POLICY PLAN ‘26–‘27



Foreword

Dear members,

Before you lies our policy plan. In September, we began developing our vision and working out our ideas for the association. This vision forms the foundation of this policy plan. Through various key priorities, we indicate how we intend to realise our vision over the coming year.

While preparing this policy plan, we received valuable feedback and input from previous boards, the Supervisory Board and external parties. These contributions helped us arrive at our final vision and key priorities.

From 4 November, this policy plan will be available to all our members via www.fsvfysiek.nl. At the General Members' Meeting on 18 November, all members present are entitled to vote, with the exception of alumni and donors. By voting, members can express their opinion on the policy plan and contribute to the future of the association.

We have worked on this policy plan with great pleasure and dedication, and hope to inspire you with our ideas. Together, we aim to do our utmost for the association and make it a wonderful and successful year.

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Board Candidate 2026–2027

FSV Fysiek



Definitions

In this policy plan, the following terms are understood to mean:

a) The abbreviation ALB: “Active Members Battle”;
b) The abbreviation ALV: “General Members’ Meeting”;
c) The abbreviation ALW: “Active Members’ Weekend”;
d) The abbreviation AVG: “General Data Protection Regulation” (GDPR);
e) The abbreviation CFO: “Central Role Consultation”;
f) The abbreviation ECEZG: “Expertise Centre for Primary Care Groningen”;
g) The abbreviation FSV: “Physiotherapy Study Association”;
h) The abbreviation HALV: “Semi-Annual General Members’ Meeting”;
i) The abbreviation IPP: “International Programme Physiotherapy”;
j) The abbreviation KNGF: “Royal Dutch Society for Physical Therapy”;
k) The abbreviation RvC: “Supervisory Board”;
l) The abbreviation RIVM: “National Institute for Public Health and the Environment”;
m) The abbreviation SSA: “Foundation for Student Organisation Support and Advice”;
n) Active members: Members who participate in a committee within the association;
o)
p) General members: Students who are members of the association;
q) S.V. Cura: Nursing Study Association;
r) Internal Regulations: The internal regulations of FSV Fysiek;
s) Plexus: The association’s magazine;
t) Studiosi mobilae: Movement Sciences Study Association;
u) S.V. Vedi: Nutrition and Dietetics Study Association;

v) Association: The Physiotherapy Study Association Fysiek;

w) Four-Day Celebration: The anniversary of the association, celebrated once every four years;

x) VIP: Psychology Study Association;

y) Wiebengacomplex: Hanze University of Applied Sciences Academy for Health Studies;

z) Partner association: An interest group active in the same field as FSV Fysiek;

aa) FSV Praktisch: Physiotherapy Study Association (HAN University of Applied Sciences, Nijmegen/Arnhem);

bb) Tabula Rasa: Physiotherapy Study Association (Saxion University of Applied Sciences, Enschede);

cc) SV Intens: Physiotherapy Study Association (Leiden University of Applied Sciences).



FSV Fysiek
Fysiotherapeutische Studievereniging

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Chapter 1: Introduction

FSV Fysiek was founded on 9 September 2009 as the study association for the Physiotherapy programme at Hanze University of Applied Sciences in Groningen. The association aims to stimulate interest in and knowledge of physiotherapy and its applications, as well as to promote contact between its members.

The 2026–2027 policy plan describes the main policies and areas of focus of FSV Fysiek for the coming year and the years that follow. Each year, the General Members' Meeting adopts the policy plan proposed by the Board Candidate. Once it has been adopted, the new day-to-day board will implement this policy.

1.1 Purpose of the policy plan

With this policy plan, the association aims to:

a) Provide the General Members' Meeting with a basis for decision-making;

b) The Board Candidate and the General Members' Meeting are responsible for communicating the policy and the priorities identified by the Board Candidate;

c) Enable the General Members' Meeting to review and adjust the policy;

d) Give stakeholders and other interested parties insight into the plans of the Board Candidate;

e) Promote the continuity of the association.

1.2 Guide to reading this document

Information about the mission, vision and key priorities can be found in Chapter 2. Further explanation of the key priorities, implementation of the multi-year plan and a description of day-to-day policy are set out in Chapter 3. An overview of the financial budget is provided in Chapter 4.

Chapter 2: Mission and vision

2.1 Mission

The mission of FSV Fysiek is expressed as follows:

a) To stimulate interest in and knowledge of physiotherapy and its applications;

b) To promote contact between its members.

2.2 Vision

FSV Fysiek is at the beginning of a new era, in which the declining number of active members offers us new opportunities and challenges. In the coming year, we want to support our members optimally, not only academically but also socially. We believe that mental and physical well-being are essential to making the most of student life. FSV Fysiek is committed to supporting its members during both enjoyable and difficult periods, so that they feel resilient and connected. Our aim is to create a community in which every student feels supported and in which we collectively make the challenges of student life easier to manage.

2.3 Values of FSV Fysiek

The values that the association aims to uphold are:

a) openness and accessibility;

b) a sense of togetherness;

c) learning;

d) enjoyment and sociability;

e) name recognition.

It is important that members of FSV Fysiek can decide for themselves to what extent they wish to be involved in the association. In addition, FSV Fysiek should be accessible to both members and non-members, and the association should convey a sense of openness. We aim to reach as large a group of students as possible by offering a wide variety of activities in an accessible way. This means that activities should be open to everyone and affordable. A sense of togetherness is strengthened, among other things, by taking part in activities together. Learning and enjoyment are two values that can be combined and can enrich one another. This can be reflected in improved academic results and

an increase in informal contacts during the course of study. In addition to the experience members can gain through their membership, they have the opportunity to present themselves more effectively in their future professional field than other students. As the association becomes better known and members gain experience, future employers may recognise and value the experience gained within FSV Fysiek.

2.4 Key priorities

The key priorities for realising the mission and vision are:

1. FSV Fysiek provides a socially safe place for students on the Physiotherapy programme to turn to whenever they feel the need.

