



Welcome to KHG TUM



The KHG TUM team from left to right:

Petra Reichl, receptionist

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Dr. Thomas Schindler, theologian

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Annika Voitich, university pastoral worker

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Kiran Venugopal, tutor

KVenugopal@khg-tum.de

Thomas Boderke, director

089/545924-15, TBoderke@khg-tum.de

George Andrawos, tutor

GAndrawos@khg-tum.de

The **KHG TUM** is **open** for all **TUM students and staff**. Our institution belongs to the **Archdiocese of Munich and Freising**.

You are welcome regardless of your faith, cultural background or personal way of life.

Feel at home

meet students from all over the world

experience **community** during activities and excursions

work undisturbed in **study rooms** with **free Wi-Fi**

let your own **spirituality** thrive

get inspirations for **personal development**

get advice on **questions of life and faith**

affordable **drinks** and **kitchen**

be valued and **respected** for who you are

More detailed information can be found using the contact details below and on our homepage:

The KHG office is usually open Monday to Friday, 9:30 a.m. to 4:30 p.m.



Karlstraße 32
80333 Munich

in Garching:

Phone (089) 545924-0
info@khg-tum.de
www.khg-tum.de

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Area MW 0017
Boltzmannstr. 15
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www.khg-tum.de



spirited - christian - kind

starting October 29th 2024

➤ **Stay, Pray & Eat**

November 8th 2024 | Januar 24th 2025

➤ **Board Game Night**

starting October 18th 2024

➤ **Yoga Nidra for more calmness and concentration**

December 14th 2024

➤ **Oasentag - spent a day at the monastery**

Januar 9th 2025

➤ **New Year's Concert**

Winter Semester 2024/25



Spirituality and Community

Stay, Pray & Eat

We warmly invite you to:

Time for God

6.30 pm: Spiritual impulse as a time-out from everyday life with texts, songs and prayer.

Time for Community

After that, ca. 7pm: homemade dinner, chat with friends, have fun.

Tue, 6.30 pm, from Oct. 29th
KHG, Pyramidensaal

Semester Opening

Religious service, followed by dinner and celebration.
Tue, October 22nd, 6.30 pm
KHG, Pyramidensaal

Yoga Nidra

Learn an effective meditation technique for holistic relaxation and stress management and improve concentration and learning ability.
Fri, 5.15-6.00 pm,
from October 18th
KHG, Meditationsraum

Contact: Melanie Fersi,
college-interreligious-
studies@occurso.org

*In Cooperation with College of
Interreligious Studies Munich.*

Time-Out, Tea & Talk

An oasis for body and soul in the midst of students life's hustle and bustle. We reflect on a spiritual text and enjoy coffee, tea and cake together.
Fri, Nov. 22nd | Jan. 17th
Feb. 7th, 3 pm
KHG, Meditationsraum

Achtsam Sein

Be grounded and relaxed in everyday life. Feel free to join us anytime.
Mon, 12.30-1.00 pm
November 4th till December 2nd
Campus Garching,
spiritum (Boltzmannstr. 17)

Mindful Minutes

Do something good for you: meditative break and, lunch together in the cafeteria.
Wed, 12.30-1.00 pm
Januar 9th till February 6th
Campus Garching,
MW 0017 (Boltzmannstr. 15)

Semester Closing

Religious service with a blessing for the exam period, dinner and celebration.
Tue, February 4th, 6.30 pm
KHG, Pyramidensaal

Offers in Advent

Expand your mind and soul, celebrate Advent, be ready for Christmas.

Advent wreath blessing

as part of Stay, Pray & Eat - with Advents crafting.
Tue, December 3rd, 6.30 pm
KHG, Pyramidensaal

Oasentag

Come to rest in Advent. A special day for you in the Venio Monastery.
Sat, December 14th, 9.30 am
Abtei Venio, Döllingerstr. 32
Info and sign-up:
Thomas Boderke,
TBoderke@khg-tum.de

Rorate - liturgy of light

Join us for morning prayer and shared breakfast.
Thu, December 19th, 7 am
KHG, Meditationsraum

Events

Out in Nature

Ecumenical day trip to Bendiktbeuren
Sat, Oct. 12th, 9.45 am
Central Station (Hbf)

KHG on tour

Day trip to Augsburg (including a brewery visit).
Sat, January 18th

Info and sign-up for both trips:
Thomas Schindler,
TSchindler@khg-tum.de

KHG = Venue Karlstr. 32

Sprachcafé Deutsch

Want to try out your German? Meet other for practice at our place.
Thu, November 7th, 3 pm
KHG, K-Lounge

Board Game Night

Join us to try out new games and meet fellow players. Feel free to bring your own games. We start with a small dinner.
Fri, Nov. 8th | Jan. 24th, 6am
KHG, K-Lounge

Thesis Talk

Meeting for students who are writing their master's or doctoral theses to talk and exchange ideas..
Fri, Nov. 22nd | Dec. 13th |
Jan. 24th, 5 pm
KHG, K-Lounge

Pubquiz

Playful showdown between Germany's campus ministries.
Thu, November 21st, 7 am
KHG, Pyramidensaal

Advent celebration Campus Garching

Join us at the Christmas tree for hot spiced wine, ginger bread and festive music.
Tue, December 3rd, 4 pm
Campus Garching,
Magistrale MW

New Year's Concert

Start the New Year with music played by the Accento Orchestra. At the end of the evening we will chat together over sparkling wine and a light snack
Thu, January 9th, 7 pm
KHG, Pyramidensaal

Be present and confident

Grow your self-awareness with acting exercises.
Instructions: Sabine Reiff.
Tue, January 14th, 8 pm
KHG, Pyramidensaal

Co-Study Camp

For students who want to prepare together for exams in a structured way.
Mon-Wed, Februar. 10th-13th
daily from 8.30 am till 5 pm
KHG

St. Patrick's Day Party

Let's celebrate Ireland's national saint. The band Molly Mahone plays for us.
Sat, March 16th, 7 pm
KHG, K-Lounge

Theatergruppe Lampenfieber

Shows (in German):
Feb. 13th-15th | 20th-22nd
KHG, Pyramidensaal

Info and contact:
www.lampenfieber-theater.de

Counseling and Coaching

Life counseling

A safe and confidential place to talk about everything regarding spirituality, faith and life in general.

Thomas Boderke
TBoderke@khg-tum.de

Annika Woitich
AWoitich@khg-tum.de

Thomas Schindler
TSchindler@khg-tum.de

Coaching for postgrad students and academic staff

Dr. Thomas Schindler
TSchindler@khg-tum.de

Psychological counseling and individual coaching for students

Support during psychological difficulties and crisis cases.

Contact: Martina Hausladen,
Psychologin M.Sc.
MHausladen@eomuc.de

Die Brücke

Catholic counseling center for international students from Asia, Africa and Latin America.

Contact: Stanislava Hristova,
Sozialpädagogin (B.A.)
bruecke@caritasmuenchen.org