

# Diversity Newsletter

October 2021 / 11th edition

Dear department members,

For the winter semester, we would like to inform you about important news, dates and events in the field of equality and diversity with the newsletter "Diversity Newsletter."



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## ■ News

### TUMValues

The Office for Equal Opportunities asked students, teachers and staff about their values. The aim is to find out and present what personal attitudes and values are lived at TUM, what drives and inspires people at TUM, what gives them strength, what makes them happy and what is important to them.

What is to be done with it:

- Promoting cultural change in the sense of a culture of coexistence and diversity
- Encourage people to reflect and articulate their own values
- Make values-based research, teaching, study and action of TUM personalities visible
- Promote the value-oriented discourse on science at TUM
- To raise awareness of the issue of values at TUM and abroad

[Interviews about the TUMValues can be found at the Office for Equal Opportunities.](#) Here you will also find further information on how to take part in this campaign.



### **Diversity Award – Application period until 07 January 2022**

Once again, excellent, diversity-related theses in the Bachelor's, Master's and Teacher's degree programs, as well as doctoral theses, can be submitted for the Diversity Prize. All scientific papers submitted to the department SG in 2021 are admitted. Theses must be recommended by the chairs and the subject areas.

The work must be sent to [andrea.goettler@tum.de](mailto:andrea.goettler@tum.de) by 07.01.2022 together with the corresponding report and a short letter of recommendation from the supervisors.

### **Diversity Report 2021**

The department's diversity report provides information on diversity-relevant research projects, publications, lectures and courses held by academic institutions. It also reports on the implementation of support measures in the areas of gender equality, reconciliation of family and work/study and internationalization.

Relevant research, publications, lectures, reports or collaborations of the department from the year 2021 that are to be published in the Diversity Report can be submitted to the Diversity Officer. A reminder email will be sent to the scientific institutions in the coming days.

## ▪ **Equality and diversity offers**

### **Advice for students, doctoral candidates and staff**

In case of diversity-specific questions (studying with children, studying with disabilities, financial hardship e.g., during doctoral studies, travel expenses, discrimination, etc.), you can contact the Diversity Officer for further information and support.

### **Subsidies for Diversity Fund**

The department aims to strengthen gender equality, diversity-sensitive research, barrier-free participation in university life and the reconciliation of family and career/study for employees and students. Appropriate measures and concepts can be supported with funding from the Diversity Fund. Please contact the Diversity Officer for information on funding opportunities.

### **Funding for doctoral students and for habilitation**

Current calls for proposals for young scientists can be found on the [Diversity homepage](#). The Diversity Officer will be happy to advise you on financial emergencies as well as on ways to support your further academic qualification.

### **Care guides at TUM**

At TUM, newly trained care guides are now available in Munich, Garching, Freising and Straubing as well as at the Klinikum rechts der Isar as contact persons for all TUM members on questions relating to the compatibility of care and work.

More information can be found at:

<https://www.chancengleichheit.tum.de/familie/pflege/pflegelotsinnen-an-der-tum/>

### **Exchange on equal opportunities**

Since last year, the Equal Opportunities Unit has been accessible via an open chat channel. In the chat, TUM Family Service posts information and tips for (student) parents, listens attentively to your concerns and encourages you to share your experiences with others in order to keep in touch

with each other. Networking is done via the TUM Rocket Chat, which is accessible to all members of our university. To participate, please go to [chat.tum.de](https://chat.tum.de) and log in with your TUM ID (e.g., “ab12cde”). You do not have to register separately. The chat is set up as an open channel, which you can find by searching with the #chancengleichheit (“equal opportunity”).

### Anti-racism at higher education

In order to take a closer look at the subject of racism in everyday university life, the #anti-racism chat has been created, which is available for any concerns, but also for discussions on the subject of racism. This channel can also be found at [chat.tum.de](https://chat.tum.de).

## ▪ Dates in the semester

### Diversity Trainings at the TUM Institute for LifeLong Learning

14.10.2021 – 03.03.2022

The TUM Institute for LifeLong Learning promotes the continuing education of all TUM employees with a wide range of offers that prepare you to face the current and future challenges in your daily work even more effectively and to act responsibly. The TUM-internal continuing education offers also include seminars on the subject of diversity.