2. Increase the visibility and accessibility of FSV Fysiek among physiotherapy students.



Chapter 3: Strategy

3.1 Board Candidate

The Board Candidate of FSV Fysiek consists of five members. In this association year, the following positions will be held by:

Chair: Lisette van der Werf

Secretary: Selina Cevat

Treasurer: Ben Vinkenvleugel

Internal Coordinator: Laurie Rodenhuis

External Coordinator: Leanne van den Berg

The duties of the board members are described in the Internal Regulations.

3.2 Elaboration of key priorities

Section 3.2.1 elaborates on the first key priority: “FSV Fysiek provides a socially safe place for students on the Physiotherapy programme to turn to whenever they feel the need.”

Section 3.2.2 elaborates on the second key priority: “Increase the visibility and accessibility of FSV Fysiek among physiotherapy students.”



3.2.1 “FSV Fysiek provides a socially safe place for students of the Physiotherapy programme to turn to whenever they need it.”

Rationale

FSV Fysiek wants to be an association in which all physiotherapy students feel welcome and comfortable. During their studies, students may face various challenges, both related to their studies and beyond. This is precisely why it is important that students feel connected to their fellow students and know where they can turn when they need contact or support. FSV Fysiek wants to play an important role in this by providing a safe and accessible social environment where students can be themselves and feel that they belong.

Experiencing this sense of connection can mean a great deal to students. A social network within the association offers opportunities to share experiences, find support in one another and face challenges during their studies together. Moreover, a place where students can be themselves contributes to their personal development, enjoyment of their studies and involvement in the programme. By organising activities and opportunities to meet, FSV Fysiek wants to contribute to a close-knit student community with room for both sociability and mutual support.

In recent years, FSV Fysiek has experienced a decline in the number of members and active members. This makes it even more important to demonstrate the association’s value to physiotherapy students and invest in a strong and engaged student community. By involving current members more closely in the association and introducing new students to FSV Fysiek in an accessible way, the association can grow again. When students experience what the association can offer them socially and personally, this may encourage them to become members, participate actively and remain connected to FSV Fysiek for longer.

Objective

FSV Fysiek aims to provide an environment where students can meet one another, share experiences and turn to each other whenever they need to. This contributes to a sense of safety, trust and togetherness: aspects that are very important during student life and that also correspond to and complement our core values.

By actively focusing on social safety, open communication and mutual involvement, the board wants to ensure that students can look back on a positive student experience. The ultimate aim is to develop a close-knit association culture in which students feel free to participate, support one another and enjoy remaining involved in the association. In this way, FSV Fysiek wants to be not only a place for socialising and study-related activities, but also a valuable social support network throughout the Physiotherapy programme.

Implementation

To develop FSV Fysiek into a place where physiotherapy students feel socially connected and safe, the board will focus on two important aspects: encouraging social connection and safeguarding social safety. Social connection is promoted by bringing students into contact with one another and with the board in an accessible way. Social safety also requires awareness, clear agreements and careful handling of situations in which students feel unsafe or excluded.

To contribute to this, the board will focus on making the boardroom accessible, organising informal opportunities to meet, maintaining personal contact with students and broadening knowledge about social safety. In this way, the board wants to ensure that students feel welcome, can be themselves and know where they can turn when they need contact or support.

Accessibility of the boardroom

The boardroom is an accessible place where members can drop in for a cup of coffee or tea and an informal conversation with the board. When the boardroom is open, the board aims to have coffee and tea available for members. The board will also actively contribute to an open and inviting atmosphere in which students feel free to drop in, have a chat or ask questions. By being visible and approachable, the board lowers the threshold for making contact.

Informal opportunities to meet

In addition to making the boardroom accessible, the board will organise monthly informal opportunities to meet. Examples include a toasted-sandwich hour, a social drinks hour or a similar accessible activity. The board will announce these occasions in advance through FSV Fysiek's communication channels so that students know when they can join. When organising these occasions, the board will deliberately choose activities that do not require extensive registration and in which students can participate without obligation. The aim is also to organise activities during or immediately after class hours, so that students do not have to travel to campus specifically for them.

During these gatherings, the board will take an active role by welcoming students, initiating conversations and bringing students from different years of study into contact with one another. Particular attention will be paid to students who do not yet know many other members or who are less likely to initiate contact themselves. By organising these gatherings regularly, students will have opportunities to build new connections in a relaxed setting and feel more connected to FSV Fysiek.

Personal contact and involvement

To increase student involvement, the board wants to maintain active and personal contact with students from different years of study. This will take place both during the board's presence in the boardroom and at activities and other points of contact within the programme.

The board will consciously pay attention to students who participate less frequently in activities or have little contact with the association. By approaching them personally, asking about their experiences and inviting them to activities, the board aims to increase their involvement. Conversations will also provide space for students to indicate what they appreciate within the association and what they may need.

When students share questions, ideas or concerns, the board will take these seriously and, where possible, report back on what is being done with them. This shows students that their opinions matter and that they can influence the association. It contributes to an open association culture in which students feel heard and involved.

Broadening knowledge and awareness

In addition to encouraging social connection, the board considers it important that FSV Fysiek is a socially safe environment. This means that students can be themselves, express their boundaries and trust that situations involving social insecurity will be taken seriously.

To contribute actively to this as a board, board members will participate in various workshops this year focusing on social safety and recognising inappropriate or boundary-crossing behaviour. This may include situations such as exclusion, discrimination, unwanted remarks or other behaviour that crosses students' boundaries.



One example of a workshop in which the board will participate is the Active Bystander Workshop, organised by the Foundation for Student Organisations Support & Advice. During this workshop, the board will learn how to respond appropriately when someone witnesses unwanted or boundary-crossing behaviour. This will make board members more aware of their own roles and responsibilities in identifying and addressing such situations.

The board will apply the knowledge gained within the association by remaining alert to signs of social insecurity, opening up discussions about situations and taking action where necessary. When a student indicates that they feel unsafe or excluded, the board will give them space to share their experience and will handle this information carefully. Together with the student, the board will consider which next steps are appropriate.

In this way, the board wants not only to contribute to awareness of social safety, but also to show that within FSV Fysiek there is room to share concerns and experiences and that these are taken seriously.

