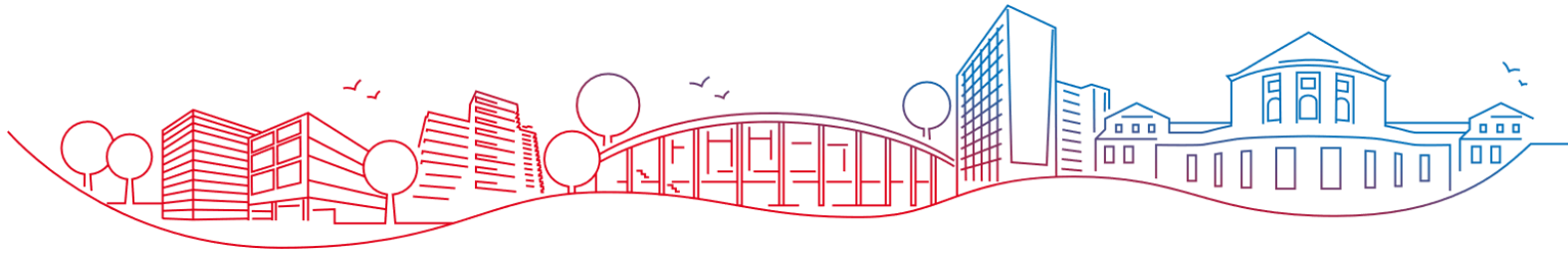




Universität Hamburg  
DER FORSCHUNG | DER LEHRE | DER BILDUNG



# Staying healthy during your studies

WISE 2025/2026

**PIASTA Welcome Week - HEALTHY CAMPUS / University Sports**

# What does *health* mean to you?

immune system  
strength  
Movement Sleep  
Structure Nutrition balance  
Self-care Energy Calmness No Stress Mindfulness  
Social contacts Work-Life-Balance Joy Fresh Air  
Motivation Wellbeing  
Sport satisfaction  
body awareness  
Relaxation  
Mental Strength



# Agenda

- 1 Why health is important during your studies
- 2 Stress – recognizing and dealing with it
- 3 Physical activity – more than just sport
- 4 Nutrition – eating smart during your studies
- 5 Sleep – underestimated, but crucial
- 6 Who we are
- 7 Our offer for you

# 1 Why health is important during your studies

- New environment, new demands → high stress levels
- Health as the basis for performance, motivation to learn, and academic success
- Mental and physical health are closely linked
- Develop good routines early on!



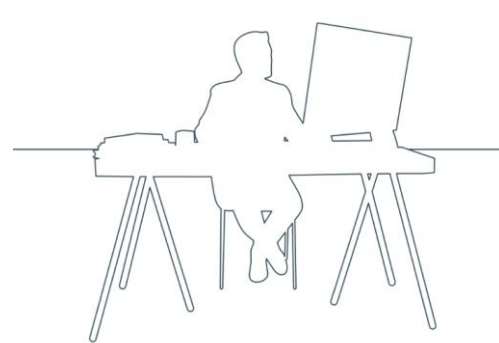
# 2 Stress – recognizing and dealing with it

## Symptoms of stress:

- Concentration problems
- Sleep disorders
- Irritability, exhaustion
- Physical complaints (headaches, backaches, or stomachaches)

## Tips for coping with stress:

- Time management: Set priorities, make realistic plans
- Take breaks—don't study nonstop!
- Mindfulness & relaxation techniques (e.g., meditation, progressive muscle relaxation)
- Talking helps: talk to fellow students, use counseling services



## Why exercise?

- Reduces stress, improves mood
- Increases concentration and learning ability
- Promotes sleep quality and posture

## Exercise tips:

- Take the stairs instead of the elevator
- During study breaks: short exercise sessions (e.g., stretching, walking)
- Cycle instead of taking the bus
- Take advantage of our courses and offers from Hamburg University Sports!

# 3

# Physical activity – more than just sport



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Illustration: UHH/Vogiatzis

# 4

## Nutrition – eating smart during your studies

### Challenges:

Lack of time

Cafeteria or fast food

Irregular eating habits

### Tips for healthy eating:

Eat regularly and maintain a balanced diet

Drink water! (1.5–2 liters/day)

Prepare snacks: nuts, fruit, vegetables

Listen to your body – don't eat out of boredom

Choose carefully from the cafeteria menu

# 5

## Sleep – underestimated, but crucial

### Why is sleep so important?

- Consolidation of what has been learned
- Regeneration of body and mind
- Strengthens the immune system

### Sleep hygiene tips:

- Set bedtimes
- Reduce screen time in the evening
- No caffeine/alcohol before bed
- Evening rituals: reading, tea, relaxation
- Sleep environment should be quiet, dark, and cool