### Women of TUM Talks 2021: "Power, Strength & Energy"

26.10.21 | 7:00 pm-8:30 pm | online

The Women of TUM Talks inspire and encourage. They offer the women of TUM a stage and thus make role models visible. And they encourage you to pursue your own goals. This year, three speakers will give impulses on the subject of power, strength & energy and discuss personal and professional knowledge.

More information and registration under [Women of TUM](#)

### Holiday care in the autumn holidays

02.11.21-05.11.21 | Campus Weihenstephan

The summer holidays are over and the next holidays are just around the corner. The TUM Familienservice would like to draw your attention to the autumn holiday care for the active “outdoor holidays” at Campus Weihenstephan: Holiday program “Outdoor” holiday care at Campus Weihenstephan from 02.11.-05.11.2021 (registration from 08.10.2021). For children between 6-12 years, the program is bookable daily and escort service is by public transport from Munich Central Station (Hbf) for the children of Munich and Garching.

More information and to register under [TUM.Family holiday program](#).

## Live (and experienced) diversity

04.11.21-26.01.22

The Munich Student Union offers a large program of events regarding the topic diversity. Besides workshops like “Seeing, understanding and responding to Everyday Sexism” or “Inclusive and gender-sensitive language” they also organize events such as “Being Jewish in Munich today” or an (inter)cultural tour through mostly unknown parts of Munich. Furthermore, they offer a lecture particularly for students with children regarding financial support.

More information can be found on the [website of the Munich Student Union](#).



## 4<sup>th</sup> virtual family café of the Munich universities

09.11.21 | 1:00 pm-2:30 pm | online

The next family café will take place in November to exchange ideas and get to know other students with children. (Expectant) student mothers and fathers can talk to each other or to specialists from the Munich Student Union, the Ludwig Maximilians University Munich, the Munich University of Applied Sciences and the TUM family service about topics such as the compatibility of studies and children, university during Covid, lack of childcare, financing or planning of studies.

To register, simply send an email in advance to [smk@stwm.de](mailto:smk@stwm.de). You will then receive a link and access code for the event.

## How do I finance my studies with a child?

18.11.21 | 10:00 am-11:30 am | online

The employees of the advisory network of the Munich Student Union provide information on financing options for studying with children.

After keynote lectures (in German) on the topics of parental allowance, BAFöG, scholarships, student loans and other social benefits, you have the opportunity to talk to various professionals

(pregnancy counseling, BAFöG counseling, scholarship counseling, counseling for studying with children).

Pregnant students, studying parents and prospective students from all universities supported by the Munich Student Union are cordially invited.

To register, simply send an email to [smk@stwm.de](mailto:smk@stwm.de) in advance. You will then receive a link and access code for the event

### **Faculty Circle: Female Leaders at TUM**

23.11.21 | 5:00 pm-7:00 pm | TUM Main Campus

You are a department member and want to further advance your leadership capabilities? The best way to do so is to connect with your peers who face the same challenges as you do: Finding the best talents for your team and leading them effectively. This workshop with Senior Vice President Prof. Dr. Claudia Peus is your forum to discuss daily challenges as an academic leader. This semester, we exclusively invite female professors to attend and bring in any questions, issues and topics related to their role as female leaders at TUM. In addition to Prof. Dr. Peus, Prof. Dr. Ruth Müller will join the forum to share her experiences, best practices and to jointly work on effective solutions with you and your peers.

### **Stress management for students with children**

02.12.21 | 4:00 pm-5:30 pm | online

Are you also wondering how you can reconcile studying and family? How you can achieve a less stressful everyday life and a better balance?

Studying with a child represents an additional challenge to everyday life at the university, pressure to perform and exam stress. In this lecture (in German), we want to give you theoretical background knowledge as well as some tips and impulses for family-friendly stress and time management during your studies.

Speakers: Larissa Müller and Klara Schuster, Munich Student Union

To register, simply send an email to [smk@stwm.de](mailto:smk@stwm.de) in advance. You will then receive a link and access code for the event.

### **Bleib fit – mach mit! (Stay fit – join in!)**

29.01.22 | further information will be announced

Sports and action day for all children of the TUM Family (with or without chronic illness) with the kidsTUMove team.

