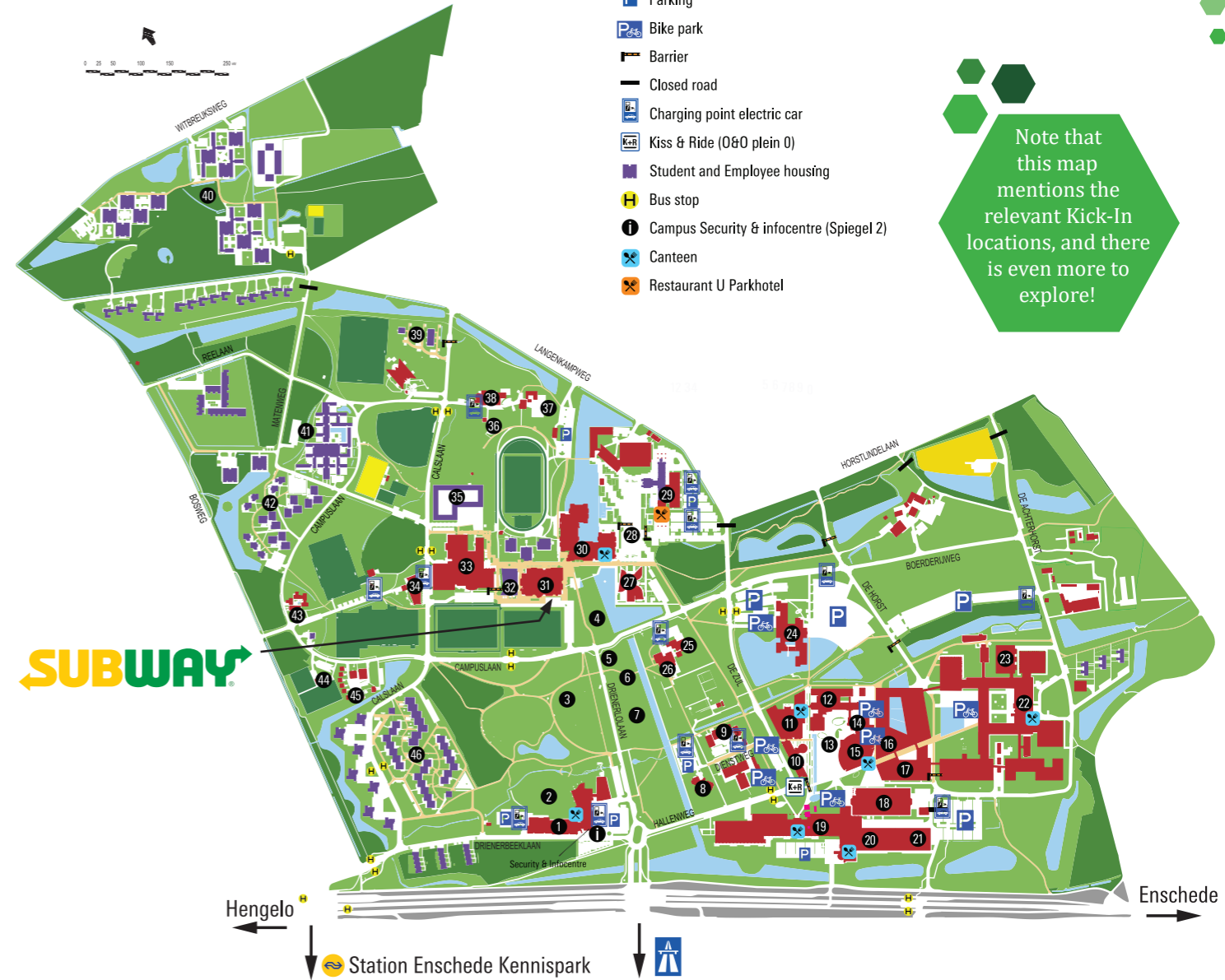
DO-GROUP PARENTS

Two official do-group parents will guide your do-group. These are students who have already experienced a Kick-In and will do a great job of showing you around. Often, there are also a lot of extra do-group parents who like to join in, making your do-group even more fun. They are often referred to as aunts and uncles. Most of these do-groups are organised by your study association, but some are also organised by a sport, cultural, or social association. There are also independent do-groups that are not linked to an association. These are led by groups of friends or members of independent fraternities or sororities. All do-group parents have followed training to be prepared for all situations and take proper care of their group of kiddos. In the training, topics like alcohol consumption, social safety, and sexual consent are discussed. If you have questions or concerns about the do-group parents, feel free to reach out to us. We hope you are looking forward to meeting new people and making friends. The do-group parents are happy to show you the way during this unforgettable introduction period. You can always ask them to accompany you to the activities you are interested in.



KICK-IN CAMPUS MAP

Our campus is like a small city, with everything you need: over 3,000 student rooms and apartments, a supermarket, cafés, a gym, a laundrette, healthcare facilities, and even a hairdresser. Spanning 146 hectares – about 200 football fields – the campus provides the perfect environment for studying and relaxing. From libraries and high-tech labs to a theatre and countless sports fields, making it the Netherlands only all-in campus. You can almost play any sport here, from baseball and beach volleyball to archery and even quidditch. And the best part? The city centre of Enschede is just a 10-minute bike ride away!



