

## AIV-Newsletter December 2022

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**As always: First-come, first-served! So register right away! ;)**

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**The AIV wishes everyone a wonderful Advent! ☺**

## Successors wanted



For the next semester we are again looking for new board members. Currently the External Relations position is open. If you would like to get involved with us, maintain contact with various companies in the construction industry and organize popular excursions to various construction sites, this is exactly the right position for you!

Just contact us at [vorstand@aiv.ethz.ch](mailto:vorstand@aiv.ethz.ch) or come to a board meeting without obligation. They take place every Tuesday at 11:35 in HXE C23. Otherwise, you can also meet us in G15.

## AIV advent calendar



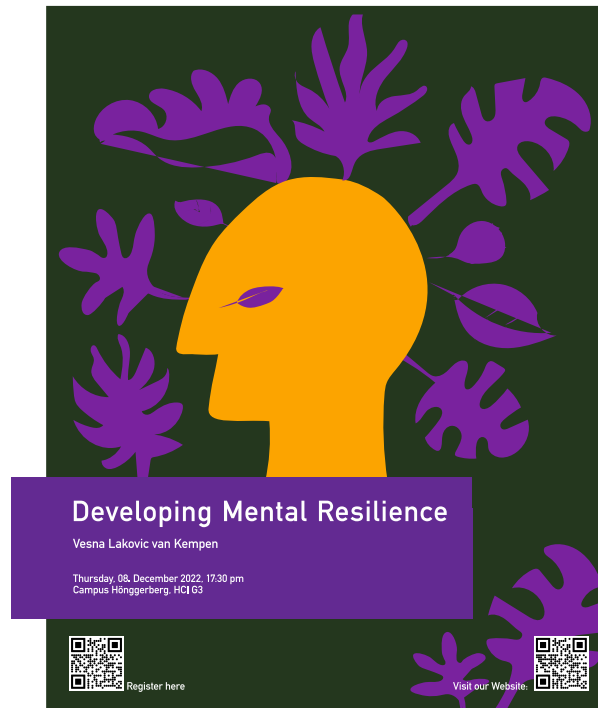
It's getting colder outside and the nights are getting longer, which can only mean that the Christmas season is approaching. But what would the Christmas season be without the traditional AIV Advent calendar to shorten the wait? Every day you can find new challenges, puzzles, memes and recipes in our online advent calendar. Behind some doors you can even find a small prize or two. So don't miss your chance and check out what's hiding behind the doors every day.

Link to the [AIV Adventskalender 22](https://www.aiv.ethz.ch/aiv-adventskalender-22)

## Mental Wellbeing: Talk on Developing Mental Resilience

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MENTAL WELLBEING



DBAUG

On this event Vesna Lakovic van Kempen will talk about:

- Resilience
- What is resilience and why is it important
- Development of our inner strengths - recognition of our own qualities, reduction of self-criticism and perfectionism
- Emotional resilience - how to strengthen the capacity to deal with difficult feelings stress and other people's emotions

This presentation will be held in English.

**When:** Thursday, 8.12.22, 5:30 pm - 7:00 pm

**Where:** HCI G3

**Registration:** [Developing Mental Resilience](#)



## Masterreise: Mulled Wine and Crêpes



The Masters Journey of the Civil Engineers sells mulled wine and crêpes so that we can all end the semester on a happy Christmassy note.

**When:** Thursdays, 8.12 and 15.12

**Where:** Stefano Franscini Platz in front of HIL

**Registration:** Not required!

## Mental Wellbeing: Workshops on Emotional Exhaustion

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D BAUG  
MENTAL WELLBEING



D BAUG

### After the workshop participants will:

- Have a better understanding of first signs of emotional exhaustion and why its prevention is crucial.
- Get familiar with the practice of mindful self-compassion and its three components that are important in the prevention: mindfulness, common humanity & empathy towards ourselves (based on the research and program of Kristin Neff and Chris Germer).
- Have a chance to experience and practice concrete tools and exercises which can support people in prevention of emotional exhaustion.
- Be able to recognize this condition and its differences from burnout syndrome.

