University of Luxembourg

Campus Sport, Campus Art, Campus Well-Being, Campus Dance

SUMMER SEMESTER 2020
Dear students, dear staff members,

The University of Luxembourg is glad to introduce you to the Campus Life programme for this summer semester 2020!

The University aims to provide you with a positive study and workplace environment, which includes offering you a variety of possibilities to care for your mental and physical well-being. The Campus Life programme we developed was created with these objectives in mind. The courses are (almost) all provided by professional and experienced instructors.

We hope that in our brochure, you will find one or more fitting class(es) that will allow you to meet people, to try a new form of art, sport or discipline and maintain or even improve your inner balance.

We are trying to offer you a varied and interesting programme and are always open for constructive feedback so do not hesitate to contact us!

We wish you all a successful and interesting summer semester.

See you soon!

The Office of Student Life
What is Campus Life?
Campus Life is the combination of four programmes: Campus Sport, Campus Art, Campus Well-Being and Campus Dance.
Your University wants to offer you the possibility to work on your work/life balance. We therefore, with the great support of our instructors, want to give you the possibility to take part in sport, art and well-being activities; and what is most important, it is free of charge! Participate in one or several activities and retain your energy and strength!
The Campus Life programme is open for Uni.lu students and staff only!

How to register?
You will receive an e-mail on your @student.uni.lu (students) or @uni.lu (staff) addresses at the beginning of each semester (Mid-September/Mid-February) in order to register for one or several activities.

When will courses begin?
The summer semester classes will start on the 2nd of March 2020 and will last until the 21st of June 2020.
No classes during the Easter holidays (Apr 13 - 19, 2020).
The Campus Sport and Dance classes will take place every week.
The Campus Art and Well-Being classes are workshops and are offered on specific dates: please check the schedule.

Do you need other information?
Please check out our FAQ at the end of this brochure.

Contact
Email:
Campus Sport and Dance: campus.sport@uni.lu
Campus Art: campus.art@uni.lu
Campus Well-Being: campus.well-being@uni.lu
### Summer 2020

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From Monday to Sunday: Free access to Aquasud
Differdange: For Uni.lu Students only (PhD Students included)

**Thursday**

**RUNNING GROUP**
(open sessions)
12.30 PM to 1 PM
Meeting point Belval: MAE entrance
Meeting point Kirchberg: Kirchberg, Univ. (Tram stop)

**TEAMSPORTS**
(mixed teams)
4.00 PM to 5.30 PM
Lycée Belval
with: Carlos & Rachid

**YOGA**
5 PM to 6 PM
Belval Campus - Unival 1
with: Dominique

**AEROBOXING**
6.30 PM to 7.30 PM
Belval Campus - Unival 1
with: Lucky

**LATIN DANCE - SALSA / BACHATA**
(beginners) - NEW!
6.45 PM to 7.45 PM
Kirchberg, JFK, salle Metz
with: Omar

**LATIN DANCE - SALSA / BACHATA**
(improvers) - NEW!
7.45 PM to 8.45 PM
Kirchberg, JFK, salle Metz
with: Omar

**FIELD HOCKEY**
(mixed teams)
8.00 PM to 9.30 PM
Boy Konen Sports Fields
with Hockey Club Lux.

**Friday**

**FOOTBALL INDOOR**
(mixed teams)
12.15 PM to 1.45 PM
Esch-sur-Alzette
Ecole fondamentale Nonnewissen
with: Carlos & Rachid

**PILATES**
12.30 PM to 1.30 PM
Belval Campus - Unival 1
with: Moa

**CRICKET**
(mixed teams)
1.30 PM to 3.30 PM
Limpertsberg
Hall sportif Lycée M.Lucius
with: Féd. Lux. de Cricket

**HIP HOP**
5 PM to 6 PM
Belval Campus - Unival 1
with: Nebur

**FIELD HOCKEY**
(mixed teams)
8.00 PM to 9.30 PM
Boy Konen Sports Fields
with Hockey Club Lux.

From Monday to Sunday: Free access to Aquasud
Differdange: For Uni.lu Students only (PhD Students included)
## Free access to Aquasud

**COURSE’S NAME**  
Free Access to Aquasud

**SCHEDULE**  
From Monday to Sunday  
Remark: the number of entries are limited: after June 30, 2020, if there are still entries, the offer will remain in place as long as stocks last (no guarantee)

**LOCATION**  
Differdange

**NUMBER OF PLACES AVAILABLE**  
As long as stocks last.  
The entries are sponsored by ALLIA, we wish to express our thanks for their support.

### COURSE’S DESCRIPTION

Free access to Aquasud  
For Uni.lu students (PhD students included) only  
Please present a valid student card at Aquasud entry

**ADDRESS**  
info.aquasud-differdange@vert-marine.com
Aeroboxing

COURSE’S NAME
Aeroboxing

SCHEDULE
Thursday - 6:30 pm to 7:30 pm

LOCATION
Belval Campus - Unival 1 Sport’s room

NUMBER OF PLACES AVAILABLE
20 max.

