 

**PROGRAM**

**University of the Free State 2013**

**Exchange Program Formula I**

**at the**

**The University of Humanistic Studies**

**Utrecht, the Netherlands**

**September 22 – October 3 2013**



**Contact details**

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A Word of Welcome

On behalf of the Rector of the University of Humanistic Studies (UvH), Prof. Gerty Lensvelt-Mulders, and the entire UvH staff – and student community, I warmly welcome the F1 exchange students and their mentor, from the University of the Free State, Bloemfontein, South Africa.

The UvH is a small, state funded university, situated in the historic city center of Utrecht. We have approximately 450 students, who are enrolled in Bachelor – Pre Master – Master – and PhD degrees in Humanistic Studies. Humanistic Studies is a multi – or interdisciplinary human science for which humanist values are a source of inspiration. Its program particularly draws from the Humanities and Social Sciences and connects insights from philosophy, psychology, sociology, religious and cultural studies, theories of science and methodology. Humanistic Studies explores the ways in which people deal with existentialist issues in the context of historic and contemporary social, political and ethical issues. Graduates of the UvH find employment e.g. as counselors in prisons, hospitals, the army; as educators in high schools and in higher professional education and as advisors and policy developers in various organizations and the business sector.

We hope that your stay in the Netherlands and at the UvH in particular, will be an interesting and meaningful experience for you. We have developed a program for you which is in line with the UFS mission to understand Higher Education as an Academic ànd a Human project. It means that we hope to engage you academically as well as personally and that your stay with us will open new perspectives which challenge you to critically question the world we live in, the knowledge we develop and value and help you to rethink your own possibilities and vulnerabilities as a university student in South Africa in 2013.

The two week program will firstly involve an introduction to Humanist Studies and Humanism and the ways in which we engage with humanist values, academic knowledge and transformative practices in society. You will attend several lectures within existing Bachelor – and Master programs. For each lecture, you will be given a corresponding academic texts which UvH students are required to read in preparation. Here the idea is that you may not be able to understand everything that is said or read, but that it will allow you to “taste” what it means to study at a different university in a western European country. In addition there are plenty of meetings with young UvH students, in class, in their homes and during excursions to Amsterdam, Zaanstad and The Hague.

Together with Frank Nieuwenhuizen (who did an internship in the Education Faculty at the UFS in 2012) and all participating staff and students of the UvH, I am committed to make your stay interesting and memorable.



Dr. Carolina Suransky

Director of the Kosmopolis Institute of the UvH and lecturer in Globalization Studies

