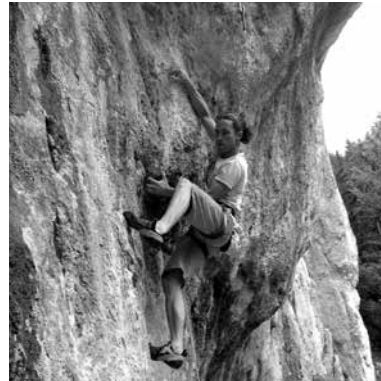


University of Konstanz

# 50 years Academic Sports Service



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#morethanjustsports

## Introduction

More than just sports

For 50 years now, the sports programme of the University of Konstanz has been one of the most popular and most visited programmes at the University of Konstanz. Traditional sports are offered as well as modern trend sports. Team athletes are just as welcome as individualists, beginners as well as the cracks in their discipline. Top athletes can receive special support from the Academic Sports Service, because the University of Konstanz is a “Partnerhochschule des Spitzensports” (partner university of High Performance Sports).

But even and especially if you haven’t considered sporting activity to be your thing so far, the Academic Sports Service would like to offer you the opportunity to still find your personal favourite sport. For this reason, too, our programme ranges from acrobatics to Zumba, from badminton to volleyball and from capoeira to weightlifting. You don’t find something you like among the more than 80 different sports on offer? We can’t imagine that, but we are always open for new suggestions to expand our offer!

After an exhausting day at university, you can escape the stress of studying by doing sports together and clear your head again – the programme of the Academic Sports Service offers countless opportunities to do this. Don’t let them go to waste!

We are always looking for committed and well-trained instructors, but we also train and educate people ourselves. If you are interested, please have a look at our website in the section “Übungsleiter\*-innen” (instructors) if you are interested.

## How can I participate in the Academic Sports Service?

### Sportticket and SportABO

Participation in the Academic Sports Service programme is generally open to students and employees of both Konstanz universities. Students from other universities can also register if there is sufficient capacity.

Participation in the programme is generally fee-based. The amount of the fee depends on the status of the participant (student/employee ...) and on the duration, material costs and other expenses of the programme.

All offers of the Academic Sports Service can be booked online via the website. In order to be able to book offers online, either the **Sportticket** for the respective semester or the **SportABO** is required.

The **Sportticket** costs a small semester fee and is **only valid for one semester**. Already with the Sportticket all the social project offers of the Academic Sports Service are open to you, such as the integrative wheelchair sports. However, the Sportticket is also a

prerequisite for being able to book other courses and tickets of the Academic Sports Service for which a fee is charged.

Alternatively, you can book the **SportABO** again from the summer semester 2023. It costs a higher semester fee, for which you can participate in the **PLUSprogramm** of the Academic Sports Service without any additional costs, completely flexible and according to your mood. The PLUSprogramm includes the social project offers and also a weekly programme of around twenty courses in which you can always participate.

The PLUSprogramm is also available in reduced form during the semester break.

Like the Sportticket, the **SportABO** allows you to book additional courses and tickets if you want to take them in addition to the PLUSprogramm. In future, you will only need one of the two per semester: SportABO or Sportticket. The SportABO is automatically renewed if it is not cancelled two weeks before the start of the next semester.