## Wintercamp KidsTUMove in the carnival holidays 2022

27.02.22-04.03.22 | Winter week in the ski area in South Tyrol

Skiing, tobogganing, cross-country skiing, sports, carnival party and much more! Pre-registrations at [kidstumove@tum.de](mailto:kidstumove@tum.de). Chronically ill children have priority in the registration.

### ▪ Review of events

#### Girls in Sport – Facts, Challenges & Political Dimensions

Published at 06.10.2021 | Technical lecture on “Girls in Sport” organized and coordinated by the Münchner Sport Jugend inclusive panel discussion

Together with Elisabeth Kirschbaum from the University of Leipzig, Dr. Daniela Schwarz from the TUM presents data, figures and facts on the status quo. It opens up the perspectives that this wide-ranging subject brings with it. How do young women get involved in sports volunteering? What role do factors such as time, family, female body, culture, origin or religion play? Why is talent promotion still gender-based? Where does the sexualization of girls' and women's sports come from?

The lecture is still available online (German only):

<https://www.msj.de/service/aktionswochen/?tab=M%C3%A4dchen%20im%20Sport>

#### 9<sup>th</sup> German Diversity Day on 18 May 2021



#### DEUTSCHER DIVERSITY-TAG 2021

In 2021, the Department of Sports and Health Sciences participated in the Diversity Day of the Charter of Diversity, this time with the motto “Show the flag for diversity.” With the project “That’s us – students introduce themselves!” the Department of Sports and Health Sciences drew attention to the diversity of students by capturing their perspectives on studying. The aim was to show which interests the students represent, to what extent they are committed to them and what motivations they pursue with their studies. Among the twelve Bachelor’s and Master’s students as well as the PhD students presented were people from Egypt, Australia, China, Kenya, Mexico, Nepal, Russia and Tanzania, who came to TUM mainly because of their interdisciplinarity, multidisciplinary approach to health care and international recognition.



## Das sind wir! - Studierende stellen sich vor



The TUM members are involved in various health care disciplines, with a particular focus on mental health, the environment and the LGBTQIA+ community. For example, the bachelor's student, Jana Zeh, has already founded several voluntary projects in the field of mental health, such as a self-help group. Nikolay Lunchenkov, a master's student who studied medicine at TUM and worked as a doctor for HIV treatment and prevention and as a project manager at a local HIV service organization in Russia, is pursuing his master's degree in "Health Science" in order to develop health services for LGBTQI+ community. In addition, several doctoral candidates were presented who explore their research questions at the various chairs of the department. Among them is Ximena Tiscareno-Osorno, who after studying psychology in Mexico moved to the Chair of Sports Psychology for a PhD position in order to promote nature-based solutions and interventions. At the same time, she is involved in the Gogreen project to promote a healthier and more livable life for people who reconnect with nature.

Above all, the people presented have one thing in common: they were delighted to be in contact again with their fellow students, colleagues and lecturers after a long period of social distancing.

### **KidsTUMove Summer Camp 2021: We are heroes!**

This was the motto of our kidsTUMove Summer Camp 2021! It was a relief for everyone involved to get back together, to have fun in the group and to do sports together. Of course, the applicable hygiene guidelines were observed, so that we were able to experience a safe camp with our "heroes" on the TUM Campus in the Olympic Park for 5 days. Even without overnight stay, the week was an unforgettable experience. The team spirit of our "heroes" often led to moments of goose bumps: for example, in the gentle mutual support in the airy heights in the Vaterstetten climbing forest or in the Olympics in fair group competition.

Participants: a diverse group of sports scientists, students, volunteers, former camp participants and children and young people with different backgrounds. A total of 40 children and adolescents aged between 6 and 17 took part. Among them are heroes with chronic diseases (including congenital heart defects, in the aftercare of cancer), healthy siblings and friends, as well as children of the TUM family for the first time, who all gathered together for the kidsTUMove Summer Camp 2021 in the second week of August. Our long-time friends of the association Kinderherz from South Tyrol and Trentino in Italy were also there. The excitement was great after we couldn't see each other for almost 2 years. Full of energy, we plunged into an eventful week.

Offering the children a holiday week full of joy was a lot of fun. We are looking forward to next year!



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