This workshop will be held in English.

**When:** Friday, 9.12.22, 12:00 pm - 1:30 pm

**Where:** ETH Hönggerberg

**Registration:** [Registration Emotional Exhaustion](#)

## Mental Wellbeing: Workshops on Stress Control

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MENTAL WELLBEING



**THE WORKSHOPS**  
Vesna Lakovic van Kempen

**WORKSHOP  
EMOTIONAL  
EXHAUSTION**

Friday, 9th December  
12.00 pm - 13.30 pm

**WORKSHOP  
STRESS  
CONTROL**

Friday, 9th December  
09.30 pm - 11.00 pm

Friday, 9th December  
16.30 pm - 18.00 pm

DBAUG

### After the workshop participants will:

- Have a deeper understanding of our automatic stress responses and how they are impacting our behavior and mental/emotional state.
- Learn more about the connection between their thoughts, emotions and stress responses in various situations.
- Get familiar with mindfulness exercises and tools to control and soothe stress.
- Know more about the ways on how to implement mindfulness in their daily lives in order to stay calmer.

This workshop will be held in English.

**When:** Friday, 9.12.22, 9:30 am – 11:00 am

**Registration:** [Registration Stress Control Morning](#)

**When:** Friday, 9.12.22, 4:30 pm – 6:00 pm

**Registration:** [Registration Stress Control Evening](#)

**Where:** ETH Hönggerberg

## Nik's Hütte AIV x GESO



Advent is mulled wine time! Once again Nik's Hütte is on the Piazza. AIV will be hosting as expected an evening together with GESO. Come by and drink free mulled wine with the AIV (or GESO) mug.

**When:** Friday, 9.12.

**Where:** Piazza Höggerberg

**Registration:** Not required!



## Jass/Tichu Tournament with GESO



The best Jass and Tichu players from GESO and AIV will meet in the cold month of December in a cozy room to find out who should be considered the greatest of all time. If you and a friend of yours think that you can compete for the title, you're welcome to join us on 13th December.

**Wann:** Dienstag, 13.12. um 17:30 Uhr

**Wo:** HXE B1

**Anmeldung:** [Jass-/Tichuturnier](#)

## Lecturers' Aperero



Together with students from GESO you will have the opportunity to meet Profs and lecturers in a relaxed atmosphere.

**When:** Wednesday, 14.12. from 18:00/18:30

**Where:** HIT F-floor

**Registration:** not required!

## Christmas breakfast



Soon it will be Christmas, but the never-ending semester still drains your last drops of energy. To make sure you still have enough for at least that day, the AIV organizes a Christmas breakfast on a cold and hopefully snowy December day. Fresh pastries, snacks and mulled wine awaits you at the F 15.

**When:** Thursday, 15.12., 9:00-11:00

**Where:** HIL F 15

**Registration:** not required!



## AIV Skiweekend



Dear ski, snowboard and “Fassdauben” lovers

The learning phase in winter is short and leaves us little time to enjoy the snow. The AIV Ski Weekend provides the relief you need. On the first weekend of the spring semester, we will go together to Sedrun and enjoy a legendary weekend together. More information about accommodation, travel and costs will follow in a separate mail but you can already save the date ;)

**When:** Friday, 24.2. bis Sunday, 26.2.2023

**Where:** Sedrun GR

**Registration:** will follow in a separate mail



## Loch Ness



Every Tuesday & Thursday LOCH NESS offers you parties & various events. In addition to Beer Pong, Table Football Tournament, Beer Festival, Karaoke Evenings and much more, every Tuesday and Thursday the bar is open from 18:00. Follow us on Instagram (@loch\_ness\_bar) to stay up to date and participate in our giveaways Hope to see you soon at LOCH NESS! :)

## Our Partners and Sponsors in HS 2022

*The AIV would like to take this opportunity to thank all its sponsors!*

*Their great commitment makes it possible to keep the club culture of the AIV at a high standard and to continue to offer you attractive and exciting events!*

### Golden Sponsor



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