

Health Management in the Institutes



Max Planck Campus

At the Max Planck Campus Golm, with its three institutes, all employees and visiting staff members can find and use numerous sport and exercise offerings to keep fit and healthy as well as to create a counterbalance to the often stressful daily routine. These include, among other things, an outdoor fitness trail, a football and volleyball field, and an outdoor table tennis area.

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Fraunhofer Institute for Applied Polymer Research IAP

Whether Pilates, soccer, or exercise outdoors in the fresh air, at the Fraunhofer Institute for Applied Polymer Research IAP there are a variety of options for employees to keep themselves fit, healthy, and productive alongside their daily work routine. They can also take advantage of mobile massages.

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University of Potsdam | Corporate Health Management

At the University of Potsdam there are various offerings for employees to maintain and promote good health. Employees of cooperating institutions can also take advantage of selected activities upon request.

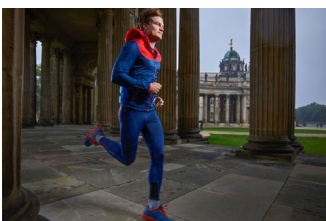
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Student Health Management “Feel Good Campus”

The student health management initiative “Feel Good Campus” was introduced by the Academic Sports Center of the University of Potsdam and the Techniker Krankenkasse to make studying and training at the University of Potsdam even more attractive and in particular to promote good health.

www.uni-potsdam.de/de/feelgoodcampus/index



Academic Sports Center

The Academic Sports Center Potsdam is Potsdam’s largest sports provider. Participants can put together their own individual programme from over 500 weekly courses in more than 100 types of sports. In addition to an extensive sports programme, the Academic Sports Center also organizes numerous events and competitions.

www.uni-potsdam.de/en/hochschulsport



The Brandenburg Main State Archive

At the BLHA, employees are offered both courses to promote the health of the back and mobile massages. The health insurance company „BIG direkt gesund“ supports occupational health management by organizing health days and providing the BIGbalance life@work platform with various online offers for all areas of activity in health and safety management.

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Standortmanagement Golm GmbH

The Standortmanagement Golm GmbH connects all partners with each other and markets the Potsdam Science Park to the outside world. We offer general health workshops for all employees and special workshops for teamleaders at Potsdam Science Park.

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