

Student Life is



- Codarts' Student Support programme
- Central service point
- Comprehensive multidisciplinary health and wellbeing support network



Mission Student Life

Student Life contributes to educating self-sufficient, sustainable performing artists and teachers by providing person-centered, physical and mental high quality support that will enable them to reach their full potential.

Maximise Your Talents



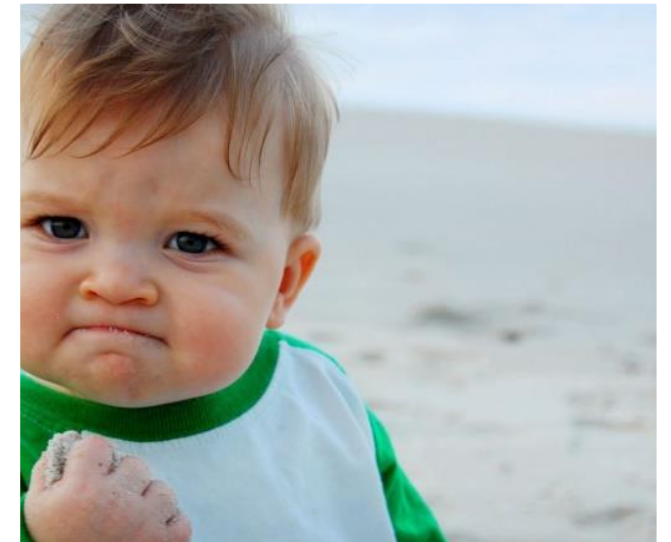
mission



prevention



performance
enhancement



empowerment

codarts



rotterdam

performing Arts Health Centre



Team physio's



Speech therapist



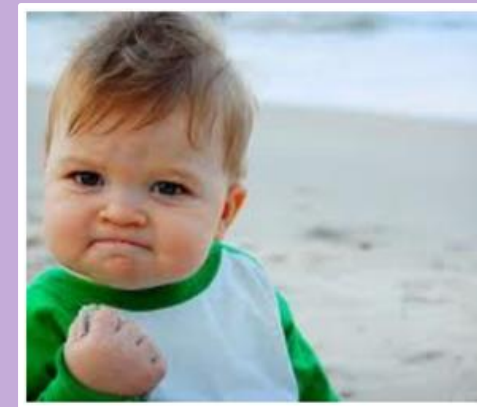
(sport)
nutritionist



Ear protection



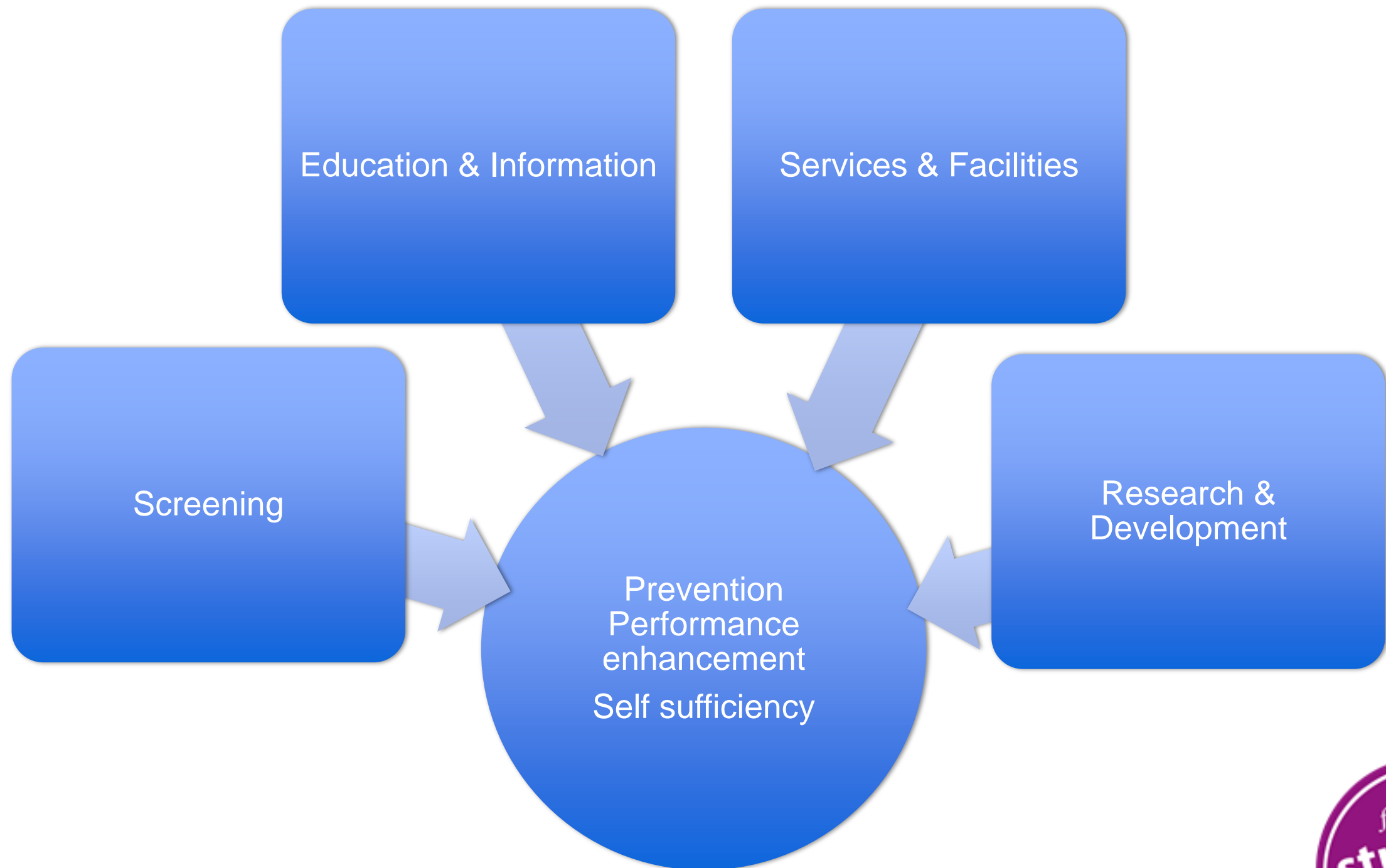
Performance Coach



Team Mental coaches



How ?