- Parking
- Bike park
- Barrier
- Closed road
- Charging point electric car
- Kiss & Ride (O&O plein 0)
- Student and Employee housing
- Bus stop
- Campus Security & infocentre (Spiegel 2)
- Canteen
- Restaurant U Parkhotel

Note that this map mentions the relevant Kick-In locations, and there is even more to explore!

- | | | |
|----------------------|---------------------|---------------------------|
| 1. Spiegel | 17. Nanolab | 33. Sport Centre |
| 2. Spiegel Field | 18. Technohal | 34. Linde |
| 3. Carillion Field | 19. Langezijds | 35. Box |
| 4. Ganzen Field | 20. Gallery | 36. Open air theatre |
| 5. Kick-In Info Desk | 21. DesignLab | 37. Outside Swimming Pool |
| 6. Grolsch Tent | 22. Horst | 38. Medical Centre |
| 7. Event Field | 23. Cube | 39. Mondriaan |
| 8. Paviljoen | 24. Cubicus | 40. Witbreuksweg Housing |
| 9. Garage | 25. Schuur | 41. Matenweg Housing |
| 10. Citadel | 26. Boerderij | 42. Campuslaan Housing |
| 11. Ravelijn | 27. Drienerburght | 43. Logica |
| 12. Zilverling | 28. Hogekamp square | 44. Tennispark |
| 13. O&O Square | 29. Upark Hotel | 45. Blokhutten |
| 14. Hal B | 30. Vrijhof | 46. Calslaan Housing |
| 15. Waaier | 31. Bastille | |
| 16. Carré | 32. Sky | |

MEET A KIDDO/ PARTICIPANT

WHAT WERE YOUR EXPECTATIONS?

I expected to do a lot of partying and to make new friends. Also, I wanted to experience new things and make memories. Those expectations definitely came true during the Kick-In.

HOW DID YOU PREPARE FOR THE KICK-IN?

Beforehand, I read the Kick-In magazine to get an idea of what the Kick-In is in general. That was fun and also good to know. I also looked at the schedule beforehand to see what activities are going to happen during the Kick-In. Besides that, I did not really prepare anything. During the Kick-In, everything was explained and shown to me, so more preparation was not needed.



CAN YOU DESCRIBE THE KICK-IN IN ONE SENTENCE?

It's a week full of new people, new experiences, a new city and it is a lot of fun!

WHAT TIP WOULD YOU GIVE A FUTURE KIDDO?

Go to every activity with your new friends that you find in your do-group! Don't miss out on activities. Make as much of your Kick-In as possible, and it will give you the best start to our student life.



WHAT WOULD YOU SAY TO SOMEONE IS UNSURE WHETHER TO JOIN THE KICK-IN?

Just go! It is a perfect way to start your student life, to meet new friends and just also get to know people in your study. So afterwards you can go study with them, and you have a lot of new experiences and also a lot of parties and enough to talk about.



ROOS JONGMANS
Bachelor Technical Medicine
19 years old

WHAT WAS YOUR FAVOURITE MEMORY?

My favourite activity was the storming of the Bastille. There, you do a fun obstacle course with your do-group towards the building Bastille. That was very exhausting but a lot of fun. I loved that! Besides that, one of my favourite memories is from the party on the third evening. I talked to another Kiddo and we told each other that we really liked each other and that we thought we would become best friends. Now, almost two years later, we still are best friends. So that was a very cute moment.



MEET A DO-GROUP PARENT

WHY DID YOU CHOOSE TO BE A DO-GROUP PARENT?

Well, I liked being a kiddo in the Kick-In myself. That motivated me to be there again the year after and also to pass on that same nice experience to the new kiddos who are starting out their studies now and are getting to experience the Kick-In themselves.

WHAT WAS YOUR FAVORITE ACTIVITY AT THE KICK-IN?

That's a tough one. I really liked a lot of activities. I would say the cantus was my favourite, because it was a completely new thing for me. It is a traditional event, where everyone is singing together and having a lot of fun. I was surprised how big it was, so it was very nice to experience that.

Also, at my own Kick-In, I really enjoyed the final party. For us, there was a heroes breakfast for the people that made it through the whole night with as many people as possible. That was a lot of fun!

WHAT MAKES THE KICK-IN SPECIAL FOR YOU?

I think the Kick-In was also different from other introduction weeks because you see everything that student life has to offer. You have the opportunity to visit the sports, culture, and student associations and also learn about the city and all its options for students. So, I think also besides just partying and having a really nice week, it also really helps you getting to know everything.

CAN YOU DESCRIBE THE KICK-IN IN ONE SENTENCE?

The Kick-In is a week where you have the opportunity to discover a lot about the city and the student life, you're about to join in and you also make a lot of new friends and memories.

WHAT DID YOU DO TO MAKE SURE THAT YOUR KIDDOS HAVE THE BEST KICK-IN?

Well, there are a lot of activities to choose, so we made sure that we gave the kiddos all options and tried to visit every activity that they were excited about. Since we had multiple do-group parents in our do-group, we also split up sometimes, to offer everyone the activities they like without being alone.



WHAT WOULD YOU SAY TO A STUDENT THAT IS NOT SIGNED UP FOR THE KICK-IN YET?

Just go for it! It is such a fun week and you learn so much about the opportunities within the student life. Also, you get to know so many people already, so you will be able to start your student life way more confidently and have a better start into your lecture weeks!



