

# Health Newsletter for International Students

No.: 2/2024

## Overview of offers:

Offer	When	Informations
<a href="#">By Bike to University</a>	April 30, 2024	Campus, Main entrance
<a href="#">Health Day</a>	May 16, 2024	KIZ Foyer
<a href="#">Campus Run University</a>	June 26, 2024	Campus
<a href="#">Sports</a>	Registration from 10.04.24, 12 noon Start of courses from 22.04.24	<a href="https://www.usv-erfurt.de/vereinssport/erfurt-hochschulsport/">https://www.usv-erfurt.de/vereinssport/erfurt-hochschulsport/</a>
<a href="#">Room of Silence</a>	Daily open from 8 a.m. to 7 p.m.	LG2/ basement
<a href="#">Helpline</a>	<a href="#">Current cast</a>	<b>0361 30252964</b>
<a href="#">Mindfulness &amp; Meditation</a>	<a href="https://www.7mind.de/studieren/de/">https://www.7mind.de/studieren/de/</a>	

Get the spring off to a good start. In the new health newsletter, we have once again put together some information about our activities and offers - cycling in April, dancing in May and running in June. We hope you enjoy our sports and exercise offers and would also like to take advantage of the personal preventive offers and information on the subject of addiction prevention on Health Day.

If you are interested in optimizing student health management or have suggestions and ideas for improvement, please write to [gesundheit@uni-erfurt.de](mailto:gesundheit@uni-erfurt.de)  
Only if we know what students want can we plan offers that meet their needs.

## By bike to university

On April 30, 2024, all cycling enthusiasts are once again invited to the cycling action day "By bike to university". From 12:00 to 15:00, you can get tips on cycling and health from experts at the information stand in the entrance area of the university, have a smoothie and have your bike and bike helmet checked. Finally, the health team invites you to join them for a ride at 3:30 pm. The day of action will take place on the square in the entrance area of the University of Erfurt and marks the start of the AOK PLUS "Bike to Work" campaign, which runs from May 1 to August 31. Further information can be found [→ here](#).

## 8<sup>th</sup> Health Day "Addiction versus Health"

On May 16, 2024, the University Health Management, with the support of numerous partners, invites you to the 8th Health Day of the University of Erfurt, this time under the motto "Addiction vs. health". From 8 a.m. to 2 p.m., you can expect a varied program designed to help you lead a healthy and balanced life. Immerse yourself in the world of temptation and find out how you can resist tempting seductions to protect your health. Find out about the risks of alcohol and cannabis consumption and get tips on how you can implement a responsible approach to alcohol and a healthy diet. At the end of the Health Day, University Sports invites you to a free "Salsation-meets-Zumba-Party" in the Er-satzsporthalle on campus. Further information about the Health Day can be found at [□ here](#).

### Preventive care offers as part of the Health Day

#### 9 a.m. - 3 p.m. "Vitaltest" (AOK PLUS), KIZ, F.012

Registration by e-mail to [gesundheit@uni-erfurt.de](mailto:gesundheit@uni-erfurt.de)

Comprehensive analysis of body composition (biological body age, body fat incl. visceral fat, muscular imbalances, total water balance, protein content of muscles, mineral content of bones). The measurement is carried out without undressing or taking blood samples and is followed by an evaluation discussion with individual health advice. (Duration approx. 15 minutes)

#### 9 a.m. - 3 p.m. Digital sleep radar (Die Techniker), R 1.08 KIZ

Registration by e-mail to [gesund-heit@uni-erfurt.de](mailto:gesund-heit@uni-erfurt.de)

Restful sleep is the third pillar of health - alongside regular exercise and a healthy diet. Those who get enough sleep promote night-time regeneration and get through the day healthier and more productive. An increased lack of sleep can lead to increased susceptibility to stress, reduced immune defenses and decreased concentration and performance. The sleep radar helps to identify key factors influencing sleep health and the ability to regenerate. Potentials for optimizing the framework conditions are identified and prerequisites for healthy, natural and restful sleep are clarified. (Duration approx. 15 minutes).

### **11 a.m. – 3 p.m., Blood Donation (Suhl blood donation service), checkroom Audi-max**

Registration is not required. Regular blood tests are also part of preventive health care. Anyone who donates blood also receives a general health check by a doctor in advance and supports the healthcare system by creating valuable blood reserves that enable fellow human beings to survive. The health management team has therefore organized an appointment with the Suhl blood donation service for Health Day. Please bring your identity card and - if available - your blood donor card.

### **8<sup>th</sup> Campus Run**

This year, the University of Erfurt and the University Sports Club (USV) will once again be hosting the Erfurt Campus Run on June 26, 2024. The team runners will take to the course from 5 pm. They will run on a 400-meter circuit around the campus meadow. In the individual competition, five laps will be completed on a 2-kilometer course on campus and the Thuringian university champions in the 10-kilometer road race will be determined again in 2024. And even the little ones can take part again - in the Bambini run at 4:30 p.m. on the 400-meter course. Further information and registration can be found [→ here](#).

### **University Sports**

University sports are in the starting blocks. The university sports program with more than 110 courses for the summer semester is online and registration has been possible since 12.04.2024. The program includes numerous Olympic and non-Olympic sports that can shorten the waiting time until the Olympic Games this year. From contemporary dance classes to skat, everything is included. Courses start on 22.04.2024. Sport free! You can find more information at [→ here](#).

### **Room of Silence**

Pause for a moment during the lunch break, find a small island of peace in everyday life, become still and feel inside yourself - lunchtime meditation is offered every Thursday from 11:50 a.m. to 12:10 p.m. during the lecture period and is open to everyone, beginners and advanced students alike. The form varies depending on the person accompanying you - sitting on a cushion in silence, walking meditation, Bo-dyscan, guided meditation or something completely different. Come along and try it out!

The "Room of Silence" can be used every weekday from 8 a.m. to 7 p.m. for individual meditation and inner contemplation.

### **Helpline**

It is not always easy to combine studies and private life. There are situations in which you need a sympathetic ear and simply want to get things off your chest. The telephone helpline from students for students can usually be reached daily from 8 am to 11 pm, even during the exam period, at 0361/30252964. On the website of the University of Erfurt you can find an overview of how the telephone is staffed: [www.uni-erfurt.de/go/sorgentelefon](http://www.uni-erfurt.de/go/sorgentelefon). If you have any questions or are interested in helping, simply send an e-mail to: [sorgentelefon@uni-erfurt.de](mailto:sorgentelefon@uni-erfurt.de).

## Mindfulness and Meditation

Is seven minutes a day enough to live more relaxed and aware? Yes - with the 7Mind app! Especially for students, the app contains mindfulness exercises on the topics of learning stress, exam anxiety and stress-free studying, which can be easily integrated into everyday life. With the support of BARMER health insurance, all students at the University of Erfurt receive free annual access.

Register with your university e-mail address at

<https://www.7mind.de/studierende/>. There is also a "Room of Silence" at the university, which can be used for meditation and inner reflection. The room is located in the basement of teaching building 2 and is open daily from 8 am to 7 pm.

## Information offers of our health partner AOK PLUS

Our health partner AOK PLUS offers extensive information and health courses on the internet for students: <https://www.aok.de/pk/plus/inhalt/aok-liveonline-online-coaching-fuer-gesundheit-und-beruf-2/>. and <https://www.aok.de/pk/plus/>

## All information and news about the University Health Management always



up to date at: <https://www.uni-erfurt.de/universitaet/profil/gesunde-universitaet>

With the kind support of our health partner:



Impressum

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<https://www.uni-erfurt.de/universitaet/profil/gesunde-universitaet>