



Academic Year in Freiburg

ON-SITE PROGRAM HANDBOOK

2024 – 2025



ACADEMIC YEAR IN FREIBURG

ON-SITE HANDBOOK

2024-2025

HERZLICH WILLKOMMEN IN FREIBURG

Welcome to Freiburg! After many months of preparation and a long transatlantic journey, you've finally arrived. You are no doubt excited but probably also exhausted, full of anticipation and perhaps also some trepidation. What awaits you here, and what is expected of you? How do you go about settling in? What, where, when, why...?

We are here to answer your questions, guide you through some necessary formalities, and help get you off to a good start in your new home for the academic year 2024-2025. Your welcome package is waiting for you in your mailbox at the AYF program center. Not only during Orientation but continuing through the coming year, we will be happy to answer any questions you may have individually, one-on-one. But with the aim of conveying a fair amount of basic information quickly and avoiding needless repetition, we have compiled this Program Handbook. We trust you will find it to be a useful resource covering a range of questions that are likely to come up.

We went over this Handbook with a fine-tooth comb in the spring of 2024 to give you up-to-date information. If you find omissions or statements that are outdated or simply wrong, please let us know about them. We will be revising the Handbook again next year, and your input and suggestions are most welcome.

In general, we have chosen to describe „regular“ offerings that are available and that you will hopefully all get to enjoy this year.

We're glad you're here and sincerely hope you'll have a fabulous year in Freiburg!

Your AYF TEAM

Please Note: A printed copy of this handbook will be provided to you upon arrival in Freiburg.

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Disclaimer: All prices quoted in the AYF On-Site Program Handbook are for informational purposes only. While we aim to provide information that is accurate and up-to-date, service providers sometimes change prices without advance notice, and in a very few cases we were unable to obtain updated information. Therefore, AYF cannot and does not guarantee the accuracy of specific prices that are mentioned in this handbook.

A Note About COVID-19

AYF has been offered successfully on site in Freiburg since Fall 2021. We expect to be able to continue to operate our program as planned in 2024-2025 and beyond. At this point, all pandemic-related rules and restrictions have been lifted in Freiburg. There are no COVID-related entry restrictions for Germany for AYF students. If any pandemic-related restrictions are re-instituted by Germany or our host institution, we will provide you with updates. AYF staff and your home university staff are ready to assist and support you with any bumps in the road we may encounter!

THE AYF STAFF FOR 2024-2025



Pia Banzhaf is a Teaching Focused Assistant Professor in the German Program and Center for Integrative Studies in the Arts and Humanities at Michigan State University where she has been teaching German language and culture classes, as well as courses on Theory and Practice of the Creative Process and Global Cultural and Artistic Traditions since 2016.

She has a teaching degree from Dortmund University, an MA in German literature from Memorial University of Newfoundland and Labrador and earned her PhD at Queen's University, Kingston, in Cultural Studies for her research project on the cognitive poetics of puppetry.

For AYF students, she will be offering a course entitled: "Playing with Texts: Kafka, Grimm, and the Tagesschau." In this course students will stage various genres of literary German language texts as well as texts on current affairs in the medium of paper theater. Paper theater is an easily accessible, low-tech art form in which cut out figures help us act out the scripts. Imagine for example Kafka's "Metamorphosis" performed in a tiny shoebox theater. This course offers a playful way to interpret texts and gain confidence in oral communication. No previous experience in the arts or theater is required.



Program Director **Ulrich (Ulli) Struve** joined AYF in 2002. He holds daily office hours to answer questions and to help students find their way around Freiburg and integrate into their new environment. These visible aspects of his work, however, are only part of his portfolio. Most of his time is devoted to numerous invisible tasks to maintain the administrative, academic, and social infrastructure that sustains the program.

Ulli studied German and theology in Marburg, Vienna, and Oxford before spending twelve years in a variety of positions at Princeton University. Having been a study abroad student himself, he understands from first-hand experience the challenges and rewards of going abroad and is eager to help AYF students make the most of their time in Freiburg.

With his wife Katharine Imhof-Struve, Ulli lives in Emmendingen, just north of Freiburg. His two sons Alexander (22) and Benedict (20) are now studying in Leipzig and Ulm, respectively.