Measurable outcomes

To assess at the end of the board year whether accessibility, social connection and social safety within FSV Fysiek have improved, a short survey will be conducted among members at the beginning and end of the board year. Comparing the results of the two measurement points will show whether students have experienced a positive change during the year.

The survey will address, among other things, the extent to which students perceive FSV Fysiek as accessible, feel welcome and connected to the association, and know where to turn when they need contact or support. It will also examine whether students feel they can be themselves within the association and whether they trust that signs of social insecurity will be taken seriously. Finally, participation in the informal gatherings organised and students' involvement in the association will be compared with the beginning of the year.

For the social safety component, the board will evaluate whether board members participated in the planned workshops and what knowledge and insights they gained. It will discuss whether the board is sufficiently aware of situations involving social insecurity and whether the knowledge gained can be applied in practice.

The survey results and other evaluation points will be discussed jointly by the board at the end of the board year. On this basis, the board will determine which aspects have gone well and where improvements are still needed. The main findings and recommendations will be included in the handover to the next board, ensuring continued attention to accessibility, social connection and social safety within FSV Fysiek in subsequent board years.

Financial

An amount of €500 has been budgeted for key priority 1. This can be used for social drinks hours or coffee hours in the office.



3.2.2 “Increase the visibility and accessibility of FSV Fysiek among physiotherapy students.”

Rationale

The visibility and accessibility of FSV Fysiek are important for the association’s continued existence and development. In recent years, FSV Fysiek has seen a decline in its membership and active membership. To counter this trend, it is important that the association remains recognisable to physiotherapy students and that it is clear what FSV Fysiek has to offer.

If students are unfamiliar with the association, its activities and opportunities to become active members, this can be a barrier to joining or becoming actively involved. By increasing visibility and making the association more accessible, the board wants to reach more students and encourage them to become involved. Communication via social media and the organisation of accessible activities both play an important role in this.

Objective

With this key priority, FSV Fysiek wants to invest systematically in strengthening its identity, visibility and accessibility. FSV Fysiek aims to become recognised once again as a lively, accessible and relevant association that genuinely adds value during students’ studies. By actively working on its visibility, for example through events, communication and collaborations, FSV Fysiek wants to reposition itself as a valuable addition to student life.

In addition, FSV Fysiek wants to lower the threshold for students to get to know and participate in the association. By providing greater insight into activities, committees and daily life within the association, students will gain a clearer picture of what FSV Fysiek has to offer and the opportunities available to become involved. In this way, the board wants to strengthen connections among current members, attract new members and ensure that more students feel welcome and want to contribute actively to the association.

Implementation

To increase the visibility and accessibility of FSV Fysiek among physiotherapy students, the board will focus on organising accessible activities, strengthening online visibility and improving connections with the Physiotherapy programme. By introducing students to FSV Fysiek in different ways and showing them what the association has to offer, the board wants to increase the involvement of current members and encourage new students to participate in the association.

The board also considers it important that FSV Fysiek is not only a place for socialising and social contact, but also contributes to students’ personal and professional development. By offering students opportunities to gain new experiences, develop skills and enjoy activities together,



the board aims to ensure that students feel involved in the association and continue to enjoy being part of FSV Fysiek.

Informal activities

To introduce students to FSV Fysiek in an accessible way, the board wants to organise a monthly informal gathering. Examples include a coffee hour, toasted-sandwich hour or social drinks hour. These activities offer students the opportunity to get to know the board and other members in an accessible way, without immediately having to participate in larger activities. By offering these occasions regularly, the board wants to lower the threshold for joining FSV Fysiek and make the association more visible within the programme.

Visibility through social media

To increase FSV Fysiek's reach, the board wants to make more active use of social media, with Instagram as an important communication channel. Alongside sharing activities and practical information, the focus will be on presenting a more personal picture of the association. To this end, the board has created a new Instagram account that gives students a glimpse into the board's daily life, its behind-the-scenes work and the sociable atmosphere during the board year. In this way, the board wants to make the association more recognisable and personally introduce students to what happens behind the scenes at FSV Fysiek. Finally, the board will communicate in an accessible and personal manner to show students the different ways they can become involved in FSV Fysiek.

Visibility of committees

In addition to the board account, the board wants to reactivate the Instagram accounts of the various committees. Through these accounts, students will gain insight into the committees' work, activities and social atmosphere. By encouraging committee members to share more about their own experiences and the activities they organise, FSV Fysiek wants to show what it means to be an active member of the association. The board aims not only to increase the visibility of committees, but also to encourage students to participate in activities or join a committee.

Connection with the Physiotherapy programme

To further increase FSV Fysiek's visibility, the board wants to strengthen its connection with the Physiotherapy programme. The focus will be on maintaining contact with lecturers and other people involved in the programme and making use of existing occasions when students come together.



For example, the board wants to explore opportunities to draw attention to FSV Fysiek during introduction days, information sessions and other activities organised by the programme.

The board also wants to explore possibilities for organising activities together with the programme that reflect physiotherapy students' interests and needs. Examples include an educational lecture, workshop or joint activity. In this way, FSV Fysiek wants to complement education and offer students opportunities outside classes to meet one another, gain knowledge and develop further. By strengthening collaboration with the programme, the board wants to ensure that FSV Fysiek becomes a recognisable and accessible presence within the programme.

Measurable outcomes

At the end of the board year, the extent to which this key priority has been achieved will be evaluated. Various aspects that provide insight into FSV Fysiek's visibility and accessibility will be considered.

For online visibility, the reach, engagement and activity of the board's and committees' Instagram accounts will be examined. The board will also record how many accessible activities have been organised and how many students participated. Where possible, a distinction will be made between current members and students who are not yet actively involved in the association.

The development of the total number of members and the number of active members will also be examined, for example through participation in activities and involvement in committees. Where possible, these results will be compared with the situation at the beginning of the board year.

On the basis of these data, the board will assess to what extent its efforts have contributed to greater visibility and accessibility of FSV Fysiek. Any areas for improvement and points requiring attention will also be passed on to the next board year.

Financial

An amount of €500 has been budgeted. This can be spent on accessible introductory activities, more active use of social media and supporting joint activities with the programme.



3.3 Day-to-day policy

Involvement of active members

Fysiek's mission is to promote contact between its members. The committees are very important in fulfilling this mission. Without them, there are no activities. Committees are expected to take on an executive role. To support this, there is, among other things, an Active Members Battle (ALB). The ALB is a means of motivating active members to adopt a proactive attitude. By trusting the committees and giving them a strong sense of responsibility, intrinsic motivation will be maintained. Members will also get to know one another and discuss expectations. To give committees this confidence, the CFO-zero meeting will focus on explaining the content of the different roles. An Active Members' Weekend will be organised to maintain cohesion within the association.

To remain easily accessible to active members and keep contact informal, the boardroom will be open at least three days a week.

Fysiek's boardroom will also be made available to its committees. If a committee has nowhere to meet, it will have the option of holding its meeting in the boardroom. This decision was made because an increasing number of students continue to live at home, meaning there are fewer places available for meetings.

The "join us for dinner" concept will also be continued. Under this concept, the board joins committee meetings during a certain period. This keeps the board closely involved and allows it to see what the committees are working on.

Halfway through the year, the internal coordinator will schedule conversations with every active member to find out how things are going in their committee. This also gives active members an opportunity to provide feedback to the board. In this way, the board wants to remain closely involved with the committees and give active members personal attention.

Fysiek confidential advisers

This year there are two internal confidential advisers and one external confidential adviser. The external confidential adviser will be Nikki de Bree from the Cura study association. Lisette van der Werf and Ben Vinkenvleugel have been appointed as the internal confidential advisers.

Internal organisation

In recent years, FSV Fysiek has been working on cleaning up and improving its internal organisation. This includes keeping the membership records up to date, managing internal documents and complying with the General Data Protection Regulation (GDPR). To keep the internal organisation clear and well maintained, it is important that this work is carried out systematically. For this reason, cleaning up and maintaining the internal organisation will become part of day-to-day policy.

After every study block, the board will check the membership records and update them where necessary. This includes processing changes to personal data, removing former members from the active membership records and checking that current members' information is still correct. Duplicate or outdated data will also be removed, and the board will check whether the various membership lists and internal documents are consistent.

Attention will also be paid to compliance with GDPR guidelines. This means that the board will handle members' personal data carefully and retain and use these data only when necessary for the association. The board will also check that personal data are not shared unnecessarily with third parties and that data belonging to former members, which no longer need to be retained, are deleted. By carrying out these checks after every study block and keeping track of changes throughout the board year, the board aims to maintain a clear, up-to-date and GDPR-compliant internal organisation.

Increasing visibility

Increasing visibility will be an integral part of this year's key priorities. The focus will be on name recognition among students and lecturers, as a decline in awareness has been observed. Increasingly, students and lecturers are less interested in the existence of FSV Fysiek or do not know what the study association can offer them. Strengthening the association's image will help increase FSV Fysiek's name recognition. As in previous years, promotion of FSV Fysiek will be handled by the RedaCie/PromoCie committee. They will ensure that posts are regularly published on the association's social media channels. These will not only announce planned activities but will also regularly share images that convey the atmosphere. In addition, the committee will create and share short videos using online trends or sounds to further increase name recognition.

In recent years, the "Fysiek Member of the Month" has also been part of the promotional efforts. At the beginning of the academic year, the board will visit first- and second-year lectures to inform students about the benefits of taking an active role in the study association. If necessary, this will be supplemented by visits to individual classes.



This year, social drinks events will also be used to increase visibility. To make it easier for new members to attend such activities, a bring-a-friend activity will be organised.

Finally, a podcast was launched two years ago. This is a good concept for increasing name recognition and will be continued on a voluntary basis this year.

Proper committee handovers

Every year, FSV Fysiek's (active) members change committees, and a new committee entails different responsibilities. A smooth handover is important to ensure that these tasks are carried out correctly. For this reason, the committee manual was updated last year and made available on the website; it is also sent to the committee chairs. The current Internal Coordinator also informs (active) members about their new committee and position. Furthermore, all committee email addresses must be accessible and passwords must be renewed. This allows minutes and supplementary documents to be sent correctly from the beginning of the committee year.

In addition, accurate information is provided about the committee's duties and the possible roles. This information is available in the email account's Drive and is explained during the CFO.

Accessibility of the association

Besides supporting its members socially, FSV Fysiek also wants to offer academic support. Not every member always wants a social activity or party, which is entirely understandable. That is precisely why FSV Fysiek also offers its members the opportunity to engage in academic activities.

With support from the current board, lecturers and possibly the StuCie, FSV Fysiek wants to organise tutoring sessions covering first-year course material. Second- and/or third-year students may also attend if there is a need. A poll will be created in the WhatsApp group or on Instagram to assess how many students are interested. Based on this, classrooms can be reserved during the two weeks before the examination period. During these tutoring sessions, students can study together with classmates in different groups and discuss course material. Students do not need to submit questions beforehand; they have complete freedom to decide what they want to learn. In this way, we hope to enable students to learn from one another and work together.

3.4 Multi-year plan

3.4.1 Internationalisation

Rationale

In recent years, FSV Fysiek has seen a decline in the number of international (active) members. In the coming year, the focus will be on informing, encouraging and actively involving international physiotherapy students.

An increase in international members will not only contribute to diversity within FSV Fysiek but also promote togetherness and cultural exchange. Moreover, a larger international network offers new opportunities for both the association and its members, such as collaboration, cultural enrichment and professional connections at an international level.

Objective

The objective is not only to restore the involvement and activity of international members, but even to increase it. FSV Fysiek aims for greater dynamism and participation, with international members actively taking part in both social and study-related activities so that they feel fully integrated into the association.

Implementation

For some international students, the academic year begins with FSV Fysiek's introduction camp, where making a good first impression is important. The year should begin not only with enjoyable social activities but also with accurate information. Before the international students go to the introduction camp, the attending members of the Executive Board (DB) and Board Candidate (KB) will provide information about the opportunities and committees within FSV Fysiek. This contact will not be limited to the start of the camp but will continue throughout the entire introduction camp.

