



STUDENT HOSTEL, RINGSTED

**ZBC**

## **Activities and events at ZBC student hostel, Ringsted**

Join us. It is possible to change the world - [zbc.dk](http://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 2023

- Trip to Tivoli or Bakken amusement parks
- Cinema, Indoor Paintball, Legejunglen Slagelse (Slagelse Playground)
- Esports.
- Event camp at "Ertebjerggaard"
- Recycled clothes exchange.

Events in collaboration with companies is organized by:



# Events set for 2023

## January

- Padel tennis
- Archery
- Jumping Fitness
- Dance
- Bowling
- Shooting - rifles/pistols
- Yoga

## February

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

## March

- Archery
- Bowling
- Dance
- Jumping Fitness
- Shooting with rifles and pistols
- Mountainbike
- Yoga
- Padel tennis

## April

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

## May

- Rapelling
- Lady walk in Skælskør May 22
- Summer barbecue
- Mountainbike
- Archery
- Jumping Fitness
- Padel tennis

## June

- Event camp
- Mountainbike
- Farewell afternoon/evening. Instructor-led activities and barbecue

## August

- Barbecue
- Archery
- Mountainbike
- Padel tennis

## September

- Yoga
- Event camp
- Rapelling
- Archery
- Climbing Forest
- Mountainbike
- Paint ball

## October

- Yoga
- Bowling
- Dance
- Jumping Fitness
- Archery
- Padel tennis

## November

- Halloween Café
- Archery
- Jumping Fitness
- Yoga
- Shooting - rifles/pistols
- Padel tennis

## December

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

Subject to change

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