# How to sign up for courses, seminars, and events?

<table>
<thead>
<tr>
<th>Option 1) Online education &amp; training catalog of the personnel development department</th>
<th>Option 2) Online via the homepage of Corporate Health Management/University Sports Center</th>
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</table>

## Courses

*Every employee of the TU Braunschweig is allowed to go to one sports course - offered by the Corporate Health Promotion - per week during one's working time. This course time is counted as working time (see Establishment Agreement No. 39).*

To visit a sport course during your working time, it is necessary to register online during a specific registration period via the education and training catalog of the personnel development department, otherwise it cannot be counted as working time.

Every sports course of the Corporate Health Promotion which can be taken during your working time is listed here:

![QR Code](https://www.tu-braunschweig.de/en/abt13/personalweiterbildung)

As soon as the new program of the personnel development department is online, you should sign up for your favourite fitness or relaxation course – our yoga e.g. is very popular.

Usually the registration period for the CHP-courses starts when the new education and training catalog of the personnel development department comes out (early spring and late summer), and usually ends three weeks before the regular summer- or winter semester starts. You can find this information in the printed version of the catalogue as well as online (see link above).

## Courses

*After the registration period of the personnel development department is closed, you can register via the booking system of the University Sports Center to get remaining slots.*

Courses which you sign up for via the booking system of the University Sports Center do **not** count as working time. These courses you can take in your leisure time.

It is possible to book more than one course of the Corporate Health Promotion per semester.

The courses are only for employees of the TU Braunschweig only and are free of charge.
Seminars

Every employee of the TU Braunschweig is allowed to go to seminars offered by the Corporate Health Promotion during their working time. This seminar time is counted as working time (see Establishment Agreement No. 39).

To go to a seminar you have to register online during a specific registration period via the education & training catalog of the personnel development department.

https://www.tu-braunschweig.de/en/abt13/personalweiterbildung

Seminars

After the registration period of the personnel development department is closed, you can contact the coordinator of the CHP to book a remaining slot for a seminar.

If there are any slots still available, you can see these online via the catalog of the personnel development department.

https://www.tu-braunschweig.de/sportzentrum/bgf/seminare

Events

Events organized in cooperation with the Corporate Health Management, e.g. “back check for employees“ or “eye check for employees”, take place in context of the contemporary Health Campaign. Employees can book appointments via the booking system of the University Sports Center.

“Leisure time events” organized by the CHP can also be booked online via the homepage of the CHP or booking system of the University Sports Center.

For more information about upcoming events, please visit:

https://www.tu-braunschweig.de/sportzentrum/bgf/aktionen-veranstaltungen