

Annual Report Spectrum Student Platform and Chaplaincy Wageningen;
Year 2020 / 2021



Contents

Introduction	Page:
Goal and Mission	3
From the Board	3
Composition of the Board	3
Team of chaplains and life-coach	3
Team of Students 2020/2021	3
Developments in 2020/2021	4
Activities 2020/2021	
Promotional Activities	
AID-Church service 2020	5
Info Market AID	5
Winter-AID February 2021	6
Social media and Monthly Newsletter	6
Spirit Magazine	6
Trips, excursions, alternative events	
Apple Trees Harvest Party (2x)	7
Taizé European Meeting 2020 online	7
Prison Project reversed	8
Earth Day 2021	8
Zen River 5-day Buddhist Seminar	8

Summer Excursion to The Hague & the Beach	9
Summer Excursion to Enschede	9
Creative and Cultural	
Creative Studio	10
Inktober	10
Midsummer Event	10
Christmas Pumpkin Sharing Activity	10
Deel je Steks / Share a plant Activity	11
Easter Treasure Hunt – Activity	11
In Support of Spiritual and Personal Growth	
Weekly Mindfulness Meditation in Orion and Forum	12
Meditative forest walk (during lockdown)	12
Taizé prayer	12
Nine Inspiration Evenings	12
How to Stay Motivated to Study	13
How to stay Healthy , Fit & Warm in Winter	13
Grief & Writing Workshops	13
Happy the Movie	13
Week of Self Compassion	14
Interreligious Dialogue (Zoom)	14
Personal support	
Personal Coaching and Care	15
Commissioning New Leaders of WCCF	15
Supporting and Connecting Various Initiatives	
Cargo bike in support of Nevalak Foundation	16
Various Ongoing Contacts	16
Plans for Activities 2020/2021	17

Introduction

Goal and Mission

The aim of the SP&C Foundation is to support philosophical, ethical, and spiritual development among students and young professionals of Dutch and foreign origin at university and higher education in Wageningen. The foundation encourages dialogue between cultural, philosophical, and religious constituencies on the basis of pluralism and celebrating diversity. In an atmosphere of openness, we seek to contribute to the well-being of students - individually but also in group-settings, with the additional aim to provide opportunities for community building.

From the Board

One of the tasks of the Board of SP&C is to manage the subsidies granted by the Wageningen University and other donors to SP&C. This guardianship was established in consultation with representatives of the WUR and the *Stichting tot Steun*.

The team of chaplains and life-coaches of SP&C consists of 3 chaplains: 1,15 Fte.

Olaf van Kooten, Voorzitter Stichting SP&C

Composition of the Board

Olaf van Kooten – Chair (Buddhist section), Josine van der Horst (chaplains team representative), Alfred Arulandhu – Treasurer (Student Church sectie), Marieke van Keeken – Secretary, Rob Witte – member.

Team of Chaplains and Life-coach

Our team consisted of Jorn den Hertog (PKN)- 0,5 Fte, Josine van der Horst (PKN)- 0,5 Fte, life-coach Marloes Harkema (Zen- Buddhism), Jeannette den Ouden (Arboretumkerk) – 0,1 Fte.

Team of students 2020/2021

Mugesh Kumararajan - Coordination, Isabel van Esch – PR, Firewot Tadesse – Bookkeeping, Costanza Giubboni – Externus, Serena Horsman – Activity Manager, Selma Moerland – Office Manager.



Developments in 2020/2021

For Spectrum too this academic year was one of many challenges. The pandemic forced us to regularly cancel -, postpone -, change - or redirect our programs and activities to online platforms – mostly Zoom. Many students left Wageningen in the course of the first semester. The Winter AID did not have the hoped-for result in meeting new students. A small group of students made use of the Online Info Market by the WUR. We did not have information about who had moved to Wageningen. And even with our usual contacts among international students, we were unable to find out if students from their home countries had arrived. We were unable to maintain – let alone expand our action radius.

What *did* work well was our Team of Students. The team developed a steady and intense communication and became a support group for each other as well as a wider circle of friends and corridor mates. They kept thinking of new ways to organize (online) events and built community.

Another highlight was that in May, we were able to welcome Jorn den Hertog, our interim chaplain, as a new permanent chaplain in our team.

