



Image: Astrid Eckert



## Relaxation in everyday life

### Recovery and regeneration in the resting rooms of TUM

**Whom is he 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.

- **What can I do in the room?** 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 in peace without being disturbed or interrupted by others.

**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 their personal needs can be fulfilled. We also ask you to restore the room after use, e.g. put pillows 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 service center 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 (Accessibility). If there is a medical emergency, we ask you to clear the room.

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

Further information about the use of the room can be found at <https://www.tum.de/studying-with-a-disability>.

- 1) The generally valid house rules of the Technical University of Munich apply additionally to the resting 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)