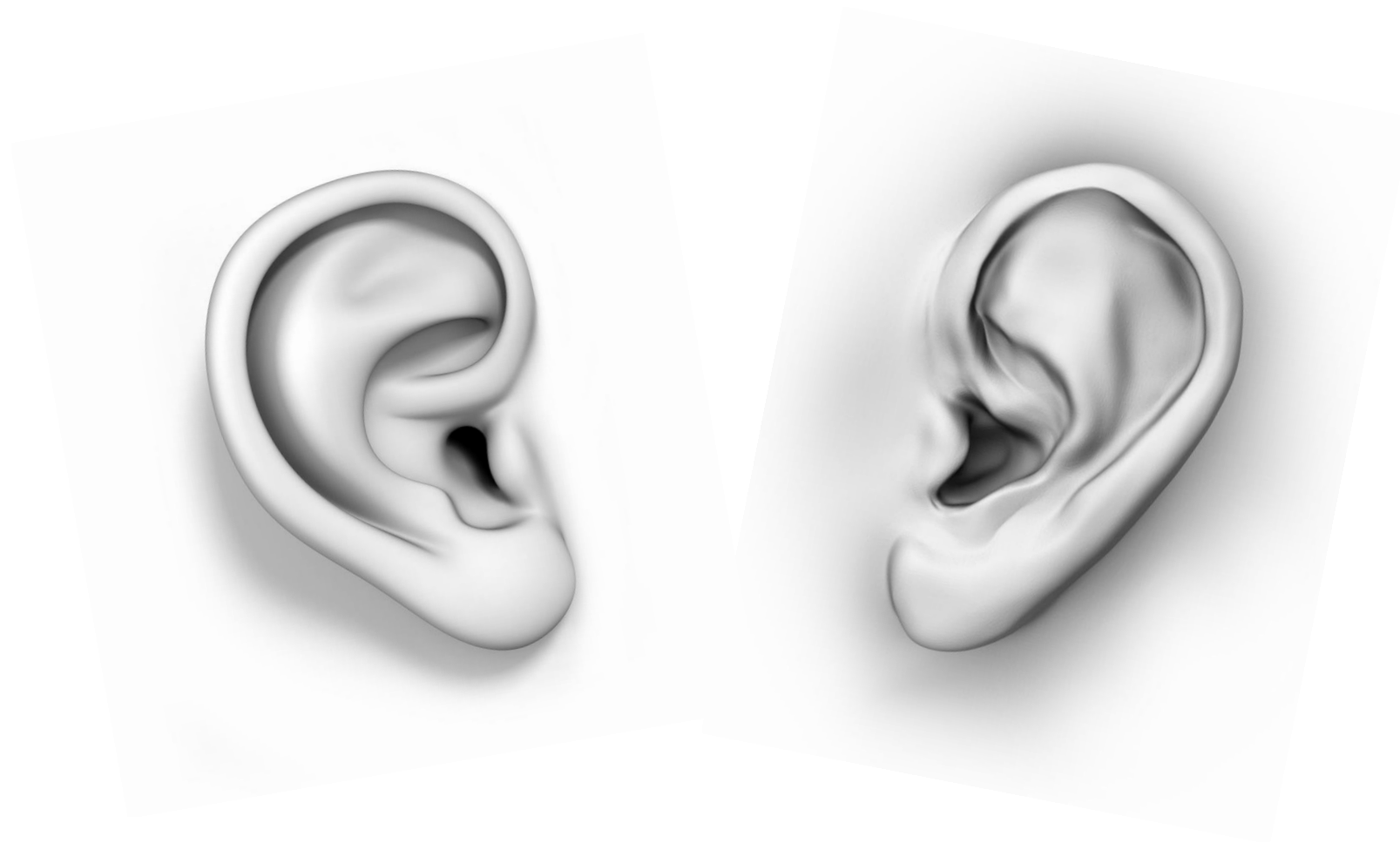
HEAR

HEAR



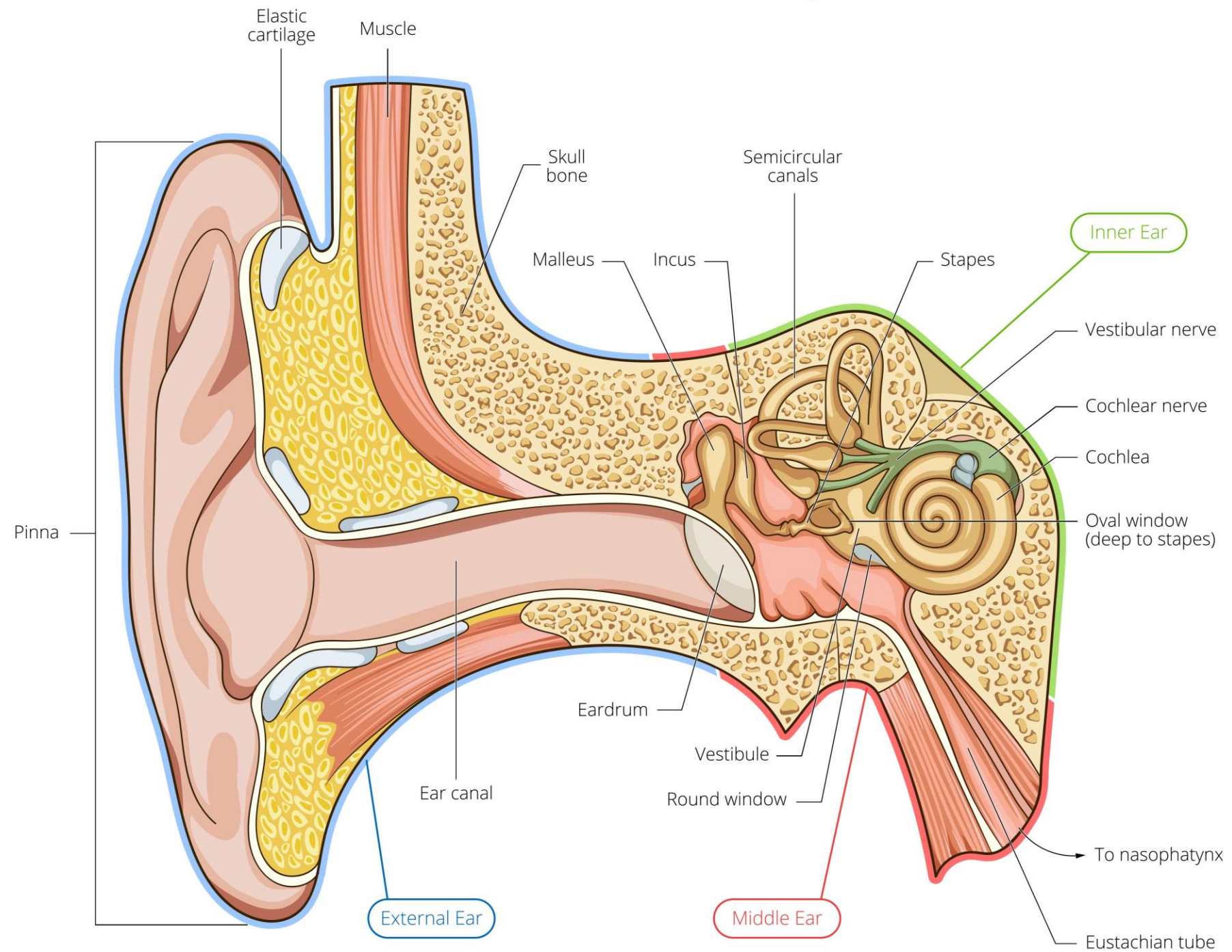
earproof



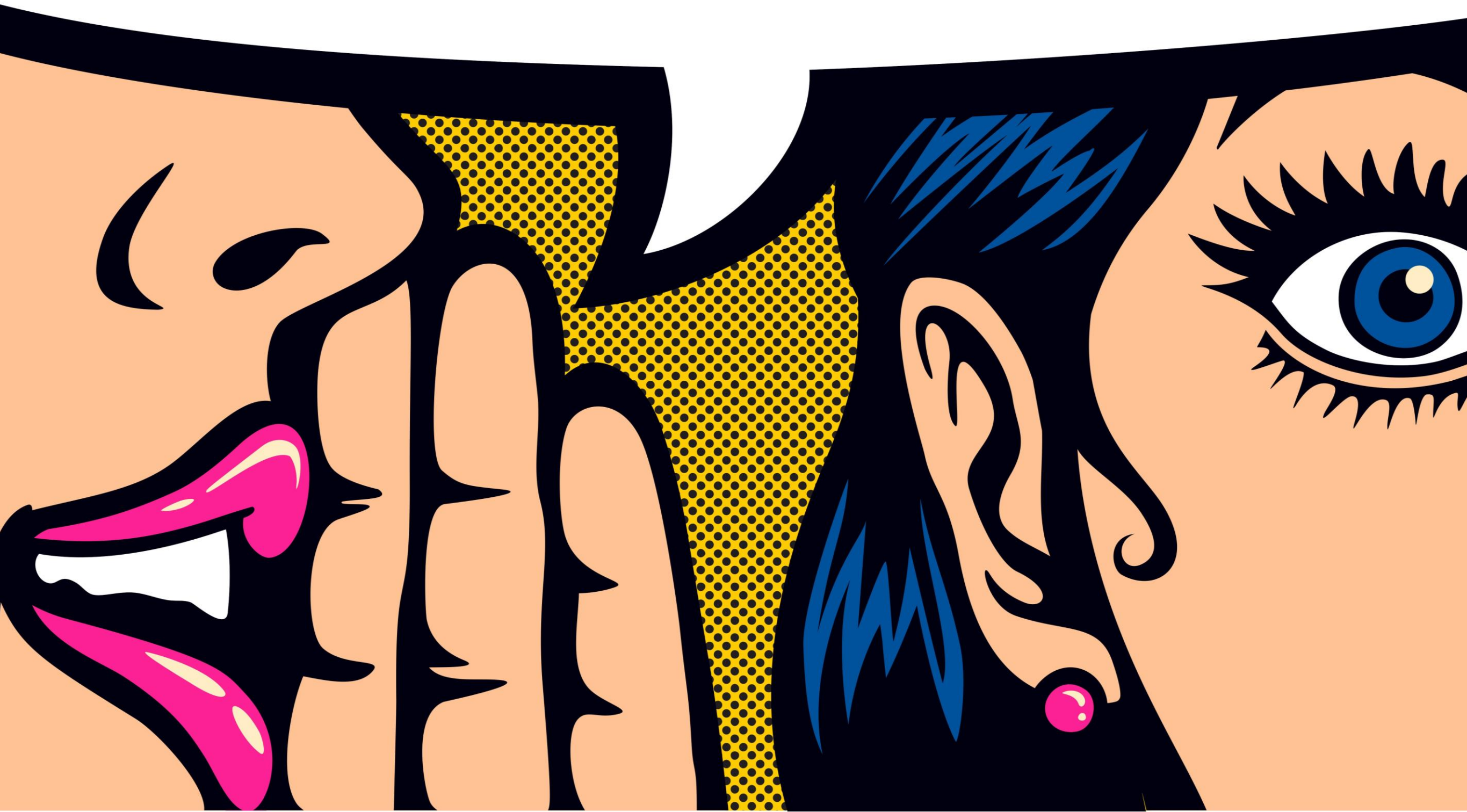