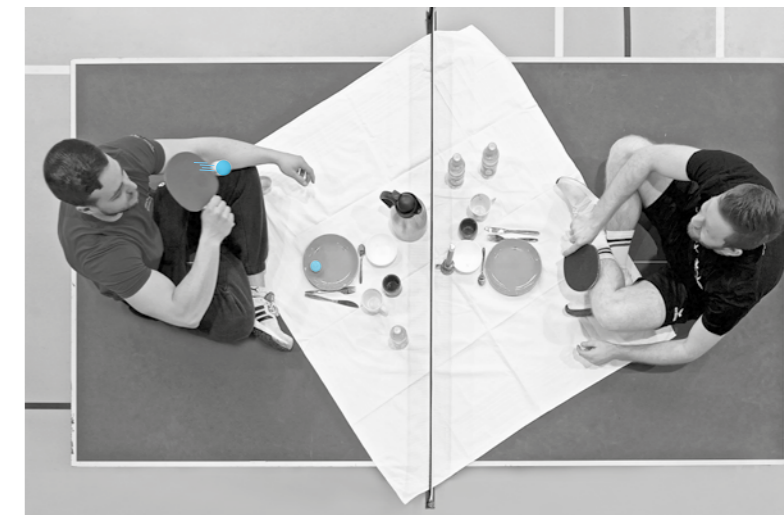
## SportABO and PLUSprogramm

### More sports for your money

With the **SportABO** we offer you a lot of sport for a relatively small price. The **PLUSprogramm**, as we have named the collection of these sports courses, allows you to participate according to your mood. But if others are also interested in the sport, it can get a bit crowded. When you book the SportABO, you are making a clear commitment to this. It is automatically extended into the next semester, so you will never have to book a Sportticket again at the beginning of the semester if you do not cancel the SportABO.

The events in the **PLUSprogramm** aim to get you moving or keep you moving, i.e. the level is usually designed so that anyone can take part without much previous experience.

Only the **competition training**, which is also part of the PLUS-programm, is different! Here you can only participate if the responsible instructors have given their okay. If you are interested in competitions, please come to the training session.



### **The PLUS programme is suitable for you if**

- you have always enjoyed doing a lot of sport and/or would like to do so in the future
- you can't attend a class at the same time every week, but you still don't want to miss out on exercise
- you want to compete for your university
- you also want to do some sports during the semester break

## Popular sports from A – Z

### Course programme

The majority of the Academic Sports programme is offered in self-contained courses in general mass sports. Many of the courses are structured in such a way that you can learn a sport that is new to you from scratch (A course for absolute beginners). If you already have some experience, you can choose between different levels (B, C, D) to continue progressing in your favourite sport.

The **numerous courses** in our sports programme range **from A for acrobatics to Z for Zumba**. In the major team sports, you'll find basketball, football, handball, rugby and volleyball, as well as lesser-known games like lacrosse, ultimate frisbee and underwater rugby.

In the field of martial arts, we offer everything from Aikido, Judo, Karate and Kung Jung Mu Sul to Ninjutsu and Taekwondo. The Afro-Brazilian martial dance Capoeira has also been part of our programme for many years. Our broad spectrum of artistic dance offers ranges from classical ballet to hip hop to jazz dance, from 5Rhythms dance to Latin American Zumba.

In addition to the numerous indoor and outdoor fitness programmes, individual sports such as fencing, athletics and swimming or the backstroke games badminton, tennis and table tennis are also on offer.

Are you missing a sport that you have already practised at home and would like to continue doing in Konstanz? Contact us and we will check whether there is a possibility to set up a new offer in the area of popular sports.



#### Acrobatics and artistry

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#### Lawn sports

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## Active Campus Konstanz

### Student health promotion

If you want to do something for your own health as a student, the Active Campus Konstanz is there for you. Do you already know our free offers under #notalone?

The **#notalone: Buddy-Programm** supports student learning duos through participation in sports courses that can be attended together. Whether as additional motivation before or as a reward after studying, the Buddy-Programm helps learning duos to get to know each other better.

The **#notalone: Lauftraining** (running training) is open to anyone who wants to keep fit while learning. There are free running groups at three different levels, so that no one has to run alone – true to the motto #notalone!

Are you a student at the University of Konstanz, interested in health issues and would like to get involved? Get in touch with us at: [active.campus@uni.kn](mailto:active.campus@uni.kn)

The Active Campus Konstanz is the result of a nationwide project for student health promotion with the cooperation partners Allgemeiner Deutscher Hochschulsportverband and Techniker Krankenkasse. In the winter semester 2017/2018, we successfully applied for funding for the first time in the project “Bewegt studieren – Studieren bewegt! This was also the case with “Bewegt studieren – Studieren bewegt! 2.0”, which will run until the end of October 2023.

