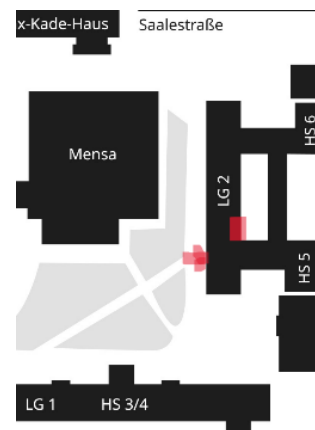


Room of Silence | University of Erfurt | LG2 | basement

Increased learning workloads, tight schedules, more and more networking, increasing complexity - we are all constantly experiencing everyday stress. At the University of Erfurt, there is a retreat room that is open to all members of the university who are looking for peace and relaxation, meditation or prayer. It can be used by anyone who values silence.

In view of the university's neutrality requirement, the idea of diversity and the understanding of purpose, such a room of silence for all those seeking peace and quiet as well as users with an ideological-religious orientation basically fulfills a different function than a "prayer room", which is frequented as a specifically religious place by certain users. The Room of Silence is not a specifically religious place, but all religious communities are welcome. Consideration and acceptance of others is assumed to be fundamental. You are asked to bring anything that is useful to complement your own practice of silence and to take it back with you at the end.

This room is accessible during the opening hours of Teaching Building 2 (LG2). Here you will find a place to relax, pray and meditate in the basement (UG), equipped with meditation mats, cushions and benches. It is best accessed via the building entrance EAST and the stairs to the basement. On this way you walk directly to the Room of Silence. The room on the campus grounds is marked on the map on the right:



The interior is entered without shoes. The shoe depository is located at the entrance area. The consumption of drinks and food is prohibited, as is the lighting of candles, incense sticks or similar.

Please leave the room as tidy as you would like to find it yourself, close the windows and switch off the lights.

There are also times when the Room of Silence is reserved. These are announced each semester via the health newsletter and the homepage: <https://www.uni-erfurt.de/universitaet/profil/gesunde-universitaet> (login required). It is also possible to register in the Moodle room Meditation offers in order to be informed in the meantime: Self-enrollment with password: STILLE.

If you have any questions or comments, please contact us by e-mail:

UGM (gesundheit@uni-erfurt.de) or Dr. Birgit Jäpelt (birgit.jaepelt@uni-erfurt.de).