Furthermore, FSV Fysiek wants to explore a suitable activity together with Erasmus Student Network Groningen (ESN). Many international students are members of ESN, which will make the activity feel familiar to them.

Financial

An amount of €300 will be budgeted for this. This amount will be used to organise, or help organise, an enjoyable activity.



3.4.2 More active first-year students

Rationale

After the introduction camp, which many first-year students attend, FSV Fysiek normally organises an opening party to start the new academic year together. In previous years, the opening party was a popular activity among first-year students. However, this event did not take place this year. Instead, a social drinks event was organised on 30 September, creating an opportunity to celebrate the start of the academic year with new and existing members. Several first-year students have already registered for this event, which is a positive sign of their involvement in the association.

Recruiting new first-year members, both active and passive, is very important to FSV Fysiek. These students form the next generation that will strengthen the association in the coming years and contribute to its continuity and development. Successfully integrating first-year students is therefore essential to FSV Fysiek's continued existence.

It is important that students gain a clear understanding of what FSV Fysiek has to offer. This allows them to discover how participation in the study association can enrich their student years and personal development. FSV Fysiek offers a social and accessible environment in which students can build friendships and spend their free time meaningfully. Membership also brings students into contact with like-minded people who share the same academic and career interests, contributing to a sense of connection within the programme.

Implementation

Involving active first-year members is very important for ensuring the continuity and vitality of FSV Fysiek. Unfortunately, the Foramen did not take place this year due to a lack of time. To encourage first-year involvement nonetheless, the association will be actively promoted during lectures and in the various classes. This will give first-year students a clear understanding of FSV Fysiek and the opportunities to participate actively. Promotion of the association will also be intensified, with more Instagram posts to promote activities, among other things. In addition, contact with first-year students will be maintained through the WhatsApp announcement group and the email group. This will keep new members informed of the latest FSV Fysiek news.

Measurable outcomes

First-year involvement will be closely monitored by recording how many students register for committees and participate in activities throughout the academic year. At the end of the year, an analysis will determine how many first-year students participated actively and how many held a position within a committee. As this concerns first-year students exclusively, the evaluation focuses entirely on their participation and involvement.

In addition, the number of new members joining FSV Fysiek during the Physiotherapy programme's introduction period will be carefully recorded. These data will provide valuable insights for further improving the integration and active participation of first-year students within the association.

Financial

An amount of €50 has been budgeted for this. It will be used to organise an activity for first-year students.

3.4.3 Collaboration with external study associations

Rationale

In the past, various activities were organised in collaboration with other study associations. As these activities were well received, several activities are planned again for this academic year. FSV Fysiek wants to give its members the opportunity to attend both study-related and social activities, thereby adding value to their networks and intellectual development.

Implementation

In the coming year, the contacts established with the relevant associations will be maintained and successful activities may be repeated. In the coming year, the contacts established with the relevant associations will be maintained and successful activities may be repeated. The FysiekXVIP party will be organised together with VIP. In addition, a gala will be held with four other study associations (Cura, Tapp, Ilythia and Scopus). New contacts will also be established with other study associations whose disciplines are related to physiotherapy. Through this, FSV Fysiek wants to offer its members different perspectives on physiotherapy practice.

Measurable outcomes

In the coming year, FSV Fysiek will organise a party in collaboration with VIP. A joint gala is also planned with SV TAPP, SV Cura, SV Ilythia and SV Scopus. Congressus will be used to track the number of attendees from FSV Fysiek and the collaborating study associations.

All activities organised in collaboration with external study associations will be recorded and clearly presented during the 2027 Semi-Annual General Members' Meeting (HALV).

Financial

An amount of €500 has been budgeted for this item. It will mainly be used for decorations for the gala and parties, as well as other joint activities and collaborations.

3.4.4 Sustainability

Rationale

FSV Fysiek has made considerable efforts recently to make the association more sustainable. Working sustainably is a good way to make a contribution to society. FSV Fysiek wants to set a good example for its members and committees so that they, too, act with environmental awareness.

Implementation

FSV Fysiek has already stopped printing, except for administrative documents and booklets for the beer cantus. Therefore, starting this year, the association will also stop printing booklets for the beer cantus. Instead, a projector will be used to display the songs. This will be implemented together with the AkCie in the coming year.

In recent years, the MerCie has designed a great deal of merchandise. Usually, careful consideration is given to the quantities needed and orders are placed as accurately as possible. This is done to prevent overconsumption, although it is not always successful. Unfortunately, many T-shirts and other merchandise items have remained from previous years. To make a contribution, FSV Fysiek will send some or all of these remaining items to a developing country where they can be put to good use.

A great deal of food shopping was left over after the last Active Members' Weekend (ALW), and not all purchases could be returned. To prevent this from happening again in the coming year, a specific estimate will be made beforehand. FSV Fysiek will ask members attending the ALW how much they intend to eat. This will be done through a poll in the WhatsApp group, covering breakfast, lunch and dinner. The aim is to obtain a more accurate estimate of the quantities needed.

Financial

An amount of €250 has been budgeted for this item. It will mainly be used for renting a projector and digitising the bookkeeping.

Chapter 4: Budget accountability

4.1 Income

Membership fees

The budgeted amount for membership fees is €17,565. Membership fees include all money received by FSV Fysiek from members, lecturers, alumni, the board and donations. All this money comes from members/donors who pay membership fees. FSV Fysiek has a total of 1,297 members, divided into four groups: members, alumni, lecturers and board members. These groups contain 887, 377, 28 and 5 members, respectively. All members

pay €15 in membership fees. In previous years, it became apparent that not all members paid. It has therefore been decided to include 90% of the membership fees to be collected in the budget.

Sponsorship

The amount budgeted for sponsorship this year is €2,650.00.

Partner	Acquisition amount (in €)
ABN AMRO	350
Fysiosupplies	450.00
Physiomatch	800.00
DressMe	Commission rate of 4%
	100.00
ECEZG	200.00
VVAA	600.00
Fysiovacature	150.00
Total:	2,650.00

Committee income

The actual income from last year has been incorporated into the budget for the coming year. The section on “committee expenses” explains in more detail why certain amounts have changed.