FLEUR TER BRAAK
Bachelor Applied Mathematics
20 years old



CREW

Next to the all-round crew, there are also various crew groups with more specific tasks. Here you can read all about the various crew groups you'll come across.

INFO DESK CREW

Whenever you have questions during the Kick-In, the Info desk is the place to ask. You can of course come by the Info desk in person, but they also handle all calls and emails during the Kick-In. So, whatever your problem is, these people can help you! You can reach them during the Kick-In at info@kick-in.nl or +31 (0)53 489 2356.

BAR CREW

The bar crew are there to help you stay hydrated during the Kick-In. Whether you want soft drinks, water, beer or wine, the bar crew has it for you. No matter if you choose to drink alcohol or not, they always have sufficient options available. And once you're done with your drink, you can give them back your cup so they can make sure they are properly recycled.

TECHNICAL CREW

Our technical crew makes sure everything like electricity, water and light is there during all the events. You may see them walking around with electricity cables, sinks, sound setups or backup generators. During parties or shows they also make sure all the lights look great, and at the light show at the end we'll let them go wild.



TRANSPORT CREW

During the Kick-In a lot of materials are needed, from benches to stands and much more. All these materials need to be brought to the right places. Our transport crew drives all over campus and beyond to make sure everything is where it is supposed to be.

MEDIA CREW

The media crew is there to capture all your best moments during the Kick-In, so you can save these memories for the rest of your life. You'll see them walking around at all the activities with their cameras, and may see their pictures come by on Instagram, Facebook or this magazine. To see all the pictures, they take during the Kick-In, you can check www.kick-in.media.



SAFETY COORDINATORS

The safety coordinators make sure all events happen safely, which is very important. They move across campus in golf carts to check that all activities happen according to plan, and stay in close contact with UT security, especially if they need to resolve calamities.

CARE CREW

To make sure all our other crew can care for the participants, we also need some people to care for them. The care crew is there to make sure all the other crew has enough food, drinks and sunscreen to get through the day, so they can focus on their own tasks.



IDB COMMITTEE (IT CREW)

The iDB committee is already busy long before the Kick-In starts. They handle our digital infrastructure, to make sure you're able to sign up for the Kick-In and everyone can access all the information they need to make everything run smoothly. Everything that is digital during the Kick-In, such as the rostering of the crew, the app or the ticket system, is part of the iDB.



JOIN THE CREW!

If you enjoy your Kick-In this year, you can relive this experience next year by joining the crew and help making the Kick-In as unforgettable for the generations to come.

TO-DO LIST

To make sure that you will be completely ready for the start of your studies at the University of Twente we have listed the most important things that you need to arrange!

WHAT SHOULD I BRING AND ARRANGE BEFORE THE KICK-IN?

- Register for the Kick-In via our website www.kick-in.nl
- Credit or debit card
- A valid proof of ID, a photo of the ID is not sufficient
- Plenty of sunscreen lotion
- Sufficient clothing (including sportswear)
- A bike with proper lighting
- Your Kick-In E-Ticket (check your email)
- A place to sleep (or your overnight bag)

LATE ARRIVAL

Of course, you don't want to miss any parts of the Kick-In. But it may be that you are not able to attend due to unforeseen circumstances and therefore have to miss a few days. While that is a shame, there is no need to panic: just go to our Info desk upon arrival at the University of Twente. The crew of the Info desk can then help you further and will ensure that you can experience the Kick-In without any problems! However, you must still register in advance on the website.



When you stay in student accommodation in Enschede, there are also a few things you must arrange. One of the things you need to do is register with the municipality and find a new general practitioner. We have arranged an International Onboarding Market during the Kick-In to help new international students to arrange these practical matters.

STUDIOS FOR RENT

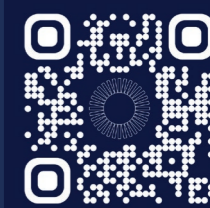
Fully furnished, with a private bathroom and kitchenette, just a short walk from your faculty.