We had a lot of online events and we really liked the ‘offline’ events again, when we were allowed to meet again in person. On the 22nd of April we celebrated Earth Day outdoors together with a lot of students. We organized this event with two other associations. Things have been improving ever since!



Activities 2020 – 2021

Promotional Activities during the AID

AID – Church service 2020

With an enthusiastic group representing all the Christian Associations - and church-groups we organized the annual AID- service. The service was an online event but with all the organizers, the WSKOV and an international choir present, it was actually a hybrid event. One of the Spectrum chaplains led the service, which was prepared in several online meetings and was based on the theme of the AID, “Switch On”, highlighting the importance of connecting to others, both within our own circle but also outside our own ‘bubble’.

At the end of the program all the participating groups presented themselves in a short pitch. An important aim of this program was to make the new students feel welcome and help them find their way among the Christian organizations. This annual event is also a celebration of unity among the organizing groups.

Number of participants, Dutch and international: 30 in person, online participation unknown



Info Market AID 2020

Spectrum student team took part in the information market in Forum welcoming the batches of new students, explaining our activities and generate name awareness. This was an effective way of meeting and presenting. We talked to many new students and invited them to all the different activities in our program. Unfortunately, we would not be able to carry out the program as planned.

Winter AID February 2021

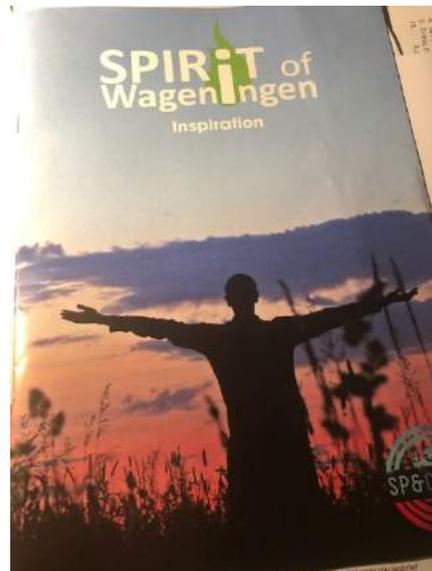
Spectrum participated in the winter AID welcoming to – and informing new students of the Spectrum activities. Very few new students participated in this online event – possibly also because of the extremely warm weather.

Social Media and Monthly Newsletter

Each start of the month we issue an electronic Newsletter with the upcoming events and a link for registration. Other means of communication are via Spectrum’s Facebook page (Spectrum Wageningen), a renewed website (www.spectrum-wageningen.com) Instagram (@spectrumspc), e-mail and LinkedIn. The student team is actively providing information via these platforms. The student team and chaplains use mostly *Telegram* to communicate – almost on a daily basis and Zoom for weekly meetings.

Spectrum’s Magazine ‘Spirit of Wageningen’.

This academic year we once again issued 1 edition of the magazine, ‘Spirit of Wageningen’, a fifteen paged glossy. The aim of our magazine is to put the focus on the aspect of inspiration and the diversity of worldviews, religion, and philosophies of life on the WUR campus. A professional – and a student editor work together on each edition. The theme of the Spring 2020 edition was “Inspiration”. The articles feature students, staff and others who are actively serving the WUR-community. Issues of Spirit are sent to all students houses and can be found in Forum, the Leeuwenborch, Clockhouse and other buildings of the WUR.



Trips and excursions

Apple Trees Harvest Party

This outdoor event took place twice: in September and October. As always, we harvested Spectrum's own apple tree in the organic orchard the Lingenhof across the river. We took the ferry and cycled to Hemmen. During the break we had a meaningful conversation about challenges and sources of inspiration and favorite songs. We sang together and on our ride back to Wageningen we stopped at the Kasteeltuinen.

Total number of participants: 16 students (Dutch and International)

Follow-up Sharing the Harvest

Our planned (vegan) apple-pie baking workshop using the harvested apples could not take place. We therefore decided to share the harvest with Food Sharing, Thuis, the Housing Desk and others.



Taizé European Meeting 2020, 28 December – 1 January 2020 online in Wageningen

Our participation in the Annual European Meeting organized by the ecumenical Taizé community was different this year. The students could not travel this Christmas but instead they gathered daily in the Bevrijdingskerk in Wageningen for workshops, bible study – and discussion groups. Part of the program was online, beamed on a large screen.



This included a daily online international gathering, connecting thousands of Christian young adults from all over Europe.

