

07-11 JUNE 2021



HEALTHYLAND

ONLINE

2021



TIMETABLE  
(ENGLISH VERSION)



## TIMETABLE

07-11 JUNE  
2021

## Monday | 7 June 2021

More

3 pm-4:30 pm  
Workshop**Finding paths to restful, restorative sleep**  
Dr. Martin Kalusche5 pm-6:30 pm  
Workshop**Mindfulness in a digital age:  
a how-to guide**  
Prof. Dr. Christine Adis

## Tuesday | 8 June 2021

More

5 pm-6:30 pm  
MOVEMENT-  
Training**Back to the roots**  
Hamburg Athletics

## Wednesday | 9 June 2021

More

3 pm-4:30 pm  
Workshop**Social health: Feeling better together**  
Prof. Dr. Dieter Röh5 pm-6:30 pm  
Workshop**From smart watches to genetic tests:  
what can self-tracking do for me?**  
Florian Schumacher

## Thursday | 10 June 2021

More

3 pm-3:30 pm  
Training**Dance and movement**  
Jane Saftig3:35 pm-4:05 pm  
Lecture**Self-efficacy: from facing a challenge  
to acing a challenge**  
Dustin Gläske

Break .....

4:30 pm-5 pm  
Lecture**Movement, relaxation and  
the digital sphere:  
a student-centred view**  
HAW-Kurs "BEG"5:05 pm-5:35 pm  
Lecture**Techniques for managing and  
combating pain**  
Marjo Moonen

## Friday | 11 June 2021

More

3 pm-4:30 pm  
Workshop**Sexual diversity and health  
(max. 20 participants)**  
Pascal Vögele & Christian Szillat

5 pm-7:30 pm

**Student competition**  
Team CamPuls & student projects

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HAMBURG



# Monday | 7 June 2021

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**3 pm-4:30 pm**Workshop by  
Dr. Martin Kalusche

## Finding paths to restful, restorative sleep

Sleep is a **key resource** for health, but one in three adults suffers from sleep disturbances and from the plethora of physical and psychological health issues and impacted quality of life that goes with them. Difficulties with sleep can negatively affect your **performance in your degree** and your **enjoyment of your studies**. In other words, properly restful sleep is not a luxury, it's an **essential**.

But how can we make our sleep restful? What actually happens during the proverbial '**good night's sleep**'? What do we need to be aware of? Do I have a sleep disorder that needs treatment, or am I OK (well, sort of)? Which habits promote good sleep, and which don't? How does my smartphone affect my sleep? This workshop will provide answers to all these questions and explore an integrated model for behaviours that centre health. Alongside the theory, you'll have the chance to **discuss** the issues that arise and gain helpful **sleep-related tips**.

**5 pm-6:30 pm**Workshop by  
Prof. Dr. Christine Adis

## Mindfulness in a digital age: a how-to guide

This workshop will commence by exploring what mindfulness is, and then link theory to practice by trying out **mindfulness exercises**. If there's time after this, we will examine the role of mindfulness **on campus**, particularly in **digital teaching**.

We're looking forward to working with you – come with an open mind and an interest in finding out more, and prepare to go on a **journey with and to yourself**.



# Tuesday | 8 June 2021

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**5 pm-6:30 pm**MOVEMENT-Training by  
Hamburg Athletics

## Back to the roots

It seems that these days we spend most of our time staring down at the displays of our phones, just in case we miss a message – however unimportant it might be in reality. We spend our working day sedentary, lounge around at home, sit in our comfortable cars; we try to avoid squatting or stretching at all costs, because that would mean pain and discomfort. Basically, we try to be **as comfortable as possible** in almost everything we do.

Why don't we set our bodies – and ourselves – free to live, and feel, **life to the full**?

This workshop revolves around a **flowing, supple way of moving** that will help improve your mobility, physical flexibility and strength, mainly by showing you how to get the right balance between tension and relaxation, control and letting go. You'll learn the technique in short sequences of movements.

**Creative, natural movements** are what this MOVEMENT workshop is all about. Join us, rediscover your body and boost your flexibility, coordination and strength.



# Wednesday | 9 June 2021

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**3 pm-4:30 pm**Workshop by  
Prof. Dr. Dieter Röh

## Social health: Feeling better together

We all know from experience that loneliness and isolation don't feel good. And scientists know that positive, supportive social relationships help reduce the impact of the everyday stressors we all have to cope with and can even prevent illness.

Every one of us will have learned at one time or another that 'a problem shared is a problem halved'; we feel less alone with our troubles and talking to others can often show us that our situation is completely normal. We stop thinking 'I'm sure nobody else feels like I do' and start being able to say 'yes, I know what that feels like.' This workshop will explore data from scientific studies demonstrating the phenomenon and create space for you to reflect on your own situation. You won't have to share anything you don't want to – instead, we'll think together about early **warning signs of isolation** and positive ways of responding to loneliness and protecting our mental and physical health.

**5 pm-6:30 pm**Workshop by  
Florian Schumacher

## From smart watches to genetic tests: what can self-tracking do for me?

Digital health technologies, wearables and the increasingly networked character of our lives are revolutionising our lifestyles and changing the way we think of health and even of being human.

This workshop explores current **technological trends** and their impact, with a particular emphasis on the **possibilities** opened up by self-tracking in a world where self-optimisation is a rising trend that's getting easier to do all the time. Access to individualised knowledge via smart devices is enabling us to take our performance and our quality of life to a new level. Improving our health, our capacity to get things done, and our wellbeing using **smart technologies** is the way forward. Individual recommendations for action on the basis of real data can help us achieve our full potential.