In his spare time, Ulli enjoys wood working, listening to music (favorites are renaissance polyphony and acoustic guitar), and reading. His academic interest focuses on the literary and pop-cultural reception of the 19th century „wild child“ Kaspar Hauser. He is also an avid member of the AYF band, the Black Forest Badgers, where he sings „Wagon Wheel“ with wild abandon.

THE AYF OFFICE

Address, Phone and Fax, Printing

The AYF Program Center is located within an arcade building just one block east of the humanities building of the Albert-Ludwigs-Universität. You will find many stores, restaurants, doctor's offices, and other businesses in the immediate neighbourhood. Since it is inside a public arcade building, the walk-through passage can be accessed from two different streets. The AYF location is:

Academic Year in Freiburg
Dietler-Passage
Grünwälderstraße 10-14 / Gerberau 5 / 79098 Freiburg

The address for the location of the AYF office, however, should not be used to have mail sent there. Packages and mail as well as registered and certified mail from home should be sent to the university mailing address. A street address needs to be used, however, for all courier and shipping services such as UPS, FedEx, and DHL. Please note the different ZIP codes.

General Mailing Address (central University mail drop, good for all U.S. Postal service mailings):
Academic Year in Freiburg
Albert-Ludwigs-Universität
79085 Freiburg / Germany

Address for use with COURIER and SHIPPING services (UPS, FedEx, and DHL and similar services generally require a street address):
Academic Year in Freiburg
Albert-Ludwigs-Universität - Poststelle
Platz der Universität 3
79098 Freiburg i. Br. / Germany

Alternate address for use with COURIER service or online merchants such as Amazon:
Uni-Poststelle - AYF
Platz der Universität 3
79098 Freiburg
Germany

The Academic Director, Program Director, and student staff have offices at the program center. Their phone and fax numbers are:

Main Office – Ulli Struve	319 68 551
Prof. Pia Banzhaf	319 68 553
Assistent Desk	319 68 552
AYF Office Fax	319 68 554
Country code Germany and city code Freiburg	++ 49- (0) 761
To call the AYF Office from the U.S., please dial:	011-49-761-319 68 551

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At the AYF office there is also a **Student Lounge and Resource Room** where you can find a computer and scanner, forms and information about academic matters, as well as extracurricular activities and cultural events in and around Freiburg, including travel books. Student mailboxes are located in the entry hallway to the office. If you are expecting a package or anything valuable in the mail, you should have it sent to the AYF address rather than to your dorm address, because the dorm staff will not accept deliveries on your behalf when you are away for any reason, for instance when you are gone to class or traveling out of town. You are welcome to send and receive faxes at the AYF office. There is a small charge for sending faxes, but no charge for receiving them. You are also welcome to print at the office for a nominal charge per page.

Plan to drop by the AYF office and check your **mailbox** regularly. Internal AYF communications will be distributed through these mailboxes, and general announcements will be posted on the bulletin board in the hallway. Even more important for keeping up to date on AYF matters is checking your e-mail and messages frequently — preferably on a daily basis — and responding to them.

Our E-Mail Addresses and Homepage URL

Prof. Pia Banzhaf

banzhafm@msu.edu

Ulrich (Ulli) Struve

ulrich.struve@ayf.uni-freiburg.de

AYF Homepage

www.ayf.uni-freiburg.de

Office Hours

During the first week of the Orientation program, there will be no regular office hours because of frequent meetings and events. Subsequently, regular hours are:

Mo – Fr 10.00 a.m. – 12.00 p.m.

Mo – Thu 2.00 p.m. – 4.00 p.m.