The aim of “Active Campus Konstanz” is to institutionalise student health promotion at the University of Konstanz. A constant and stable network is to be created with the maximum possible participation of students.

The following questions are in the foreground:

- What do students need in order to be able to study healthily?
- What ideas do students themselves have for sustainable health promotion?
- Which competences are important in order to contribute to a healthy future?



Student participation is to take place through the practical implementation of students' ideas in sub-projects. In addition to the implementation of ideas, the personal health competence of each participating student is to be sustainably developed for the time after graduation.

The project ideas that have already been implemented can be found on the Active Campus Konstanz web pages on the website of the Academic Sports Service Konstanz. You can also subscribe to the Active Campus Newsletter there.



### Contact

Active Campus Konstanz  
Petra Borchert,  
Ariane Klein  
[active.campus@uni.kn](mailto:active.campus@uni.kn)



## uniFit

The health programme for everyone

uniFit is the health-oriented exercise and relaxation programme offered by the Academic Sports Service. Staff and students can choose from a wide range of health-promoting programmes.

Our morning offers let you start a successful day full of energy. With back fitness, yoga and Pilates over the lunch break, you can escape the „soup trough“. Our evening courses, including fascia training, a variety of relaxation and stress management courses and much more, round off a successful and active day.

We offer a very special highlight in our fitness centre with the Fit4Free course. The course conveys the fun of exercise and scores points with a scientifically based script.

Health insurance companies can subsidise the course because it is certified by the ZPP. For students, health insurers cover up to 100 % of the costs of Fit4Free. Employees insured by TK

can receive a subsidy. It may be worth asking your own health insurance company about all uniFit offers!

### **Creditable towards working hours:**

Selected offers from the uniFit area (e.g. back fitness courses) can be credited to working hours for up to 30 minutes per week.



### **Contact**

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## **uniMotion**

Fitness centre

Are you looking for a competent partner for your fitness training? A fitness centre that doesn't bind you with long-term contracts and small print, but with quality and customer proximity? Fitness trainers who advise you individually and holistically on the topics of health, nutrition and training? A team of trainers for whom it is important that you achieve your training goals efficiently, healthily and with pleasure?

Then uniMotion is the right place for you! Come by and convince yourself. The uniMotion is located in the sports hall and is no more than a 10-minute walk from your office, seminar room or lecture hall.

### **What's special about us**

- Low prices
- Short minimum membership period (6 months)
- Uncomplicated cancellation after the minimum term of 6 months
- Cancellation options in case of relocation, internship at another location
- Possibility of interruption for one calendar month