COURSE’S DESCRIPTION
Aeroboxing is a high-energy, high intensity aerobic workout that is martial arts inspired. A really fun way to improve your cardiovascular fitness!

EQUIPMENT
Bring clean shoes and your own towel and water.

LANGUAGES OF INSTRUCTION
French - English - German

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Mr. Lucky Dialo - info@luckyfit.lu
Body Pump

COURSE’S NAME
Body Pump (with body weight)

SCHEDULE
Monday - 8:00 pm to 9:00 pm

LOCATION
Belval Campus - Unival 1 Sport’s room

NUMBER OF PLACES AVAILABLE
20 max.

COURSE’S DESCRIPTION
Great bodies aren’t born, they are transformed. Focusing on movements repetition, you will burn fat and gain strength.

EQUIPMENT
Bring clean shoes and your own towel and water.

LANGUAGES OF INSTRUCTION
French - English - German

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Mr. Lucky Dialo - info@luckyfit.lu
Bouldering

**COURSE’S NAME**  
Bouldering

**SCHEDULE**  
Friday - 6 pm to 9 pm

**LOCATION**  
Bloc House Luxembourg  
12, rue du Pont  
L-2344 Luxembourg (Pfaffenthal)

**NUMBER OF PLACES AVAILABLE**  
30 max.

**COURSE’S DESCRIPTION**  
This course-option offers an open bouldering session in the responsible club gym Bloc House in Luxembourg City. Beginners are welcome as well and will be given a few basic rules by the supervisors. Participants are free to use the walls anytime during a 3h session. If you are interested in receiving some training, please contact the club Boulder Klub Lëtzebuerg directly (not included in the offer of the university).

**EQUIPMENT**  
Bring bouldering shoes, your own towel and water.

**LANGUAGES OF INSTRUCTION**  
English - French - German - Luxembourgish

**RESPONSIBLE’S NAME / E-MAIL ADDRESS**  
Boulder Klub Lëtzebuerg - info@bkl.lu
Climbing

COURSE’S NAME
Climbing

SCHEDULE
Monday - 6:00 pm to 8:00 pm

LOCATION
Walferdange - Hall Omnisports Prince Henri

NUMBER OF PLACES AVAILABLE
30 max.

COURSE’S DESCRIPTION
For anyone, from starter to advanced climber.

EQUIPMENT
Bring sport shoes (or bring your own climbing equipment if you have this).

LANGUAGES OF INSTRUCTION
French - English - German - Luxembourgish

RESPONSIBLE’S NAMES
Christian Graser - de_crescht@hotmail.de
Cricket

**COURSE’S NAME**
Cricket (mixed teams)

**SCHEDULE**
Sunday - 1.30 PM to 3.30 PM

**LOCATION**
Luxembourg - Hall sportif Lycée Michel Lucius Limpertsberg
(possible switch to outdoor sessions at Walferdange, Cricket Ground during the semester. The instructors will inform you)

**NUMBER OF PLACES AVAILABLE**
No limitation

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**COURSE’S DESCRIPTION**
Cricket coaching and matches.

**EQUIPMENT**
Cricket equipment supplied by the Federation; Participants should wear indoor sports clothes and shoes.

**LANGUAGES OF INSTRUCTION**
English

**RESPONSIBLE’S NAME**
Luxembourg Cricket Federation - g.cope@eif.org
Field Hockey

COURSE’S NAME  Field Hockey (mixed teams)
SCHEDULE Thursday - 8 pm to 9.30 pm
LOCATION Luxembourg, Boy Konen Sports Field
NUMBER OF PLACES AVAILABLE No limitation

COURSE’S DESCRIPTION
A lovely social sport where everyone develops balance, power, speed… Discover Hockey doing games, techniques, tactiques, matches and tournaments by a certified coach.

EQUIPMENT
Material is provided by the Federation. Shin-pads are recommended.

LANGUAGES OF INSTRUCTION
English-French-Spanish-German

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Hockey Club Luxembourg - nacho.gomezacebo@gmail.com
Football Indoor

**COURSE’S NAME**
Football Indoor (mixed teams)

**SCHEDULE**
Monday & Friday - 12.15 pm - 13.45 pm

**LOCATION**
Esch-Sur-Alzette, Nonnewisen’s school

**NUMBER OF PLACES AVAILABLE**
20 max.

**COURSE’S DESCRIPTION**
Indoor soccer games for advanced players.

**EQUIPMENT**
Indoor soccer shoes.

**LANGUAGES OF INSTRUCTION**
French - English - German

**RESPONSIBLE’S NAME / E-MAIL ADDRESS**
Carlos Marques / Rachid Boualam - Rachid.boualam@uni.lu / carlos.marques@uni.lu
Football Outdoor

**COURSE’S NAME**  
Football Outdoor (mixed teams)

**SCHEDULE**  
Monday - 7.15 pm to 8.45 pm

**LOCATION**  
Terrain d’entraînement Jeunesse Esch - complexe Hiehl

**NUMBER OF PLACES AVAILABLE**  
20 max.

**COURSE’S DESCRIPTION**  
For those who want to let some steam off and play football together.

**EQUIPMENT**  
Football equipment.

**LANGUAGES OF INSTRUCTION**  
French - English - German

**RESPONSIBLE’S NAME / E-MAIL ADDRESS**  
Roger SPAUTZ - roger.spautz@greenpeace.org
Gymstick

COURSE’S NAME  Gymstick
SCHEDULE  Monday - 12.30 pm to 1.30 pm
LOCATION  Belval Campus - Unival 1 Sport’s room
NUMBER OF PLACES AVAILABLE  20 max.

