

INTERNATIONAL STUDIES PRESENTS



Universiteit  
Leiden

# Morning Routine

A routine to gain  
daily structure,  
create positive  
connections with  
other students  
& have a fun  
start of the day

STARTING FROM FEBRUARY 1ST  
EVERY MON-TUE-WED-THU  
8.45-9.15  
JOIN US IN THE WELL-BEING  
SECTION ON OUR DISCORD