### **This is how you can join**

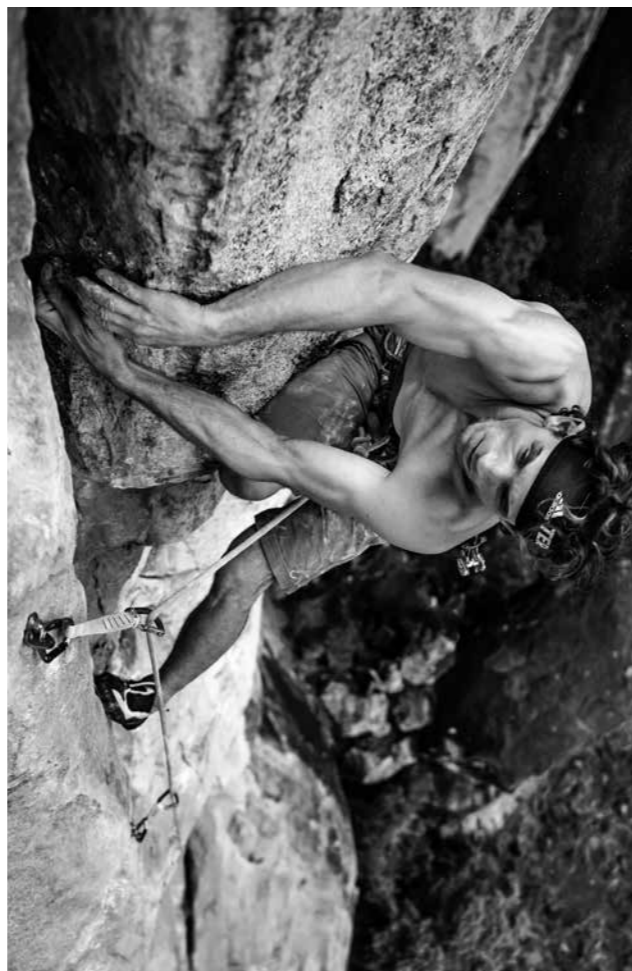
- Membership (6 months)
- Transferable 10-visit ticket
- weekly pass

We look forward to seeing you!

### **Contact**

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uniMotion@uni.kn  
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- [uni.kn/hsp](https://uni.kn/hsp)





## uniNature

### Mountaineering

Due to the special location of Konstanz, directly at Lake Constance and not far away from the Alps and the Black Forest, a special focus of the Academic Sports is on outdoor sports, which we call uniNature.

#### **In mountaineering we offer**

- Mountain hiking, also downhill ...
- Mountain climbing, if mountain hiking is not enough for you ...
- Bouldering, sometimes as individual technique and tactics coaching, sometimes to stay at your level, or sometimes for fun ...
- Climbing courses, more than you think, less than yoga courses ...
- Via ferratas, preferably outdoors ...
- Mountain bike rides, also outside the EU ...
- Snowshoeing
- Ski touring days, sometimes with a snorkel ...
- Ski touring camps, here in exchange: warm water for powder ...
- Slacklining, directly on the beach, but also possible with a T-shirt ...
- Street Workout, 'Muscle Up' or how ...?

- Trail running, trails ...?
- Yoga for boulderers, really ...?

And then we have the uniBloc – 300 m<sup>2</sup> boulder of finest quality without thick air for lots of thick arms! This is where the elite will meet for Olympic Combined Paris 2024:

#### **Biking – Bouldering – Bathing**

If that's too flat for you, our climbing tower is an alternative: Long live the 80s, leggings required. Where do we meet you???

#### Contact

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+ 49 7531 88-2091  
... I'm off climbing now







## uniNature

### Water sports

Hardly any other university in Germany is located as close to the water as the University of Konstanz. Our almost all-encompassing water sports programme awaits you at the university's water sports centre, just a few minutes' walk from the lecture halls.

There you can take part in the following courses:

- Kayaking
- Rowing
- Sailing
- Stand up Paddling
- Diving
- Windsurfing

You can acquire your Lake Constance boat master's licence within our basic sailing courses, learn to row, dive or windsurf with us at the water sports centre or join us on one of our numerous water sports excursions:

- Kite- and windsurfing on the island of Rügen
- White water kayaking in the mountains
- Yacht sailing on Lake Constance

Canoe polo is an exotic activity. In a mixture of handball, rugby and water polo, you can hunt for goals in a kayak.