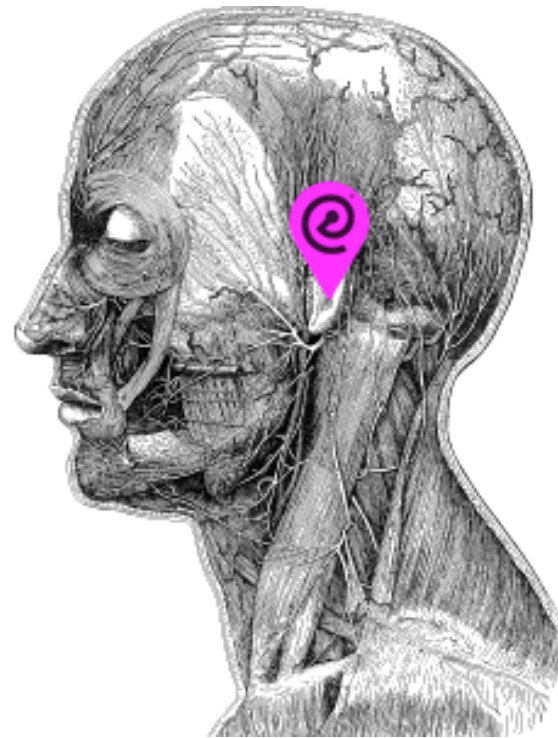
**You have 2 ears
what do they do?**

Human ear anatomy



PSSST....!





How do you hear?

ear eye brain coordination // neurological process





Allo!



What are the first signals of overloaded ears?

