

# Health Newsletter for International Students

No.: 1/2024

## Overview of offers:

Offer	When	Informations
<a href="#">University Sports</a>	Course offer viewable from October 9 Registration from October 18, 12 o'clock Start of courses from October 30	<a href="https://www.usv-erfurt.de/vereinssport/erfurter-hochschulsport/">https://www.usv-erfurt.de/vereinssport/erfurter-hochschulsport/</a>
<a href="#">Blood Donation</a>	<b>February 7, 2024, 11 am to 3 pm</b>	<b>Checkroom Audimax</b>
<a href="#">Room of silence</a>	Open daily from 8 am to 6 pm	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>	

You can counter stress during the exam period with mindfulness and meditation and use the "Room of Silence" if required. You can also train your fitness during the lecture-free period with the USV university sports program and if you want to go on an excursion with your fellow students during the vacations, you can get a youth hostel card from the university free of charge. We wish all students successful exams and a relaxing semester break!

## Sports offered by the University Sports Club

Erfurt University Sports is once again offering a varied program for students at the university and university of applied sciences during the lecture-free period. If

you want to try something new, you can do so with "Power Pilates", "Yin Yoga" or the team sport "Peteca", a mixture of badminton and volleyball, for example. Registration for the courses starts on January 31, 2024. The course period is from February 12 to April 19, 2024.

Further information and registration: <https://www.usv-erfurt.de/kursangebote/>

### **Blood Donation**

Preventive health care also includes regular checks of blood values. Those who donate blood also receive a general health check by a doctor in advance and support the healthcare system by being able to create valuable blood reserves that enable fellow human beings to survive. Therefore, the health management has organized an appointment of the blood donation service Suhl on campus. On February 7, 2024, from 11 am to 3 pm, there will be an opportunity to donate blood in the checkroom under the Audimax. Registration is not required. Please bring your personal ID and - if available - blood donor card.

### **Welcome to the world of youth hostels**

The University of Erfurt is a member of the German Youth Hostel Association. Student groups planning an excursion and wishing to use one of 400 youth hostels in Germany or 3,000 youth hostels worldwide can pick up a DJH card from the University Health Management, which allows all members of the group to stay without personal membership.

### **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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