

Healthy studying!

What is CamPuls?

CamPuls is a research project at the HAW Hamburg for the promotion and development of student health. We want to turn the HAW into a **health-promoting university** and establish a **student health management** (German: Studierendengesundheitsmanagement or SGM). Our research project is continuously supported by the **AOK Rheinland/Hamburg**.

Promoting health!

The students of the HAW Hamburg should feel good! Not only physically, but also mentally and socially. This is why we are working diligently to make the studying conditions at the HAW healthier in the long term. We have already implemented numerous resources and offers for you, in order to promote your health and success during your studies!

Our project partners

Our partners don't just include the relevant internal university organizations - such as **Studierendenwerk, Hochschulsport, AStA**, etc. - but also include one essential group: the **students at the HAW**. It is especially important to us to involve our students in the CamPuls project in a participatory way - because the best way to implement our projects is in collaboration with you!

What we offer

Healthyland

The health festival! A week long program of live trainings, keynote speeches and workshops on topics such as diversity, social health, sexual diversity and time management.

Kompetenz-Werkstatt

A free workshop every week! Here you can learn everything there is to know about health literacy!

And many more!

Check it out - here you will find all our offers. Have fun! :)



The CamPuls Team

Project Management
Dr. Wolf Polenz

Student assistants
from different
departments of the HAW

Scientific employees

Praktikant*innen