DeStress Week at CEU
November 10-14

**Stress Free Zone**
from Monday until Thursday 12:00 noon-2:00 p.m. in the Octagon:

- wear a “good-mood indicator” sticker
- Post your wishes and dreams on a notice board
- “Throw your troubles away”- get rid of your problems by ‘throwing’ them into a trashcan
  - Lunch time film screening: Chaplin, Mr. Bean, Stan and Pan
  - Game zone: play card games, do crossword puzzles, Rubic cubes, Twister, chi kung balls. Stop by for a game before or after lunch!
    - Box out your stress with a boxing ball!
  - Free hand massage
  - Play table football (‘csocsó’) with your friends
- Healthy habits: What causes stress? Stress Calculator, Easy steps to reduce stress and anxiety

**Library’s special ‘destress’ offer all week long**

Take a break! Relax and be healthy!

"Library Fruit and Biscuit bar" in front of the Library 3-5 p.m. on 10-13 November! Check out our Relax page with books on stress management, recommendations for online meditations and other resources:

[http://www.library.ceu.hu/relax.html](http://www.library.ceu.hu/relax.html)
November 10, Monday:

"Relax your Mind” workshop with Virag Radanyi

Stress is inevitable: sometimes useful, sometimes dysfunctional and harmful. Overwhelming our minds with tons of information in our everyday life and especially with studying and exams can also be source of massive stress. The workshop is about simple techniques to be able to silence our mind and awaken our hidden energy to achieve maximum effectiveness while keeping peacefulness and inner balance. As a result you will be able to experience thoughtless awareness which is one of the most amazing states of mind one can achieve. Your mind becomes very relaxed yet completely focused on any tasks you need to perform in your daily life.

Where: Nador 11 Building Hanak room between 5:15 p.m and 6:20 p.m.
Please register at radanyiv@ceu.hu by November 9. Registration is done on a first come first serve basis.

Kizomba Dance Workshop with Andre Karpatszki

What is Kizomba?
Some may call it “African tango”, which will give you the impression of how kizomba looks from the outside. What kizomba feels like... you have to experience yourself. This is the kind of connection that so many people search for and lack these days. The subtle communication between two people that move as one on the dance floor... is just the magic that makes kizomba so popular.

The moment you will learn to understand your creative potential, you will dance with your heart. Dance is to express, not to impress. We will learn to unleash the dancer inside you. We will learn to listen, to hear, to feel, to connect and to express.

Where: Nador 11 Building, TIGY room between 6:00 p.m and 7:30 p.m.
Please register at mailadre@gmail.com by November 10 noon. Registration is done on a first come first serve basis.
November 11, Tuesday:

**Multicultural Stress Briefing and Debriefing**  
*by Laszlo Biro IFRC stress counsellor*

What is *stress* for people living and working abroad? How do you get ready for the *intercultural stress* you are liable to experience? And what do you do to your stress when you go home after completing your mission? The workshop will challenge your views on stress for international students by giving you insight into the work of the *stress counsellor* for the International Federation of the Red Cross and Red Crescent Societies. You are best to take it as a minor *stress management training* so you will see if you are under stress or not. Stress, techniques and the specifics of the multicultural environment.

Where: MB 203, 5:15 p.m.-6.30 p.m. Please register at studentlife@ceu.hu by November 7. Registration is done on a first come first serve basis.

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**Wine-tasting**

Join us for an event to sample wines from Szekszard - one of the oldest red-wine growing region. Come and experience the taste of rosés and spicy reds.

Where: Basement Lounge, from 6 p.m.  
Participation fee: 1 000 HUF  
Registration and payment: personally at the Student Life Office on a first come first serve basis.

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November 12, Wednesday:

**Mindfulness meditation by Branislav Kovacevic**

Meditation class to make you familiar with one of the possible responses to the stress situation. Through simple, yet powerful practices you will learn to access and cultivate your natural capacity to actively engage in caring for yourself and find greater balance, ease, and peace of mind. The class is led by Branislav Kovacevic, meditation instructor.

Where: Faculty Tower, Room 708 between 5:30 p.m. and 6:30 p.m.  
Please register at kovacev@ceu.hu.
**Classicus Ensemble Concert**

Transcriptions by György Kurtág from the works of Machaut, Lasso, Frescobaldi, Schütz and Purcell to four handed piano

**Morton Feldman:** Projection 1, Intersection 4

**Christian Wolff:** Duo 8

**John Cage:** One8, for cello, One10, for violin, Two6 for violin and piano

**Ives:** Trio

**Péter Tornyai** – violin, alto

**Tamas Zetenyi** – cello

**Zoltan Fejervari, Andras Nemeth** – piano

Where: Monument Building – Popper room 7:00 p.m.

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**November 13, Thursday:**

**Bollywood Dance Workshop by Shreya Bhattacharya**

Enter the colorful and vibrant world of Bollywood. It is about moving with the music and simply letting go. Let the steps take you into a world far away. If you are curious about Bollywood and all that it entails, then this class is for you. During the course of session, there will be videos a cultural question and answer session and of course dance training (don't worry if you are a beginner, the steps are super simple yet gorgeous). In the end, we can integrate all you have learnt in a dance performance!!

Registration at bhattacharya_shreya@spp.ceu.hu

When: 5p.m.-6:15 p.m.

Where: Nador 11, TIGY room
**Philanthropy Awareness Day 2014**

Take a break with some coffee & cake and support the homeless on the street!

A limited number of CEU water bottles will also be given out so come early, and don't miss out!

The only thing better than relaxing with homemade treats is knowing that you are supporting people in need.

Where: Octagon area from 10:00 a.m. to 4:00 p.m.

Brought to you by Alumni Scholarship Students in collaboration with the CEU Alumni & Careers Office.

**Yoga**

During this special class there will be more emphasis on breathing, stretching and relaxation. Mats are provided. Registration for the class is not required but please check in at the reception on the second floor.

Where: CEU Sports Center between 6:30 p.m. and 8:00 p.m.
Address: Nador str. 12., in the building of Hild Elementary School

**November 14, Friday:**

**Choco Chat Friday with the Student Life Office**

Come and chat with the Student Life Office team, staff and faculty and cheer up yourself with lots of chocolate, candy, and sweets.

Where: FT, in front of the Auditorium between 5:15 p.m. and 6:00 p.m.

**Film screening: "Anger Management"**

A comedy about a businessman (Adam Sandler) who is wrongly sentenced to an anger-management program, where he meets an aggressive instructor (Jack Nicholson).

Where: FT, Auditorium from 6:00 p.m.