



Health Insurance and the Healthcare System in Germany

How to Take Care of Your Health as an International Researcher in Germany

Wednesday, 20 May 2026, 5:00 - 7:00 pm

Programme

5:00 - 5:15 pm | Welcome & Introduction

Welcome Centre (Audrey Busch)

Introduction to the workshop and overview of the German healthcare system. Key features, benefits, and potential challenges, including differences between statutory and private health insurance, as well as practical aspects such as choosing a doctor and making appointments.

5:15 - 5:45 pm | Statutory Health Insurance: Services & Benefits

TK Health Insurance (Helen Werner / Luise Fassnacht, Private & Business Customer Consultants)

Overview of services and benefits provided by statutory health insurance, including access to general practitioners and specialists, dental care, basic services and co-payments, additional benefits, family insurance, eligibility for voluntary insurance, preventive care, vaccination requirements, and bonus programmes.

5:45 - 6:00 pm | Break

6:00 - 7:00 pm | Mental Health in Academia: Thriving While Managing Stress

activeleben (Eileen Mötter, M.Sc. Sports Scientist & Corporate Health Expert)

This session explores the challenges of building an academic career across borders, including the impact of distance from family, cultural transitions, and changing work environments. It offers practical strategies to manage stress and protect your mental well-being while thriving professionally in Germany.