

Health Newsletter for International Students

No.: 3/2023

We start the semester finale with good news. The cooperation with AOK PLUS has been extended for another three years. This gives us planning security and, with the support of our health partner, we can continue to offer you attractive health promotion services.

Workshop on the future form of the cooperation with AOK PLUS

On June 8, 2023, the University Health Management, with the support of AOK PLUS, invites you to a future workshop within the university from 9 a.m. to noon. The focus will be on the topics "Student Health Promotion", "Healthy Campus", "Teacher Health" and "Sustainable Health Promotion". All interested university members are cordially invited. Please register by June 5, indicating the topic, to gesundheit@uni-erfurt.de.

STADTRADELN for a climate-friendly city center

From June 1 to 21, 2023, it's "City cycling for a climate-friendly city center". An invitation to the kick-off tour will be issued on June 1 at 5 p.m. at the Fischmarkt in Erfurt. STADTRADELN is a competition in which the aim is to cycle as many everyday journeys as possible in a climate-friendly way for 21 days. It doesn't matter whether you already cycle every day or have so far cycled rather infrequently. Every kilometer counts. Support the "Uni Erfurt Team": <https://www.stadtradeln.de/erfurt>

Cycling and walking" decided. <https://infrastruktur-landwirtschaft.thueringen.de/unsere-themen/verkehr-und-strassenbau/thueringer-charta-fuer-rad-und-fussverkehr>

Survey on the "A Heart for Health" health day

Have you visited the health day "A Heart for Health" on May 11, 2022 or participated in preventive health care offers and have not yet filled out a questionnaire? Then you are cordially invited to participate in a short online

survey. With your support, health-promoting measures at the University of Erfurt can be evaluated and optimized.

Link to the survey: <https://evasys.uni-erfurt.de/evasys/online.php?p=N6ULX>

Stress Management, Resilience and Mindfulness at the "Dies Academicus"

Under the motto "Participation - Resilience - Innovation. How does university succeed in the 21st century?", the University of Erfurt invites you to a Dies Academicus on June 7, 2023. With the support of the University Health Management, a workshop on resilience (10:30-12, LG1/125) and stress management (14-15, LG1/125) will be offered. During the whole day, the student project "Caravan of Silence" will present itself on the campus meadow. In a yurt, you can come to rest and learn about different meditation techniques. More information about the Dies Academicus can be found at: <https://www.uni-erfurt.de/universitaet/aktuelles/veranstaltungsreihen/dies-academicus>

Thuringian university champions are crowned at the 7th Erfurt Campus Run

This year, the University of Erfurt, together with the University Sports Association (USV), invites you to the Erfurt Campus Run again on June 28, 2023. Starting at 5 p.m., the team runners will take to the course. They will run on a 400-meter circuit around the campus lawn. 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 once again be determined in 2023. And even the little ones can take part again - in the bambini race at 4:30 p.m. on the 400-meter course. Registration and further information: <https://www.erfurter-campuslauf.de>

Worry hotline also available during exam periods

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 a.m. to 11 p.m., 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. If you have any questions or are interested in helping out, simply send an e-mail to: sorgentelefon@uni-erfurt.de.

BARMER 3x3 Hochschulcup makes again station in Erfurt

3x3 Basketball is the epitome of fast, dynamic and tactical streetball. It's all about proving your skills and team play in a 3 vs. 3 game format with only one basket in a limited space. Whether on the court or at the Urban Festival, 3x3 Basketball promises excitement, action and plenty of adrenaline! University students are cordially invited to the University Cup on June 24 at Willy-Brandt-Platz in Erfurt. Registration and further information: <https://basketball-loewen.com/barmer-3x3-hochschultour/>

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/>.

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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