



Healthy working at the HU: Register now for workshops in May

Last year, the University Health Management (Hochschulisches Gesundheitsmanagement, HGM) conducted the survey "Are you doing well at the HU?" on working conditions, health situation and health behaviour among HU employees. Now the results are available and the HGM is offering further workshops in May.

Results: Many things are already going well, but there are also burdens on health

The results of the staff survey have made it clear in which areas of the university setting many things are already going well, but also where there is a need for action. There seems to be dissatisfaction particularly with regard to working hours and time requirements. The pandemic and the switch to the home office have also left their mark.

The results are currently on display in the foyer of the main building. On 25 April, the poster exhibition will also be accompanied from 9 a.m. to 3 p.m. by an offer of free measurements for posture diagnostics as well as delicious energy balls. On site, anyone interested can talk to the HGM team about their health promotion concerns. In addition, the infographics shown there can be viewed on the HGM [intranet](#) and [website](#). In the interview, Martina Rost and Bernd Wolfarth, the project management of the HGM, report on the results of the survey and share further details about the workshops.

[Read the interview with Martina Rost and Bernd Wolfarth on the intranet](#)

[Read summarised results of the survey on the intranet](#)

Goal: Develop solutions together in workshops

The HGM would like to find out more and, with the support of an external moderator, work out solutions and concrete measures together with colleagues in focus groups. What are the causes and motives of the critical survey results? And which health-related measures would actually support employees in their everyday (work) life? Employees are invited to participate in focus groups for their status group in May.

- **11 May, 9 am to 12 pm**
Student employees and trainees
- **11 May, 1 to 4 pm**
Research assistants and teachers for special tasks
- **24 May, 9 am to 12 pm**
Employees for technology, service and administration
- **24 May, 1 to 4 pm**
Professors

[Register now for the workshops](#)



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