A welcome time of meeting, celebration, reflection, games and various activities.

Total number of participants 15 (Dutch and international)

Prison Project reversed

As our bi-yearly visit to the TBS Clinic in Nijmegen could not take place, the prison pastor suggested that she and an inmate on leave would visit our group instead. The aim was to share greetings from the inmates and to stay in touch with us. They paid a visit to the Taizé group and had an inspiring discussion about the meaning of freedom and the experience of confinement compared to being locked down.

With help from WCCF and AGP we shared a Christmas song on video for the prisoners.

Participants around 12 students (Dutch and international)

Earthday 2021

In April it became possible to organize outdoor events. We made contact with the Green Office and Extinction Rebellion and together we proceeded to organize a clean-up of the *uiterwaarden* on Earthday. We borrowed material from the *Wageningen Schoon* organization. The weather was beautiful, and people were very happy to meet each other again. We cleaned the *uiterwaarden* and surrounding of litter.

Total number of participants 25 (Dutch and international)



Zen River 5 day Buddhist Seminar

In July (3-8 July 2021) a seminar we organized in Zen River Temple, an international Buddhist monastery in Uithuizen, Groningen. This retreat was especially designed for students to experience a monastic life for 5 days. The program included training in zazen (zen meditation), Buddhist ritual, scriptural study, cooking, garden work and every day an outdoor painting class by the abbot Tenkei Roshi. This year due to the corona situation there was room for 3 Wageningen students to join the group, following RIVM guidelines. This has been the third time Wageningen students join this annual Buddhist Seminar.



Number of participants: 3 students (3 Dutch) Organized and led by one life-coach.

Summer Excursion - The Hague Historic city and the beach

We made a day trip to The Hague, visiting the historic center, Peace Palace and the beach of Scheveningen. With a picnic in the Haagse Bos.

3 participants (one car), one Dutch and 2 international students and one chaplain.

Summer Excursion to Enschede

In July, at their invitation we visited the students of the Twente University in Enschede joining their church service. Afterwards we had lunch, were invited by them to go bowling and visited the surroundings and Twente Airport.

Total number of participants 13 students (Dutch and international), 2 chaplains.



Creative and Cultural

Creative Studio

Our usual art workshops could not take place so led by one of the students outdoor drawing sessions were organized in the Arboretum in October, April and June. Material was provided and the participants had tea and a snack and a chance to meet in a safe way.

Total number of participants 27 students (Dutch and international)

Inktober

This was an art group that met online during the month of October, daily submitting – and sharing a piece of art. This was done in a WhatsApp-group with around 20 participants. At the beginning of the month many participants shared their drawings in the group, but after three weeks almost no one shared anything. As this was in the middle of the pandemic, we still think this was a great (online) event because people experienced a different form of connection.

Total number of participants 20 students (Dutch and international)

Midsummer event

On the 23rd of June we organized a Midsummer Event on Campus (outside). On the longest day of the year we played some outdoor games, had a drink and some snacks, but mostly: we shared some things we were grateful for. We stayed till the sun was set and there were deep conversations about the 9 (!) countries that were represented by the 15 students present.

Total number of participants: 15 students (Dutch and international)

Christmas Pumpkin Sharing activity

At the initiative of one of our Student Team members hampers were prepared to give away to students remaining in Wageningen during the holidays. With all the ingredients for pumpkin soup, they were encouraged to cook for friends and corridor mates and share a healthy meal together.

20 students received a hamper distributed by the students with the help of one chaplain.



Deel je Steks-activiteit : Plant sharing

One of the chaplains was involved in a big initiative around Easter, called 'Deel je Steks'. This was organized by the Protestant Church and de Poptempel in Utrecht. With Spectrum we were able to receive 15 boxes with 3 plants each. The idea was simple: when a student received a box with three plants, they got to keep one for themselves. The other two plants should be given away to other students (that they preferably didn't know yet). On the label of the plants were some conversation-starters. We heard a lot of positive feedback and new friendships begun with receiving a plant.

Total number of participants: 45 students (Dutch and international)



Easter Treasure Hunt – Activity

An Easter Treasure Hunt organized by ISOW, VSA and Spectrum. Students were given directions via Google maps on different locations around Wageningen. The latter were the city center, the Rijn, the sport centre, Arboretum ,etc. After having found the location, students had to either perform physical activities, guess where some objects were and so on. Each student was gifted with small Easter eggs, one per activity accomplished. Due to the cold temperature the event terminated at 4pm.

