

## Information brochure Healthcie committee ACLO

Are you interested in a healthy life style and do you like to organize? Join the Healthcie! The Healthcie is responsible for organizing several health events, including the Healthweek in March 2021. Interested? Read this brochure or contact [ci@aclosport.nl](mailto:ci@aclosport.nl) for more information. Of course you are also welcome to visit us at our office!



### What is the ACLO?

The Academische Centrale voor Lichamelijke Opvoeding (ACLO) is the overarching sports organization for the Rijksuniversiteit Groningen (RUG) and the Hanzehogeschool Groningen (HG). The ACLO decides the sports offer for both students of these two organizations. The ACLO was founded in 1945 and is the biggest overarching student sports organization in the Netherlands. The ACLO offers sports in different ways:

- Group lessons
- Open hours
- Courses
- Free reservations
- Associations
- Open competitions
- Events

## The Healthcie

The Healthcie is responsible for the organization of activities focussing on promoting a healthy life style, such as the Healthweek in March 2021.

The Healthweek is based on the theme “Healthy Ageing”. The week focuses on different aspects of a healthy life style: nutrition, sport, movement and mental health.

During the previous Healthweeks, students could participate in health checks, receive personal advice, follow lifestyle workshops, make smoothies, monitor their heart rate while cycling and much more!

Besides organizing the Healthweek, the committee has the freedom to organize its own activities and/or events. The members will be supported in this by various professionals in the fields of nutrition and mental coaching. Additionally, the ACLO has good connections with several studies that focus on sports, nutrition and health.

## The different positions

There are different positions within the Healthcie:

POSITIONS	TASKS
Chairman	Lead the committee; Prepare/chair of the meetings; External contacts
Secretary	First contact for relations; Correspondence
Treasurer	Prepare budget; Financially responsible
PR	Public relations; Marketing; Social media
Head of Events	Responsible of events



## The Active ACLO

The ACLO organizes different fun activities for all the committee and board members. Examples are: a pubquiz, new year drinks, board games night and several sport activities such as: climbing, curling and wakeboarding.

Besides being close with your own committee, you will also meet a lot of people through other committees, the Executive Board and General Board. Therefore, it is a fun way to meet new people!

Are you interested in the Healthcie? Apply before the 7th of December via [ci@aclosport.nl](mailto:ci@aclosport.nl)! Please send us your resume and motivation letter.