ALL IN RENT
€999

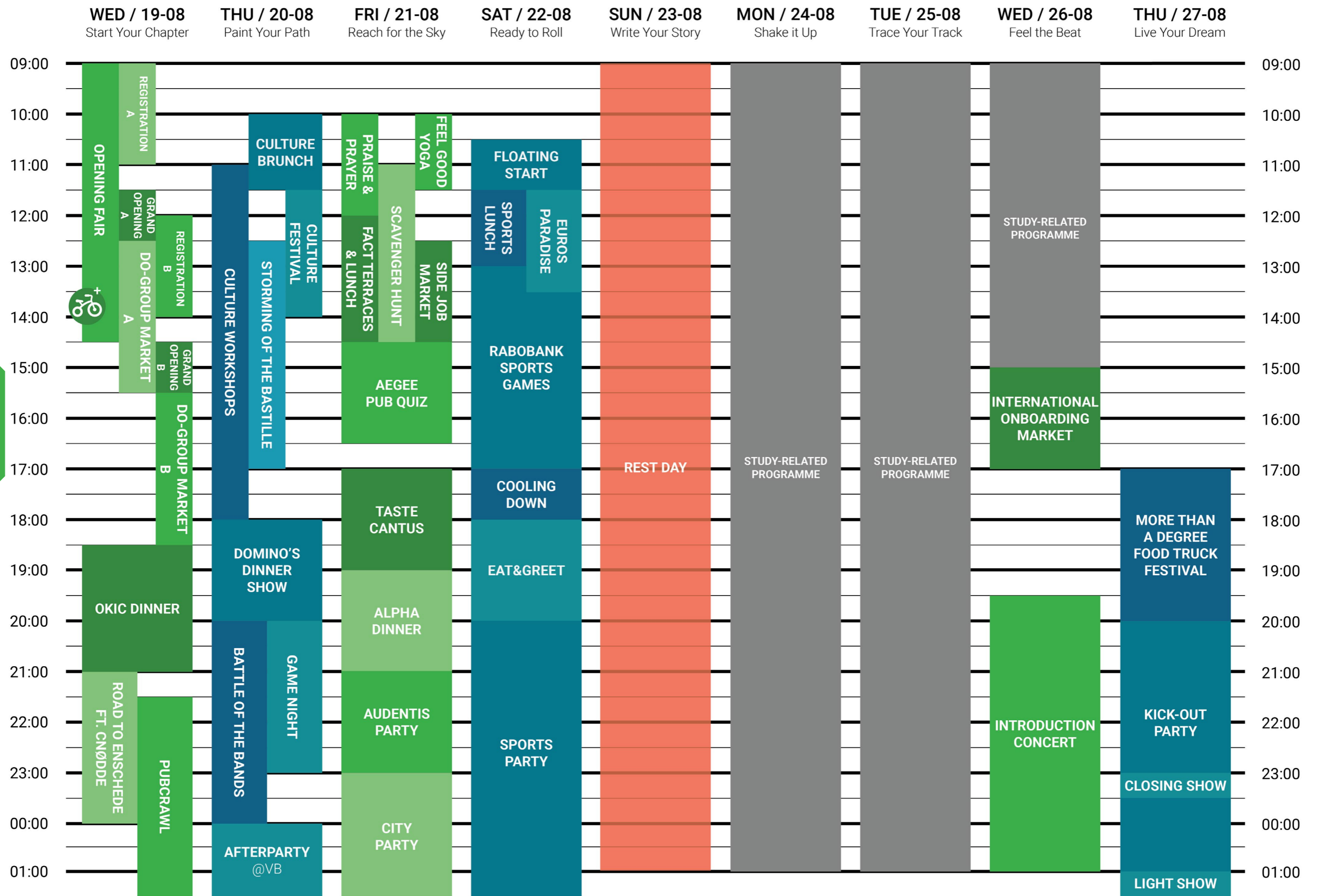
LOCATED ON CAMPUS

APPLY NOW



PLAZA

PROGRAMME



Check the online version here:

*Changes might apply

GUIDANCE & SUPPORT

Your student days are mostly seen as a great experience and, luckily, this is often the case. However, you might face some challenges. For all of the varied questions or problems that you encounter during your study programme, there are various professionals (and students!) you can contact for information, advice, and support. To see who to contact, please take a look at the figure below.

INTERNATIONAL STUDENT HANDBOOK

The International Student Handbook is a great guide for students who are planning to study at University of Twente. The Handbook will direct you to all useful information for new international students.



INTERNATIONAL STUDENT HUB

The International Student Hub is a weekly informal walk-in moment for all international students that want to ask questions about any topic they want. It is also a place to meet other international students. Find more information on the webpage:



INTERNATIONAL ONBOARDING MARKET

The International Onboarding Market is an informative event for new international students, held during the Kick-In. During the event you will find out about the various facilities and services UT has to offer, such as the library, Career Services and on-campus medical services. You can speak with representatives at the stands and ask any questions you have.

INTERNATIONAL SUPPORT

Whether you are a Dutch student who wishes to gain experience abroad, or an international student who is going to study in the Netherlands, these organisations will ensure that you end up in the right place!

STUDENT SERVICES

Student Services helps students, both Dutch and international, who have questions regarding registration, admission, visas, accommodation and tuition fees. You can find the Student Services Contact Centre in the Boerderij building. To contact Student Services, email: studentservices@utwente.nl or visit www.utwente.nl/students. They are here to help you!



FIND THIS INTERACTIVE OVERVIEW ONLINE AT UTWENTE.NL/FINDYOURSUPPORT

FIND OUT WHO'S YOUR STUDY ADVISER AT UTWENTE.NL/STUDYADVISER

UNIVERSITY OF TWENTE.

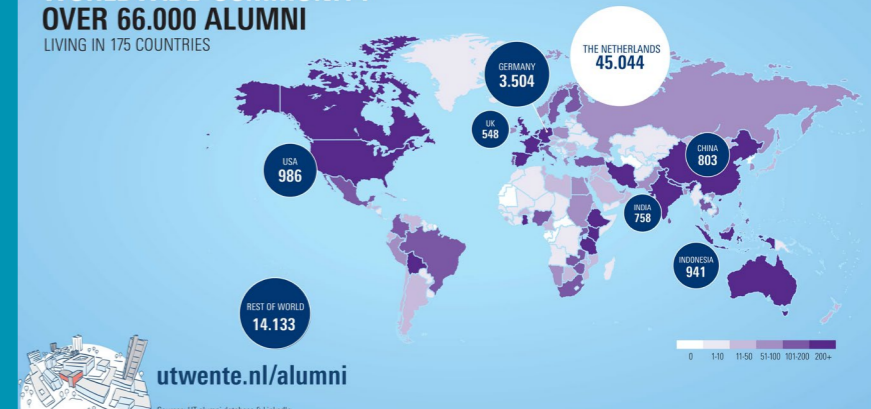
WELCOME TO YOUR WORLDWIDE COMMUNITY FOR LIFE

Welcome to the UT worldwide community! More than 63,000 (former) students are now a part of this amazing network, and so are you! Read more about the UT Alumni Community and what it can do for you, today and in the near future.