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| **PROGRAM UFS Exchange program Formula I** | | |
| **Date** | **Activity** | **Contact person(s)** |
| Sat 21 Sept. | Departure for the Netherlands |  |
| Sun 22 Sept. | Arrival Schiphol Airport Amsterdam  Frank Nieuwenhuizen will be there to meet you with a sign: UFS –Formula I group, in the Central Hall at the Meeting Point (see below). Together, you will take the train to Utrecht.  MeetingPoint-Schiphol.gif  Check in at Hostel Strowis Utrecht  <http://www.strowis.nl/GB-html/hostel-utrecht-general.html>  This hostel is a 5 minute walk to the UvH building  18:00 @ Carolina Suransky’ s house: welcome and dinner Goedestraat 119, Utrecht    Stay at Strowis | Frank Nieuwenhuizen  + 31 6 19460541  Caroline Suransky  +31 6 411 99591 |
| Mon 23 Sept.  Venue to be confirmed | 09:00 Welcome at the UvH by Carolina Suransky and Frank Nieuwenhuizen of the Kosmopolis Institute of the UvH  09:15 Tour of the UvH building at the Kromme Nieuwegracht 29 in Utrecht by Jules Brabers of the Humanist Historic Center UvH  10:15 – 10:45 - Introductory lecture on the University of Humanistic Studies by Carolina Suransky  *Humanistic Studies is a multi – or interdisciplinary human science for which humanist values are a source of inspiration. It connects insights from philosophy, psychology, sociology, religious and cultural sciences, theory of science and methodology. Humanistic Studies explores the ways in which people deal with existentialist issues. Relevant questions include: What makes life worthwhile? What is the meaning of happiness and prosperity? Which moral and ethical decisions are open to us? How do we deal with suffering and sorrow? Furthermore, Humanistic Studies explores major contemporary social, political and ethical issues. Here relevant questions include: What does a pluralist society entail? How can the quality of care and education be determined? How can sustainable development be realized? How can human rights be guaranteed?*  Corresponding text: please check out the UvH web site: <http://www.uvh.nl/english/home>  11:00 – 13:00 - Introductory lecture on Humanism as world view by Prof. Peter Derkx and dialogue with UvH students  *Humanism: what is it? Very often it is regarded as an alternative to the Christian (or another) religion, and thus functionally it is said to be a "religion”. Many humanists, however, do not like this at all. They do not want to see humanism as a religion so they look for another, more general word to capture the function of both humanism and religion. "Philosophy of life" and "worldview" have been used in this way. In the Netherlands "levensbeschouwing' (life-view) has acquired currency, even in the constitution and national laws. Furthermore, by investigating the modernization of society and concomitant trends of individualization and secularization, some social scientists have proposed the term "meaning system”. Yet, "meaning system" sounds too systematic and complete to refer to the mostly implicit "meaning frames" people use in the daily practice of their lives. In this lecture, we focus on Humanism as a "meaning frame".*  Corresponding text: Peter Derkx (2013) ‘Humanism as a Meaning Frame’ in Anthony B. Pinn (Ed.) What is Humanism and why does it matter? Acumen, Durham, UK  13:00 Lunch at UvH canteen  14:00 – 16:00 - Introductory lecture on Humanism and Christianity by Dr. Laurens ten Kate and dialogue with UvH students  *Is there a connection between Christianity and humanism? Or do these world views and their long traditions simply oppose one another? In order to deal with these questions we will dive into our Christian ánd humanist sources and take a closer look at the word ‘secular’: what does that mean, what could it mean? We will read the ‘Introduction’ of a recent but already famous book by the Canadian philosopher Charles Taylor, entitled* A Secular Age *(2007), and see if he can help us with these questions.*  Corresponding text: ‘Introduction’ from: Charles Taylor (2007) A Secular Age. The Belknap Press of Harvard University Press.  Dinner at the home of a UvH student  Stay at Strowis | Frank Nieuwenhuizen  Caroline Suransky  Dorothé van Driel  030-2390105 |
| Tue 24 Sept  Venue 1.40  Venue to be confirmed  Venue to be confirmed | 9:00 – 11:45 Formal welcome by Prof. Joachim Duyndam;  UvH Director of Educational Affairs. Followed by  Lecture Psychology: Thinking processes: our memory by Dr. Joanna Wojtkowiak Wojtkowiak Wojtkowiak  *Our memory plays an important role in our lives, such as in the development of a sense of identity. Remembering important life events and sharing these with others helps to create an image of ourselves. Research on the subject of the human memory played a central part in the development of cognitive psychology. But how does our memory work? Are memories always reliable? What is the impact of for example traumatic experiences on memory?*  Corresponding text: E. J. Newman and D.S. Lindsay (2009) False Memories: What the Hell are They For?’’ in: Applied Cognitive Psychology. 23: 1105–1121 (2009)  Lunch at UvH canteen followed by free time and working on UFS assignments  15:30 *UVH Master student Karlijn Bunnig will talk about the book she is writing about her life in a Durban township as a young Dutch woman and what it means to live with someone who is HIV positive*  16:30 Meeting UVH hosts (for home stay with UvH students)  Diner + home stay with UvH students | Caroline Suransky  Dorothé van Driel  Frank Nieuwenhuizen |
| Wed 25 Sept.  Venue 1.40  Venue: Kosmopolis Room | 10:00 – 11:45 Lecture Humanism and Resilience: Exemplary Figures by prof. Joachim Duyndam  *One of the most notable things about Jaap van Praag’s (Founding Father of Humanism in the Netherlands) lifelong campaign to promote resilience is that he requires mental resilience to be an integral part of a philosophy of life. Even though one might expect assertivety-training courses, psychotherapy or meditation-exercises to be the obvious methods for stimulating people’s mental resilience, Van Praag has chosen to back humanism. But, the question then arises: how can a philosophy of life, like humanism, manage to create, maintain and promote a phenomenon like resilience? This lecture focusses on*  *(elements of) a hermeneutical theory that unveils, from a humanistic point of view, the possibility of a relational autonomous ‘will’ in the relationship with exemplary inspirational figures.*  Corresponding text: Joachim Duyndam (2012) Humanism, Resilience, and the Hermeneutics of Exemplary Figures in: *Essays in the Philosophy of Humanism* vol. 20, no. 2 (2012), 3–17  Lunch at UvH canteen  13:30-14:30 *UVH Master student Frank Nieuwenhuizen will discuss his internship – and work experiences: Humanistic Studies in practice: hard organizing - youth work in a ethnically divided city*  14:30-16:30 Walk through historic center of Utrecht with Frank Nieuwenhuizen and other UvH students  <http://www.visit-utrecht.com/en/event/uniek-utrecht-city-walk-app>  Diner + home stay with UvH students | Caroline Suransky  Dorothé van Driel  Frank Nieuwenhuizen |