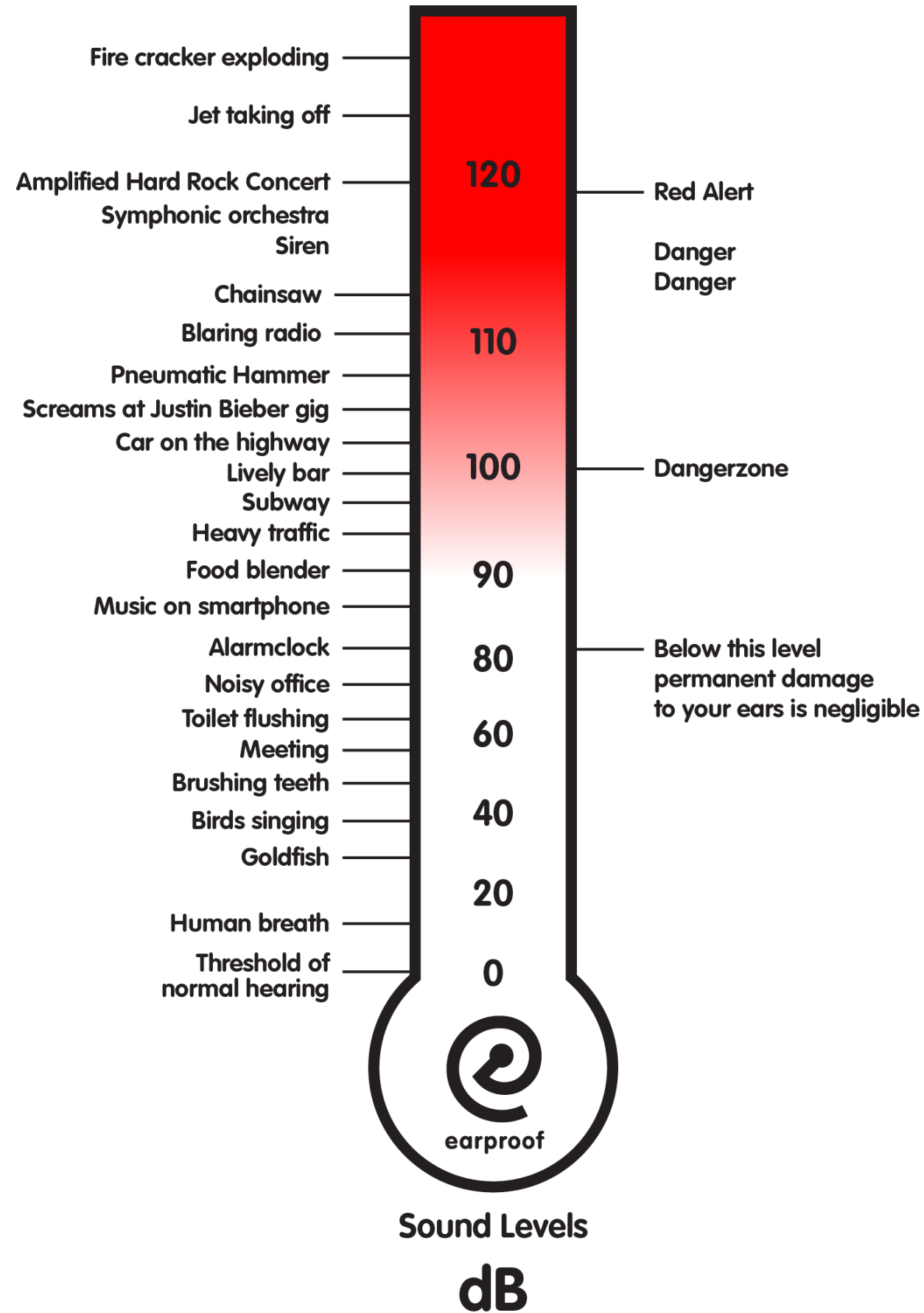
itching // headache // beep // fatigue





What can be causes for ear problems?

