

awareness concept

Universitätssportzentrum

Hochschulsportfest



As a central institution of Leuphana University of Lüneburg, we would like to use our awareness work to actively sensitize all visitors and participants to fair sports activities and a culture of awareness, respectful treatment of each other and mutual appreciation. The following awareness concept applies to the Hochschulsportfest:

The following is about the prevention of discriminatory assaults and boundary crossings. We do not describe specific incidents. Nevertheless, we want to use this notice to alert people who might be triggered by potential traumatic memories while reading.

Concrete rules for all participants at the Hochschulsportfest:

1. Individual boundaries have to be respected: Only yes means yes. Everything that does not correspond to a clearly expressed yes is to be considered a no.
2. Do the people around you feel comfortable? Be aware of any privileges in your behavior and language and pay attention to how much space you take up.
3. Watch out for each other: If you notice that people feel uncomfortable or you notice assaults and/or discrimination of any kind, contact the awareness team. The rule is: better once too much than once too little.
4. Talk to each other: Remember the following when conflicts arise: Try not to refer criticism to yourself personally, but to acknowledge it first. Maybe a low-threshold solution is possible. Alternatively, feel free to contact the awareness team.
5. Do not infer the gender of other people, try to use gender-neutral language and ask respectfully for the pronouns the person wants to use.
6. Catcalling will not be tolerated.
7. When dressing in costume: Be respectful of symbolic images of other cultures. In addition, we refer to the Olympic dress code in sports: shirts and shorts is the minimum.

awareness concept

Universitätssportzentrum

Hochschulsportfest



What is Awareness?

Awareness is a concept that in recent years can be found especially at cultural events. The aim is to find a common way of dealing with each other which is sensitive to the individual needs and enables the safest possible environment for everyone. In this context we speak of "safer spaces", safer because it is about making situations safer, especially for people who are structurally affected by discrimination or experience other forms of physical or psychological violence. Providing an absolutely safe space is not possible on a societal level due to structural violence, among other things, and thus cannot be guaranteed even with an awareness concept.

In addition, safety is often not objectively measurable, but it is a subjective feeling and can only be judged individually. Nevertheless, we would like to see a collective assumption of responsibility within the framework of university sports and would like to work to ensure that everyone involved can feel as comfortable as possible at our events.

Therefore, we are against any form of hate or discrimination based on gender, sexuality, origin, body shape, age and religion. We do not tolerate any right-wing symbols at our events and refer to the respectful handling of symbolic images of other cultures. In addition, we refer to the Olympic dress code in sports: at least shirts and shorts.

Awareness team

In addition to an awareness concept that defines concrete wishes for common interaction, awareness work also consists of a team of dedicated people at the event who make up the awareness team at the Hochschulsportfest. The awareness team is recognizable by pink T-shirts with a big "A" on it. The awareness team acts as the first point of contact when visitors or participants experience boundary-crossing behavior, discrimination or other discomfort.

You can reach the awareness team by phone at

04131 / 677-1105.

awareness concept

Universitätssportzentrum

Hochschulsportfest



What is boundary crossing? - Power of definition

The boundaries of a person can only be defined by that person. Whether and when a boundary is crossed is decided only by the person itself. For this reason, it is important to ask about boundaries and not automatically assume that your own boundaries are also the boundaries of another person. In the case of a boundary crossing, the affected person determines how they themselves to be dealt with in the situation. For example, it is possible to take them to a separate space, away from the action.

How do I guarantee consent? - Consensus

Only yes means yes. Anything less than a clearly expressed yes is to be considered a no.

Who do we protect? - Partiality

The Awareness Team acts in the interest of the person concerned. When people experience violence, discrimination or other boundary violations and turn to the awareness team, they do not have to justify or prove themselves. The awareness team is there to support them. It acts anonymously and in an affected-centered manner, with the focus on the needs and wishes of the affected person.

Collective assumption of responsibility

As mentioned earlier, awareness is a collective responsibility. To make an event as safe and enjoyable as possible for everyone involved, it is not enough to have an awareness team on site. We want all individuals to take responsibility for their own actions and to look out for themselves and others. We want to encourage people to face their privileges, to reflect on them and to use them. This includes not only the visitors and participants, but also us as organizers.

Our perspective

We are trying to formulate our awareness concept from an intersectional, violence-sensitive approach, but we are aware that we are not affected by many forms of systemic discrimination and that our own learning process is not complete. For this reason, we see this concept as well as the awareness work at our events as an ongoing process and are always happy to receive feedback, criticism and questions (bunter-hochschulsport@leuphana.de).