

Health Newsletter for International Students

No.: 1/2025

We wish all students at the University of Erfurt a successful and healthy new year! Health Management would like to continue to support you in 2025 in implementing good resolutions for a healthier lifestyle. With the Health Newsletter, we would like to introduce you to some offers that you can use to strengthen your health.

Blood Donation

Regular blood tests are also part of preventive healthcare. Those who donate blood also receive a general health check by a doctor in advance and support 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 **January 8, 2025 from 11 am to 3 pm** there is the possibility to donate blood in the checkroom under the Audimax. Registration is not required. Please bring your personal ID and - if available - your blood donor card.

AOK advice service

As a health partner of the university, AOK PLUS would like to offer an information opportunity on statutory health insurance on campus in the new year. On the following Thursdays you can get advice from Ms. Sandra Tischer from 09:30 am to 11 am and from 11:30 am to 2 pm in the KIZ, room 0.09: 9th and 30th January, 13th and 27th February, 27th March

Key topics include:

- Health insurance during studies (student health insurance, family insurance, voluntary insurance)
- Health insurance for employed students
- Health insurance after the end of studies
- AOK PLUS bonus program and optional tariff
- AOK PLUS online branch and My AOK app (help with registration and technical problems)
- Preventive services

- Change of health insurance

Further information/contact: <http://www.mein-aokberater.de>

Ergonomics

The Health Management at the University of Erfurt is looking for committed students who would like to act as ergonomics multipliers for their fellow students! Your knowledge and experience can help students to work healthier and more productively in their day-to-day studies.

As an ergonomics multiplier, you will help to raise awareness of ergonomic principles and healthy working practices. You will help your fellow students to make their workplaces (e.g. at their desk or computer) and study habits more ergonomic. Our ergonomics multipliers receive training and a certificate of participation!

If we have aroused your interest, please send an e-mail to gesundheit@uni-erfurt.de (requirements for participation: at least one more year of study at the University of Erfurt, short letter of motivation (max. 1 page)).

Helpline - I have something on my mind

Studying and personal life are not always easy. There are situations in which you need a sympathetic ear and simply want to get things off your chest. That's why the University of Erfurt has a helpline - from students for students! The helpline is usually available daily from 8:00 a.m. to 11:00 p.m. at 0361/30252964. You can find an overview of the Helpline's staff on the University of Erfurt's website: www.uni-erfurt.de/go/sorgentelefon. If you have any questions or are interested in helping out, just send an e-mail to: sorgentelefon@uni-erfurt.de

New: Sound and relaxation therapy

After the sound and relaxation therapy was very well received during the Health Week, the practitioner Sabine Kalkofe-Roth would like to offer this regularly in the UGM room in the KIZ (R 0.09) for interested members of the university. Many physical and mental 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 diverse and include the treatment of states of tension, physical complaints and emotional problems. Ms. Kalkofe-Roth is initially offering appointments for sound and relaxation therapy on 16th January, 20th February and 20th March from 9:30 am to 3:00 pm.

To make an appointment: gesundheit@uni-erfurt.de

Note: The offer must be paid for by the users themselves (30 minutes cost 25 euros).

Further dates

April 16, 2025, Audimax building (AMG) Cloakroom

Blood donation

April 29, 2025, Campus

Bicycle action day

May 22, 2025, KIZ

9th Health Day of the University of Erfurt

June 25, 2025, Campus

9th Erfurt Campus Run

Information offers of our health partner AOK PLUS

Our health partner [AOK PLUS](#) offers extensive information and [health courses](#) on the internet for students.

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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