# 6 Who we are



# 7 Our weekly offer

## Montags

- 13:30-13:45: [Pausenexpress online](#), pausiert in den Schulferien
- 16:00-19:00: [Mentalstrategien](#) vom 13.10.2025-08.12.2025

## Dienstags

- 10:30-10:45: [Pausenexpress online](#), pausiert in den Schulferien
- 18:00-18:50: [Yogalates für den Rücken](#) vom 13.10.2025-31.03.2026

## Mittwochs

- 07:30-08:15: [Morningyoga online](#) vom 13.10.2025-31.01.2026
- 10:00-10:15: [Pausenexpress online](#), pausiert in den Schulferien
- 10:20-10:35: [Pausenexpress online](#), pausiert in den Schulferien
- 16:00-17:00: [Social Run Club](#) vom 15.10.2025-31.01.2026
- 18:00-21:00: [AStA Spieleabend](#) vom 01.10.2025-29.10.2025

## Donnerstags

- 11:15-11:30: [Pausenexpress online](#), pausiert in den Schulferien

## Freitags

- 07:30-08:15: [Achtsam mit Pilates ins Wochenende online](#) vom 13.10.2025-31.01.2026



# 7

## Our offer this semester

### Oktober 2025

- 15.10.2025 - 17:15-18:15: [Sundown Yoga am Segelsteg](#)
- 20.10.2025 - 17:00-18:15: [Strength & Cardio Bootcamp](#)
- 29.10.2025 - 16:00-17:30: [Gesund schlafen](#)

### November 2025

- 05.11.2025 - 18:00-19:30: [Basics der veganen Ernährung](#)
- 27.11.2025 - 16:00-16:45: [Ayurveda kompakt](#)

### Dezember 2025

- 03.12.2025 - 18:00-19:30: [Fermentationsworkshop](#)
- 10.12.2025 - 16:00-17:00: [Rewire your brain](#) (auf engl.)





### Januar 2026

- 13.01.2026 - 17:00-18:30: [Vom Junkie zum Ironman](#)
- 15.01.2026 - 14:00-18:00: [Dry January Aktionstag](#)
- 20.01.2026 - 16:00-16:45: [Healthy Habits](#)



# Healthy Campus Veranstaltungen im WiSe 2025/2026



Veranstaltungen	Oktober		November		Dezember		Januar	
Ernährung				5.11. Vortrag „Basics der veganen Ernährung“ 18 – 19.30 Uhr		03.12. Praxisworkshop „Fermentieren“ 18 - 19.30 Uhr		
Bewegung	15.10. 20.10.	Sundownyoga am Segelsteg Strength & Cardio Bootcamp	Social Run Club (vor Ort), Pausenexpress (online), Morningyoga (online), Yogalates für den Rücken (online), Achtsam mit Pilates ins Wochenende (online)					
Mentale Gesundheit	9.10. Vortrag “Selbstmanagement” 13 - 14 Uhr		13.10. - 08.12. Montags, 16 - 19 Uhr	Seminar Mentalstrategien - Resilient durchs Studium			13.01.	Vortrag “Vom Junkie zum Ironman”
					10.12.	Vortrag “Rewire your brain”	20.01.	Vortrag “Healthy Habits”
Aktionen/Events			4.11. 14 - 15 Uhr	Vortrag „Health & Work Barometer“	Healthy Campus digitaler Adventskalender			
					04.12.	Nikolauslauf	 15.01.	Aktionstag Dry January
Schlaf/Entspannung		29.10. Vortrag “Gesund schlafen” 16 - 17.30 Uhr	27.11. 16 - 17 Uhr	Vortrag „Ayurveda kompakt“				
Soziale Gesundheit	Regelmäßig stattfindende Spieleabende							

# Don't want to miss any events?

Follow us on Instagram:



Or click on our homepage:



# Kontakt



**Anna Zerner M.A. (sie/ihr)**

**Koordinatorin Studentisches und Universitäres Gesundheitsmanagement**

**HEALTHY CAMPUS UHH**

**Gesund zusammen studieren, forschen, lehren und arbeiten**

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+49151 61041867

<https://www.uni-hamburg.de/healthycampus>

[https://www.instagram.com/healthycampus\\_uhh/](https://www.instagram.com/healthycampus_uhh/)

”

**“You cannot pass exams if you forget yourself.”  
(Unknown)**



**HOCHSCHULSPORT  
HAMBURG**  
**WELCOME TO UNIVERSITY  
SPORTS HAMBURG!**

We make movement  
accessible for all 😊



# Try all sorts of different activities with us!



- 200+ workout classes
- 3 Gyms
- Online classes
- Travel
- Competitions

# FlexiCard

- Offers you unlimited access to a variety of workout classes:
  - Ballsports
  - Yoga and Pilates
  - Combat Sports
  - Groupfitness
  - Dance und Zumba
  - Cardio Classes
  - ...
- Duration: 3 or 6 months
- Partly with weekly spot reservations



