

Life in Heidelberg

2024

Contents

1. Counselling
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Wir hören zu.
Egal, was ist.



Am Telefon: (06221) 18 47 08

und auch – über Skype

jeden Abend von neun bis ein Uhr.

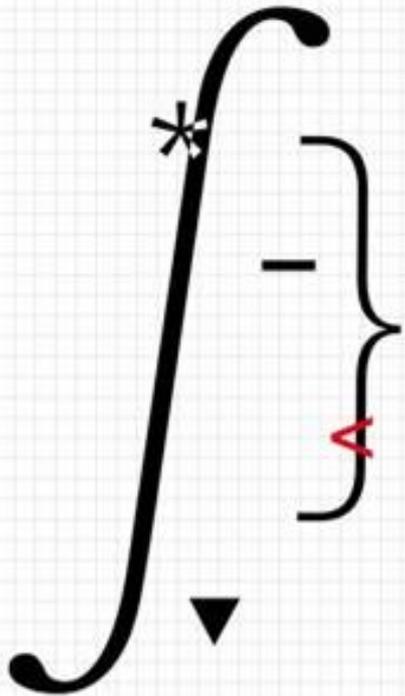


Per Mail

Über unseren – Webmailer

Wir antworten so schnell wir können,
in aller Regel innerhalb von 48 Stunden

THE FEMININE
SIDE OF MATHS



UPSTREAM THE NETWORK FOR
WOMEN IN MATHS

Nida Murad
Doctoral Student

Monthly Lunch breaks
(dates on the website)

upstream@iwr.uni-heidelberg.de

Social Counselling Psychosocial Counselling

**Work & concentration
problems**

Partnership issues

**Anxiety, Self-Worth &
Depression**

Referral to therapists

Financial emergencies

**Social benefits & long-term
financial support**

**Students with Children &
Disabilities**

Residence Permits

Diversity & Inclusion offices



Team “Inklusives Studieren”

Support for pregnant students

Childcare

Gender Discrimination

Sexual Harassment

Support for disabled students

Accessibility

Help with exam
accommodations

Buddy-Programm for Internationals

- International students
- First semester students in Bachelor & Master
- Exchange students
- Registration still possible after the start of the semester
- Registration form online at
<https://www.uni-heidelberg.de/de/studium/service-und-beratung/buddy-programm>
- Approx. 400 buddy pairs in the last winter semester
- Joint activities during the semester Workshops on intercultural skills

Other (advisory) services



www.heidelberg.de/hd/HD/Rathaus/Frauen_Nachttaxi.html

www.stura.uni-heidelberg.de/angebote/rechtsberatung

Advice for Studies

- Student advisor (legal information)
- Student workroom (2nd floor KIP)
- HelpDesk (Statistics seminar room, Mathematikon)
- Tutors
- Old exams
- Scripts

Accomodation

STUDIERTENDENWERK
HEIDELBERG[®]



Accomodation

- wg-gesucht.de
- Notices in the Info-Center / canteens
- Church & private halls of residence



Food

- **Zentralmensa INF**
 - 11:15 Uhr – 14 Uhr
 - 2,90 € Daily Menu
 - 94ct/100g Buffet
 - Vegan Week
- **Café Botanik: 8 – 22 Uhr**
- **Marstall**
- **Konsumikon / Görtz**