COURSE’S DESCRIPTION
Gymstick is a fitness tool designed to simplify and effectively combine cardiovascular, muscular endurance and flexibility training.
No difficult choreographies, easy to follow and with nice music. Simple, yet effective!

EQUIPMENT
Bring clean shoes and your own towel.

LANGUAGES OF INSTRUCTION
French - English - German - Luxemburgish

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Andràs Magyar - 74752ma@gmail.com
HIIT: STRONG by Zumba®

COURSE’S NAME
High-intensity interval training (HIIT) - STRONG by Zumba®

SCHEDULE
Wednesday - 4.15 to 5 pm

LOCATION
Kirchberg, Hall Omnisports Kiem

NUMBER OF PLACES AVAILABLE
No limitation

COURSE’S DESCRIPTION
STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

EQUIPMENT
Bring clean indoor sports shoes with you (participation will not be allowed without this condition!), sports clothes and water.

LANGUAGES OF INSTRUCTION
English - French

ADDRESS
info.aquasud-differdange@vert-marine.com

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Nadège Clementz - nadege.clementz@uni.lu
**COURSE’S NAME**  
Hip Hop

**SCHEDULE**  
Friday - 5 pm to 6 pm

**LOCATION**  
Belval Campus - Unival 1 Sport’s room

**NUMBER OF PLACES AVAILABLE**  
20 max.

**COURSE’S DESCRIPTION**  
In this class, you’ll learn the fundamentals about hip-hop dance by Nebur (stage name)  
- Party moves  
- Concepts  
- Creativity  
- Musicality

**EQUIPMENT**  
You can bring your hip-hop vibe with you, the point is to be the most comfortable way you can.

**LANGUAGES OF INSTRUCTION**  
Portuguese - Luxembourgish - French - English

**RESPONSIBLE’S NAME / E-MAIL ADDRESS**  
Nebur - worldnebur@gmail.com
Jiu Jitsu

COURSE’S NAME
Jiu Jitsu

SCHEDULE
Tuesday 6:30 pm to 8:00 pm

LOCATION
Lycée Belval

NUMBER OF PLACES AVAILABLE
30 max.

COURSE’S DESCRIPTION
Jiu means “gentle, supple, flexible.” Jitsu means “art” or “technique” and represents manipulating the opponent’s force against himself rather than confronting it with one’s own force. Japanese Jiu Jitsu systems typically emphasize more on throwing, pinning, and joint-locking techniques as well as striking techniques.

EQUIPMENT
A track suit for the first times, a Kimono is requested afterwards.

LANGUAGES OF INSTRUCTION
Mainly French (some explanations could be given in a intermediate English)

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Pierre Thill - pthill@wanadoo.fr
Latin Dance at Belval

COURSE’S NAME
Latin Dance at Belval (Footwork-Bachata-Salsa-Rueda de Casino)

SCHEDULE
Wednesday - 5 pm to 6 pm (Footwork open level)
Wednesday - 6 pm to 7 pm (Bachata open level)

LOCATION
Belval Campus - Unival 1 Sport’s room

NUMBER OF PLACES AVAILABLE
30 max.

COURSE’S DESCRIPTION

Footwork open level: In the footwork class, you will learn solo techniques of bachata/salsa dances: posture, weight distribution, foundations, timing, shines, turns, twists, isolations, choreography, etc. The lesson starts always with a short warm-up/body isolation session, then we will learn different steps and combine them into choreography (shine). Since footwork is a solo dance, you can come alone (i.e. without a partner). Comfortable clothes and good revving shoes or dance shoes are (highly) recommended.

Bachata open level: After a quick introduction of basic steps and leading / following techniques, we will start to combine the elements into turnpattern. The turnpattern are getting more difficult during the semester. In every hour we practice footwork and turnpatterns. As we change partners, you can also come alone. This class is open for every level of dance.

EQUIPMENT
Bring clean shoes and comfortable clothes

LANGUAGES OF INSTRUCTION
The class is in English, further explications in German, French, Luxemburgish and Russian are possible

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Igor Loran - one2step.dance@gmail.com
Latin Dance at Belval

COURSE’S NAME
Latin Dance at Belval
(Footwork-Bachata-Salsa-Rueda de Casino)

SCHEDULE
Wednesday - 7 pm to 8 pm (Salsa open level)
Wednesday - 8 pm to 9 pm (Rueda de Casino open level)

LOCATION
Belval Campus - Unival 1 Sport’s room

NUMBER OF PLACES AVAILABLE
30 max.

