

Welcome to KUNST!

Booklet 2026-2027

KUNST

The student gymnastics association of Nijmegen! This booklet explains everything about KUNST, so that you can quickly feel at home with the association.

KUNST can have a maximum of 165 members (KUNSTenaars). We offer training at different levels of gymnastics, from absolute beginners to advanced. At the core of KUNST are our trainers Marc and Jasper. They are happy to help you push your limits, whether that is a cartwheel or a double somersault.



Sports card

To train at KUNST, it is compulsory to have a sports card at the Radboud Sports Centre. A few times a year there is an unexpected sports card check, so make sure you always have your sports card with you when you come to a KUNST training!

Board

In 2026-2027, the KUNST board consists of Cato Kielstra (chair), Emke Broekaart (secretary), Siert Groote (treasurer), Aranka Meershoek (competition commissioner) and Tamar Wijnker (PR commissioner).

As the board, we ensure the association keeps running. We do this by supporting and managing committees, organising competitions and training sessions, and communicating with you, the members.

You can always come to us with questions or remarks, but of course you can also just have a chat**!**



Your start at KUNST
The first months at KUNST can be quite thrilling, especially if you don't know anyone at the association yet. Fortunately, there are many activities during the first months that you can participate in to get to know the association and quickly meet new people.
All activities will be announced in the monthly newsletter, but below is a brief overview of the main activities in the coming months.

Wednesday the 23rd of September is our KAK activity at Bascafé! This stands for **K**ennismakings**a**ctiviteit **K**UNST which is translated to Acquaintance Activity KUNST (in the Dutch translation this makes sense…). With dinner at Beij Ons, a drink and a fun evening of games at Bascafé, you will get to know your fellow gymnasts. A picnic will also be held as a follow up to this, so you can reconvene with members to socialize in a more chill environment.

Throughout the year, KUNST always has drinks together on the first Tuesday of the month. We usually meet at *Bas(café)* or *De Fuik* and chat with all members to talk about something other than gymnastics, for example; the great discount offers we get! This is a great time to bond with everyone in a relaxed social setting.

2-4 October is the KUNSTweekend, during which we will leave Nijmegen for a great weekend in Delft, filled with fun activities. So if you are curious about this, feel free to ask us! For the weekend some spots will also be reserved for new members, so be sure to take advantage of that.

Buddy system
To help new members ease into the flow of our association, there is a buddy system. When signing up for an activity, you can indicate if you would like a buddy. You will then be coupled to two older members and one new member to eat or meet up before an activity or drink. This allows you to have a nice point of reference at an activity or at the drinks.

Trainings
KUNST trains in two different groups so that everyone can train at their own level. Every month you will change training times. In the KUNST agenda you can read at what time your group trains or look in the monthly newsletter. You can add the KUNST agenda to your own calendar. Then you are always up to date on all these KUNST activities, drinks and trainings! This is possible if you go to the KUNST website, click on AGENDA and click the “+” beneath the agenda. Now you can add it to your calendar!

Sunday trainings
Besides the weekly training sessions, we also have a Sunday training once every 2 to 3 weeks. These take place from 19:30 to 21:00 and both groups train at the same time. You can see when these training sessions are on Instagram (@nstv_kunst), in the agenda, and in the newsletter.

Student gymnastics and competitions/NSTB
The *Nederlandse Studenten Turn Bond (NSTB, Dutch students gymnastics association)* is the umbrella organisation of all Dutch student gymnastics associations. On behalf of the NSTB, competitions and other activities are organised several times a year with our ten

sister associations throughout the Netherlands: NSTC 1 (Dutch Student Gymnastics Competition), NSTC 2, NSTC Jumping Competition, the NSK Allround (Dutch Student Gymnastics Championships), and NSTC Team Competition.

The NSTC 1 is an apparatus competition, you can choose which apparatus you would like to do. NSTC 2 is an all event competition, as is the NSK. NSTC jumping can be either individual or team. Apart from the medals that can be won each competition, three competitions (NSTC 1, NSTC 2 & NSK Allround) together also form a competition: at the last NSTB competition trophies are awarded to the male student gymnast, female student gymnast and student gymnastics association of the year.

The competitions are offered at different levels. There are six different levels in women's (1 is the highest and 6 the lowest) and five different levels in men's (1 is the highest and 5 the lowest). The student competitions are always fun, and, if you are used to competitions at KNGU, more relaxed! After the competition, there is always dinner, a party and you can stay overnight in the city where the competition is held. You can decide in which parts you would like to participate in; just the competition or all the eating, partying and sleeping.

The board ensures that the men's and women's Code of Points for the competitions are always present at the training, so you have extra opportunities to make a routine or get ideas. Also, you can always ask for help on deciding which level is most suitable for you.

If you have any questions about competitions, we hold a meeting to explain everything about these competitions. If you have any questions beforehand, feel free to ask the competition commissioner or the rest of the board!










