



## BeBuddy-Newsletter 03/2021

### 1) Online Welcome Week for new international students summer term 2021

RWTH Aachen University is looking forward to welcoming its new international students during the Online Welcome Week organized by the International Office. The Welcome Week Events will take place from 7 April to 10 April 2021. We are very excited to virtually introduce the international Freshmen to the university services, the international student associations and to each other of course!

Thanks to the numerous volunteers registered this summer term, we are sure that the students will feel supported and welcome to Aachen and to RWTH. To our committed RWTH students: Thank you for your support! We are very happy to see such an enormous engagement in the BeBuddy program as well as in other voluntary projects.

For those interested in becoming Welcome Week Volunteers for the winter term 2021/22, you can register at [welcomeweek@rwth-aachen.de](mailto:welcomeweek@rwth-aachen.de) by 1 August 2021. Your commitment can be recognized as a voluntary component for the Certificate International. You can find further information about the tasks and the Welcome Week Program at [www.rwth-aachen.de/welcomeweek](http://www.rwth-aachen.de/welcomeweek)

### 2) Video clips for activation and relaxation

The Psychological Team of the RWTH Student Advice Center (RWTH Zentrale Studienberatung) has produced a series of relaxation and activation clips to introduce students to measures for relaxation on the one hand and activation on the other, especially in times of the Corona pandemic. The video and audio clips present a series of simple exercises that anyone of you can do on your own to find peace, balance and strength even in times of restrictions, contact limitations and stress. The clips are available [here](#). The team is currently working on English versions of the clips. The transcriptions are already available in English.



### 3) Having trouble with your bike? Go check the online consultation of the ASTA bicycle repair station

You don't know what's wrong with your bike? Then check out the virtual consultation hour of the "ASTA Fahrradwerkstatt" (bicycle repair station). The team will try to help you this way by looking and discussing what might be wrong with your bike. They can also guide you where to find the necessary tools, explain how to fix the problem or just chat with you about bikes.

When: Every Wednesday from 6pm to 8 pm

Where: Follow this [Zoom link](#)

Meeting Room: 966 6766 7621 (Password: 867041)

### 4) Another ASTA Game Night for all interested students

On March 16 at 7:30 pm, the ASTA will have their next game night for all interested players. You can expect various games, including Codenames, 7Wonders, Carcassonne, Werewolves, Among and much more.

Here is the Discord Link to join the session: <https://discord.gg/yHNrZqa8TH>

### 5) RWTH Actively Engaged in Promoting Health – The RWTH Aachen Health Portal

The Health Portal is an information platform for all members of university who would like to know more about the topic of health at RWTH, would appreciate a private consultation or are looking for work-life balance involving exercise and relaxation.

Check out the [health portal](#) if interested and read more about their ideas on the following [website](#) which will help you get and stay active at RWTH Aachen.

**Good luck with your further exams!**

Dominika Dudzik, Wen Wei and Haiyan Saadi from the BeBuddy Team

PS: You can also follow us on [Facebook](#)



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