COURSE’S DESCRIPTION

**Salsa open level**: Salsa has evolved out of Latin and Afro-Caribbean dances. During the semester, you will receive a quick introduction into the leading/following techniques. During the semester, we will learn several combinations and develop your salsa skills. As we change partners, you can also come alone. This class is open for every level of dance.

**Rueda de Casino open level**: Rueda de Casino is danced in a group. As we change partners, you can also come alone. This class is open for every level of dance.

EQUIPMENT
Bring clean shoes and comfortable clothes

LANGUAGES OF INSTRUCTION
The class is in English, further explanations in German, French, Luxemburgish and Russian are possible

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Igor Loran - one2step.dance@gmail.com
Latin Dance at Kirchberg

COURSE’S NAME
Latin Dance at Kirchberg (Salsa - Bachata) (Footwork-Bachata-Salsa-Rueda de Casino)

SCHEDULE
Thursday - 6.45 pm to 7.45 pm (Beginners)
Thursday - 7.45 pm to 8.45 pm (Improvers)

LOCATION
Kirchberg Campus, JFK building - Salle Metz

NUMBER OF PLACES AVAILABLE
30 max.

COURSE’S DESCRIPTION

Beginners: If you have always wanted to try out the Latin Dances salsa and bachata, feel free to join this class! We are very open and will teach you the basics of these beautiful dances!

Improvers: This class of Salsa - Bachata is for participants who participated in the class last semester or participants who have already tried out these dances before.

EQUIPMENT
Bring clean shoes and comfortable clothes

LANGUAGES OF INSTRUCTION
This class is offered in English but help in other languages is possible

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Omar Boutros - omarboutros@hotmail.com
Pilates

COURSE’S NAME
Pilates

SCHEDULE
Friday - 12.30 pm to 1.30 pm

LOCATION
Belval Campus - Unival 1 Sport’s room

NUMBER OF PLACES AVAILABLE
20 max.

COURSE’S DESCRIPTION
A one hour class set to music, that involves a series of classical pilates exercises performed on a mat, some exercises are provided with equipment (ball, pilates ring). The aim is to work all areas of the body, in order to increase muscle endurance (without creating bulk) and also increase balance, good posture and flexibility.

EQUIPMENT
Sports clothes and a towel.

LANGUAGES OF INSTRUCTION
English - French - Portuguese

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Moa Nunes - meuscaminhos2010@gmail.com
Pilates

COURSE’S NAME
Pilates

SCHEDULE
Tuesday - 8 pm to 9 pm

LOCATION
Kirchberg, La Coque

NUMBER OF PLACES AVAILABLE
30 max.

COURSE’S DESCRIPTION
Pilates is a fitness routine that allows for a gentle and in depth strengthening of the body.

EQUIPMENT
Bring clean shoes and your own towel.

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Kineform - contact@kineform.lu
Pilates

COURSE’S NAME: Pilates
SCHEDULE: Wednesday -12.30 pm to 13.30 pm
LOCATION: Belval Campus - Unival 1 Sport’s room
NUMBER OF PLACES AVAILABLE: 20 max.

COURSE’S DESCRIPTION:
For anyone who wants to give Pilates a try and improve flexibility, coordination, balance and build a strong core.

EQUIPMENT
Bring clean shoes and your own towel.

LANGUAGES OF INSTRUCTION:
French - English - German

RESPONSIBLE’S NAME / E-MAIL ADDRESS:
Dominique PICARD - dpicard1728@gmail.com
Running Group

COURSE’S NAME
Running Group (open sessions) in Belval & Kirchberg

SCHEDULE
Tuesday and/or Thursday - 12.30 pm to 1 pm

LOCATION
Meeting point Belval: Maison des Arts et des Etudiants entrance
Meeting point Kirchberg: Kirchberg, University (Tram stop)

NUMBER OF PLACES AVAILABLE
No limitation

COURSE’S DESCRIPTION
This group is an open-to-all running group. There is no instructor, everyone who wants to let some steam off during the lunch break simply joins. You can use apps to find running routes (e.g. https://www.komoot.com/) or discover the surroundings together.
In Kirchberg, you have two showers in the JFK building.
In Belval, staff can shower on the first floor of the MSA; students can shower on the 5th floor of the MAE.

EQUIPMENT
Sports clothes, comfortable shoes and a water bottle
**Self Defense**

**COURSE’S NAME**  
Self Defense

**SCHEDULE**  
Tuesday - 5 pm to 6.30 pm

**LOCATION**  
Lycée Belval

**NUMBER OF PLACES AVAILABLE**  
30 max.

**COURSE’S DESCRIPTION**
The aim of our self defense course is to make you more aware, prepared, and ready for any situation that may occur in your everyday life on any given day. Our head trainer will alternate:

a) **safety discussions**: how to avoid being a target, the “illusion” of safety, the power of body language, how to handle a confrontation (verbally and mentally),...

and b) **learning of physical techniques**: how, when and where to strike, escape from grabs and choke holds, how to handle attacks from behind, what to do when a weapon is involved, etc...

