

# Health Newsletter for International Students

No.: 3/2024

Overview:

Offer	Informations
<a href="#">University Sports</a>	<a href="https://www.usv-erfurt.de/vereinssport/erfurter-hochschulsport/">https://www.usv-erfurt.de/vereinssport/erfurter-hochschulsport/</a>
<a href="#">Prevention Day</a>	October 29
Stress Measurement	October 29, 9 am to 4 pm, KIZ, R.0.09
Blood Donation	October 29, 11 am to 3 pm, AMG old checkroom
Flu vaccination	October 30, 9-13 Uhr, KIZ, R.0.09
<a href="#">Health Week „Fit for Advent“</a>	<b>November 27 to 29, 2024</b> Mental and physical health services
<a href="#">Online Forum „Mental Well-Being on Campus“</a>	Englishspeaking Forum: <b>December 11, 2024, 5pm to 7 pm</b>
<a href="#">Stress im Griff</a>	<a href="https://www.stress-im-griff.de/">https://www.stress-im-griff.de/</a> (German only)
<a href="#">Room of Silence</a>	LG2/UG ( Basement floor)
<a href="#">Helpline</a>	<b>0361 30252964</b>
<a href="#">Mindfulness and Meditation</a>	<a href="https://www.7mind.de/studierende/">https://www.7mind.de/studierende/</a> (German only)

The new winter semester has started and we especially welcome all new students on campus! We, the team of the University Health Management, with the support

of the AOK PLUS and other partners of the university, have come up with a varied health offer for you!

### Sports offered by the University Sports Club

Have you always wanted to try a new sport or are you new at the university and looking for an opportunity to get to know other people? How about a course at the Erfurt University Sports Club? There you will meet like-minded people and perhaps discover your new (sporting) passion. Course offerings: <https://www.usv-erfurt.de/kursangebote/>

### Prevention Day

The University Health Management, together with AOK PLUS and other health insurance companies, is organizing a screening day on **October 29 and 30, 2024**. At the Cardio Scan of the AOK PLUS you can have a three-dimensional heart portrait made. Pupillography can detect concentration deficiencies and sleep disturbances and reveal their possible causes. Carotid screening is an ultrasound examination of the carotid artery.

29<sup>th</sup> October, 9 am to 4 pm | AOK PLUS | KIZ, R.0.09

#### „Clue-Medical-Stress Measurement“

A cardiac ECG is recorded within 2 minutes and the analyzed recordings are transferred to the corresponding computer software. Measurements of heart function can be carried out within a very short time. Cardiac activity is analyzed so that arrhythmias and other heart diseases can be detected. By displaying your personal stress level, you are warned of possible burnout.

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

29<sup>th</sup> October , 11 am to 3 pm | Blutspendedienst Suhl | AMG, old checkroom

#### „Blood Donation“

Regular blood tests are also part of preventive healthcare. Anyone who donates blood also receives a general health check by a doctor in advance and supports the healthcare system by allowing valuable blood reserves to be created that enable fellow human beings to survive. Health Management has therefore organized an appointment with the Suhl Blood Donation Service on campus. On 29.10.2024 from 11:00 to 15:00 there is the possibility to donate blood in the checkroom under the Audimax.

Please bring your identity card and - if available - your blood donor card. Registration is not required.

30<sup>th</sup> October, 9 am to 1 pm | KIZ, R.0.09

#### „Flu vaccination“

Flu vaccinations are also being offered on campus again this year. The vaccination will take place in the first aid room of the University Library (access via the staff entrance) and will be offered by the GP practice Dr. Winkler from Jena. Booster vaccinations against tetanus and tick-borne

encephalitis (TBE) are also available on request (no initial vaccination/basic immunization).

To coordinate an appointment, please send an e-mail to [gesundheit@uni-erfurt.de](mailto:gesundheit@uni-erfurt.de)

### **Health Week "Fit for Advent"**

Before the start of the Christmas season, we would like to present you with some offers from University Health Management. In cooperation with our health partner AOK PLUS, we are organizing the health week "Fit in den Advent" in the week from 25 to 29 November 2024. The schedule of events will be published separately and can then be viewed on our [website](#). In addition to mental health offers, there will also be exercise offers. Everyone is welcome to take part in the workshops.

### **Mental Well-Being on Campus**

On December 11, 2024 from 5 pm to 7 pm. the team of the University Health Management and Irrsinnig Menschlich e.V. invites you to an exciting exchange in English to get to the bottom of the topic 'Mental Well-being on Campus' together. You can expect no boring lecture, because this event is interactive! And on top of that, you will have the opportunity to meet people who have mastered mental health crises in their studies and who will give you valuable tips.

### **Stress under control (only in german language)**

In this AOK program, you will learn why stress is a great invention of nature, but a real danger to health in today's society. The program analyzes which events and situations are particularly stressful for you. You will be shown how you can become more resilient. The program lasts four weeks, during which you will receive specific recommendations for the future. Participation in the program is free of charge, you do not have to be a member of the AOK and you can complete the exercises from anywhere. 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, Bodyscan, 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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