Friday afternoons closed

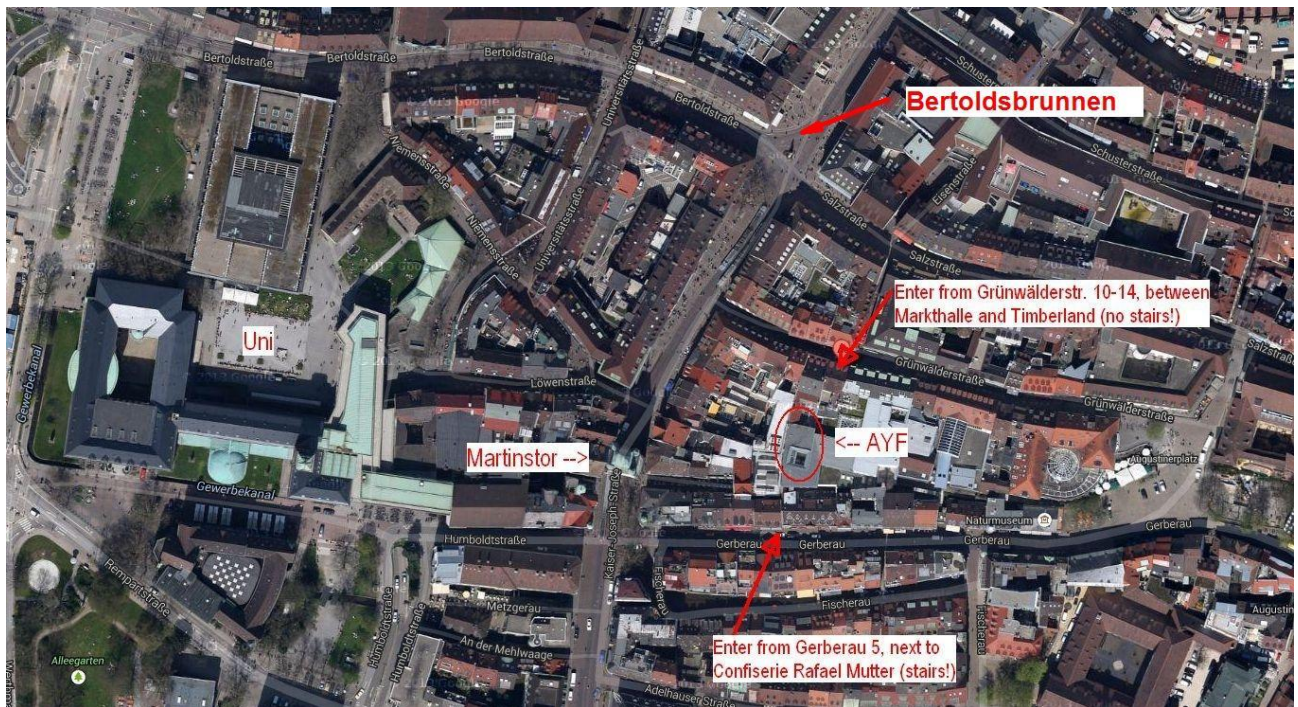
During semester break and the holiday season, office hours may be reduced. Changes will be announced via e-mail and/or WhatsApp.

„House Rules“

The AYF office is in a building that also houses doctor's offices and various companies. Please keep noise at a reasonable level especially in hallways and staircases. Rollerblades are not permitted inside the office. And, finally, the program center is a smoke free space. Thank you for your consideration and for respecting our house rules.

How to Find Us

In the following Handbook sections on each of the dorms, you can read how to take a streetcar or a bus downtown to the stop named „Bertoldsbrunnen.“ Exit at Bertoldsbrunnen and turn toward the Martinstor (one of two remaining former city gates, now graced by a picturesque tower), walk toward Martinstor and turn left at the next street which is Grünwälderstraße. Proceed half a block farther along Grünwälderstraße until Dietler-Passage opens up to your right (if you have passed Timberland, you have gone too far). Enter Dietler-Passage, pass through the enclosed courtyard, and immediately after the Sushi Bar to your right you will find an entrance to the section of the building which houses, among others, the AYF program center. AYF is located on the third floor on the right and can be reached by elevator or by using the stairs. You will need to ring the doorbell to be buzzed in.



MOVING INTO YOUR DORM ROOM

At the reception center you received the keys for your dorm room. If you are living in the Studentendorf Vauban, the Studentensiedlung am Seepark („Stusie“), Händelstraße, or Stühlinger, your room number consists of six digits, identifying the number of the building, the floor on which your room is located, and the room number itself. For example, Sundgauallee 14–01–12 means Haus 14, (German) first floor (= American second floor), room 12. Among residents of a particular dorm, on the other hand, it is customary to refer to rooms with abbreviated numbers (Händel 205, Stühlinger 102) or a combination of house number and room number split up into two (Haus 14, Zimmer 112).

Checking in and Checking Out

All dorm rooms are furnished. Bedding, however, is not automatically provided; a „Bedding Starter Set“ (containing a pillow, a blanket, sheets, and towels) can be ordered ahead of time. If you order a set ahead of time, your Starter Set will be placed in your room just before your arrival. The dorm's „technical staff worker“ (*Mitarbeiter des technischen Dienstes*), also known as *Werkmeister*, are colloquially referred to as *Hausmeister*. A list of *Hausmeister* and their telephone numbers appears on the last page of this handbook.