General members' assembly
A general members' assembly (GMA) is held at least twice a year, the Summer GMA and the Winter GMA. At these meetings, the board informs all members about everything that is going on within the association. These meetings are very informative and important decisions are also taken that contribute to changes within the association. At the annual Summer GMA, the change of board also takes place. After the meetings, there is often time for drinks for anyone who wants to join in.

Technical Building Lessons
We also have TOL, the technische opbouw lessen which translate to technical building-up lessons (again, the abbreviation makes sense in Dutch). Here, the board will use a poll in whatsapp to ask members which skills or tricks they would like to learn. This information will be communicated to our trainers who can use it as a basis to put together fun practices that everyone can participate in. So if you ever come across something you would like to learn, please inform the board, so that it can be added to the poll.

Committees
KUNST has several committees that take care of all sorts of fun and practical things within the association. We have listed information about some of the committees here, for the full list please check the website. Joining a committee is a good way to get to know more members and be active in the association.

Activities committee
This committee organises a fun activity every month. This varies a lot from month to month and can be, for example, a pub crawl, sports activities or the New Year celebrations.

Batavieren committee
Every year, this committee organises participation in the Batavierenrace, the biggest relay race in the world. It goes from Nijmegen to Enschede.

Drinks committee
This committee organises monthly drinks in Bas(café) or de Fuik with fun themes.

Merchandise committee
This committee takes care of the merchandise for all members so that everyone can participate in the KUNST purple invasion as much as possible.

Portrait committee
This committee ensures that all the fun moments that happen during KUNST activities are recorded. They also make the face book (not the website) to get to know members, and a photo book.

Uit-de-KUNST committee
This committee ensures that the club magazine is published four times a year.

Internal competition committee
The internal competition is a competition in the SportQube in which KUNSTenaars compete against each other. It is organised by the internal competition committee.

Weekend committee
This committee organises the KUNSTweekend every year in the autumn, where we go away for a weekend with our fellow KUNSTenaars.

Sign-up
Sign-ups for the committees will open after the open training sessions. Sign up between September 21 and 28! We reserve a spot in every committee for new members, so we'd love to see you join one of our committees!

KUNSTenaar of the Year
This year, the KUNSTenaar of the Year competition is being organised. When taking part in this, you will earn points by attending training sessions, activities and drinks, among other things. The participants who have the most points at the end of the year get to call themselves KUNSTenaar of the Year, and may also take home great prizes. The full list of everything you can earn points for can be found in the newsletter.

Merchandise
To arrive as a complete purple invasion at the student competitions, you can buy KUNST merchandise. Among other things, we have KUNST shirts, KUNST jumpers and also KUNST Leotards! These are all for sale for a nice price and can be ordered from the merchandise committee. From experience, we can say that the KUNST jerseys are very comfortable!

Friend of Kunst (VVK)
Friends of KUNST are KUNSTenaars who do not come to training sessions but do come to the activities and drinks. If you have friends who would like to come to the drinks or activities, but don't want to do gymnastics, you can invite them to become a VVK.

Mascots
In January 2006, our mascot was finally christened: Neill Hippo Otto KUNST. Neill is present at all important competitions in which KUNST participates. Since the lustrum in 2014, Neill has a new buddy: Nala Hippo Koen KUNST. In 2019, the last family member was added, named Nini!



UDK
The 'Uit de KUNST' (Out of the KUNST) is our membership magazine that comes out four times a year. In it you can find the agenda, reports of past activities, a tasty recipe and everyone's favourite part: funny quotes from KUNST members, or the UDK'tjes! So if you hear a funny quote from a fellow KUNST member, let the UDK committee know! It's great fun to read back on what has been going on over the past few months and if you missed an activity you can read why you should definitely join next year!

Confidential Contact Persons
Because the past few years have shown that gymnastics has much to gain in terms of social safety. We as KUNST want to try extra hard to make sure that every member feels safe with us. Of course we hope that, at this moment, this is the case for every member. If this is not the case, we as an association would like to be there for you. Because it can be scary to raise problems with the board or other members, we as KUNST have Confidential Contact Persons (VCPs - Vertrouwens Contact Persoon). Wim Broekman and Monique Laenen are our VCPs. Since they are completely outside of the association they can listen to your story without prejudice. Wim and Monique can be contacted at vcp@turnverenigingkunst.nl. More information can also be found on the site under 'contact'.

Contact with KUNST
Do not hesitate to send an e-mail with all your questions and comments to bestuur@turnverenigingkunst.nl. You can also always take a look at the website www.turnverenigingkunst.nl. Here you can find all kinds of information about the association and everything that goes with it.
KUNST also has several group apps, both a chatting app and an information app. You will receive the sign-up link by e-mail, otherwise ask the board.
Don't forget to follow us on Instagram and Tik Tok (@nstv_kunst) too! We also have an internal Instagram only for members @insideKUNST.