Total number of participants: 12 students (Dutch and international)

In Support of Spiritual - and Personal Growth

Weekly Mindfulness Meditation

As we could not meet in Orion for our weekly mindfulness meditation, we continued to meet at the same time on Tuesday online via Zoom. The students who joined were few as there clearly was 'Zoom-fatigue' setting in. However there usually were at least one or several students joining and at some point, it was also a meeting place for students who would continue talking with each other after the meditation.

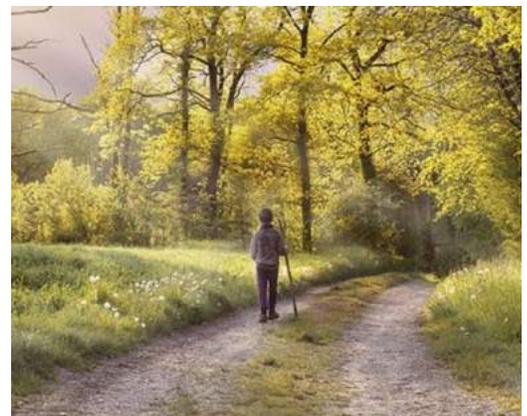
In May we started to have our meditation session outdoors on campus and the number of participants gradually grew.

Number of participants: between 1 and 8 students (Dutch and international)

Meditative forest walk (during a lockdown)

One of the chaplains made a recording of a guided meditation. The info/invitation of the event was: 'An individual, corona-proof autumn-walk of about 5kilometres through the forest of Wageningen, with a guided meditation, some questions and information about the route. Don't forget to bring your (smart)phone and headphones, you need them!'

Later in the year we partnered with Santiago Students, they also made a few routes for meditative walks in Wageningen



Taizé prayer

The Taizé prayer continued twice a month online with song and prayer sessions streamed from Taizé in France. Followed by drinking tea together as the meeting continued virtually.

Organized by students and alumni.

Number of participants per evening: 8 - 15 (Dutch and internationals)

Nine Inspiration Evenings

Unlike a normal study class, we use the ancient Christian technique of "Lectio Divina" to 'digest' an inspiring text and try to listen with all our body and being. The idea is to fully feel and understand the message and the wisdom locked in the text. We use different

inspirational texts from various sources, e.g. Lojong slogans, Pema Chodron or Etty Hillesum. Based on the feedback we can say that these evenings allowed the students to pause in their



busy lives, connect to how they are doing physically and mentally, and find inspiration to deal better with what they are facing.

We have organized in total 9 Inspiration Evenings over 2020-21.

In some cases participation of the students led to coaching/pastoral guidance.

Number of participants: 5 – 12 (both Dutch and International) one chaplain, one life-coach

How to Stay Motivated to Study; How to stay Healthy , Fit & Warm in Winter

In November 2020 when many students complained of lack of motivation due to being locked in the room, we contacted UCAS, WCCF and CSF to organize an online meeting about the problems students were dealing with. We invited Dean of Students Mrs Ruur Boersma to speak about how to stay motivated, followed by discussion. In a second presentation Prof. Dr. Ingeborg Brouwer gave a presentation on staying healthy & fit with tips on life-style and food, followed by a lot of Q's & A's.

Total number of participants 15 students (internationals)

Grief & Writing Workshops

In two online workshops we aimed to create a safe space to write and share personal stories and give voice to feelings of grief. By using small creative writing exercises, students express stories of grief, give voice to their sadness or pen down warm memories of loved ones. This can be healing on its own. They can then share experiences and advice with others as well as learn from the group. The group continues to function as a grief-support group for and by the students.

Number of participants: 6 – 9 (Dutch and International), organized and led by our life-coach

Happy, the Movie

The students of our Team experimented with watching a movie online together. It was complicated but not impossible. This movie is based on science and stories from all over the world and an inspiration to watch. Followed by discussion.

Total number of participants 5 students 1 chaplain

Week of Self Compassion

In February we organized a Week of Self Compassion. This was around Valentine's Day and it was a way of inviting students to love themselves more. With help from two chaplains, our life coach, and a contact by some student of the team, we were able to record a total of 6 videos around the topic 'Self Compassion'. With a broad range of speakers, the videos were edited and uploaded to YouTube by someone from the student team. Some of the videos have more than 170 views.