Did you know that Wifi was discovered in Twente? And that Thuisbezorgd.nl and Booking.com were founded on our campus? Learn more about the roots of your university and while you're on our site... do the short Kick-In Alumni Quiz and win a UT hoodie!

Alumni Office Universiteit Twente
Spiegel Building, Room 109
www.utwente.nl/alumni
alumni@utwente.nl 053-4892104

YOUR ACCESS TO A WORLDWIDE COMMUNITY
OVER 66.000 ALUMNI
LIVING IN 175 COUNTRIES



Do the quiz and win a UT-hoodie!



BECOME A STUDENT DONOR AND GET A SPORTS SHIRT!

The Student Union slogan 'More than a degree' is warmly supported by the Twente University Fund! The UF gives student subsidies for organizing sports and cultural activities on the campus, for study trips, conferences and other events of the study and student associations, all thanks to annual donations of over 1200 alumni and friends. As a student donor you support the personal development of many Twente students, and therefore also your own!

For only 5 euros a year you help the UT student community, and will be invited to University Fund activities, as well as receive a University Fund Sports Shirt.

Become a Student Donor

Stichting Universiteitsfonds Twente
Spiegel Building, kamer 109
Postbus 217 7500 AE Enschede
www.utwente.nl/ufonds



UF Twente University Fund
est. 1948

BUILDINGS

◆ BASTILLE



The Bastille is a student building, fully owned by the Student Union. It houses many student boards, but also study spaces, offices of companies, and a pub: the Vestingbar!

◆ HORST



Horst is the easternmost building complex on the campus. Originally, just engineering programs were located here: Mechanical Engineering, Civil Engineering, and later Industrial Design. These days, Advanced Technology is also housed here.

◆ RAVELIJN



In Ravelijn, the management and public administration programs are located. It is situated at the O&O square, and there are many study spaces available here as well.

◆ CARRÉ



Carré is dedicated to applied natural sciences, housing physics and chemistry labs, electronics and robotics labs. Accessible via the revolving door in Hall B at O&O square.

◆ WAAIER



Waaier holds UT's largest lecture halls and smaller ones for defences and inaugural lectures. It also has smaller lecture rooms and De Mensa student restaurant.

◆ TECHNOHAL



Technohal houses the TechMed Centre, equipped with state-of-the-art infrastructure like research labs, preclinical testbeds, and simulated hospital setups. Here, you can find Technical Medicine, Biomedical Engineering, and Health Sciences.

◆ LANGEZIJD



Since 2023, the ITC faculty (Faculty of Geo-Information Science and Earth Observation), which previously had its own building off campus, has been housed in Langezijds. It's an extension of The Gallery building and is filled with plants all over, making it look like a greenhouse.

◆ VRIJHOF



The Vrijhof is the cultural centre of UT, hosting diverse performances including shows and concerts. It also accommodates the Theatercafe, library, study areas, UToday's editorial office, Student Services, and Counselling.

◆ ZILVERLING



Zilverling hosts the math and computer science departments, including the SmartXP-lab for Creative Technology. Educafé features student stores for electronics and IAPC (Inter-Actief Personal Computing) for computer parts.

◆ SPORTS CENTRE



The Sports Centre is the main place on campus for sports. Almost all kinds of indoor sports can be practiced in the Sports Centre. There are four large sport halls and two smaller group lesson halls, plus a fitness centre and an indoor pool.

◆ CUBICUS



Cubicus houses behavioural sciences and is part of the original building, half of which was damaged by fire in 2002. Ask the porter for directions as it's easy to get lost inside.

◆ SPIEGEL



The Spiegel is the administrative centre of the University of Twente. Here, you'll find Human Resources, Finance, Strategy & Policy, the ICT department, and Marketing & Communication. You can also find a lot of lecture rooms here.

FAQ – FOR FUTURE STUDENTS

I DON'T KNOW ANYONE IN ENSCHEDÉ YET, WILL I BE ALONE DURING THE KICK-IN?

Of course not! All participants choose a do-group, which is a group of fellow new students that is guided by senior students from your own study programme. You can hang out with these students throughout the entire Kick-In and join all the activities together. Experience shows that often this forms the first basis for a group of friends!

I HAVE ALREADY PAID FOR THE KICK-IN PROGRAMME. WILL THIS COVER EVERYTHING OR WILL I STILL HAVE TO FIND AN ATM DURING THE KICK-IN?

Participant contributions largely cover most costs, including almost all lunches. However, tickets, such as a small fee for a Food Truck Dinner, can be bought. Senior students leading your do-group will handle ordering the tickets on the first day. Purchasing drinks in the evenings is not covered and is at your own expense. Note that cash will not be accepted throughout the Kick-In.

MY STUDY PROGRAMME IS IN ENGLISH, DO I HAVE TO SPEAK ENGLISH ALL THE TIME DURING THE KICK-IN?

The official languages at University of Twente are English & Dutch. As there are many international students here, the main language is English. Of course, if you are only with Dutch speaking people, you can always talk in Dutch. Just keep in mind to include everyone, even if there is only one non-Dutch speaker in the group.