General reserve

The budgeted amount for the general reserve is €5,646.66. The general reserve includes all accounts containing money that can be spent at any time. This is the amount in the current account.

Amounts still to be received ’25–’26

The amounts still to be received for ’25–’26 consist of the following items:

Sponsor	Amount (in €)
ABN AMRO	350.00
DressMe	167.87
Bozu	155.00
Physiotherapy Sibon	150.00
MCZ	150.00
Physiosupplies	450.00
Fysiovacature	150.00
KNGF	1,050.00
Hanze	8,000.00
Gala Cura	36.92
Gala Tapp	28.82
Gala Scopus	28.82
Gala Illythia	28.82
AED deposit	200.00
Cash	123.25
Total	11,146.25

Sale of pencil cases

The budgeted amount for pencil cases is €1,000. This is a decrease of €110 because there are still pencil cases in stock and fewer will therefore be purchased.

Opening activity

The budgeted amount for the opening activity is €0. This is due to the late appointment of the board.

Cash

The budgeted amount for cash is €665.75. On the date of the board-year transition, the cash box always contains €750. The missing amount was taken to the introduction camp but still needs to be returned to the cash box.

KNGF fund

The budgeted amount for the KNGF fund is €1,500. This year, all money made available to FSV Fysiek by the KNGF will be provided upon request. This amount can be used to organise study-related activities and collaborative activities with the KNGF. It will be an additional contribution on top of the committees' budgets.

Website sales

The budgeted amount for sales through the website is €0. The costs and income from website sales are equal, so no amount needs to be budgeted here.

Hanze contribution

The budgeted amount for the Hanze contribution is €5,000. This is a decrease of €1,200 compared with last year, due to changes made by the SSA. The amount can be used for various purposes and is Hanze's fixed contribution.

4.2 Expenses

General

The budgeted amount for general board expenses is €500. This is a decrease of €350 because last year showed that the full amount was not used. The money will be used for re-registration with the Chamber of Commerce and other general expenses incurred by the association.

Clothing

The budgeted amount for board clothing is €1,000. This amount is used to ensure that the board looks presentable on formal occasions. It has increased by €400 because, after two years, there is once again a five-member board, and costs have risen due to inflation.

Constitution drinks reception

The budgeted amount for the constitution drinks reception is €600. This amount has been made available to organise the reception celebrating the eighteenth board of FSV Fysiek. This is an increase of €50 because the board has established a broader network of contacts.

Board training ’26–’27

The budgeted amount for training the board is €750. This money has been made available to enable board members to develop themselves for the benefit of the association. There is no reason to change this amount.

Board Candidate training ’27–’28

The budgeted amount for training the Board Candidate is €750. This amount is intended to prepare them for their board year. There is no reason to change this amount.

Opening activity

The budgeted amount for the opening activity is €0. This is a decrease of €50 because the opening activity was cancelled due to the late appointment of the Board Candidate.

Career Day

The budgeted amount for Career Day is €700. This is an increase of €200 compared with last year because we want to organise Career Day together with S.V. Cura. The amount is intended for organising Career Day.



Committees

AkCie

The budgeted amount for the AkCie is €1,550. This is an increase of €950 because the board has decided to separate the StuCie and the AkCie again.

AlumniCie

The budgeted amount for the AlumniCie is €0. This is a decrease of €1,500 because this committee will no longer be continued.

EerCie

The budgeted amount for the EerCie is €0. There is no reason to change this amount.

FeeCie

The budgeted amount for the FeeCie is €250. This is a decrease of €450 because last year FSV Fysiek made an agreement with SV Cura, SV Scopus, SV Ilythia and SV Tapp to organise a gala together, with €200 budgeted per association. This agreement has not been made this year.

ICie

The budgeted amount for the ICie is €2,500. This is an increase of €250, decided because last year's costs were higher than expected.

SympoCie

The budgeted amount for the SympoCie is €0 because this committee will no longer be continued.

MerCie

The budgeted amount for the MerCie is €0 because this committee will no longer be continued.

PodCie

The budgeted amount for the PodCie is €0. There is no reason to change this amount, as there are too few members to fill this committee.

PromoCie

The budgeted amount for the PromoCie is €0. There is no reason to change this amount.

RedaCie

The budgeted amount for the RedaCie is €800. There is no reason to change this amount.

StuCie

The budgeted amount for the StuCie is €1,400. This is a decrease of €1,400 because the AkCie and StuCie will once again operate as separate committees.

VakanCie

The budgeted amount for the VakanCie is €900. This is an increase of €300 because last year the costs turned out to be higher than anticipated.

UniCie

The budgeted amount for the UniCie is €0. This is a decrease of €500. Due to a decline in active members, it has been decided not to continue this committee.

ALV

The budgeted amount for the General Members' Meeting (ALV) is €700. This is a decrease of €50 because this amount was not fully spent last year either. The amount will be used to organise the ALV and HALV in a way that is appealing to members.

FSV Fysiek bank account

The budgeted amount for the FSV Fysiek bank account is €1,500. This is an increase of €480 compared with last year because the monthly fee has risen as more transactions are being made than before.

Committee bonding

The budgeted amount for committee bonding is €1,500. This is a decrease of €500 because there are fewer active members to fill the committees. A smaller venue is therefore being sought for events such as the Active Members' Weekend (ALW).

Printing costs

The budgeted amount for printing costs is €100. This is an increase of €50 compared with last year, as this amount was reached last year.



Promotion

The budgeted amount for promotion is €300. This is an increase of €50 compared with previous years, resulting from the additional purchase of promotional materials in the past year.

Committee training

The budgeted amount for committee training is €500. There is no reason to change this amount.

Accounting system

The budgeted amount for administration is €200. This is an increase of €60 due to a price increase for the accounting system.

Website

The budgeted amount for the website is €4,400. This is an increase of €320 due to higher maintenance costs, based on last year's financial statements.

Committee clothing

The budgeted amount for committee clothing is €800. This is a decrease of €100. Based on the financial statements from the previous board year and the unchanged number of active members, it has been decided to budget less for committee clothing.