We recommend that you contact and introduce yourself to your *Hausmeister* as soon as it is convenient after moving in. They may have very little to say to you now, but in some cases, may want to explain certain dorm procedures to you in person. Other *Hausmeister* simply like to be able to recognize and know all the residents in the building(s) they are responsible for. At any rate, it is courteous to introduce yourself to your *Hausmeister* before the need arises to call upon them for assistance with a repair or some other matter.

In your room you will find a copy of the „check-out audit“ (*Abnahmeprotokoll*, i.e., a room contents and condition checklist) of your room's previous occupant. Whenever a student moves out of a dorm room, an audit will be conducted by the *Hausmeister*, who will inspect the room to make sure that it has been cleaned and that all the furnishings and fixtures are intact and functioning before signing off on the departing student's check-out audit. No such procedure is conducted when you move in – there is only a check-out inspection by the *Hausmeister*, not a check-in inspection. Therefore, be sure to take the time during your first few days in the dorm to examine everything in your room, compare it very carefully with the check-out audit of the last student occupant, and satisfy yourself that the list is accurate. If you detect that anything is missing, broken, or seriously stained or soiled but not marked as such on the departing student's check-out audit, report it at once to your *Hausmeister*. If you do not do so within one week of moving in, you may be held financially liable for the repair or replacement of any such item when you check out. Contrary to popular opinion, **AYF students are not required to give their rooms a fresh coat of (white) paint prior to departure. Students are also not permitted to paint their rooms in different colors!** If your room has been painted a different color, make sure it is noted on the check-out audit and let the SWFR know about it. Otherwise, you may end up having to pay for undoing someone else's lovingly applied paint job. **Also, please note that you cannot move out on a Saturday, Sunday, or legal holiday! This may be an important consideration when booking your flight home to the U.S.**

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Below, you will find an English translation of the dorm check-out audit form for your reference. This is a universal form used in all Freiburg dorms, and it therefore lists items that may not be present in your dorm complex or your particular room. Again, check the form of the former occupant to see precisely what should or should not be in your room. Below you will also find a translation of the official rules and regulations of the Freiburg dorm system.

Please note: You are not permitted to sublet your room independently. If you need to sublet your room at any point or face other housing problems, please speak with Ulli Struve; he will assist you in finding a solution.

Dormitory: _____ Room No.: _____
 Name of Renter: _____ Check-Out Date: _____
 Moving from: _____ to _____ Time: _____
 furnished room unfurnished room Study abroad program / FZ _____

Check-Out Audit / Invoice

Item	verified as intact	condition broken/soiled	deduction (euros)	Item	verified as intact	condition broken/soiled	deduction (euros)
A) Inventory	yes no	yes no			yes no	yes no	
Table				Sconce / Wall Lamp			
Folding Chair / Arm Chair				New Lamp			
Swivel Chair				Desk Lamp			
Stool / Chair				Ceiling Light(s)			
Bookcase				Light Bulbs			
Roll-fronted Cabinet				Storage Cupboard			
Cabinet Extension / Built-in Closet				Bath / Shower Stall			
Pillow				Built-In Kitchen / Refrig.			
Comforter				Hotplates / Water Heater			
Bed Frame with Board				Curtains / Blinds			
Mattress				Picture Hanging Strip			
Wastepaper Basket				Telephone			
Curtain				Inventory List			
Mirror				Electricity - meter reading:			
Wash Basin				Cold water use - meter reading:			
Wall Hook				Warm water use - meter reading:			
B) For the following complaints, the Euro amounts noted below will be charged or invoiced in accordance with the accrued cost or according to the fee table.							
Did not sign up for check-out inspection on time							
Room has not been cleaned thoroughly and additional cleaning of room was needed (invoice will follow)							
Room was painted insufficiently (invoice will follow)							

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Check-out inspection could not take place as scheduled because the room was not empty and clean. Technical staff worker had to come another time.	
Items that were left behind in the room had to be removed (hourly cost invoice to follow)	
Inventory list is missing.	
Check-out audit (yellow) of previous tenant is missing.	
C) Condition of the room (e.g., damage) and other comments	
D) Security deposit (credit)	
Deductions from deposit (Positions A - C)	
Late payment from tenant	
Payout by landlord	