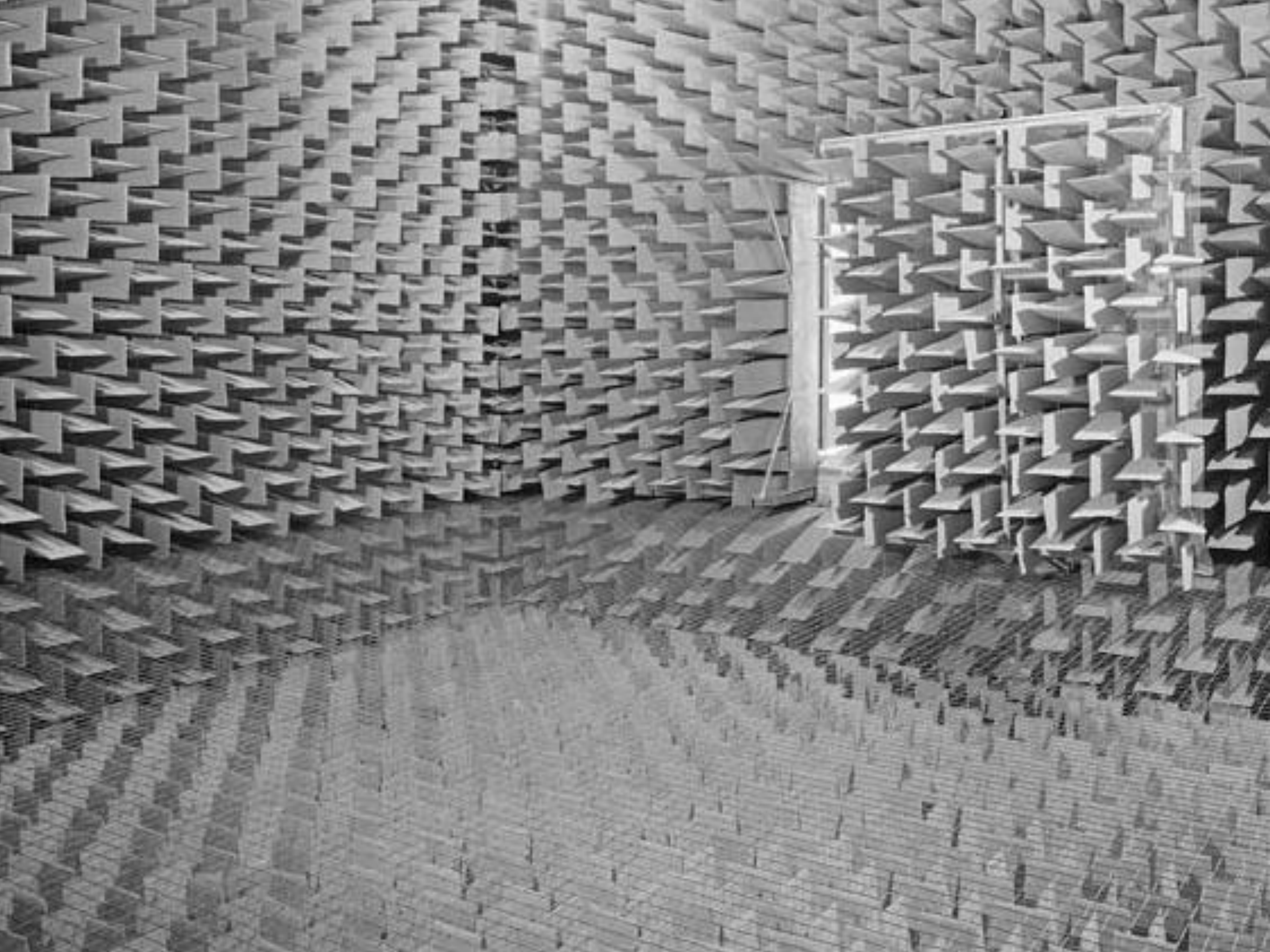
sudden loud sounds // loud sounds //
duration of time you are exposed to sounds

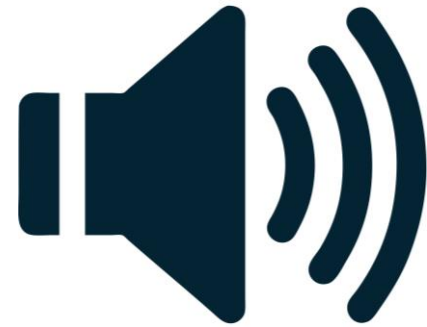




When is loud to loud?