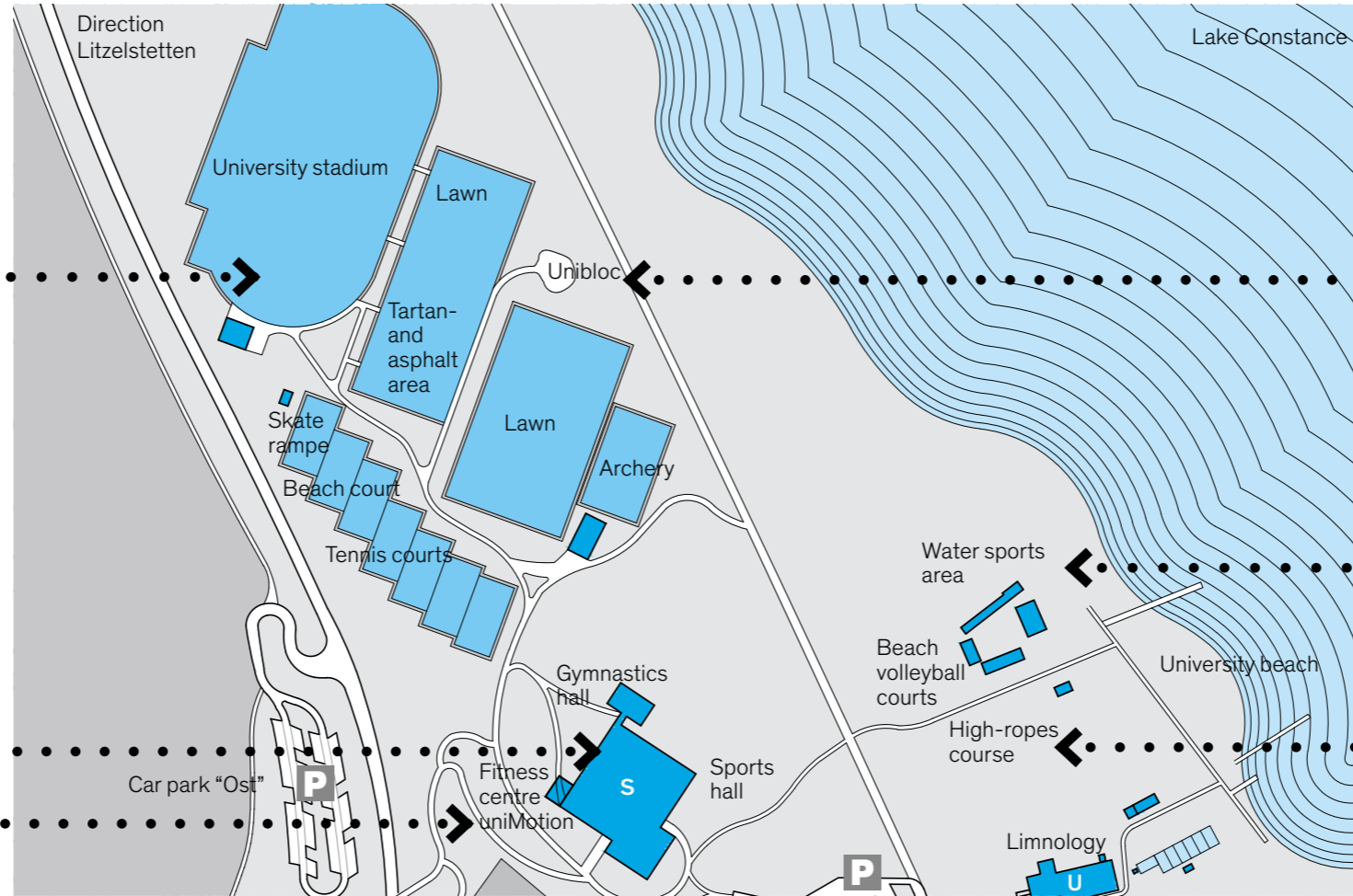
Many courses are also available as weekly after-work programmes – so there's also something for after the library or the office. You can also rent almost all water sports equipment at the water sports centre for a fair fee.

Many evenings end at the barbecue area of the water sports centre, which can be reserved by students and employees of the University of Konstanz.

#### Contact

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## Site map





## uniNature

Snow sports – Your winter. Your sport

In addition to skiing and snowboarding, we also offer ski tours and snowshoe hikes as well as cross-country skiing courses. All under the professional guidance of our own DSLV professional ski school.