NINE DAYS FULL OF NEW IMPRESSIONS SEEMS A LONG TIME, HOW WILL I EVER KEEP UP WITH SUCH AN INTRODUCTION?

Many enthusiastic do-groups see it as a mission to take advantage of all the activities during the day and the events at night. Luckily, you are under no obligation, and it's your choice when you do and do not join your do-group for an activity. There are also many activities which are more chill and relaxed, ensuring you can have a rest as well.

I HAVEN'T BEEN ABLE TO FIND ACCOMMODATION YET, CAN YOU ARRANGE SOMETHING FOR ME?

First, you should check whether you can stay with friends, family, or acquaintances in Enschedé. If that really isn't possible, then experience shows that there is often someone within your do-group willing to offer you a place to sleep. So, make sure to bring your overnight bag on the first day of the Kick-In! Unfortunately, the organisation itself cannot provide any sleeping places.

I DON'T HAVE TO SURVIVE ON BEER ALONE FOR 9 DAYS, DO I?

Of course not, we will make sure that there is plenty of drinking water and soft drinks! You can get drinking water from all taps in the bathrooms of University of Twente. Soft drinks can be purchased at the bars during all events.

I WANT TO ENROL TO THE KICK-IN BUT DON'T HAVE A STUDENT NUMBER AND/OR PASSWORD?

Once you are enrolled at University of Twente (UT), you will receive a student number. Your student number and corresponding password are included in the first letter you receive from us containing information about registering for the Kick-In. These details only work for our website, not for other UT systems.

FAQ – FOR PARENTS

CAN I VISIT DURING THE KICK-IN TO SEE HOW MY CHILD IS DOING?

Can you? Yes. Do we recommend this? No. All activities that the Kick-In organises are only open to students. If you still want to come to campus, we highly recommend you to first consult this with your child.

WHAT IF SOMETHING HAPPENS TO MY CHILD?

When registering, the participants will provide us with a contact person. If necessary, we will call this person. Fortunately, a lot can also be handled within the do-group; they will take good care of each other and the do-group parents are there to make sure the new students make it through the Kick-In in one piece.

IT IS 8 AM IN THE MORNING AND MY CHILD HAS STILL NOT SENT ME A MESSAGE. THEY WERE SUPPOSED TO COME HOME TONIGHT. NOW WHAT?

If you are unable to reach your child, they might be sleeping in from a late night. Nothing to worry about. You can call the Kick-In Info desk on +31 (0)53 489 2356. They can often quickly reach the do-group and will inform you as soon as possible.

MY CHILD IS NOT 18 YET. WILL THEY BE OKAY THIS WEEK?

Of course. Contrary to popular belief, student life is not all about beer! Our programme includes many cool day activities and as well as that, parties are also fun without alcohol.

STUDENT UNION

WELCOME TO THE UNIVERSITY OF TWENTE!

My name is Lars Laverman, and I am writing on behalf of the Student Union (SU), the organisation that empowers students to achieve More Than a Degree!

Almost 4 years ago, I started my studies here and I immediately felt welcome because of the personal, warm atmosphere and all the possibilities that the University of Twente offers to students. These possibilities made me realise that studying at the University of Twente is not only about sitting behind your desk and studying. Studying at the University of Twente is also about developing yourself beyond your studies. Ways to develop yourself outside of your studies are: joining a committee, organising an event, starting a business, and countless other activities. All of these activities allow you to Live your Dream and push your boundaries to achieve More Than a Degree!

Next to my studies, I wanted to explore what other possibilities there are at UT and how this could contribute to my personal development. While doing extracurricular activities, such as committees and my board year at the Student Union, I have gained many new insights and experiences in teamwork, leadership, time management, and a lot of other useful skills. These are skills which you may not develop during your studies, but do contribute a lot to your personal and professional development!



Lars Laverman
Bachelor Technical Medicine
21 years old
Portfolio Holder Sports & Culture

WHAT IS THE STUDENT UNION?

The Student Union is run by six full-time student board members, supported by employees and committees. Just like many other parts of student life at UT, it is shaped by students, for students. We represent all students at UT and take the lead in shaping policies on personal development, sports, and culture. We also work on organising major events and encouraging student entrepreneurship. Our role includes:

- Guiding the committees that organise events like the Kick-In, Buddy programme and TEDxTwenteU.
- Providing the UnionCard, which gives students access to sports and cultural activities.
- Arranging UnionDeals, offering students the best discounts.
- Managing key locations like the Bastille, the University Watersport Complex, and the Pakkerij.
- Supporting more than 100 student associations as the umbrella organisation.
- Encouraging student engagement, awarded through the More Than a Degree Awards.

WHY GET INVOLVED?

Nowhere in the Netherlands, nowhere in the world, do students have such a big influence as here at the University of Twente. Motivated students completely power the student community in Enschede. Our opinions matter and we get a lot of opportunities. Students run the associations and organise the events, and as the Student Union, we are proud of that fact! Whether it is a full-time board year at a study association or a small committee at a sports club, student engagement is vital to keeping the student community at our university going. Without this, the Kick-In and our student life would not be as sparkling as it is right now. You will learn how to deal with great responsibilities, how to come up with solutions and you will greatly expand your network. Enjoy the Kick-In and Live your Dream!