Boardroom

The budgeted amount for the boardroom is €100. This is a decrease of €150.

Equipment

The budgeted amount for equipment is €500. This is a decrease of €800 because a new camera has already been purchased.

CFO

The budgeted amount for the CFO is €200. There is no reason to change this amount.

Supervisory Board contribution

The budgeted amount for the contribution to the Supervisory Board (RvC) is €250. There is no reason to change this amount.

Lecturers' activity

The budgeted amount for the lecturers' activity is €300. There is no reason to change this amount.

Savings for the fifth anniversary celebration

The budgeted amount to be saved for the fifth anniversary celebration is €5,000. There is no reason to change this amount.

4.3 Outstanding payments '25–'26

The budgeted amount for outstanding payments from '25–'26 is €8,573.12. This comprises €247.79 in reimbursements for the ALW, €200 for the DJ at the introduction camp, €3,536.83 for tent rental at the introduction camp, and €4,588.50 for the introduction camp venue.

Graduation

The budgeted amount for graduation is €800. There is no reason to change this amount.

Pencil cases

The budgeted amount for pencil cases is €1,000. This equals the income, because FSV Fysiek buys as many pencil cases as it sells. FSV Fysiek buys pencil cases in small quantities, so very few are ever left over. In this way, the budgeted amount will not differ significantly from the actual amount. There is therefore no reason to change this amount.

Unforeseen expenses

The budgeted amount for unforeseen expenses is €3,704.93. This is a decrease compared with last year. The reason is that it is desirable to keep unforeseen expenses at 5–10% of total income, giving the association sufficient scope to resolve financial difficulties.

Special circumstances

The budgeted amount for special circumstances is €250. The term "special circumstances" refers to exceptional events affecting members, namely:

a. A physiotherapy lecturer obtaining a doctorate;

b. A wedding;

c. A birth;

d. A serious illness;

e. The death of a member.

In all these cases, if the board is aware of the situation, a card will be sent to the member, parents or partner. After consultation with those concerned, a mention will also be included in Plexus (except in the case of serious illness) and possibly in the almanac. In addition, an appropriate gift will be given when a lecturer obtains a doctorate, at a wedding and on the birth of a child. In the event of a member's death, there will be a period of reflection and mourning. An obituary notice will also be placed and a message sent to all members. In the case of active members, special members, honorary members and board members, a floral arrangement will be placed at the funeral, in consultation with the next of kin. The board chair will be designated as the contact person.

The costs for special circumstances are partially budgeted. The allocation remains €250 because such circumstances may arise in the coming year. If the budgeted amount does not cover the costs, the remainder will be covered by unforeseen expenses. If costs exceed €250, this will be discussed with and checked by the Supervisory Board (RvC), which will decide whether the costs are reasonable. There is no reason to change this amount.

General reserve

The budgeted amount for the general reserve is €1,500. This is the amount held in the savings account. There is no reason to change this amount.

Cash

The budgeted amount for cash is €750. This is the amount held in the cash box. There is no reason to change this amount.

Savings for the fifth anniversary celebration

The budgeted amount for the fifth anniversary celebration is €16,387.98. This is an increase of €3,845.03 compared with last year because savings are currently being accumulated for the next anniversary celebration.

Chapter 5: Appendices

5.1 Committee Plans

AkCie

Chair: Sophie Westerlaan   Members: David

Secretary: Hester van der Meer

Treasurer: Noël de Jong

Objectives

a) During the academic year, the Activities Committee announces the date of each activity no later than four weeks in advance and communicates the content of the activity no later than three weeks in advance. This gives students sufficient time to take the activity into account and prepare for it.

b) By the end of the 2026–2027 academic year, the Activities Committee organises at least one introductory activity at which physiotherapy students can get to know the various committees of the study association. The aim is to increase student involvement and encourage them to join a committee.

c) By 1 July 2027, the Activities Committee has fully prepared the first-year activity for the 2027–2028 academic year. This means that the concept, date, location, budget, division of responsibilities and event plan have been established so that the activity can take place at the beginning of the new academic year.

Implementation

a. To ensure that students are informed of our activities in good time, we prepare a schedule for each activity. We ensure that the date is announced at least four weeks in advance and that the content is clear at least three weeks beforehand. We monitor these deadlines during preparation so that students have sufficient time to put the activity in their calendars.

b. We organise at least one accessible introductory activity at which physiotherapy students can meet the different committees of the study association. We develop an appropriate format, coordinate participation with the committees and ensure timely promotion among students. During the activity, students can ask questions and learn more about the committees, encouraging them to become active in the study association themselves.

c. To give first-year students a good start to their studies, we prepare a suitable activity for the 2027–2028 academic year. We develop the concept, determine the date and location, draw up a budget and divide tasks within the committee. We also create an event plan detailing the practical organisation. All preparations will be completed by 1 July 2027 so that the activity can take place at the beginning of the new academic year.

Objective d

d) By 14 February 2027, the Activities Committee organises a rose sale in which physiotherapy students can anonymously order a rose for a fellow student. The committee arranges purchasing, promotion, order processing and delivery of the roses to classes on Valentine's Day.

Implementation d

d. Around Valentine's Day, we organise a rose sale in which physiotherapy students can anonymously order a rose for a fellow student. We set the selling price in advance and arrange the purchase of roses. We then publicise the campaign within the programme and collect orders. We ensure that the roses are clearly sorted by class and distributed on or around Valentine's Day. Afterwards, we evaluate the campaign, looking at the organisation, proceeds and participation.

ICie

Organises the introduction camp

Chair: Nynke de Munnik   Members: –

Secretary: Niels Baas

Treasurer: Rutger Kok

Objectives

a. Make the introduction camp as accessible and appealing as possible to as many students as possible.

b. Increase awareness of the introduction camp among first-year students.

c. Mix international students with Dutch students.

d. Ensure that by Sunday students remember more names than the number of belongings they have lost.

