

# Health Newsletter for International Students

**No.: 1/2023**

Start the day relaxed with the meditation app, take an active (gymnastics) break in the morning, or meet up with fellow students in the evening for a casual game of table tennis - even though the university gymnasium is currently unavailable due to energy renovations, we have created opportunities in university health management with the support of the building administration to promote exercise opportunities at the university. Even a break walk on campus or using the stairs instead of the elevator can contribute to well-being and be used for fitness training for a healthy start into spring.

## **Mindfulness and meditation with the 7Mind app**

Is seven minutes a day enough to live a more relaxed and conscious life? 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. Simply register with your university e-mail address at <https://www.7mind.de/studierende/>.

## **Helpline also available during the exam period**

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

### Vacation offer: table tennis in the evening

Every Monday from 5:30 - 8:30 p.m., singles, doubles or Chinese can be played freely on three table tennis tables in the UGM room (former checkroom under the Audimax). Nets are available, but you must bring your own rackets and balls. Since the offer takes place during free time, there is no insurance coverage. Each participant must take care of this him/herself.

Registration and further information: [Click Here!](#)

Registration key: Table tennis

### Active Break (online)

Take an (active) break and prevent muscular tension in the shoulder and neck area and back problems! The popular offer of the "Active Break" is offered with the support of our health partner AOK PLUS every Thursday from 10-10:30 am. Under the guidance of Susanne Wolter, simple exercises are practiced to improve strength and flexibility, combined with simple forms of exercise for stretching and relaxation.

Registration via Moodle: [Click Here!](#)

Registration key: UniErfurt2022WiSe

### Ever heard of Teqball?

Teqball is a new trend sport that is played on a table tennis-like but additionally curved plate. This allows a mix of table tennis and other ball sports such as soccer, volleyball, tennis and handball. University Health Management and the Student Council have each purchased one such table and plan to use it for outdoor events and classes during the summer semester. Anyone who is curious and doesn't want to wait that long is invited to a taster afternoon on **Mar. 03, 2023 at 2 p.m. in the UGM room** (checkroom under the Audimax building). Registration is not required.

All information and news about the university health management always up to date at: <https://www.uni-erfurt.de/interner-service/service/gesunde-universitaet/angebote-der-gesundheitsfoerderung>

### Date preview

April 27 2023	Bicycle Action Day "By Bike to the University"
May 11 2023	7 <sup>th</sup> Health Day "A heart for health"
June 28 2023	7 <sup>th</sup> Erfurt Campus Run

With the kind support of our health partner:



Impressum

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