



Vision – Ölelve: Sexual Safety Student Organisation

Ölelve – You are hugged. Together, we create safer spaces.

Why we exist

At Ölelve, we believe that sexual safety is a shared responsibility. Our name—meaning “you are hugged” in Hungarian—stands for the warm, welcoming, and safer environment we want all students at Maastricht University to experience. Sexuality is part of who we are. It shapes how we see ourselves, how we relate to others, and how we build community. It deserves space—on campus, in conversation, and in education.

Yet nearly half of students who participated in a UM-wide study reported experiencing sexual harassment or violence during their time at university.ⁱ This is not just a personal issue—it’s a systemic one. And it cannot be addressed by policy alone. Real change must begin with and be led by students—by us.

How we do it

We aim to empower students to take an active role in creating a culture of consent, respect, and sexual well-being. Our approach combines community-building with creative, inclusive, and accessible activities. Rather than focusing solely on prevention or protection, we embrace a broader, sex-positive perspective that includes pleasure, bodily autonomy, and healthy communication.

We also recognise that this work requires care, knowledge, and responsibility. That’s why we prioritise evidence-based practices, peer training, and collaboration with experts. To make a real and positive impact—and avoid unintended harm—we make sure our activities are grounded in research, supported by professionals, and designed to be inclusive and safe for everyone involved.

Besides our student-led activities, Ölelve also supports and complements the work of the UM Sexual Safety Programme while ensuring that the student voice stays at the center. We help make formal efforts feel relatable, engaging, and grounded in daily student life. We aim to contribute as student lecturers to the successful implementation of key initiatives such as the “Are You Okay?” lectures. We also hope to train Ölelve members to lead peer-to-peer disclosure workshops, support Green Dot awareness events, and other future events. Through this collaboration, students not only gain knowledge and skills, but also contribute to long-term cultural change—while building their networks and CVs.

What we do

Ölve intends to make it easier—and more fun—for students to engage with sexual safety. We want to invite students to learn, reflect, and connect through:

- Creative and social events, like quiz nights, sip-and-paint sessions, and storytelling evenings that spark connection and reflection.
- Workshops and trainings on topics like consent, communication, relationships, and pleasure—always evidence-based and peer-led where possible.
- Opportunities to engage in shaping university culture through commissions, collaborations, and future peer education.

Our focus spans three levels of impact:

- Individual - Strengthening self-esteem, bodily autonomy, and understanding of sexuality and identity.
- Interpersonal - Promoting communication, mutual respect, and diverse forms of intimacy and relationships.
- Community - Creating spaces where students connect with each other, support one another, and take shared responsibility for a culture of safety, inclusion, and open dialogue.

Looking ahead

Our vision is to foster a culture where conversations around sexual safety are normalised, inclusive, and empowering. Through information-sharing, community-building, and events that are both educational and fun, we aim to challenge taboos and be a bridge between formal structures and the realities of students.

We're currently building the foundation of our association, including our board structure, commissions, and membership. Everyone is welcome—whether you're looking to get involved, learn more, or simply be part of a space that values safety, honesty, and care.

Get in touch with us through our Instagram account [@olve_um](#) or by sending us an email to olve@maastrichtuniversity.nl, we would be happy to hear from you!

i In UM's research, 46.9% of students who participated in the study reported experiencing at least one incident of sexual harassment or sexual violence since enrolment (Wellum et al., 2021). This includes: 25.4% reporting non-consensual touching and 9.8% reporting non-consensual penetration (rape). In this study the following definitions were used: 1) sexual violence includes non-consensual penetrative acts (rape), attempted rape, and non-consensual sexual touching (e.g., groping, kissing, fondling), and 2) sexual harassment refers to behaviours with sexual connotations, such as unsolicited sexual remarks or images