**EQUIPMENT**  
Casual clothes.

**LANGUAGES OF INSTRUCTION**  
Mainly French, some explanations could be given in an intermediate English.

**RESPONSIBLE’S NAME / E-MAIL ADDRESS**  
Pierre Thill - pthill@wanadoo.fr
Team sports at Belval

COURSE’S NAME: Team sports at Belval (mixed teams)
SCHEDULE: Thursday - 4 pm to 5.30 pm
LOCATION: Lycée Belval
NUMBER OF PLACES AVAILABLE: 20 max.

COURSE’S DESCRIPTION: Team sports: Basketball or indoor soccer. For everyone who likes team sports and wants to meet other students.

EQUIPMENT: Sport clothes, clean shoes and a water bottle

LANGUAGES OF INSTRUCTION: French - English - German

RESPONSIBLE’S NAME / E-MAIL ADDRESS: Carlos Marques / Rachid Boualam - carlos.marques@uni.lu / rachid.boualam@uni.lu
COURSE’S NAME
Team sports at Limpertsberg (mixed teams)

SCHEDULE
Wednesday - 6 pm to 9 pm

LOCATION
Luxembourg - Hall sportif Lycée Michel Lucius Limpertsberg

NUMBER OF PLACES AVAILABLE
No limitation

COURSE’S DESCRIPTION
Team sports: Badminton, Basketball, Volleyball, indoor soccer.
For everyone who likes team sports and wants to meet other students.

EQUIPMENT
indoor sport shoes, sport clothes.

LANGUAGES OF INSTRUCTION
French - English - German

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Fernand Hilbert - fernhilbert@yahoo.de
Thighs / Abs / Glutes

COURSE’S NAME
Thighs / Abs / Glutes

SCHEDULE
Tuesday - 6:30 pm to 7:30 pm

LOCATION
Belval Campus - Unival 1 Sport’s room

NUMBER OF PLACES AVAILABLE
20 max.

COURSE’S DESCRIPTION
Many people have the top goal of achieving a set of six pack abs. Your primary goal might be toning the legs and glutes, giving your lower body a curvier, yet still muscular appearance. There are some key exercises you will want to focus on. Such as more rep of squats / skipping, knee raise, jump kick, jump squat,…, but the good news is that we are using the body we have to create the body we want.

EQUIPMENT
Bring clean shoes and your own towel.

LANGUAGES OF INSTRUCTION
French - English - German

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Lucky Dialo - info@luckyfit.lu
Yoga

**COURSE’S NAME**
Yoga at Belval

**SCHEDULE**
Thursday - 5 pm to 6 pm

**LOCATION**
Belval Campus - Unival 1 Sport’s room

**NUMBER OF PLACES AVAILABLE**
20 max.

**COURSE’S DESCRIPTION**
For anyone who wants to give yoga a try and gain valuable tools for creating balance in body and mind.

**EQUIPMENT**
Bring clean shoes and your own towel.

**LANGUAGES OF INSTRUCTION**
French - English - German

**RESPONSIBLE’S NAME / E-MAIL ADDRESS**
Dominique Picard - dpicard1728@gmail.com
Yoga

**COURSE’S NAME**  
Yoga at Belval

**SCHEDULE**  
Monday - 4:45 pm to 6:00 pm // 6:15 pm to 7.30 pm  
Tuesday - 12.30 pm to 1.30 pm

**LOCATION**  
Belval Campus - Unival 1 Sport’s room

**NUMBER OF PLACES AVAILABLE**  
20 max.

**COURSE’S DESCRIPTION**  
For anyone who wants to give yoga a try and gain valuable tools for creating balance in body and mind.

**EQUIPMENT**  
Bring clean shoes and your own towel.

**LANGUAGES OF INSTRUCTION**  
French - English - German

**RESPONSIBLE’S NAME / E-MAIL ADDRESS**  
Mona Kralj - mulmanen@hotmail.com
COURSE’S NAME
Yoga at Kirchberg

SCHEDULE
Tuesday - 8 pm to 9 pm

LOCATION
Kirchberg, La Coque

NUMBER OF PLACES AVAILABLE
30 max.

COURSE’S DESCRIPTION
For anyone who wants to give yoga a try and gain valuable tools for creating balance in body and mind.

EQUIPMENT
Bring clean shoes and your own towel.

