

# TIPICAL

Enjoy the simple life

## SCHOOL APPS

Be more productive and efficient with these recommended apps!

## WHEN TO CLEAN WHAT?

Meet new people with maybe the same interests as you! Hit them up!

## MAKE THE WORLD BETTER

Help along and donate to these amazing charities!

Click on the broken lamp!



# NEVER HAVE I EVER

## Struggle Bingo

Had to walk because you had a flat tire and didn't know how to fix it	Wanted to find new hobbies but didn't know which ones and how to start looking	Wondered which events were coming up next month to go to with friends	Spent too much time on an assignment due to the characteristic perfectionism
Almost been late with a deadline due to slow working and not being productive	Always been too late buying tickets for events because you found out too late they were coming	Felt bored because you have 'outdone' your current hobbies	Never tried to fix a flat tire of your bicycle



# HOBBY FINDER

Discover new hobbies using the Hobby guide of TIPICAL. There is a wide variety to choose from, so there's definitely something fitting for everyone. It is also fun to try some new hobbies with friends!

Learn how to play a new game, like League of Legends! Watch some tutorials before you start, to quickly become a pro!



Watch a classic movie you've never seen!

Learn how to play an instrument! There are lots of tutorials online, practice at home and impress others!



Try to re-create your favorite restaurant meal. Become Gordon Ramsay and impress others!

Start watching a new reality series. Reality shows are designed to keep you watching, which can be a boon for a bored brain.

Go coloring!

It relaxes your mind and will entertain you for hours!



Give yourself a manicure and pedicure. And when you know how to do it, give others one as well!



Lie down, close your eyes, and listen to a podcast. Find an episode that sounds interesting, it can even be educational!

Learn how to dance! Scared to join group classe? Take some online classes on YouTube, free and you can practice!



Get into makeup! Gender doesn't matter, makeup is a form of art! Check some tutorials on YT!



**Pssst.. click on the beige boxes to get sent to link and tutorials!**

2022

# FEBRUARY



S M T W T F S

		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

*Click on the squares to find out what event is going on!*

## WHAT'S GOING ON?



'HOME' revolves around the question of what 'home' means. It is often more than stones, more than a physical space. What makes you feel at home, where are you at home? Is it a place, the people around you, or is it a sense of belonging? In addition to a large, adventurous ensemble of dancers – young talents and famous faces – Conny Janssen works for 'HOME' with live music by artist Michel Banabila and cellist Maarten Vos who composed this especially for the performance.

**Conny Janssen dances 'HOME' | Ruiterskwartier 4**

# BE PROductivity

Do you want to improve your planning and organizing skills? Look at the expertise of Jason Lengstorf. He's a frequent speaker, designer, and an advocate of building better balance via efficiency. Follow these tips if you want to get focused, stay unbelievable productive, and make more time for the things that really matter. Let's do this!

**1**

Make a planning with all your activities including work blocks, but take at least one day off to give the rest of your life the attention it deserves. This will improve your productivity and lower your stress levels!



**2**

Create time constraints. When working in timed blocks, you create a positive kind of pressure.



**3**

Create habit triggers that make the productive thing the automatic thing. For example, have coffee before your planned working hours. As soon as it is part of your routine, you don't have to think any more about getting productive; it just happens.



**4**

“Go dark” whenever you're in a work block. This will help you get into a state of deep focus and keep it for the entire working block.





**TUTORIAL**

# HOW TO BECOME A HANDY (WO)MAN

**Click on the  
numbers!**

Fixing a bicycle tire is a simple job. We're happy to help you, but please note: do not stick your tire outside if it is colder than 10°C. At lower temperatures, the solution does not stick and you can easily get a flat tire again.

**1**



**2**

**3**



Pry the outer tire off the rim on one side with at least three (plastic) tire levers. Do this carefully, as the tire levers can damage the inner tube.



**4**

**5**



**6**

**7**





## HEY THERE!

We want to thank you for reading this magazine which we created with lots of pleasure! Hopefully we managed to solve some of your struggles and to have entertained you today.

Are you still struggling with stuff and would you like us to look in to this and solve your problem? Make sure you follow us below and to stay tuned!



**SHEN VAN DER NEUT**



**NIKKI BONESTROO**

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