Signature for *Studierendenwerk*

Signature of tenant

Official Rules and Regulations of the Freiburg Dorm System

The room you have rented from Student Services (*Studierendenwerk*) and its fixtures and furnishings must be treated with due care. Items of furniture, which are numbered according to the room number or with an inventory number, must be present and intact upon check out. Any pieces of furniture missing when the tenant moves out will be replaced at his or her expense. Please behave in a considerate manner towards other tenants, particularly at night. Refrain from playing musical instruments between 10 p.m. and 7 a.m. stereos, computer speakers, etc. should be played at low volume during this period. If possible, noise should also be kept to a low level between 1 p.m. and 3 p.m., especially in the new buildings at the Stusie (Stusie Haus 12), for the sake of the many young children who live there (and who take naps). Hammering, drilling, and similar actions are not permitted after 8 p.m. and between 1 p.m. and 3 p.m. These guidelines also apply to weekends and public holidays. Keeping pets is prohibited. An exception is made for small birds in cages and fish in aquariums. Tenants must adhere to all fire protection and building code regulations (see the information posted on the *Studierendenwerk* bulletin board). Storage of highly flammable materials or toxic substances is strictly prohibited in student dormitory buildings and in the surrounding area.

Tenants are responsible for the behavior of their guests. House keys should not be passed on to non-tenants. In the case of lost keys, the *Studierendenwerk* should be notified immediately.

Tenants are expected to heat and ventilate the rented accommodation appropriately. This notwithstanding, doors and windows are to be kept closed at night, during absences, and in the event of a storm. In the interest of fire safety, corridors should be kept free of obstacles at all times. Hooks or nails must not be hammered into the walls since electrical wiring is embedded in all walls and penetrating them could result in electrocution. In addition, the walls are soundproofed, and nails are likely to damage the sound absorption. The communal washing machines should be operated with proper care to prevent breakdowns and to ensure a lengthy lifespan. Therefore, make sure you have read and understood the instructions for correct operation. Fire extinguishers are also provided. Tenants should familiarize themselves with the functioning of these devices and report any defects immediately. Please do not dispose of trash in the toilets. The tenant will be held responsible for any costs incurred in removing blockages or any damage caused by negligence on his or her part. Refrigerators should be cleaned regularly and defrosted every four weeks. For your security, the entrance door to the dorm building should be kept closed at all times. The *Studierendenwerk* does not provide compensation for stolen or damaged articles. Please use the

specially constructed sidewalks and walkways, and refrain from cutting across the lawn. This will help protect the landscaping and limit upkeep costs.

Outside of their regular working hours, the building caretakers (*Hausmeister*) are not responsible for opening doors for people who are locked out.

Please do not disrupt or disturb *Studierendenwerk* personnel carrying out their duties. All communal rooms and floors (i.e., communal kitchens, utility rooms, living rooms, etc.) should be treated with care and kept sanitary. Any obstacles that hinder cleaning or objects that constitute fire hazards will be removed at the tenant's expense. Tenants are required to remove trash from the communal kitchens and place it in the dumpsters provided. The *Studierendenwerk* is entitled to remove any objects/furniture brought in by tenants that are in soiled or unusable condition. This also applies to the communal rooms. Tenants will be charged for any maintenance work/services caused by them, e.g.:

If the appointment for a check-out audit is not arranged in a timely manner. If extra cleaning of rooms is required. If a room needs to be repainted due to damage caused by the tenant. If maintenance staff or cleaning personnel have to remove objects that are not part of the original room inventory (new furniture, plants, sheets, etc.). If the *Hausmeister* has to perform services outside of regular work hours. If objects have to be removed from public areas, such as hallways, common rooms, etc. The *Studierendenwerk* is responsible for billing.

Reporting Problems

Always inform the *Hausmeister* in a timely manner if any fixture or furniture in your room or in the common room is broken or malfunctioning and requires attention. Please do not try to repair it yourself; you may be held responsible for damages inadvertently caused by doing so.

You inform the Hausmeister by submitting a report online. A detailed memo on how to do so can be found in the Dropbox. The form is available here: <https://www.swfr.de/wp/schadensmeldung>.

The screenshot shows a web form for reporting damage, titled 'Schadensmeldung' (German) and 'Damage Report' (English). The form is divided into two main sections: 'Vertragsdaten' (Contract Data) and 'Infotext about damage report'.

