

Health Newsletter for International Students

Winter semester 20/21

The effects of the Corona Pandemic pose particular challenges for you as a student in the winter semester. Digital seminars and lectures, increased computer work, lack of exercise and social contacts at the university lead to increased psychological stress. The university health management is taking up the need, which has been confirmed by surveys conducted by the university group "Campuswelten" and the Student Council, among others, and has developed a range of offers to promote mental health together with its health partner AOK PLUS:

Use counselling services

Counselling is offered by the Psychosocial Counselling Centre of the Studierendenwerk Thüringen. Appointments can be made by e-mail: psb-erfurt@stw-thueringen.de or 737-1830 (Thursdays, 3 to 5 pm). The Equal Opportunities Office (gleichstellung@uni-erfurt.de, Tel.: 0361/737-5066) and the Student Council (stura@uni-erfurt.de, Tel.: 0361/737-1890) also offer their support.

You've got the ceiling falling on your head, you feel lonely and need someone to talk to? A member of the university group CampusWELTEN will be happy to meet you for a walk! Just contact leonie.otten@uni-erfurt.de.

Professors Andrea Schmid, Alexander Thumfart and Beate Hampe would also be happy to talk to you during a walk over the campus – appointments can be made via the Health Promotion Office (Tel.: 737-5012).

Reports of COVID-19 diseases should be reported to „Studium und Lehre“ Department via the corona hotline 0361/737-3737.

Seminar: Psychologically fit through studies

The University of Erfurt and Irrsinnig Menschlich e.V. invite you to exchange views on the big and small questions about mental health during your studies. With the support of the AOK PLUS, the interactive online seminar is offered for the first time for English-speaking students at the University of Erfurt on 03.02.2021 from 14.00 to 15.30. You will get to know people who have

mastered mental crises during their studies, are fully engaged in life and would like to share their life experience with you so that you are well prepared for your life!

What awaits you:

- Getting to know warning signals for psychological crises,
- Questioning fears and prejudices,
- Finding out who and what can help you, what will strengthen you and carry you through the crisis,
- Advice on stress, exam nerves...

Tool: Zoom

max. number of participants: 100

Registration/further information: Moodle - Courses/Continuing Education/

University health promotion

Registration key: Forum

Take a movement break

Just take an (active) break and take advantage of the offer to relax and exercise in front of the computer? From 10 December onwards, students and employees of the University of Erfurt can use a digital livestream to move around the virtual training room together with a trainer every Thursday at 8.30 a.m. This allows them to experience specific exercises and techniques directly on their own bodies. All units are also available in the media library afterwards.

<https://vimeo.com/user/106172394/folder/3045169>

Access: Live Training: <https://vimeo.com/event/500549>

Password: erfurtaktiv

The online course programme of the University Sports Club, for which **enrolment** is possible **from 30.11.2020**, offers further exercise opportunities: <https://einschreibung.usv-erfurt.de/ws20>.

Workshops for international students

In two interactive English language online seminars we want to share knowledge about mental health. There are also practical tips on health promotion:

Registration and further information: Moodle - Courses/continuing education/university health promotion

Registration key: Gesundheitswochen

Workshop: Uni @ Home

Date: 11.12.2020, at 12.00 p.m. to 1.00 p.m.

Speaker: Psychologin Runa Roßkamp

Tool: Zoom

Maximum number of participants: 30

Content: Do you find it hard to concentrate on studying at home and you feel that you can't find a good daily structure? In our workshop we will show you how to organize yourself optimally at home and how to stay motivated and productive even after a long day of studying. Our tips and tricks will help you to have a successful university day @ home!

Workshop: Self-care

Date: 15.12.2020, at 2.00 p.m. to 3.00 p.m.

Speaker: Leonie Asche

Tool: Zoom

Maximum number of participants: 30

Content: All day long we run after tasks and to-do lists, often with care for ourselves falling behind. Visit our online seminar and identify your own needs, so that in the next step we can learn how to be good to ourselves. We want to recognise and increase our own self-esteem and integrate self-care as an important competence into our everyday life.

Contact for offerings in the newsletter:

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With the friendly support of our health partner:

