

Study & Well-being information

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Your **Academic Counsellor** is the first point of contact for questions and concerns related to your studies or personal issues.



Personal development

Essential study skills

Online toolkit to help with many common study roadblocks.

BOOST

Offers advice on your studies and personal issues during walk-in hours.

Managing your Career

Workshops and support in the fields of study choice and career. Walk-in hours available.

Mini Courses

Tips on (decision) stress, procrastination, teamwork & career.

Awareness & Self-management

Gain better insights and techniques to break through negative thoughts, strengthen self-esteem and improve coping strategies for a successful study and life.



Well-being

Family doctor

Helps with physical and/or psychological issues and illness.

Student psychologists

Workshops and short-term individual guidance for issues hindering your study. Walk-in hours available.

MoTiv life coaching

Receive coaching and personal support from a life coach.

Confidential advisor

Helps in cases of unacceptable behaviour from students or employees.

E-tool Gezondeboel

Enhance your mental resilience via quick wins, free of charge and anonymous.

Health insurance information

Provides insurance advice for foreign students in The Netherlands.



Special needs

Horizon

Helpdesk for studying with a disability or additional support requirement.

'Student Onbeperkt'

Student platform for students with a disability.

Student counsellors

Advice and guidance on non-study programme-related matters, such as financial support, student grants, and questions regarding laws and regulations.



Socialising

Study associations

Every faculty has its own study association(s) that represents students and organises activities related to your field of study

Student associations

Find others for social and fun associations in career, country or regional, culture, fraternity, international, religious, and sports.

Goin! App

The social platform where you can meet both other new students and students already in the TU Delft community.

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Develop in non-academic areas such as sports and games, arts and crafts, and more