SUSTAINABILITY TIPS & TRICKS

Each year, the Kick-In Committee takes steps towards making the introduction period more sustainable. To get an overview of what the Kick-In does for sustainability, have a look at our website. With big events like these, there are a lot of actions, big and small, which everyone can do to make a difference. You included! Here are some tips and tricks on how you can become more sustainable.

CHOOSE THE RIGHT BIN

Waste separation is actively promoted at the University of Twente. You will find garbage cans with four different bins (paper & cardboard, organic, plastics and drink cartons, and residual) everywhere at the university. Make sure you choose the right bin for your waste! Each waste container gives more information about how waste should be separated.



Not sure? Check utwente.nl/waste

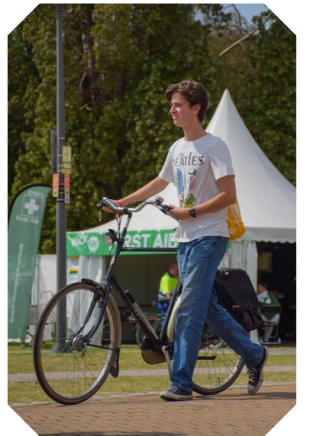
FILL YOUR BOTTLE / CUP

During the Kick-In, we encourage you to use a reusable water bottle! This way we can jointly limit the waste flow from plastic bottles. Tap water in the Netherlands is drinkable, allowing you to refill your bottle across the entire campus for free. Whether it's at the restroom sinks, hot beverage vending machines, or designated water stations like those on the O&O square and at UTrack, refilling options abound. During the Kick-In, extra water tap points will be installed, so that water is always available. Therefore, remember to bring your bottle and refill it as needed. In addition to encouraging the use of reusable water bottles, the university also promotes sustainability through its beverage vending machines, where paper cups are absent due to their plastic lining, ensuring the utilisation of reusable coffee mugs or provided study association mugs.



TAKE THE BIKE

Taking the bike is one of the most sustainable ways of transport. Before you start the Kick-In, it is highly recommended you have a bike in Enschede. Many first-year students will bring their bike from their old home, but when this is not possible, there is also a bike market on the first day of the Kick-In.



CUP POLICY

During the Kick-In, we will recycle the cups that you receive your drinks in. At the start of your Kick-In, you'll receive an eco coin from us with which you can get a cup. With this coin and your bank card, you can get a drink at one of our bars. If you are finished with your drink and you prefer not to have another one immediately? Make sure to hand in your cup at the bar to receive an eco coin. If you lose your cup or eco coin, you can buy a new one by paying €0,50 extra at the bar when getting a new drink.



EAT LESS MEAT

The consumption of meat has a big impact on the environment. Thus, choosing to eat less meat makes a big difference. During the Kick-In, you'll get to enjoy a range of delicious dishes that show how flavourful sustainable eating can be. Who knows, maybe you will discover something you want to try again after the Kick-In as well.

RECTOR MAGNIFICUS

University of Twente



GET OFF TO A FLYING START

First, let me say that we are delighted to welcome you to our campus in August. We are well aware that for you this may be the start of a whole new adventure or maybe even a new phase of your life. We look forward to being part of that.

In the coming period, we hope to get to know you better, and vice versa. Starting off on the right foot will help you settle in Enschede as quickly as possible. Meeting new friends, making your new leisure activities your own and, of course, not unimportantly, immersing yourself in the content of one of our study programmes. I recommend using the Kick-In period to become acquainted with everything that studying and living in Twente and on our campus has to offer you.

Like much at our university, the Kick-In is organised entirely by students. They are given the responsibility and space to do so, knowing that with their own experience still fresh in their minds, they know precisely how best to guide you in and around our university.

Prof. dr. ir. Tom Veldkamp
Rector Magnificus University of Twente

MAYOR

City of Enschede



In the summer of 1985, I came to Enschede as a young man from Groningen to study here at the University of Twente. Now, almost 40 years later, this choice still makes me feel incredibly enthusiastic.

This is because studying in Enschede means studying in the beating heart of the East of the Netherlands. Enschede is vibrant. A city that continuously strives for further developments and innovations. Not least due to the presence of the many thousands of students in the city.

Together, you provide an important contribution to our vibrant city life. Both during and alongside your studies. And you can keep contributing even after your studies. For example, by applying your acquired knowledge at one of Enschede's many businesses. Or by showing entrepreneurship and starting your own enterprise, as successfully demonstrated by many former students in Enschede. They applied their knowledge to the market in various spin-offs and grew these into large companies. In this way, you can work on your own career, the development of the city, and the innovation of your own speciality.

In addition to all the amenities that a student can wish for, Enschede also offers many services in terms of shopping, entertainment, sport, culture, and nature. In short, a city not only good for studying, but also for pleasant living. This magazine will provide you with extensive information. The Kick-In Committee of the University of Twente has done its best to prepare the thousands of new students as optimally as possible for their future student days. And the results are plain to see!

I wish you all the best in student city Enschede.

Roelof Bleker
Mayor of Enschede



Nieuw op de Universiteit Twente? Welkom op de campus!

Bij het **U Parkhotel** ben je welkom voor een lekkere lunch, diner of borrel in ons restaurant of op het terras – dé plek om samen te komen en te ontspannen.

Krijg je bezoek? Maak gebruik van onze Friends & Family rate voor UT-studenten: €112,50 per nacht (2026) voor een Comfort kamer (2 personen) inclusief ontbijt en ontvangst met bittergarnituur. Te boeken op basis van beschikbaarheid in weekenden en tijdens schoolvakanties ook doordeweeks.