Vertragsdaten (Contract Data):

- Wohnheim: *Studentensiedlung am Seepark*
- Objekt: *812-44-01-02-0*
- Vertragsnummer: *469571*

Infotext about damage report:

- contract data:
 - Hall of residence: *Studentensiedlung am Seepark*
 - Object: *812-44-01-02-0*
 - Contract-No: *469571*

Form Fields:

- Ort* (Location):** Dropdown menu with 'Zimmer' (Room) selected.
- Kategorie* (Category):** Dropdown menu with 'Aufzug' (Elevator) selected.
- Art* (Type):** Dropdown menu with 'Aufzug fährt nicht bündig ein' (Elevator does not arrive flush) selected.
- Beschreibung (Description):** Text input field.
- Ich bin damit einverstanden, dass der technische Mitarbeiter zwecks Reparatur mein Zimmer / Apartement auch während meiner Abwesenheit betritt (I agree that the technical staff may enter my room/apartment during my absence for repair purposes):** Radio buttons for 'Ja / Yes' and 'Nein / No'.
- I agree that the facility manager can enter my room/apartment during my absence:** Text input field.
- category* (Category):** Dropdown menu with 'carpenter / furniture' selected. A list of other categories is visible: Electronics, Fire extinguishers, Furniture and devices in the room / kitchen, Heating, Keys, Lift / elevator, Other, Outdoor facilities/ rubbish tip, Pests, Plumbing, Shutter, Washing machines, Window.

Footer: Pflichtfelder sind mit * gekennzeichnet (compulsory fields are marked with *). Buttons for 'Senden' (Send) are visible at the bottom right.

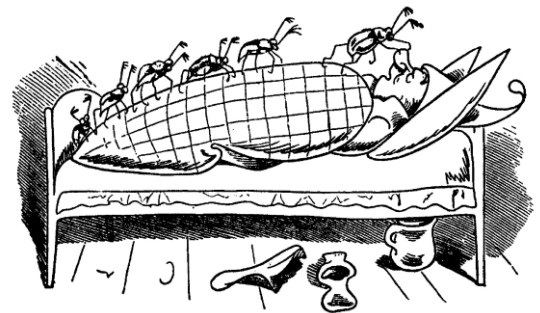
Dorm Emergency Contact Information

For all Freiburg dorms there is an emergency number to call after 5.00 p.m. It is: **(0172) 762 8000**. This number is for reporting actual dorm-related emergencies (e.g., a broken water pipe).

You can call this number if you lock yourself out. But there is a service charge of €31.00 minimum for any non-emergency call, such as a lock-out call. After 10 p.m. on business days, during the weekend, and on holidays, the charge is €45.00 minimum. **There is NO lock-out service between midnight and 7 a.m.**

How to Make a German Bed

If you are not familiar with German *Bettwäsche*, it typically consists of three pieces: a pillowcase (*der Kissenbezug*), a flat sheet (*das Leinentuch oder das Bettlaken*), and a blanket/comforter or duvet/quilt cover (*der Bettbezug*), which at first glance you may assume is just an oversized pillowcase. Sometimes a set of *Bettwäsche* also includes a mattress cover (*Matratzenschoner*).



The *Bettbezug* is neither a pillowcase nor a sleeping bag, so don't crawl inside! Rather, place your blanket or comforter (*Steppdecke*) inside it. This task may be carried out in a variety of ways. Try your best, don't despair, and just remember: „Wie man sich bettet, so liegt man!“ (*altes deutsches Sprichwort*). Based on centuries of experience, Germans know that there is really just one correct, efficient way to put the cover over the blanket. You are, of course, free to make your bed (or not make it, for that matter) any way you like. If you have already used a duvet (= goose down comforter) and duvet cover at home, you'll enjoy the advantage of not looking like you're losing a wrestling match with a sheet the first time you attempt to make your bed in the German manner. If you lack such experience, the following instructions by a former AYFer may be of some help.

Step-by-Step Guide to Making a German Bed

Shove the pillow into the pillowcase—simple enough. Then spread the sheet over the mattress and pull the edges around the mattress.

Now the tricky part: turning the *Steppdecke* and the *Bettbezug* into one comforter. As daunting as it may seem, it's not really that bad. DO NOT try to stuff the mattress into the *Bettbezug*—that's not what it's for.

First, check the seams to make sure the *Bettbezug* is **inside-out**. Then reach inside the *Bettbezug*'s open end with both arms and extend your hands to the two far (top) corners, letting the *Bettbezug* drape over your arms all the way to your elbows or even your shoulders.