Implementation

a. We want to create more variety in the introduction camp programme, so that more people can and want to attend Fysiek's introduction camp this year. This should attract more participants and give FSV Fysiek more opportunities to recruit members.

b. Increase awareness by distributing flyers, posting on social media, providing information during lectures (so that physiotherapy students who know other prospective students will tell them about the introduction camp), and similar activities. This will make students aware of the introduction camp and may lead to more participants.

c. At the next introduction camp, we will mix international students more with Dutch students to promote connections between different students. Ultimately, the students will attend classes together, and we consider it important to involve international students in FSV Fysiek.

d. Students who remember more names by Sunday than the number of belongings they have lost will have met more people and achieved the goal we have in mind when organising the introduction camp: meeting people.



FSV Fysiek
Fysiotherapeutische Studievereniging



StuCie

Organises study-related activities

Chair: Laura Reinink   Members: –

Secretary: Thijs

Treasurer: Gregory

Objectives

a. Organise at least one study-related activity each month to broaden students' knowledge and practical experience.

b. Organise at least one visit to a dissection room during this academic year.

c. Investigate what is needed to have all study-related activities added to students' timetables.

Implementation

a. We aim to organise at least one study-related activity every month. We will alternate Dutch- and English-language guest lectures with workshops and practical visits so that students can broaden their knowledge in different ways and experience the link between theory and practice.

b. We will contact the relevant lecturers and responsible staff to discuss the possibilities for visiting a dissection room. We will then try to find a suitable date and organise the visit so that students can deepen their anatomical knowledge in a practical way.

Objective d

d. Organise a two-day domestic trip featuring study-related activities.

Implementation c

c. We will talk to the responsible staff and education coordinators to investigate how study-related activities can be added to existing student timetables. In this way, we want to ensure that activities are visible in good time and accessible to as many students as possible.

Implementation d

d. We will look for a suitable destination and corresponding activities for a two-day trip. We will also draw up a schedule and budget. We will then ensure that the trip is promoted and that registration opens in good time.



RedaCie

During all activities, the RedaCie captures the best moments in photographs and videos, so you can always look back on these enjoyable times! The RedaCie also handles promotion of all activities on Fysiek's Instagram account. This way, you will always stay informed about upcoming activities and never miss a thing!

Chair: Isa Members: Jasmijn, Sylvia, Noelia

Secretary: [not specified] Treasurer: [not specified]

Objectives

a. Compile a yearbook. Before the end of the academic year, the committee will compile a yearbook recording the most enjoyable activities, highlights and memories of the past academic year, so students can look back on them later.

b. Increase visibility on Instagram. Before the end of the academic year, the committee aims to increase the study association's visibility on Instagram by posting at least one post or story each week about activities, the association and student life within Physiotherapy, so students become more involved in the association.

Implementation

a. At the beginning of the academic year, draw up a schedule for collecting photographs, texts and other memories. Collect photographs and information from activities throughout the year. Stay in contact with other committees to ensure that moments are captured. Build up the yearbook throughout the year and add to it regularly. Complete the yearbook before the end of the academic year and make it available to students.

b. At the beginning of each month, draw up a content schedule. Publish at least two posts or stories each week. In addition to activities,



Objectives (continued)

c. Announce activities in good time. Throughout the academic year, the committee ensures that at least 90% of the study association's activities are announced on Instagram at least one week in advance, giving students sufficient time to put the activity in their calendars and register if necessary.

d. Conclude activities with a recap/aftermovie. Throughout the academic year, the committee ensures that a recap of at least 80% of the activities organised is posted on Instagram within one week after the activity, so students can look back on it.

Implementation (continued)

b. Also share other subjects, such as committee members, behind-the-scenes footage and student life. Regularly review Instagram statistics to see which content is viewed frequently and which posts students respond to.

c. Maintain regular contact with other committees about planned activities and their deadlines. Create a clear announcement for each activity, including the date, time, location and any registration information. Keep an overview of all upcoming activities and their publication dates. Check that all the information is included in the announcement before posting it.

d. Collect photographs and short videos during activities. Agree in advance who is responsible for taking and collecting photographs during each activity. Publish the recap on Instagram within one week after the activity.

VakanCie

Organising the winter sports trip

Chair: Yildou Palsma Members: Silke Slijkhuis

Secretary: Floris Holthausen

Treasurer: Thomas Berends

Objectives

a. Organise an affordable winter sports trip that meets the wishes and needs of the participants.

b. Have at least 50 participants take part in the winter sports trip.

c. Ensure a safe, well-organised trip with clear communication for all participants.

d. Create a friendly, engaged group atmosphere within the committee and during the winter sports trip.

Implementation

a. Specific: The committee organises a winter sports trip that takes account of the target group's wishes and aims to provide good value for money.

Measurable: At least three destinations, accommodation options and transport options are researched and compared before a final decision is made.

Acceptable: All committee members are involved in the decision-making process and agree to the final destination and trip arrangements.

Realistic: By comparing several options and requesting quotations in good time, it is possible to put together an affordable trip.

Time-bound: The destination is confirmed and communicated to participants no later than 1 December.

b. Specific: The committee aims to recruit at least 50 participants for the winter sports trip.

Measurable: At least 50 participants have officially registered before the registration deadline.



Implementation (continued)

b. Acceptable: The participant target is aligned with the available accommodation and transport capacity.

Realistic: Promotion via social media, association activities and word of mouth makes it feasible to reach enough participants.

Time-bound: The target must be met when registration closes.

c. Specific: The committee ensures a safe and well-organised trip through a clear schedule, an event plan and communication.

Measurable: Before departure, all participants receive all necessary travel information, house rules, schedules and contact details.

Acceptable: Both the committee and participants are aware of the arrangements made and the safety measures.

Realistic: By dividing responsibilities within the committee and preparing in good time, the organisation can proceed in a structured manner.

Time-bound: All documentation and information provision are completed no later than two weeks before departure.

d. Specific: The committee works to create a positive group atmosphere before, during and after the winter sports trip.

Implementation (continued)

d. Measurable: At least one introductory activity is organised before the trip and at least one joint activity during the trip.

Acceptable: The activities match participants' wishes and promote a sense of connection.

Realistic: With a limited investment of time, activities can be organised that contribute to group dynamics.

Time-bound: The introductory activity takes place before departure and the evaluation is carried out within two weeks after returning.

