

# Health Newsletter for International Students

## April 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 **April 16, 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.

### Torch relay to the FISU World University Games

On the initiative of Jens Panse, University Sports Officer, the torch of the FISU World University Games Summer is coming to Erfurt. With the only "Flame Relay" in Central Germany on April 24, 2025, members of Erfurt's universities want to draw attention to this year's largest multi-sport event, which will take place from July 16-27 in five cities in the Rhine-Ruhr region and Berlin. Around 8,500 students from all over the world will be competing to be the best in 18 different sports. Marlene Körner is expected to compete in the sprint for the University of Erfurt as a promising athlete. The student teacher will open the torch relay together with the Austrian wheelchair basketball player Hubert Hager at 4 pm at the university library. The torch will be passed from runner to runner along the 6-kilometer route, which passes the town hall and the other 4 Erfurt university campuses. There will then be a small running party at the

finish line at the University of Applied Sciences. If you would like to take part in the torch relay, please send an e-mail to: [gesundheit@uni-erfurt.de](mailto:gesundheit@uni-erfurt.de)

### **By bike to university**

On April 29, 2024, all cycling enthusiasts are once again invited to the cycling action day "By bike to university". From 12:00 to 15:00, you can get tips on cycling and health from experts at the information stand in the entrance area of the university, have a smoothie and have your bike and bike helmet checked. Finally, the health team invites you to join them for a ride at 3:30 pm. The day of action will take place on the square in the entrance area of the University of Erfurt and marks the start of the AOK PLUS "Bike to Work" campaign, which runs from May 1 to August 31. Further information can be found [→ here](#).

### **9th Health Day "We have something against stress!"**

On May 22, 2025, in the KIZ Foyer, the University Health Management, with the support of numerous partners, invites you to the 9th Health Day of the University of Erfurt, this time under the motto "We have something against stress!". From 8 a.m. to 2 p.m., you can expect a varied program on dealing with stress and strain during your studies. In addition to information on caring for relatives, there will be a mindfulness trail, various preventative care offers and a number of information stands from health and substitute insurance companies. The detailed program will be continuously updated on the [→ website](#).

### **9th Erfurt campus run**

This year, the University of Erfurt and the University Sports Club will once again be hosting the Erfurt Campus Run on **June 25, 2025**. The team runners will take to the course from 5 pm. They will run on a 400-meter circuit around the campus meadow. 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 be determined again in 2024. And even the little ones can take part again - in the Bambini run at 4:30 p.m. on the 400-meter course. Further information and registration can be found at [→ here](#).

### **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:

22<sup>nd</sup> April, 20<sup>th</sup> May, 10<sup>th</sup> June, 1<sup>st</sup> July

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>

### Debeka University Service

The Debeka Health Insurance University Service would also like to offer you a consultation opportunity on the university campus in the future. For the first time on April 10, from 10 a.m. to 1 p.m., you will have the opportunity to receive personal advice from Ms. Laura Landgraf in the KIZ, UGM room 0.09, on insurance and pension issues as well as on questions regarding civil servant pensions. Further appointments are planned on: 24<sup>th</sup> April, 8<sup>th</sup> May, 22<sup>nd</sup> May, 5<sup>th</sup> June and 19<sup>th</sup> June.

Further information/ contact: [laura.landgraf@debeka.de](mailto:laura.landgraf@debeka.de)

### 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](http://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](mailto:sorgentelefon@uni-erfurt.de)

### 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 17<sup>th</sup> April, 15<sup>th</sup> May, 5<sup>th</sup> June, 18<sup>th</sup> September, 16<sup>th</sup> October, 20<sup>th</sup> November, 18<sup>th</sup> December from 9:30 am to 3:00 pm. To make an appointment: [gesundheit@uni-erfurt.de](mailto:gesundheit@uni-erfurt.de)

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

### 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:



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