Starting  
at 9,90€  
p. month

# FitnessCard

- 3 Gyms
  - Personal and individual care
  - Relaxed atmosphere
  - Modern Equipment
  - Flexible contract terms (1/3/6/12 months)
  - Without automatic renewal
  - Sauna (TUHH)
- Flexible contract terms
  - (choose 1/3/6/12 month/s)
- No automatic contract renewal

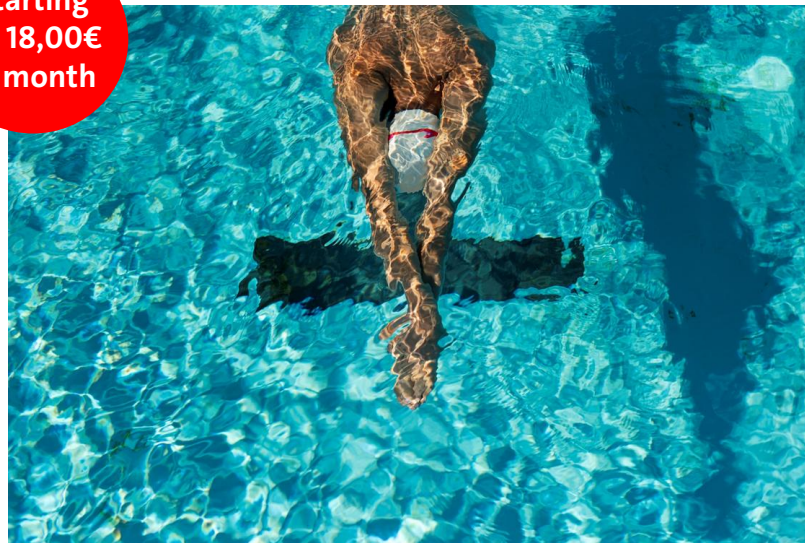


Starting at  
25,00€ p.  
month

# SchwimmCard

- Duration: 3 or 6 months
- Entrance included for...
  - Bartholomäusbad (Barmbek – U3)
  - Am Inselpark (Wilhelmsburg – U4/S3)
- Free time to swim on your own
- Specific classes like...
  - Waterball
  - Swimming practice & training
  - Triathlon preparation classes

Starting  
at 18,00€  
p. month



# What if life gets too hectic?

**With every card (Flexi-/Sports-/Swim), you automatically gain access to our online programm as well:**

- Relaxation techniques
- Yoga & Pilates
- Stretching





# Not convinced just yet? Do a trial run!



FlexiCard Trialweek



Trial session in the  
gym



SchwimmCard  
Trialweek

# Travel with University Sports

During summer:

- Windsurfing
- Surfing
- Kiting
- Sailing
- ...

During winter:

- Ski- & Snowboard trips



# Fixed courses to learn something new:

- For a fixed time period
- Learn a new activity or improve skills you already have
- For all levels (beginners, intermediate & advanced)
- Book separately

## Watersport Activities

- Rowing
- Sailing
- Kajaking
- Stand-Up Paddling



## Other non-membership classes

- Pole Gym
- Aerial Hoop
- Tennis
- Dance classes
- Workshops



# Looking for a job?



## We are regularly looking for:

- Course instructors
- Student employees
  - Work in the Gym
  - Boathouses
  - Office

## Send us your application and CV:

[personal.hssport@uni-hamburg.de](mailto:personal.hssport@uni-hamburg.de)



## Current job offers:



# How it works:



LANGUAGE X  
DEUTSCH  
ENGLISH

HOCHSCHULSPORT HAMBURG

SPORTCAMPUS

HEALTHYCAMPUS

EVENTCAMPUS

ÜBER UNS

INFORMATIONEN

BEAT!



## Herzlich willkommen

beim Hochschulsport Hamburg!



Foto: Hochschulsport Hamburg

### Aktuelle Änderungen

Aktuell finden einige FlexiCard-Kurse aufgrund von Sommerpause nicht oder unregelmäßig statt!

[www.hochschulsport.uni-hamburg.de/en/html](http://www.hochschulsport.uni-hamburg.de/en/html) er auf der jeweiligen Kurswebsite, ob ihr euch für den aktuellen Termin an-



Gesundheitspartner



# Special offer for you!

Book our offer “**FlexiCard for first semester students**” and receive a 6-month FlexiCard for the price of 3-months!



SCAN ME



**We look forward to meeting you!**

**Ask away on Instagram @hochschulsporthh**

**Other options to reach us**

Phone: 040 428 38-7200

Contact: [hssport@sport.uni-hamburg.de](mailto:hssport@sport.uni-hamburg.de)



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