

Healthy University of Erfurt

Health Newsletter for International Students

Cycling to university

Mai 1 to August 31



Release happiness hormones and strengthen the cardiovascular system with the "Cycle to work" campaign organized by the AOK PLUS

More Informations: www.mdrza.de/bundesweit

Health Day

May 16



Where? KIZ foyer and forecourt, school garden

Information and offers for dealing with stress during studies
www.uni-erfurt.de/universitaet/profil/gesunde-universitaet/wir-haben-was-gegen-stress-9-gesundheitstag-der-universitaet-erfurt

Offers subject to registration:

Registration by e-mail to gesundheit@uni-erfurt.de:

- *fully booked*: Stress type determination (individual counseling, promoting stress management skills)
- *fully booked*: EMG muscle tone measurement (measurement of tension in the shoulder/neck area, balancing and relief exercises to loosen up)
- Lecture: "Care insurance benefits" (11 a.m. to 1 p.m.)
- Workshop: "Relaxation through movement" (10, 11, 30 min. each)

Registration via [Moodle](#)

- Lecture "Stress management during studies" (10:15 to 11:45 a.m.)

Registration via [University Sports Club \(USV\)](#)

- Taster course "Yoga"

Campus Run

June 25



Registration single run (10 km) (start 6 pm)

Registration team run (start 5 pm)

<https://www.uni-erfurt.de/universitaet/aktuelles/veranstaltungsreihen/campuslauf>

Erfurter Campus Cup

June 25



„Baggern um die Ehre“ (4x4 beach volleyball tournament)

"Campus Cup" (3x3 basketball tournament), Small-sided soccer, rugby, teqball www.erfurt-campus-cup.de

Helpline

Tel.: 0361/30252964



<https://www.uni-erfurt.de/en/studies/advisory-services/psychological-and-social-counselling/helpline>

Wenn Sie Interesse haben das studentische Gesundheitsmanagement zu unterstützen oder zu optimieren, dann schreiben Sie gerne an gesundheit@uni-erfurt.de!