Ontdek het **U Parkhotel** op de campus!



New at the University of Twente? Welcome to campus!

At the **U Parkhotel**, you're welcome to enjoy a delicious lunch, dinner, or drinks in our restaurant or on the terrace – the perfect place to relax and connect.



Expecting visitors? Take advantage of our Friends & Family rate for UT students: €112.50 per night (2026) for a Comfort room (2 persons), including breakfast and a welcome snack platter. Available subject to availability on weekends and on weekdays during school holidays.

Discover the **U Parkhotel** on campus!

De Veldmaat 8
7522NM Enschede
Bookings@uparkhotel.nl
+31 53 433 13 66



U Parkhotel voucher

Krijg een gratis Twentse lekkernij bij het bestellen van een kop koffie of thee.



Get a free typical "Twentse" sweet when you order a cup of coffee or tea.

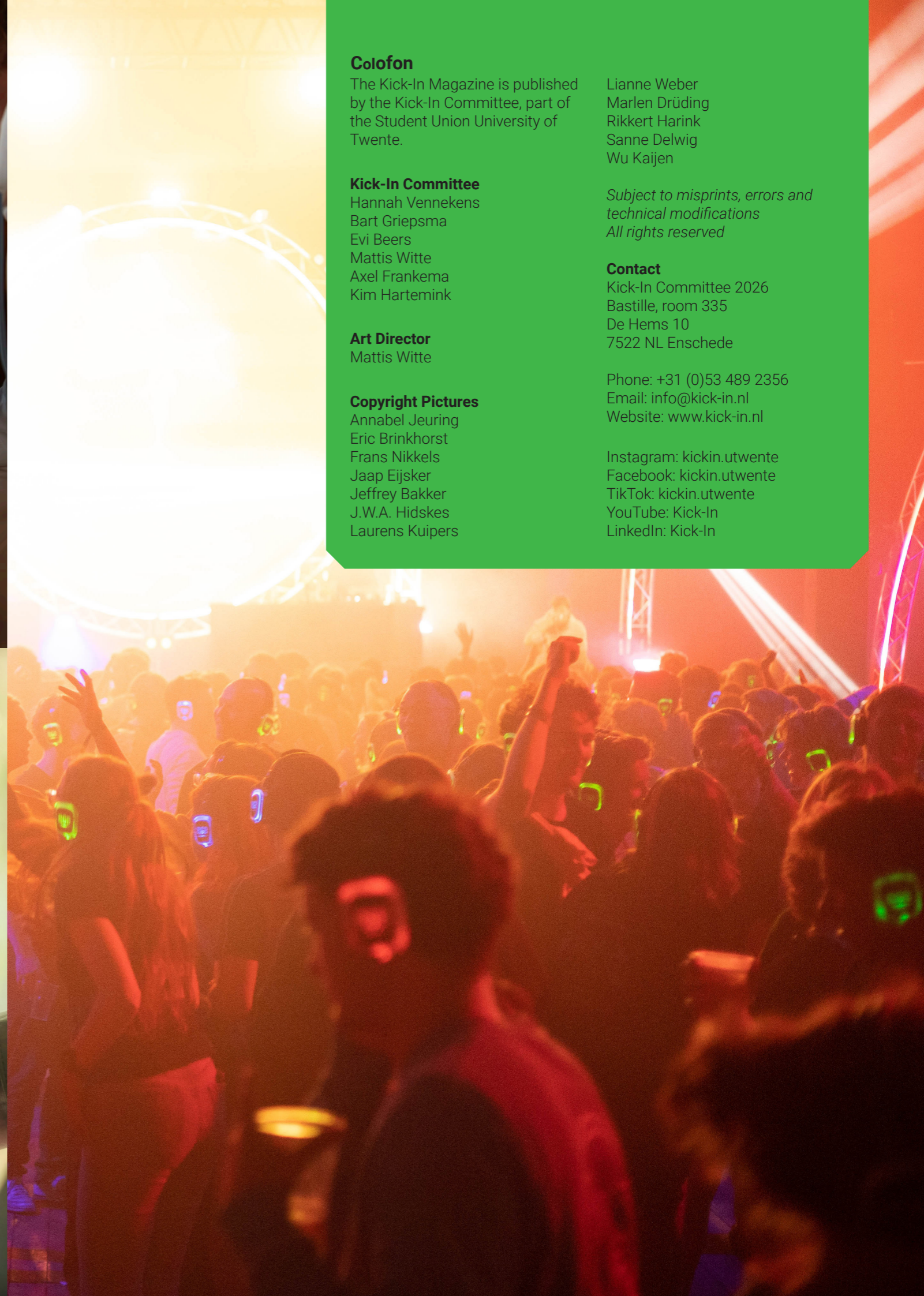
Deze voucher is geldig t/m 31 december 2026

This voucher is valid until December 31st 2026



TIJD VOOR *Grolsch*

Met trots voor u gebrouwen. Geen 18, geen alcohol



Colofon

The Kick-In Magazine is published by the Kick-In Committee, part of the Student Union University of Twente.

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To give you the best possible start into your student life at the University of Twente, we are organising an introduction period: **The Kick-In!**

During the Kick-In, you will explore everything the University has to offer. From Sports to culture, from parties to study advise. Whatever you search for, it is here.

www.kick-in.nl

