



Step Into Spring

12-16 May, 2025

Get ready to shake off the winter darkness and *Step Into Spring* with us! In week 20, the DANDRITE Support Team is marking a week of fun events and activities to welcome the brighter days ahead. Think sunshine (fingers crossed), fresh air, and a little extra spring in your step—we're talking outdoor fun, feel-good vibes, and a chance to recharge both mind and body.

We'll wrap it all up with a fabulous DANDRITE Spring Party organized by representatives from our groups – the theme of the party is 'Mad Scientist's Tea Party' – and it will be packed with fun competitions, good food and drinks. Get ready to celebrate the season!

Programme

Monday 12 May – Friday 16 May
Spring Step Challenge: [Read more.](#)

Monday 12 May 16:15
Mindful walk in Risskov with Rikke Skovgaard Lindhard. [Read more.](#)

Thursday 15 May 15:30 – 16:15
Silent fit in Universitetsparken with Maria Thykær Jensen. [Sign up.](#)

Friday 16 May 16:00-late
DANDRITE Spring Party at the Skou Canteen.
"The Mad Scientist's Tea Party". [Read more and sign up.](#)