With your hands inside the top corners of the *Bettbezug*, firmly grasp (as if you were wearing mittens) the two corresponding corners of the *Steppdecke*, and—this is the tricky part—SHAKE your arms back and forth and side to side while continuing to hold the *Steppdecke* until the *Bettbezug* drops over it **right side out**.

Once you get the *Steppdecke* inside the *Bettbezug*, you can lay them on the bed and even everything out. Fertig!

If you still need a visual, you can also try out the cool trick shown in this YouTube tutorial: <https://www.youtube.com/watch?v=Thacal38PRU>

LIVING IN THE STUDENTENSIEDLUNG

Going into Town and Getting Home

To get to the downtown area, go to the stop „Am Bischofskreuz“ on Sundgaullee and take streetcar line no. 1 headed east, destination „Littenweiler.“ Get off at either „Stadttheater / Universitätszentrum“ or „Bertoldsbrunnen.“ The „Stadttheater“ stop is closer to the university. The „Bertoldsbrunnen“ stop is in the center of town, closer to the AYF program center, and more convenient for department store shopping and Kaiser-Josef-Straße.

To return to the Stusie, take streetcar line no. 1 headed west, destination „Landwasser,“ and exit at the stop „Am Bischofskreuz.“ When heading home at night, remember that during the week the last streetcar leaves from the Bertoldsbrunnen stop at 12:30 a.m. In the nights from Friday to Saturday and Saturday to Sunday, streetcar service is offered 24 hours a day, departing Bertoldsbrunnen every half hour from 1:00 a.m. to 4:30 a.m. Regular day-time service resumes at 5:30 a.m. As a measure to ensure that women have a safe way of getting home, the city also offers a „FrauenNachtTaxi“ for women every day of the week between 11 p.m. and 5 a.m. There is a set student price of €7 for each ride within the city limits. If you are a group of women, the price is still €7, making it a very cheap option. The only disadvantage is that you must call ahead, for example at Taxi Freiburg (0761 55 55 55) to get this price. More information is available here: <https://www.freiburg.de/pb/1163042.html>

Facilities at Stusie

Cable, Computers and Internet Access: All rooms are wired for Internet access, and plug-and-play Internet service is included in your rent. Freiburg dorms are served by the provider MyWire (www.my-wire.de). Internet access is available as a “plug-and-play” service; WiFi routers are provided in the dorm rooms. A connection link can be found on the router. When in doubt about how to connect your device, ask your WG mates for help. The connection speed is generally sufficient for video calls.

In addition, the Stusie Lounge in Haus 36 (where the Stusie Service Point, T.I.K. Bar, and Stusie Bar are located) is open daily from 7.00 p.m. and has free WiFi. You can get the password from the service desk or when you purchase drinks at the bar.

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Laundry Facilities: Washing machines and dryers are located in 15 Stusie buildings. Check the Stusie ABC for a full list (<http://www.studentensiedlung.de/service/stusie-abc>) or see the map included in

your directions to Stusie. All machines are outfitted with card readers and payment can be made using your UniCard. Make sure to activate „Autoload“ on your UniCard. That way, you can add more money to your cash balance even in the laundry facilities and will never run out of money to do your laundry. See <https://www.swfr.de/essen/chipkarte> for more.

Service Point (Haus 36) is a hub for all manner of Stusie activities. You can also rent on a short-term basis a great number of practical things, like an iron or a mop, but also bicycles and sports equipment. Hours: 7.00 – 9.00 p.m. Mon.-Thurs., 7.00 – 8.00 p.m. Fri.-Sun. as well as school breaks. Examples of items available for rental or free check-out at Service Point (for up-to-date prices, please consult the Stusie ABC (<http://www.studentensiedlung.de/service/stusie-abc>)).

party room (Alte Bar)
BBQ grill large or small
fondue set, waffle iron, huge cooking pot
vacuum cleaner, iron, ironing board
mattresses for guests
VCR, slide projector
skis, bicycle, sled, volleyball, basketball, soccer ball
tools

Other Facilities:

Music practice rooms in Haus 36
Fitness room and gym with weight machines etc. in Haus 60
Party room (Alte Bar) in Haus 36 (see above under „Service Point“)
T.I.K.Bar and Stusie Bar in Haus 36
Bicycle repair room in Haus 46
Bicycle repair stations, outdoors in various locations
Study rooms, contact service point for use
Woodworking room in Haus 36

Some facilities are in high demand and there may be a lottery for access keys; if you are successful, and keys are available for a deposit and monthly fee on some, others are free, and you simply need to sign up or get a key from the Service Point in Haus 36.