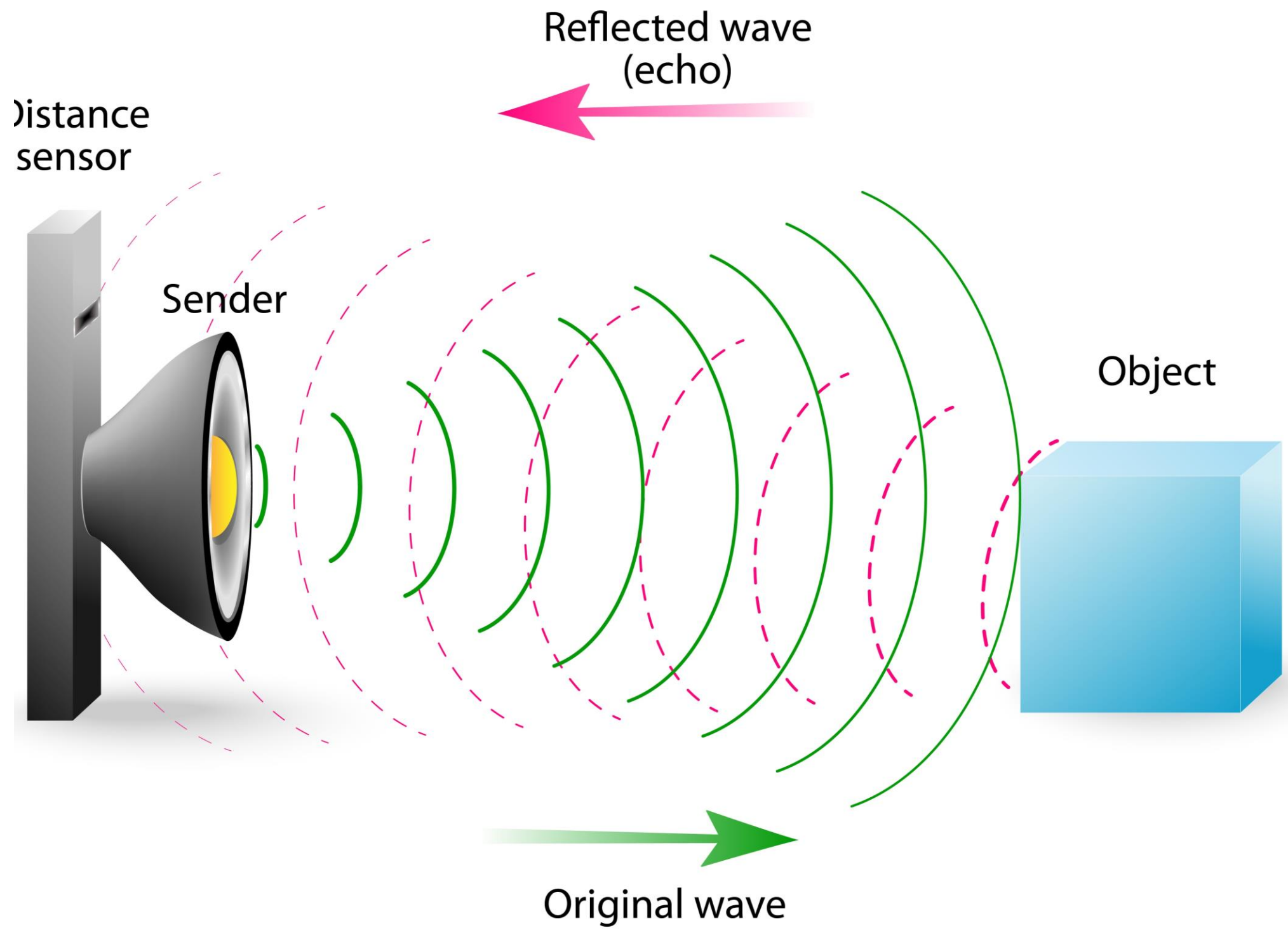
amplified sound systems // fire works // ambulance siren





Importance of acoustics & reflections

sound direction // reflection // delay

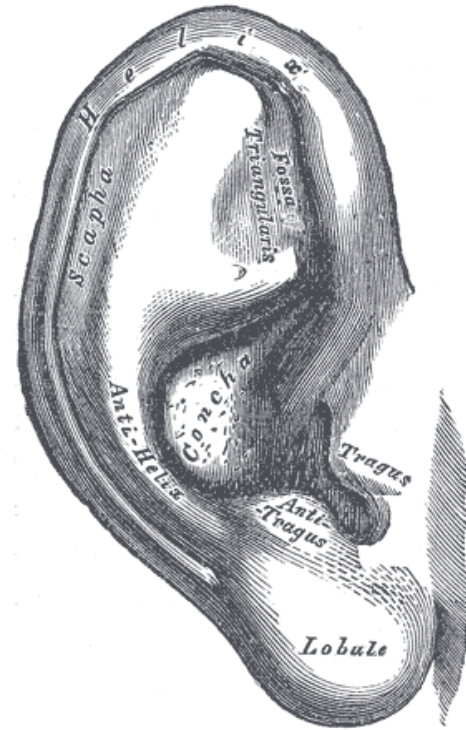




What can you do?

regular ear check // protect your ears // always have
earplugs with you // keep a sound calendar // if you have a
problem: call a doctor or ear specialist for advise,
do it quick! // take care of your ears





How to take care of your ears ?

don't use Q-tips // let your ears be cleaned
by a doctor or ear specialist



How to use your earplugs?

check if your earplugs have the correct size //
proper fit // & proper seal for your ears



**HEAR
HEAR**

