



## From the park

### The TPK running and fitness group is training again

The TPK running and fitness group has resumed training on Wednesday, the 9<sup>th</sup> of June 2021.

## News

### Calisthenics facility in the Traugott Bender Sports Park

Thanks to the cooperation between the SSC Karlsruhe and the Rotary Club Karlsruhe, a calisthenics facility that can be used by everyone is currently being built at the Traugott Bender Sports Park. As long-standing partner of the SSC Karlsruhe, the Technologiepark Karlsruhe GmbH supports the project in the direct neighbourhood.

### Innovation Workshop of the Joint Innovation Hub of Fraunhofer ISI

The Fraunhofer Institute for Systems and Innovation Research (ISI) has now been based at TPK for over two years; however, a close partnership with the Technologiepark Karlsruhe GmbH has existed for much longer. This year, the Joint Innovation Hub of the Fraunhofer ISI is again organizing an innovation workshop and cordially invites you to attend. The workshop will take place on the 5<sup>th</sup> of July 2021.


## What else...

### Corona tests in the Technology Park

Since the 27<sup>th</sup> of April 2021, we have been offering our tenants, in cooperation with the Minerva Pharmacy in Rintheim, Corona quick tests in our TPK Casino. Since the start of testing, over 300 tests have already been carried out.



## Latest news

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## The TPK running and fitness group is training again

Are you looking for a sporty balance after work, preferably without long distances and great inconvenience? Then the TPK running and fitness group is the right place for you!

This group is now training again with a professional trainer on Wednesdays between 6pm and 8pm. Participation is free of charge for tenants of the buildings we rent/manage.

The TPK sports and fitness programme combines functional running and fitness as well as coordination and flexibility training. In the first hour, fitness exercises are usually done on the lawn of the SSC grounds, and in the second hour the group goes running together.

Due to the currently constantly changing legal regulations, we ask for prior registration at [linder@techpark.de](mailto:linder@techpark.de) if you are interested in participating.



## Calisthenics facility in the Traugott Bender Sports Park

In the publicly accessible part of the Traugott Bender Sports Park, a calisthenics facility that can be used by everyone is being built through the cooperation between the SSC Karlsruhe and the Rotary Club Karlsruhe. As long-standing partner of the SSC Karlsruhe, the Technologiepark Karlsruhe GmbH supports the project in the direct neighbourhood.

The official opening of the facility will take place on Friday, the 9<sup>th</sup> of July 2021 at 03:30 pm.

But what actually is calisthenics? Calisthenics, nowadays also commonly known as "street workout", is becoming more and more popular. Training with your own body weight in public spaces is a trend sport with sustainability. In principle, it is like a big playground for young people, adults and seniors with fitness potential. The sport focuses on work and strength with one's own body weight and enables a full-body workout without much technical effort.

The calisthenics facility will be built on an area of around 350m<sup>2</sup> in the middle of the Traugott Bender Sports Park. It is surrounded by trees and seating mounds and fits wonderfully into the sports landscape of the entire facility as a complementary building block. The facility is built on a solid foundation and equipped with a special fall protection floor. The equipment leaves nothing to be desired. Whether for a short workout in the lunch break or a longer session after work - the facility offers something for everyone and every time window. The calisthenics facility is sure to become a highlight of the Traugott Bender Sports Park. It is easily accessible, can be used by everyone, is animating and thus offers a great sporting, health and also social added value for the surrounding companies and districts.

## Innovation Workshop of the Joint Innovation Hub of Fraunhofer ISI



This year's Innovation Workshop of the Joint Innovation Hub of the Fraunhofer Institute for Systems and Innovation Research (ISI) will take place on the 5<sup>th</sup> of July.

The Joint Innovation Hub links and develops new topics, methods, work formats and forms of communication with the aim of shaping social change, identifying challenges and innovation potentials at an early stage and using them. Institute Director Univ.-Prof. Dr. Weissenberger-Eibl heads the Joint Innovation Hub. With an inter- and transdisciplinary approach, the staff of the Joint Innovation Hub look at innovation processes from a company and stakeholder perspective and analyse how innovation processes are initiated through the cooperation and interaction of stakeholders.

The aim of the 90-minute workshop is to discuss together with companies from different sectors how you can increase your innovative power with "ambidextrous" thinking and entrepreneurial skills. For more information and the registration form for the free workshop, please visit <https://www.isi.fraunhofer.de/de/veranstaltungen/anmeldefomulare/jih-workshop.html>.



## Corona tests in the Technology Park

Since the start of Corona testing in our TPK Casino, over 300 tests have already been carried out. Due to the positive response, the staff of the Minerva Pharmacy in Rintheim, will continue to carry out regular antigen rapid tests in our TPK Casino until further notice. The Minerva Pharmacy and we are pleased that our offer is gladly accepted.



Do you also have interesting reports and news about your company in the Technology Park Karlsruhe? Then please send them to us by email in German and English. If you would like to subscribe to the newsletter or no longer wish to receive it in the future, please let us know via [tpk@techpark.de](mailto:tpk@techpark.de).  
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