

# Health Newsletter for International Students

No.: /2024

Before the start of the Advent season, we would like to present you with a few offers from University Health Management. For example, in cooperation with our health partner AOK PLUS, we are organizing the “Fit for Advent” health week in the week from 25 to 29 November 2024 . You can look forward to various offers for your mental and physical health. We wish you lots of fun and stay healthy!

In this newsletter, we report on the offers where language is not essential. If you are interested in German-language offers (workshops) then take a look at the German newsletter!

## **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.

## **Table tennis evening**

**Monday, 25.11.2024, from 18:00** | former checkroom Audimax

You can arrange to play singles, doubles or Chinese with colleagues or fellow students at several table tennis tables. Please bring your own balls and bats if possible. You can arrange to play singles, doubles or Chinese at several table tennis tables. Please register for one or more slots on the university sports pages and bring your own balls and rackets if possible.

*Course instructor: Jenny Blankenburg*

No registration required. This course takes place outside working hours.

### **Taster course: Yoga**

**Tuesday**, 26.11.2024, 11:00 - 12:00 a.m. | former checkroom Audimax

Yoga exercises can help the practitioner to harmonize life, awaken dormant abilities and unite with true self-awareness. Practicing postures (asanas), breathing exercises (pranayama) and relaxation exercises together is on the program of the USV Erfurt lunch course for beginners and advanced students.

*Instructor: Lisa Wollenschläger*

**Registration via Hochschulsport à <https://einschreibung.usv-erfurt.de/WiSe24/70003%20Yoga>. (An account can only be created if you enter all the requested data. There are no costs for you. All your data will be deleted at the end of the course)**

### **Taster running session**

**Tuesday**, 26.11.2024, 18:15 | Meeting point “Café Hilgenfeld” at the UB

To philosophize about the health-promoting effects of running would certainly be “carrying owls to Athens (or to marathons)”. At the taster running session with experienced USV runners, all those interested in running will find their activity options under expert guidance.

*Instructor: Frank Becker*

No registration required.

### **Sound and relaxation therapy**

**Wednesday and Thursday**, 27 and 28.11.2023, 10 am - 3 pm | UB, first aid room

Every person is responsible for their own perfection and health. Many physical and psychological complaints can be alleviated or remedied by living in harmony with oneself and one's environment. The areas of application of the singing bowl are wide-ranging and include the treatment of states of tension, physical complaints and emotional problems as well as harmonization in partnerships, birth preparation and work with children and the elderly. It therefore appeals equally to all age groups and all professions. The singing bowl is used specifically for sound massage and therapeutic work. (approx. 30 minutes per participant).

*Singing bowl practitioner: Sabine Kalkofe-Roth*

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

### **Meditation at lunchtime**

**Thursday**, 28.11.2023, 11:50 - 12:10 a.m. | Room of Silence, LG 2/UG

Have you heard of meditation and are curious? Then come along and give meditation a try!

Find out

- what meditation is
- whether you have to sit uncomfortably for hours and become a monk.
- what benefits meditation can have.

Or do you already meditate? Then you are welcome to come along and deepen your own meditation practice in the group. Beginners and advanced meditators are very welcome. Please bring warm, comfortable clothing, thick socks and a blanket if necessary. *Course instructor: Dr. Birgit Jäpelt*

**Registration via Moodle à [Click here!](#)**

**Enrollment code:** STILLE

### **Cycling safely through the winter**

The Sustainability Department of the “StuRa” invites you to a bicycle action day on 27.11.2024 from 3-5 pm in front of the “StuRa” office. Among others, the self-help bicycle workshop of the “StuRa” of the FHE will be there. → [Further information](#)

### **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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