LANGUAGES OF INSTRUCTION
English

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Sarah & John - sarahjohnyoga@gmail.com
<table>
<thead>
<tr>
<th>Practitioner</th>
<th>Courses Offered</th>
<th>Dates</th>
<th>hour</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karin Luteijn</td>
<td>Ceramics and Modelling</td>
<td>05/03, 12/03, 19/03, 26/03, 02/04, 30/04</td>
<td>16.30 - 19.30</td>
<td>Campus Belval Maison des Arts et des Etudiants MAE / 4th floor / room 7.010</td>
</tr>
<tr>
<td>Emmanuelle Hingray</td>
<td>Porcelain Jewellery</td>
<td>14/05, 28/05, 04/06, 11/06, 18/06</td>
<td>16.30 - 19.30</td>
<td>Campus Belval Maison des Arts et des Etudiants MAE / 4th floor / room 7.010</td>
</tr>
<tr>
<td>Ines Rebelo de Andrade</td>
<td>Painting</td>
<td>05/05, 12/05, 19/05, 26/05, 02/06, 09/06</td>
<td>16.30 - 19.30</td>
<td>Campus Belval Maison du Savoir MSA room 4.380</td>
</tr>
<tr>
<td>Annika Nordic Stella</td>
<td>Pottery Deco Workshops</td>
<td>10/03, 24/03, 21/04, 05/05, 26/05</td>
<td>19.00 - 21.00</td>
<td>Nordic Stella Atelier, Luxembourg-Hollerich</td>
</tr>
<tr>
<td>Stephanie Anderson</td>
<td>Knitting</td>
<td>04/03, 11/03, 18/03, 25/03, 01/04, 08/04</td>
<td>17.00 - 19.00</td>
<td>Campus Belval Learning Centre 1st floor, Chill Out Zone</td>
</tr>
<tr>
<td>Celina Teresa Cebula</td>
<td>Arabic Calligraphy</td>
<td>10/03, 31/03, 21/04, 26/05</td>
<td>17.00 - 19.00</td>
<td>Campus Belval Maison du Savoir MSA / room 4.380</td>
</tr>
<tr>
<td>Reyhan Mutlu</td>
<td>Upcycling Class</td>
<td>07/04, 28/04, 11/05, 25/05</td>
<td>17.00 - 19.00</td>
<td>Campus Belval Maison du Savoir MSA / room 4.380</td>
</tr>
</tbody>
</table>

**SUMMER 2020**

**SEVE | SERVICE DES ÉDUCATION & LA VIE ÉTUDIANTE**

More infos: campus.art@uni.lu
COURSE’S DESCRIPTION
A) Discover pottery and clay-modelling! Ceramics classes teach the skills participants need to create their own pieces of artwork, which you can then enjoy at home!

B) Model your own delicate rings or fashion accessories out of porcelain: a hand-made piece you can keep and cherish!

C) Enjoy a creative evening ceramic painting where you can paint your own personalised ceramic in good company.
COURSE’S NAME: A) Painting
Number of 15 max.

SCHEDULE:
5/5, 12/5, 19/5, 26/5, 2/6, 9/6 > 16.30 pm to 19.00 pm

LOCATION:
Campus Belval / Maison du Savoir MSA / room 4.380

LANGUAGES OF INSTRUCTION:
English, French and Portuguese

RESPONSIBLE’S NAME:
Ines Rebelo de Andrade

COURSE’S NAME: B) Arabic Calligraphy
Number of 20 max.

SCHEDULE:
10/3, 31/3, 21/4, 26/5 > 17.30 pm to 19.30 pm

LOCATION:
Campus Belval / Maison du Savoir MSA / room 4.380

LANGUAGES OF INSTRUCTION:
French, Arabic, English, Polish

RESPONSIBLE’S NAME:
Celina Teresa Cebula

COURSE’S DESCRIPTION

A) Learn how to use acrylics and explore a variety of techniques following your own individual process. In this workshop you will discover a most versatile medium.

B) Create a vibrant piece of contemporary art inspired by traditional Arabic calligraphy.
<table>
<thead>
<tr>
<th>COURSE’S NAME</th>
<th>A) Knitting</th>
<th>Number of 15 max.</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCHEDULE</td>
<td>4/3, 11/3, 18/3, 25/3, 1/4, 8/4 &gt; 17.00 pm to 19.00 pm</td>
<td></td>
</tr>
<tr>
<td>LOCATION</td>
<td>Campus Belval / Learning Centre, 1st floor, Chill Out Zone</td>
<td></td>
</tr>
<tr>
<td>LANGUAGES OF INSTRUCTION</td>
<td>English, German, French</td>
<td></td>
</tr>
<tr>
<td>RESPONSIBLE’S NAME</td>
<td>Stephanie Anderson</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COURSE’S NAME</th>
<th>B) Upcycling</th>
<th>Number of 20 max.</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCHEDULE</td>
<td>07/04, 28/04, 11/05, 25/05 &gt; 17.00 pm to 19.00 pm</td>
<td></td>
</tr>
<tr>
<td>LOCATION</td>
<td>Campus Belval / Maison du Savoir MSA / room 4.380</td>
<td></td>
</tr>
<tr>
<td>LANGUAGES OF INSTRUCTION</td>
<td>English, French</td>
<td></td>
</tr>
<tr>
<td>RESPONSIBLE’S NAME</td>
<td>Reyhan Mutlu</td>
<td></td>
</tr>
</tbody>
</table>

**COURSE’S DESCRIPTION**

**A)** Stephanie will teach a beginning class for those of you who are interested in learning how to knit. If you already knit, join the group for inspiration and conversation.