| Thurs 26 Sept  Venue to be confirmed  Venue 1.22 | Morning: free time and working on UFS assignments  Own lunch arrangements  14:00 – 15:30 Workshop  'Walking the Earth: What is your Shoe Size? by UVH Master student Jette van Ravesteijn and UvH Graduate Bart Mijland.  *Everybody walks the same Earth, this beautiful blue planet that we inhabit. Yet we all leave different marks. Some of us use a lot of energy by driving a car all day, others like to take long showers. But much of this behavior depends on where you were born and how you look at the world's resources. In this interactive session, we invite you to explore your own impact on our Earth. By measuring your Ecological Footprint we get a sense of how sustainable your behavior is. By comparing our different scores we get a sense of what kind of responsibilities we have as individuals and as countries.*  15:30 – 18:15 Lecture: The Ethics of Care by Prof. Carlo Leget  *This lecture is the fifth session in a course which introduces the Ethics of Care. Ethics of care is a relatively young and new perspective in ethics which studies practices of caring as a preferred access to morality. In the meeting we focus on the relation between the micro level of caring and its political-ethical dimensions. The text by Daniel Engster will play a central role.*  Corresponding text: Daniel Engster (2004) ‘Care Ethics and Natural Law Theory: Toward an Institutional Political Theory of Caring’ in: The Journal of Politics, Vol. 66, No. 1 (Feb., 2004), pp. 113-135  Evening: Film – and Dialogue with UvH students (to be confirmed)  Diner + home stay with UvH students | Caroline Suransky |
| Fri 27 Sept. | To the Hague by train:  10:00 Visit the Humanity House [www.humanityhouse.org](http://www.humanityhouse.org)  12:00 Visit the The Hague Peace Palace  <http://www.vredespaleis.nl>  Lunch at UvH student in The Hague (to be confirmed)  17:00 train to Amsterdam.  19:00 Dinner at Eelco and Bruce's.  Evening: sightseeing in Amsterdam  Stay at Flying Pig Uptown hostel in Amsterdam <http://www.flyingpig.nl/hostels/flyingpiguptown.php> | Fri - Mon: during  entire excursion:  Frank Nieuwenhuizen |
| Sat 28 Sept. | 10:30 – 12:00 Visit the Rijksmuseum  <https://www.rijksmuseum.nl/en>  Guided tour by Art Historian Valentijn Rambonnet  Followed by city walk in Amsterdam including the Plantagebuurt  (Former Jewish Quarter Amsterdam). Guided tour by Historian Carine Lacor  Dinner snacks at a typical Amsterdam snack bar  Evening: Go by train to Zaanstad, stay in Zaanstreek (private accommodation arranged by Frank) | Frank Nieuwenhuizen |
| Sun 29 Sept | 12:00 Meet and greet with Zaanstad squatters movement  14:00 Visit The Zaanse Schans <http://www.zaanseschans.nl/>  17:00 Supper @ Agnes en Ton de Jager in Koog aan de Zaan  Stay in Zaanstreek (private accommodation arranged by Frank) | Frank Nieuwenhuizen |
| Mon 30 Sept | 09:00 Breakfast in Koog aan de Zaan.  10:00 back to Utrecht by train.  12:00 – 17:00 free time and working on UFS assignments  17:00 visit Catharijne Huis in Utrecht: Center for home- and roofless people, welcome and talk by Nourdin Zalen  18:30 Dinner at Catharijne Huis  Stay at Strowis | Frank Nieuwenhuizen |
| Tue 1 Oct  Venue  1.40  Venue  1.22 | 9:00 – 11:45 Lecture Psychology: Personality psychology by Dr. Joanna Wojtkowiak Wojtkowiak Wojtkowiak  *Personality psychology deals with differences and similarities between individuals and the way these can be measured with psychological instruments. But what is our personality exactly? And what is the difference between the concepts of personality and identity? In this lecture we will explore different approaches towards personality.*  Corresponding text: Roy F. Baumeister (1991): Meanings of Life. Chapter 5: Self Identity and the Value Gap’ in New York, Guilford Press  12:00 Lunch at UvH canteen  12:30 – 15:15Lecture: Organisations in transition - A new View of Nature and Humanity by Dr. Fernando Suárez Müller  *One of the main points in an ecological philosophy is the definition of nature. What is nature and what has it become in our western civilisation? A deep immersion into the history of modern science will be required in order to clarify this point as well as an exploration of several possible alternative worldviews which we can find in our own tradition. The modern understanding of nature starts with Descartes who creates a mechanistic worldview that still influences people today. Nature becomes mathematical, but also a neutral dimension that can be disposed of at will. An alternative view of nature was developed during European romanticism (Schelling, Novalis, Hölderlin). This alternative worldview is a first step towards an ecological science. Modern ecological thinking seems to have taken up some of the main lines of integral thinking of the romantic era. A crucial thinker in this transition from romanticism to modern ecological philosophy was Martin Heidegger. One of the most invaluable elements of his work is his critique of modern technology.*  Corresponding text: Martin Heidegger (1982), “The Turning” and “The Question concerning technology” in *The Question Concerning Technology*, chapter 1 & 2, p. 3-53.  UFS students do their own grocery shopping and cook their dinner in the Strowis kitchen  Stay at Strowis | Caroline Suransky  Dorothé van Driel |
| Wed 2 Oct | 09:00 – 11:00 Working on UFS assignments.  11:00 – 12:00 Interview F1 participants for UvH website by Bart Mijland  12:00 – 13:30 Lunch meeting, dialogue and evaluationwith the UvH Vice Chancellor: Prof Gerty Lensvelt-Mulders, Carolina Suransky and Frank Nieuwenhuizen  Evening: Farewell dinner at Restaurant Santa Lucia in Utrecht  Stay at Strowis | Caroline Suransky  Dorothé van Driel |
| Thu 3 Oct | Packing – check out of hostel  Return to Schiphol by train = > back to South Africa | Frank Nieuwenhuizen |