But what can self-tracking do? How can I use it to harness my potential? And what do I need to know when choosing wearables and using other types of digital health-technology? This workshop has the answers.



# Thursday 1|2 | 10 June 2021

3 pm-3:30 pm

Workshop by  
Jane Saftig

## Dance and movement

Dance is about movement, breathing skills, strength, and a sense of walking on air – it can help us connect to our **bodies** and our **emotions**. In this workshop we will enjoy short, flowing dance sequences together to music, using our **freestyle movements** to experience lightness, strength and openness in body and mind. No previous experience necessary – just come with an open heart, comfortable clothing and a gym or yoga mat. I'm looking forward to **dancing** with you.

3:35 pm-4:05 pm

Talk by  
Dustin Gläske

## Self-efficacy: from facing a challenge to acing a challenge

Is being plagued by **self-doubt** a familiar experience to you? If you're facing a challenge, do you worry that you won't be able to **manage** it? If so, you may benefit from working on your self-efficacy.

What is **self-efficacy**? How can I acquire it? How can I harness my potential fully and how can I initiate positive change in my life? What action and techniques can help me develop and advance self-efficacy?

This talk will provide answers to all these questions and explain the concept. Improved self-efficacy can boost your **stamina** and **performance** and help prevent excessive stress and depression – making it useful for students to know about. And best of all – you can learn self-efficacy and keep on developing it. Come to this talk and find out more.

4:30 pm-5 pm

Workshop by  
Prof. Dr. Sabine Wöhlke &  
Jane Saftig

## Movement, relaxation and the digital sphere: a student-centred view

The focus of this talk is a student-led project currently taking place within the required elective module 'Exercise, relaxation and health' in the Department of Health Sciences.

The project involves students engaging **creatively** with the **challenges** and **opportunities** of digital exercise during the Covid-19 pandemic.

In this workshop, we will show you a highly diverse range of **images** and **interpretations** which can motivate us to explore digital possibilities in this area and raise awareness of where we are missing interaction with others in the digital space. We're looking forward to telling you more.



# Thursday 2/2 | 10 June 2021

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5:05 pm-5:35 pm

Talk by  
Marjo Moonen

## Techniques for managing and combating pain

We all know how unpleasant and difficult **pain** can be. It's a multi-faceted phenomenon with a highly individual and subjective character.

Our sensitivity to pain is closely and reciprocally connected to **factors in our daily lives**. This workshop, drawing on my experience as a physiotherapist, will provide **theoretical considerations** and **practical examples** that explain why exploring the phenomenon of pain can help us find our own sustainable strategies for managing our experience of it, in terms of movement and exercise, our metabolic processes, and our personal lifestyles.

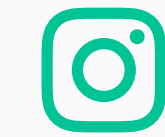


# Friday | 11 June 2021

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**3 pm-4:30 pm**Workshop by  
Pascal Vögele &  
Christian Szillat

## Sexual diversity and health

Talking about sexuality and sexual health should come naturally to us – and almost everyone has a view on these topics – but, even in our day, the issues remain taboo, surrounded by uncertainties, embarrassment and shame to an extent we hardly ever see in relation to other topics.

We're running this workshop because we want this to change – we want to talk about **sexual diversity** and **sexual health**.

The workshop's objective is to give you an overview of sexual and gender diversity and insights into the damage discrimination can do, including to health. Alongside these topics, we will address the separate issues of basic sexual health and **STIs** such as HIV.

After giving a short talk, we'll give you the opportunity to ask questions and enter into discussion of the issues with us.

**17:00-19:00**Team CamPuls &  
student projects

## Student competition

It's Friday and time to celebrate the end of HEALTHYLAND 2021. With the **student competition** we aim to bring people together. We want to create space to share experiences and knowledge all around "health". All week long experts on various health topics could be seen on stage, now we want to put students and their **projects** into the spotlight. Look forward to four inspiring, personal and sustainable projects that deal with the topic of „health“ in very different ways.

The four projects compete against each other. A jury will decide which project will be awarded with a prize of **300 euros**.

1. **Everything and Nothing -**  
a graphic examination of inner fears  
Benjamin Bertram

2. **Dad, why is McDonald's still**  
**not forbidden?**  
Oskar Nehry

3. **Calm Down**  
Annika Heller

4. **Diversity in health –**  
**Mental health of sexual minorities**  
Martha Gilbert, Ann-Kathrin Napp,  
Max Keller, Laura Seils



# CamPuls and HEALTHYLAND 2021

CamPuls is a new research project at the HAW Hamburg that aims to promote and develop **student's health**. Our vision is a long-term change of the HAW to a **health promoting university**. In doing so, we are guided by the 10 quality criteria of the Working Group on Health Promoting Universities (AGH).

This year the HEALTHYLAND festival takes place for the third time. Despite the circumstances of the corona pandemic, it was important to the CamPuls team to have a digital platform for **exchange, entertainment and gain of knowledge** on the subject "healthy studies".

From June 7th to June 11th, 2021, students can attend various events in the areas of **nutrition, physical activity, sexual self-determination, diversity, mindfulness and e-health** as part of the festival.

From Monday to Wednesday there will be different lectures a day. Keynotes are planned on Thursday: four speakers introduce one subject within 30 minutes. On the last day of the health festival, the student projects that compete against each other will be presented.

With the implementation of the health festival, we at CamPuls aim to make students at the HAW Hamburg more **aware** of the topic "**healthy studies**" and to show them specific possibilities for health promotion and prevention.



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## Contact

### CamPuls

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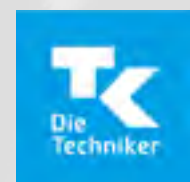
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