### **Snow sports on the slopes:**

- Ski courses: learning level GREEN, BLUE, RED and BLACK.
- Snowboard courses: learning level GREEN, BLUE and RED
- Children's ski courses: learning level GREEN, BLUE and RED
- Cross-country ski courses

### **Snow sports off-piste:**

- Freeride skiing technique courses
- Snowshoe hikes
- Ski day tours
- Ski touring camps

In addition, from mid-December to the beginning of March, there are the classic day trips: as soon as there is enough snow, the Academic Sports Service travels to various ski areas around Konstanz every Saturday together with the uniNature\_Snow Sports Team:

some of the most beautiful ski areas of the Northern Alpine Ridge and the Bregenzerwald await you. The programme can be found online from October and is suitable for students, employees and alumni, as well as for children from the age of 6!

### **Join the uniNature\_Snow Sports Team:**

We are always looking for qualified junior staff for the uniNature\_Snow Sports Team of our DSLV professional ski school. So if you already have a current ski or snowboard instructor licence (DSV/ DSLV/...) and would like to introduce young students and employees to the experience of snow sports, then you've found to the right place.

### **Contact**

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+49 7531 88-3181



## uniTournament

### Competitive Sports

Do you want to achieve more in sports and/or do you already have a competitive sports background?

The University of Konstanz offers good opportunities for interested and competitive athletes to take part in various competitive activities. There are fixed training groups and teams in many sports that you can join. With the SportABO, we will be able to offer you good training conditions from SS 2023, not only in your own sport but also in supplementary offers.

Outstanding athletes (DOSB squad athletes or athletes from a national league or comparable squad) should find out more about the support for top-level sport at the University of Konstanz immediately, because since the winter semester 2007/08, the University of Konstanz has been a "Partneruniversität des Spitzensports (partner university of High Performance Sports) and supports athletes in their efforts to combine studying and competitive sport.

The Academic Sports Service Konstanz is a member of the Allgemeiner Deutscher Hochschulsportverband (German University Sports Association) (adh), the organiser of all German University

Championships, and is a regular organiser of German University Championships (e.g. the annual DHM Ski). All important national and international dates can be found on the association's website ([www.adh.de](http://www.adh.de)) in the "Competitions" section.

In sports for which regular training at a competitive level cannot be offered at the Academic Sports Service, there is still generally the possibility of taking part in German University Championships. If you are interested in an event, just contact the office of the Academic Sport Service and we will see what we can do for you.

#### Contact

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+ 49 7531 88-3181  
Room G 206



## uniEvent

Events and more ...

What? That too? This has nothing to do with sports à la Turnvater Jahn. That's right, at uniEvent you'll find all the programmes that don't really fit in at the Academic Sports Service or where we just really want to present something special on top.

Here we distinguish between our events where team sports and good humour set the tone – **Eurokonstantia, Uni-Liga Konstanz** and the **Uni-Liga Indoor Cup** - and our charity events where you help us do good just by participating – e.g. **3-Bälle Nacht**.

Because with the entry fees, we support projects of German Doctors, Viva Con Agua and the Constance refugee initiatives.



### Contact

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+49 7531 88-3181

## International Contacts

### International sports encounter

The Academic Sports Service of the University of Konstanz is proud of its numerous international contacts. Konstanz university athletes have always enjoyed taking part in sports tournaments abroad. Whether in Paris or Istanbul, Barcelona, Eilat, Kiev, Milan, Tartu, Tel Aviv or Beirut - the tournaments were always unforgettable experiences for the involved athletes.

On our website, under HSP Tournament, you can always find some current tournaments where, if there is enough interest, it is possible for Konstanz students to participate. You are also welcome to contact us if you have contacts to an international student tournament that you can recommend to us.

