



Image: Astrid Eckert

## Relaxation in everyday life

### Rest rooms and family friendly rooms at TUM

**Whom is the room for?** Anyone who needs a break from university everyday life for health reasons or for example to prevent stress can use the specially equipped rooms. The rooms are primarily intended for students with disabilities or chronic illnesses to relax undisturbed and in private. The room should also function as a family room, i.e. as a retreat for students with children or pregnant students.

- **What can I do in the room?**<sup>1</sup> Depending on health reasons, you can use the different seating and lying options to disburden yourself or to just enjoy a little rest. You can also meditate or do stretching exercises, depending on how you can best recover or gain some strength. The room is also designed for taking medication or to breastfeed in peace without being disturbed or interrupted by others. Student parents can use the room if attendance at the campus is required and childcare can't be organized otherwise or to bridge time. Nappy-changing-facilities, toys, reading and craft materials are provided.

**How can I contribute to maintain the room?** Please pay attention to the general rule of rest in order not to disturb people in adjacent rooms. All users should be able to use the rooms in a way, so their personal needs can be fulfilled. We also ask you to restore the room after use, e.g. put pillows or toys in the right place so that the next person will find tidy. Please do not stain or damage the furnishings, as well as the room itself, to ensure a pleasant atmosphere. If you notice anything in this regard, please report to the local staff, the Office for Disabled and Chronically Ill Students or the student representative office at [sv@fs.tum.de](mailto:sv@fs.tum.de).

- **How can I use the room?** The rooms can be booked in advance at [TUMonline](#). If there is a medical emergency, we ask you to clear the room.

Further information about the use of the room can be found at:

<https://www.tum.de/studying-with-a-disability>

[Family-friendly facilities - TUM Equal Opportunity](#)

### Emergency numbers

- |                             |                               |
|-----------------------------|-------------------------------|
| - Police                    | ▶ 110                         |
| - Fire brigade              | ▶ 112                         |
| - Emergency medical service | ▶ 116 117                     |
| - Telephone counseling      | ▶ 0800 1110111 / 0800 1110122 |
| - Krisendienste Bayern      | ▶ 0800 6553000                |

1) The generally valid house rules of the Technical University of Munich apply additionally to the rest rooms.

[https://portal.mytum.de/archiv/komp\\_gts/komp\\_gts\\_20030306\\_153103/index.html](https://portal.mytum.de/archiv/komp_gts/komp_gts_20030306_153103/index.html)