

## What are TUM Student Clubs – and what do they do?

- **Over 200 Clubs – voluntary, diverse, independent**  
From social projects to cultural activities, hobbies to research
- **Interdisciplinary & international**  
Students from various academic backgrounds, often multilingual
- **Inclusive & open to all**  
From freshmen to doctoral candidates, everyone can participate or start their own club
- **Flexible & scalable**  
Commitment ranges from 1 hour/week to project-based involvement

## Isn't that mostly just leisure time – does it actually benefit my studies?

- #1 Meet like-minded people, make new **friends** and forge life-long friendships
- #2 Exchange individual experiences and perspectives and develop your **personality**
- #3 Look far beyond your discipline, explore your interests and **talents**
- #4 Improve **soft skills**, such as teamwork and leadership skills
- #5 Gain practical **experience**, apply theoretical knowledge
- #6 Build future business **networks**
- #7 ...

## Your passion? Your club!

All active Student Clubs are listed on our **website: [www.tum.de/student-clubs](http://www.tum.de/student-clubs)**



**Academic & Education**

**Business & Entrepreneurship**

**Culture & the Arts**

**International & Country-Specific**

**Networking & Career**

**Religious & Spiritual**

**Social & Diversity**

**Sustainability & Health**

**Technology & Research**

Don't find what you are looking for?

→ **Start your own club!**

# TUM Student Club Fair

get inspired

get involved

**22 October 2025**  
**Campus Garching**

**1 Day – 110 Clubs & Partners**

Experience the diversity of student engagement!  
Mechanical Engineering Building, 10 am to 5 pm

[www.tum.de/student-clubs](http://www.tum.de/student-clubs)



Technical University of Munich  
TUM Center for Study and Teaching



Image: Jan Matthies / TUM [M]

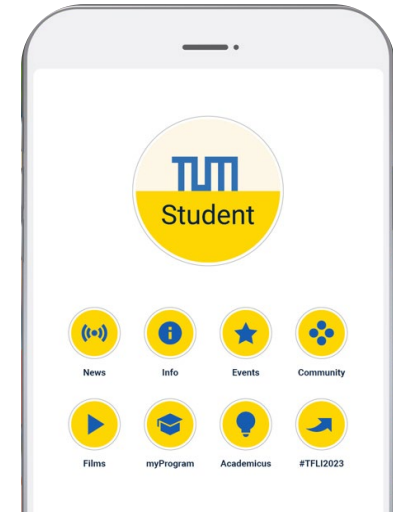
## Support services and offers at TUM

- + Advice from your **Student Club Coordinator** Anne Hüttenrauch: [studentclubs@tum.de](mailto:studentclubs@tum.de)
- + Media support through our **official Instagram channel** @tum.student
- + Additional support for accredited Student Clubs by the **Student Council**
- + **Rooms** at TUM for Student Club events
- + **Workshops & trainings** on soft skills, key competences and entrepreneurship
- + Free inventor and patent **consultation** by TUM Office for Research and Innovation
- + “TUMinspires – Student Projects”: realize your student project and receive **ECTS**
- + Possibility of **leave of absence** for increased level of commitment in a TUM Student Club



## Get inspired – get involved!

- ✓ Visit the **TUM Student Club Fair 2025** to get in contact with TUM Student Clubs!
- ✓ Check [www.tum.de/student-clubs](https://www.tum.de/student-clubs) to find your passion project!
- ✓ Join **kick-off events and info sessions** of our TUM Student Clubs!
- ✓ To keep up to date, follow **@tum.student!**



# Career Fair IKOM



## IKOM – The Career Fair at TUM

- Connection between TUM students and the industrie
- Germany's largest student-organized career forum
- Organizer of four career forums throughout the year and other events for students
- A team of over 100 students having fun!



## **IKOM** 4 Days |

MW Garching

- Germany's largest student career fair
- Addresses all degree programs
- Over 320 companies from various industries are participating

## **IKOM Life Science** 1 Day |

Freising

- Agriculture, Organic farming, Brewing, Food technology
- Over 30 companies

## **IKOM Start-Up** 1 Day |

MI Garching

- Exclusively for start-up companies
- Over 30 start-ups

## **IKOM Bau** 2 Days |

Audimax and Immathalle, Inner-city Campus

- Construction, geology, environment, architecture, etc.
- Over 90 companies

## Learn...

- Personal responsibility
- Teamwork
- Communication
- Organization
- Creativity
- Time management  
and much more!

## In the following teams...

- Corporate contact
- Student contact
- Logistics
- Cooperationen
- IT
- Finance
- Marketing



## Visit our information evenings!

15.10.2025: Inner-city, 0999, 7 p.m.

22.10.2025: Garching, MW2150, 6 p.m.

23.10.2025: Inner-city, 0999, 7 p.m.

28.10.2025, Garching, MW2250, 6 p.m.

Scan to register!



**CAFÉ VORHOELZER**  
**NACH**



WHO ARE WE?



**WHY WE NEED CAFÈ NACHHOELZER**



**HOW TO BE PART OF CAFÈ NACHHOELZER**

# MORE THAN JUST COFFEE...



## STRESS MANAGEMENT 6.5

Strategies for When You're Feeling Stressed Feeling overwhelmed or low on energy? In this hands-on workshop, we'll explore practical and creative ways to handle stress and recharge. You'll get to try out mindfulness techniques that help you stay present, create your own vision board to reflect on what really matters to you, and even use modeling clay as a fun and surprising way to release tension. Whether you're looking for quick tools for everyday life or just need a mindful break, this workshop offers inspiration, relaxation, and a chance to reset.

ProLehre | Medien und Didaktik

Hannah Chen  
Hochschuldidaktik



Im Sommersemester 2025  
veranstaltet das Nachholer eine  
Eventreihe zum Thema Mental  
Health im Vorholer Forum. Die  
Teilnahme ist kostenlos. Alle  
Interessierten sind willkommen.

NACHHOLER

## MENTALHEALTH

Achtsamkeit	6.Mai
Stress Management	6.Mai
Langeweile	6.Mai
Kunst	21.Mai
Einsamkeit	21.Mai
Mental Health Marktplatz	5.Juni
Resilienz: Netzwerkkarte	5.Juni
Resilienz und Stressmanagement	5.Juni
Trauer	18.Juni
Vernissage	1.Juli



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NACHHOLER

## FOTO WETTBEWERB



DEIN BESTER SHOT AUF 90 CM X 120 CM  
SCHICK UNS DEIN FOTO BIS ZUM  
PER EMAIL AN [nachholer@mail.de](mailto:nachholer@mail.de)  
MIT DEINEM NAMEN + DEINER NUMMER

INSTAUMFRAGE ENTSCHIEDET, WER AUSSTELLEN DARF  
AUSSTELLUNG DER GEWINNER:INNEN IM NACHHOLER  
VOM 01.12.23 - 15.12.23

\*Druckkosten übernehmen wir