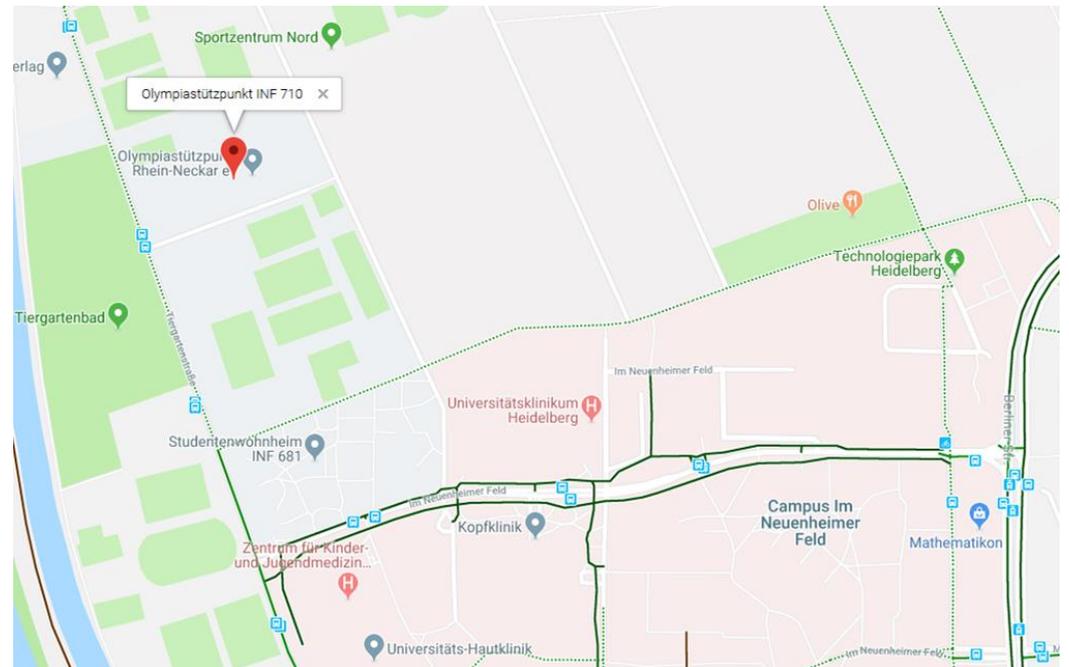
Leisure activities at the Marstall

- Cinema-Café / University Cinema
- Flea market
- Tatort / Bundesliga / International matches
- Pub quiz



Sport

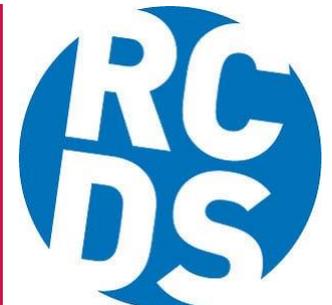
- University sports
- Registration: Sunday before lecture period
- Affordable & broad offer
- Clubs



www.hochschulsport.issw-hd.de

University groups

- Political parties
- Debating
- Theatre
- Orchestra
- Choir
- ...



Transportation - Public transport

- **JugendTicket**
- **Valid in all of Germany**
- **Only regional transportation not long distance**
- **approx-. 30€/month**

- **JobTicket for state employees (HiWis)**

Getting around - Bicycle

- VRN Nextbike
 - 30 min free
 - Then 50ct/30min
- URRmEL
 - Open Tuesdays and thursdays



Finances

- Bafög
- Education & student loan
- Student accounts

**AUCH DU
BEKOMMST**

BAföG

STUDERENDENWERK
HEIDELBERG

Stell **JETZT** Deinen
BAföG-Antrag
oder -Folgeantrag!

The advertisement features a young woman with her hair in a bun, wearing a red plaid shirt, pointing towards the viewer. The text is bold and red, with the Bafög logo being the largest element. The background is white with a thin blue border.

Stipends & Scholarships

Deutschland STIPENDIUM



Die 12 deutschen Begabtenförderwerke auf einen Blick

Gesellschaftliche Stiftungen



Konfessionelle Stiftungen



Parteiahe Stiftungen



Jobs

.HiWi (Research Assistant)

.Currently ca. 14€/h

.Tutorial

.Bib / ZUV

.Notices

- Info-Center
- In front of FS room
- Distribution list (info points)
- Test person for studies

Language Courses

- Zentrales Sprachlabor (Plöck 79-81)
- Registration week before lecture period
- 2 SWS → 55 €
- 4 SWS → 110€



www.uni-heidelberg.de/zsl