Total number of participants: many students (+/- 120 views per video) 1 chaplain, 1 life-coach



Interreligious Dialogue (Online Event)

This was an event around religion that took place on Saturday 12th of June, from 19:30 till 21:30 on Google Meet. Organized together with VSA and RUW, there were 6 speakers from different religions invited to share their view on life. One of the chaplains was invited to share about Protestantism (Christianity) and after the presentations there was space for a dialogue. The conversations afterwards were really helpful to many students. The recording of the online event has been shared to many other students.

Number of participants: 12 (Dutch and internationals)



Personal support

Personal coaching and care

The chaplains gave support in the form of counselling sessions or confidential conversations with students. Sometimes the students requested only one such a session but more often a longer trajectory followed. We were able to continue our care through the year via zoom and videocalls.

As a rule we encourage students to seek help from the psychologists or deans, unless it is clear that no such intervention is needed.

Total number: 18 students (BSc, MSc, PhD) and 7 alumni (Dutch and international).

In 3 cases the students needed financial support which was applied for by the chaplains and provided for with the help of different charities and foundations.

Commissioning New Leaders of WCCF

This year again one of the chaplains was asked to meet online with new candidates who were to take over the leadership of WCCF (Wageningen Christian Campus Fellowship). After getting acquainted with the new student leaders an online commissioning service was organized with the chaplain delivering a sermon and commissioning the new leadership.

Total number of participants: 20 international students, 1 chaplain

Supporting and Connecting Various Initiatives

Cargo bike in support of Nevalak Foundation

In June we learned that there was a shortage of cargo-bikes which made it difficult for students to move. With the help of a sponsor, we acquired a cargo-bike that could be borrowed for a donation of 5 euro in support of Nevalak Foundation. Nevalak is an initiative of a group of Ghanaian students. This organization seeks to support talented but needy students in Ghana.

Invited for the Opening of the Renovated Grote Kerk

One of the chaplains of Spectrum was co-officiating the service -and ceremony around the celebrative re-opening of the *Grote Kerk* in September 2020. We invited CSF for the occasion to represent the international students at this historic event. We met the mayor of Wageningen and other dignitaries, acquaintances, and friends.

Various Ongoing Contacts

One of our main objectives is bringing students – and different student groups together. Therefore we meet many people and groups throughout the year and in a number of cases work together with them.

For many years we have a good working relation with CSF and we regularly are in contact with Dutch Christian Associations especially the Navigators, IFES, the WCCF, ICC (the International Catholic Community), ICF and AGP.

We also try to set up a cooperation with the Muslim students and have made friends with some students active in the Perhimpunan Pelajar Indonesia (PPI).

We also worked together with the Vegan Association, Food Sharing, the Green Office, UCAS and ISOW.

In cooperation with a small group of former students of the WUR and the chair of the Protestant Church (Lucas Gemeente) in Wageningen we started a process of setting up the so called Contact Program. This program seeks to connect families in Wageningen/Bennekom with international students for informal meetings in the welcoming environment of people's homes. A final remark concerning Spectrum's network. When our students leave after graduating, many of them stay in touch with us. Around New Year a number of Alumni asked for an online get together. This we organized with 14 former students from many different time zones.

Plans for Activities in 2020 / 2021

We are committed to a continued implementation of our Policy plan for the coming years and to continue with the development of meaningful activities with the students (Dutch and international), by students – and for students - based on our five pillars.

Our aim remains to make a meaningful contribution to our student community's flourishing in diversity.



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Taizé doorbreekt grenzen tijdens digitale ontmoeting

... Er zijn 20.000 jongeren hadden Taizé 28 december en 1 januari in de Noord-Amerikaanse stad Turin moeten verzamelen voor de 43e Europese Jongerenontmoeting van Taizé.

... Stroompeil de coronacrisis is gekken voor een meerjarige internationale digitale ontmoeting.

• **TAIZÉ**
Voor het eerst in 43 jaar zijn de leiders van de in Frankrijk gevestigde oecumenische kloostergemeenschap 'gromen Taizé' tussen Kerk en oost en hierin. De jongerenontmoeting vindt dit jaar niet zoals gebruikelijk in een grote Europese stad, maar digitaal plaats. En in Taizé zelf. In overal ter wereld.



