

Health Newsletter for International Students

No.: 2/2023

Start the spring with momentum. In the new health newsletter, we have again compiled some information about our campaigns and offers - cycling in April, dancing into May and running in June. We hope you enjoy our sports and exercise offers and please also take advantage of the personal preventive care offers and information on first aid at the Health Day. Join us and show your heart for health!

Cycle to Work

The bicycle action day is also the kick-off for the "Cycle to Work" campaign of our health partner AOK PLUS, which will take place from May 1 to August 31, 2023. The central kick-off event will take place on the morning of **April 27** at the University of Erfurt. For this occasion, a "start tree" has been planted on the campus lawn. In the afternoon, starting at 1 p.m., there will be a varied program with bike check and bike coding on Steinplatz in the entrance area of the university. You will receive expert information for relaxed and pain-free cycling as well as the opportunity to test different cargo bikes and to exercise on the ergometer. Finally, at 3:30 p.m. we will start together on a short ride in the north of Erfurt. Come by and bring your bike!

Health Day "A Heart for Health"

The 7th Health Day of the University will take place on 11.05.2023 in the time from 10:00 to 14:00 and offers health opportunities for all university employees. Under the motto "A Heart for Health", the main focus will be on cardiovascular issues and first aid, but there will also be heart-healthy nutrition, exercise offers and information opportunities on this day in the KIZ. More information about the health day will be posted here, on a separate website, in the news and in the university's calendar of events. The health and substitute insurance companies will participate with attractive action booths and preventive care offers. The Studierendenwerk, the school garden and the sports students will again provide

healthy catering on site. At the end of the health day, the university sports department invites you to a "Salsation-meets-Zumba-Party" free of charge in the substitute sports hall on campus. <https://www.uni-erfurt.de/universitaet/profil/gesunde-universitaet/ein-herz-fuer-die-gesundheit-7-gesundheitstag-der-universitaet-erfurt>

Preventive care offers within the scope of the health day

9 a.m. - 2 p.m. | "Cardio-Scan" (AOK PLUS) | Dozierendenzimmer, KIZ
Recording of an ECG-accurate, three-dimensional heart portrait in 120 seconds. The view of the heart rate variability shows how flexible the own body can adjust to stress situations. In addition, the individual fit level of the participants is indicated. Duration: 15 minutes, registration: Mail to gesundheit@uni-erfurt.de

9 am - 2 pm | "HKL Check" (Debeka) | Foyer, KIZ
During the measurement, the parameters blood pressure, blood sugar and total cholesterol of the participants are recorded. The measurement of the blood pressure is done by direct application of the device. The determination of the total cholesterol as well as the blood sugar content takes place in the form of a quick test procedure by taking a drop of blood from the fingertip. Duration: 15 minutes, registration: Mail to gesundheit@uni-erfurt.de

8 a.m. - 5 p.m. | Carotis-Screening (BARMER) | First-Aid-Room, UB
Carotid artery screening uses ultrasound to examine the carotid artery. Stroke or cerebral infarction is one of the leading causes of death and in many cases it would be preventable if detected early. After the examination, the participants receive a written evaluation of the measurement, a short personal consultation on the results and, if necessary, a concrete recommendation for action to improve the status quo or for further examinations by the family doctor or specialist. Duration: 20 minutes, registration: Mail to gesundheit@uni-erfurt.de

First-Aid-Course

Monday, May 8, 2023 | 9 a.m. - 5 p.m. | old checkroom Audimax

You have certainly been in a situation where you have needed the help of a fellow human being. Be it at home, at work, at school or during your free time. All the more it should be natural for you to help others in emergency situations. For the first aid course of the DRK you do not need any previous knowledge. The German Red Cross wants to train as many first aiders as possible, because they are absolutely necessary in very many areas and emergencies. The first aider training takes place on one day with 9 teaching units and at the end you will receive the certificate as a first aider, which can also be used to obtain a driver's license.

Max. 20 places, registration: stura.vorstand@uni-erfurt.de (Please state full name and date of birth.)

First aid refresher course with focus on self and disaster preparedness

Friday, May 12, 2023 | 9 a.m. - 2 p.m. | old checkroom Audimax

First aid saves lives! The German Red Cross - in cooperation with the Federal Office of Civil Protection and Disaster Assistance - wants to increase the resilience and practical ability of the population to help themselves and others in extraordinary emergencies. For example, in the event of a civil defense emergency, university employees can provide on-site support to professional relief workers until they arrive and beyond. This is especially important at an institution like the university, where so many people are on site every day. In this half-day course, you will learn how to effectively provide first aid, even with makeshift supplies. For employees, attendance will count toward work hours. Max. 20 places, registration: gesundheit@uni-erfurt.de

Midday meditation in the Room of Silence

Every Thursday at 11:50 a.m. you can meditate under guidance for 20 minutes in the "Room of Silence" (basement LG 2). The meditation is led alternately by the mindful university teachers Birgit Jäpelt, Beate Walter, Theres Werner and Elisabeth Mantel. Registration is not required. Punctual attendance is requested. More information: Moodle: Courses/Continuing Education/Health Promotion/Meditation Services <https://elearning.uni-erfurt.de/course/view.php?id=10592>

The "Room of Silence" can be used weekdays from 8 a.m. - 1 p.m. for individual meditation and inner reflection.

7th Erfurt Campus Run

This year, the University of Erfurt, together with the University Sports Association (USV), again invites you to the Erfurt Campus Run on June 28. Starting at 5 p.m., team runners will take to the course. They will run on a 400-meter circuit around the campus lawn. 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 once again be determined in 2023. And even the little ones can take part again - in the bambini race at 4:30 p.m. on the 400-meter course. Further information and registration at: <https://www.erfurter-campuslauf.de>

University sports in Erfurt in the summer semester

The university sport is in the starting blocks. The university sports program with more than 110 courses for the summer semester is online and registration has been possible since April 12, 2023. Courses start on April 24, 2023. Sport free! Link to the enrollment system: <https://einschreibung.usv-erfurt.de/ss23>

Helpline

Studying and private life or their compatibility are not always easy. There are situations in which you need a sympathetic ear and simply want to get things off your chest. The worry line from students for students can usually be reached daily from 8 a.m. to 11 p.m., even during the exam period, at 0361/30252964. On the website of the University of Erfurt you can find an overview of how the

worry line is staffed at any given time: www.uni-erfurt.de/go/sorgentelefon. If you have any questions or are interested in helping out, simply send an e-mail to: sorgentelefon@uni-erfurt.de.

All information and news about the university health management always up to date at: <https://www.uni-erfurt.de/interner-service/service/gesunde-universitaet/angebote-der-gesundheitsfoerderung>

Date preview

April 27, 2023 Bicycle action day "By bike to the university".

May 5, 2023 7th Health Day "A Heart for Health"

June 1 to 21, 2023 City cycling for a climate-friendly city center

June 7, Dies Academicus

June 28, 2023 7th Erfurt Campus Run

With the kind support of our health partner:

AOK PLUS 

Impressum

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