**B)** Upcycling any type of old item that we think can no longer be of use is a wonderful way to add a new meaning to it. The workshop will introduce the concept of upcycling with a mix of hands-on session.
<table>
<thead>
<tr>
<th>Practitioner</th>
<th>Courses Offered</th>
<th>Dates</th>
<th>hour</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maurizio Cortesi</td>
<td>Mindfulness Learning to pause</td>
<td>18/03 25/03, 01/04, 08/04</td>
<td>12h-13h, 12h-13h</td>
<td>Belval</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16/03 23/03, 30/03, 06/04</td>
<td>16h-18h, 17h-18h</td>
<td>Kirchberg</td>
</tr>
<tr>
<td>Ana Vargas</td>
<td>Improving focus and concentration</td>
<td>12/03, 30/04</td>
<td>12h -13h</td>
<td>Belval</td>
</tr>
<tr>
<td></td>
<td>a Reiki approach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ana Vargas</td>
<td>Improving focus and concentration</td>
<td>14/05, 11/06</td>
<td>12h -13h</td>
<td>Kirchberg</td>
</tr>
<tr>
<td></td>
<td>a Reiki approach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ofelia Fonseca</td>
<td>Manage your stress with Sophrology</td>
<td>06/03, 03/04</td>
<td>12h -13h</td>
<td>Kirchberg</td>
</tr>
<tr>
<td>Ofelia Fonseca</td>
<td>Manage your stress with Sophrology</td>
<td>08/05, 22/05</td>
<td>12h -13h</td>
<td>Belval</td>
</tr>
<tr>
<td>Pascale Renard</td>
<td>Qi Gong Recharge your body and mind</td>
<td>03/03, 10/03, 17/03, 24/03, 31/03</td>
<td>17h -18h</td>
<td>Belval</td>
</tr>
</tbody>
</table>
# Campus Well-being

<table>
<thead>
<tr>
<th><strong>COURSE’S NAME</strong></th>
<th>Mindfulness – Learning to pause</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SCHEDULE IN BELVAL</strong></td>
<td>18/3 (12h-13h30); 25/3, 1/4, 8/4 &gt; 12.30 pm to 13.30 pm</td>
</tr>
<tr>
<td><strong>SCHEDULE IN KIRCHBERG</strong></td>
<td>16/3 (16h30-18), 23/3, 30/3, 6/4 &gt; 17.00 pm to 18.00 pm</td>
</tr>
<tr>
<td><strong>LOCATION IN BELVAL</strong></td>
<td>Campus Belval / Maison du Savoir, MSA 3.100</td>
</tr>
<tr>
<td><strong>LOCATION IN KIRCHBERG</strong></td>
<td>JFK, Salle Nancy/Metz</td>
</tr>
<tr>
<td><strong>NUMBER OF PLACES AVAILABLE</strong></td>
<td>16 max.</td>
</tr>
</tbody>
</table>

**COURSE’S DESCRIPTION**

Most days we are often running and moving fast from one task to another, and while our bodies may be sitting on a chair at work or in class, our minds are often all over the place, past and future. During these 4 sessions we are going to explore and nourish the capacity to stop and allow time for the mind and body to rest and relax. This will be a practical workshop, where we will delve into mindfulness, mainly breathing, reconnecting body and mind, and gentle movement.

**LANGUAGES OF INSTRUCTION**

English, French

**RESPONSIBLE’S NAME / E-MAIL ADDRESS**

Maurizio Cortesi
COURSE’S NAME
Improving focus and concentration - a Reiki approach

SCHEDULE IN BELVAL
12/3, 30/4 > 12.00 pm to 13.00 pm

SCHEDULE IN KIRCHBERG
14/5, 11/6 > 12.00 pm to 13.00 pm

LOCATION IN BELVAL
Campus Belval / Salle de sport Unival 1

LOCATION IN KIRCHBERG
JFK, room BC_A.12

NUMBER OF PLACES AVAILABLE
12 max.

COURSE’S DESCRIPTION
This introduction workshop focuses on a Reiki approach to improving your focus and concentration. You will gain an insight into this relaxation technique and benefit from increased presence, clarity, self-awareness and peace.

LANGUAGES OF INSTRUCTION
French, English

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Ana Vargas
### Manage your stress with Sophrology

<table>
<thead>
<tr>
<th>Course’s Name</th>
<th>Manage your stress with Sophrology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schedule in Belval</td>
<td>8/5, 22/5 &gt; 12.00 pm to 13.00 pm</td>
</tr>
<tr>
<td>Schedule in Kirchberg</td>
<td>6/3, 3/4 &gt; 12.00 pm to 13.00 pm</td>
</tr>
<tr>
<td>Location in Belval</td>
<td>Campus Belval / Maison du Savoir, MSA 3.190</td>
</tr>
<tr>
<td>Location in Kirchberg</td>
<td>JFK, room BC_A.12</td>
</tr>
<tr>
<td>Number of Places Available</td>
<td>12 max.</td>
</tr>
</tbody>
</table>

### Course’s Description
If you are feeling stressed, anxious, have difficulty sleeping or are feeling simply tired. This class will give you the mental and physical exercises to achieve an alert mind in a relaxed body by combining meditation, breathing and relaxation techniques with gentle movement and visualisation.