In addition to invitation tournaments, individual athletes or entire teams qualify for the European Student Championships via the German University Championships. The EUCs, which are also held every two years as EUSA Games at one location, offer students excellent opportunities to compare themselves internationally in their sport and to make numerous contacts abroad.



✕

**For all invitation tournaments**

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✕

**For EUC and EUSA Games**

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## Top-level sports promotion

“Partnerhochschule des Spitzensport” project (partner university of High Sports)

On 26 October 2007, the University of Konstanz joined the project “Partnerhochschule des Spitzensports” (partner university of High Performance Sports). This project was initiated by the Allgemeiner Deutscher Hochschulsport (adh) in 1998 to make it easier for student athletes to balance their studies and top-level sport.

The **cooperation agreement for the promotion of top-level student athletes**, signed by the University of Konstanz is intended to compensate for disadvantages for top-level student athletes so that they can successfully complete their academic education at the University of Konstanz despite the high time demands of top-level sport.

In addition, the University of Konstanz has entered into similar cooperation agreements with some national league clubs in the region to support student athletes.

The University of Konstanz's top sports partner clubs are currently:

- HSG Konstanz – Handball, second Bundesliga
- SV Allensbach – Handball, third Bundesliga
- TSV Mimmensehen – volleyball, second Bundesliga
- ASC Konstanz – Triathlon, third Bundesliga
- StTV Singen – gymnastics, first Bundesliga

The requirements for applying as a top athlete on the basis of these agreements are explained currently and in detail on the website of the Academic Sports Service in the section uniTournament-Wettkampfsport/Spitzensportförderung.



### Contact

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## uniVenture

Centre for education through experience and action learning

Every person and every group is unique. That is why uniVenture offers individually tailored programmes for different target groups. From action-oriented incentives to activity-oriented teambuilding, from half-day school excursions to school trips lasting several days – we focus on your needs – whether school class, work colleagues, sports team or family.

The extensive selection of adventure-based learning programme modules such as a high ropes course, team park, team canoeing, raft building and much more, enables us to create a suitable concept.

The experiential education offers are complemented by our overnight accommodation at the water sports centre.



### Contact

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## Snow sports school

DSLVL Professional Ski School of the University of Konstanz

Our team of instructors for the skiing, freeriding and snowboarding courses as well as the cross-country skiing courses consists of qualified snow sports instructors from the DSLV and DSV associations. The University of Konstanz is organised in the DSLV and has its own **DSLVL professional ski school**:

University of Konstanz -- ID: 6970

The office is located at the Academic Sports Service Konstanz at the University of Konstanz.

The teaching team is trained by our state-certified ski instructor Hans-Georg Eckart. Christian Schöpf is in charge of the office and the planning of the season. Our teaching team currently has more than 30 active and passive ski and snowboard instructors under the coordination of Christian Schöpf.

Our tasks include the training of ski instructors as well as the annual further and advanced training of the teaching team. In addition, we organise and host the adh alpine skiing training days and organise the German alpine skiing university championships, including the Alumni Cup.

The programme will be online from October and is suitable for students, employees and alumni!



Profi-Skischule  
Deutscher  
Skilehrerverband

### Contact

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## Your contact persons

in the team of the Academic Sports Service

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### **Division Manager uniNature Mountaineering**

#### **Coordinator Bus Lending**

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### **Division Manager uniNature Snowsports**

#### **uniEvent · uniSport: Lawn sports**

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### **Booking service and customer care**

#### **HSP all areas**

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### **uniMotion Fitness centre**

#### **uniNature Snowsports Coordinator Children**

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Di 13.00–15.00 hrs. (S 303)

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Office hours: by appointment

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S 301 and Glass Box University Sports Hall

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### **Water sports team · Water sports area and Water sports equipment**

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## Academic Sports Service Konstanz

More than just sports



| Mitglied im |  
allgemeinen deutschen  
hochschulsportverband



– [uni.kn/hsp](https://uni.kn/hsp)