



STUDENT HOSTEL, RINGSTED

ZBC

Activities and events at ZBC student hostel, Ringsted

Join us. It is possible to change the world - zbc.dk

Weekdays:

- Information meetings for new students
- Monday 6 pm
- Information meetings for new EU students
- Tuesday 6 pm
- Badminton - Monday 9-10 pm
- The cosy Café/Club is open 3-4 days a week, and offers games, music, and the sale of snacks. On Thursdays, the café has a more festive atmosphere.
- Casual gaming - Esports with instructor
- Mondays 7-9 pm
- Floorball - Tuesdays at 3.30-5 pm
- Crossfit with instructor, Tuesday in odd weeks at 7-9 pm
- Board game night Wednesdays
- Take part in the student hostel resident committee.
- Mountainbike
- Walks
- Jumping Fitness - Wednesday for even weeks

Daily:

- Morning walk or run with a student hostel assistant
- Fitness instruction, The Swimming pool is open.

Also:

Fitness room, Table Football, Wii, Singstar, DVD player, PlayStation 3 and 4, Billiards, Table tennis, Darts, Air hockey, Croquet, Kubb, Football, Basketball, TV rooms, Board games, Hobby rooms (painting/crafting), Beauty rooms, Mindfulness.

Monthly:

Dart tournaments, Bingo, Pool tournaments, Card games - 500, Culinary events, Campfire evenings with marshmallow roasting, Film nights, FIFA Champions League, Softball, LAN parties.

Activities during the school year 2022

- Trip to Tivoli or Bakken amusement parks
- Cinema, Indoor Paintball, Legejunglen Slagelse (Slagelse Playground)
- Go High, Esports.

Events set for 2022

January

- Archery
- Jumping Fitness
- Bowling
- Shooting - rifles/pistols

February

- Bowling
- Shooting with rifles and pistols
- Jumping Fitness
- Shrovetide - "Hit the cat out of the barrel"

March

- Bowling
- Jumping Fitness
- Archery
- Mountainbike

April

- Mountainbike
- Easter breakfast
- BMX
- Jumping fitness
- Shooting
- Archery

May

- Rapelling - May 3
- Summer barbecue
- Nordic Race - May 14
- Mountainbike
- Jumping Fitness
- Paint Ball + Bumber Ball - May 17

June

- Climbing Forest - June 2
- Royal Run - June 6
- Mountainbike
- Farewell afternoon/evening. Instructor-led activities and barbecue - June 16

August

- Climbing Forest
- The Forest Tower, Haslev Camp Adventure
- Mountainbike

September

- Rapelling
- Climbing Forest
- Mountainbike
- DHL stafet - September 2

October

- Bowling
- Jumping Fitness
- Archery

November

- Halloween Café
- Jumping Fitness
- Shooting - rifles/pistols

December

- Christmas lunch at the Food Hall, with Christmas bingo, Christmas decorating and Christmas tree
- Christmas ball in the Kingdom of Elves.

Events in collaboration with busin
is arranged by:



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