### Languages of Instruction
French - English

### Responsible’s Name / E-mail Address
Ofelia Fonseca
COURSE’S NAME  Qi Gong - Recharge your body and mind
SCHEDULE  3/3, 10/3, 17/3, 24/3, 31/3 > 17.00 pm to 18.00 pm
LOCATION  Campus Belval / Salle de sport Unival I
NUMBER OF PLACES AVAILABLE  15 max.

COURSE’S DESCRIPTION
Qi Gong is a time honored practice that focuses on health, relaxation, energy and vitality. This workshop will combine gentle stretching with simple movements to improve flexibility, release stress, tension and tightness and clear the mind.

LANGUAGES OF INSTRUCTION
French, Luxembourgish

RESPONSIBLE’S NAME / E-MAIL ADDRESS
Pascale Renard
<table>
<thead>
<tr>
<th>Questions? and Answers!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Target Audience</strong></td>
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<td><strong>Fees</strong></td>
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<td><strong>Registration</strong></td>
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<td><strong>Calendar</strong></td>
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<td><strong>Locations</strong></td>
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<td><strong>Facilities</strong></td>
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<td><strong>Attendance</strong></td>
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<td><strong>Attendance</strong></td>
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<tr>
<td><strong>Lost items</strong></td>
</tr>
<tr>
<td><strong>Injuries</strong></td>
</tr>
<tr>
<td><strong>Suggestion</strong></td>
</tr>
<tr>
<td>The Campus Life's program is open to Uni.lu regular students and staff only</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>The Campus Life's program is open to all students / staff members. Feel free to contact Campus Sport Team if you wish to receive a personalized support.</td>
</tr>
<tr>
<td>All offers from the Campus Life’s programme are free of charge!</td>
</tr>
<tr>
<td>You will receive an e-mail at the beginning of the semester; you simply have to click on the link and add your information to register.</td>
</tr>
<tr>
<td>Please send an e-mail to <a href="mailto:campus.sport@uni.lu">campus.sport@uni.lu</a>, <a href="mailto:campus.art@uni.lu">campus.art@uni.lu</a> or <a href="mailto:campus.well-being@uni.lu">campus.well-being@uni.lu</a>, depending on your interests</td>
</tr>
<tr>
<td>You are welcome to participate to one / several activities depending on availability / instructors agreement. In this optic, you are invited to go and talk directly to our coaches during their sessions and to kindly contact <a href="mailto:campus.sport@uni.lu">campus.sport@uni.lu</a>, <a href="mailto:campus.art@uni.lu">campus.art@uni.lu</a> or <a href="mailto:campus.well-being@uni.lu">campus.well-being@uni.lu</a></td>
</tr>
<tr>
<td>Yes, you can. Please send an email to the Team in order to do so</td>
</tr>
<tr>
<td>You can register to one or several activities</td>
</tr>
<tr>
<td>The summer semester’s period begins from Monday, 2nd March 2019 and ends on Sunday, 21st June 2020.</td>
</tr>
<tr>
<td>Please note that there are no sessions during Christmas and Easter holidays (For more details, please check out the academic calendar on our website)</td>
</tr>
<tr>
<td>You will find all relevant addresses on this webpage: <a href="https://wwwen.uni.lu/etudiants/culture_sports/campus_sport/campus_sport_adresses">https://wwwen.uni.lu/etudiants/culture_sports/campus_sport/campus_sport_adresses</a></td>
</tr>
<tr>
<td>No, you can’t because of safety / organisational reasons.</td>
</tr>
<tr>
<td>Showers and lockers are available at the Maison du Savoir (level -1) and in the Maison des Arts et des Etudiants (level 5).</td>
</tr>
<tr>
<td>No, you are not obliged to attend all courses. You are free to come when you can / want. However, if you miss more than 3 classes in a row in Campus Sport or Campus Dance, please let us know that you are interested in the class, since we would otherwise remove your participation. Please be mindful that the classes have limited registration numbers and be considerate towards the other interested people and the instructor. Refrain from registering and not coming, without notifying us.</td>
</tr>
<tr>
<td>Yes, you do. An attendance sheet, provided by the instructor, needs to be signed by each participant during the session for statistics purposes. This also allows us to keep track of the popularity of the classes and, if necessary, adapt classes in the next term.</td>
</tr>
<tr>
<td>We decline all responsibility in case of loss or damage</td>
</tr>
<tr>
<td>Ask the coach in charge to fill a form and send a detailed report (date, location, circumstances…) to <a href="mailto:campus.sport@uni.lu">campus.sport@uni.lu</a> ; <a href="mailto:campus.art@uni.lu">campus.art@uni.lu</a> or <a href="mailto:campus.well-being@uni.lu">campus.well-being@uni.lu</a></td>
</tr>
<tr>
<td>Feel free to send your suggestions or comments to <a href="mailto:campus.sport@uni.lu">campus.sport@uni.lu</a>; <a href="mailto:campus.art@uni.lu">campus.art@uni.lu</a> or <a href="mailto:campus.well-being@uni.lu">campus.well-being@uni.lu</a></td>
</tr>
</tbody>
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