Slechts een klein aantal jongeren neemt in Taizé zelf deel aan de digitale Europese Jongerenontmoeting.

Algelopen juni dacht de kloostergemeenschap nog met vijfduizend jongeren in Taizé samen te kunnen komen, algaand op de tussentijdse regelingen van de Franse overheid, verteerde Nederlandse broeder Sebastiaan. Maar afgelopen herfst is bevestigd de ontmoeting geheel online te houden. Naast de zeventig broeders en de dertig vrijwilligers is er in Taizé slechts een tiental jonge gasten die vanuit het bouwendische diepe dorpje aan de volledig digitale ontmoeting.

20's zeventiendertig individuele deelnemers nemen vanuit verschillende landen op interactieve wijze deel via het programma Zoom. Zij volgen de bijeenkomsten en de workshops en nemen deel aan online-gespreksgroepen, ingedeeld naar taal. En naar tijdzone, want dankzij de noodgedwongen digitaliteit nemen er nu inreis jongeren uit andere werelddelen deel aan deze bijzondere Europese ontmoeting.

Naast de zeventiendertig individuele deelnemers zijn er ook bijna honderdvijftig deelnemende groepen. In India nemen een groep van vijftien jongeren deel en in Litouwen is er een groep van tweehonderd jongeren, verteerde de woordvoerder van de gemeenschap, broeder Sebastiaan. In Polen zijn er meerdere groepen van tussen de twintig en vijftig deelnemers. De aartsbischop van de Poolse stad Lodz heeft zijn kathedraal beschikbaar gesteld voor de gespreksgroepen, verteerde Sebastiaan.

In zelf van Taizé krijgt hij foto's doorgestuurd van protestante en katholieke deelnemende jongeren. Dankzij de digitaliteit zijn ook de Taizé-fratrosities in Bangladesh, Senegal en Brazilië bij de Europese ontmoeting betrokken. Voor de broeders in Cuba was de internetverbinding echter niet goed genoeg en de broeders in Zuid-Korea hadden een gebiedsbestuur op de grens met Noord-Korea gepland, maar hebben daar wegens coronacrisis moeten annuleren.

flexibel deelnemen
Ook vanuit Nederland zijn deelnemers aangehaakt. In Wageningen komen dagelijks tussen de acht en vijftien jongeren uit verschillende kerken samen in de Bevrijdingskerk (PKN). 'We hebben hier een ruimte ingericht waar we kunnen bidden en waar de gebedsdiensten vanuit Taizé worden geprojecteerd', verteerde Gideon de Koning (24). 'En we hebben tafels waar we omheen kunnen zitten voor de bijbelgespreksgroepen, afwisselend binnen de kaders van de huidige coronamaatregelen.'

Linda Verbeke-Kleine (40) uit Eindhoven is ongemeen-gereformeerd en heeft uit haar kerkelijk betrokken kerkengemeenschap, abande die van haar rooms-katholieke man een oecumenische virtuele ad-hoc-groep samengesteld. Zij nemen deel 'op een flexibele manier', meer specifiek een

aantal deelnemers wegens werk en gezin met het volledige gezin samen kan volgen. Sommige deelnemers hebben de workshop via Zoom gevolgd, anderen bekijken hem 's avonds via YouTube terug. 'Morgen ochtend hebben we via Skype een ontmoeting om erover door te praten', verteerde ze.

lopen langs ikonen. Mayke Oostveen (23) doet momenteel een tussenjaar in Taizé. De studente farmacologische wetenschappen heeft samen met drie andere vrijwilligers uit Duitsland en Spanje de workshop over 'groot, haat en ongerechtigheid' voorbereid, met inbering en meditering van onder anderen een aartsbischop uit India, een rabbijn uit Jeruzalem en theoloog uit Frankrijk en Litouwen. Ook Frimje Visser (23) is in Taizé als onderdeel van haar studie, omstruktunde en rechten. Zij werkt onder meer aan een meditatieve gebedsmeditatie: 'ahad je een bestaande route in Taizé langs verschillende ikonen aan het lopen bent'. Het filmpje wordt als meditatie aangeboden voor persoonlijk gebed.

Volgens broeder Sebastiaan is het organiseren van deze ontmoeting zo-wel voor Taizé als voor de lokale groepen een soort laboratorium waar bij veel inspiratie komt bij hen. 'Achtmaal zullen we samen meten evalueren', eindte hij. =

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