Student Activities at Stusie

Studentensiedlungsverein (Stusie e.V.) is the student government of Stusie and organizes a lot of great activities and services.

Tutorate: Student life at Stusie is managed and supervised by „resident assistants,“ *Tutoren*, who are generally granted housing extensions to take responsibility for some services. You should talk to them about borrowing keys and equipment. They also organize courses or workshops (*Tutorate*) for all kinds of activities, such as games, sports, dance lessons, cooking lessons, music. Check out the Stusie website or consult the bulletin boards at the Stusie.

Stusie e.V. Website: The Stusie e.V. website provides up-to-date information on services and events at Stusie. Visit the website (www.studentensiedlung.de) for more information.

Banking and Shopping near Stusie

Shopping: The nearest shopping area is just across Sundgaullee from Stusie at the Bischofskreuz streetcar stop. There you will find two grocery stores (Edeka, somewhat pricier, is in the building at the corner directly across from the „Am Bischofskreuz“ tram stop, and the discounter Penny is one block in and to the left at the end of the street), a stationery store, a drugstore, a bakery, a butcher, and a flower shop. In the nearby West Arkaden, a large shopping center with various restaurants and shops, you will also find a Rewe, denn's Biomarkt, Aldi, dm, and other stores. To find it, walk down Lehener Straße (adjacent to Haus 14) to the next intersection and turn left into the Berliner Allee. If you walk one more block to Breisacher Straße and turn right, you will also find an Aldi. Another option is to take streetcar no. 1 one stop further west beyond „Am Bischofskreuz,“ to the stop named „Betzenhauser Torplatz.“ There are five grocery stores at this intersection, including one for organic foods, a Postbank (about one block further on foot) and a McPaper office supplies store. For Sunday shopping options, see p. 27.

Banking: A branch of the Volksbank with an ATM is also located at Bischofskreuz next to the Edeka. This ATM accepts CIRRUS and PLUS bank cards. There is also a Sparkasse bank at Bischofskreuz, but you will pay an added service fee of €4 if you use its ATM with a Volksbank card and additional Volksbank ATM in Westarkaden across from Aldi.

LIVING IN VAUBAN

Going into Town and Getting Home

Vauban is on the southern edge of Freiburg. To go into town, go to the stop named „Paula-Modersohn-Platz“ right next to the REWE and the Apotheke (pharmacy) and take streetcar no. 3, destination „Haid.“ Get off at the „Bertoldsbrunnen“ stop, which is the main intersection downtown at Kaiser-Joseph-Straße (city center, shopping, AYF), or at the „Stadttheater“ (university). To return to Vauban, take streetcar no. 3, destination „Vauban,“ to the stop on „Paula-Modersohn-Platz.“ When heading home at night, remember that during the week the last streetcar leaves from the Bertoldsbrunnen stop at 12:30 a.m. In the nights from Friday to Saturday and Saturday to Sunday, streetcar service is offered 24 hours a day, departing Bertoldsbrunnen every half hour from 1:00 a.m. to 4:30 a.m. Regular day-time service resumes at 5:30 a.m. As a measure to ensure that women have a safe way of getting home, the city also offers a „FrauenNachtTaxi“ for women every day of the week between 11 p.m. and 5 a.m. There is a set student price of €7 for each ride within the city limits. If you are a group of women, the price is still €7, making it a very cheap option. The only disadvantage is that you have to call ahead, for example at Taxi Freiburg (0761 55 55 55) to get this price. More information is available here: <https://www.freiburg.de/pb/1163042.html>

Facilities at Vauban

Cable, Computers and Internet Access: All rooms are wired for Internet access, and plug-and-play Internet service is included in your rent. Freiburg dorms are served by the provider MyWire (www.my-wire.de). Internet access is available as a “plug-and-play” service; WiFi routers are provided in the dorm rooms. A connection link can be found on the router. When in doubt about how to connect your device, ask you WG mates for help. The connection speed is generally sufficient for video calls.

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Laundry Facilities: Students living in Haus 17 will find a laundry room in the basement of Haus 16. Students in Haus 2 must go to the basement of Haus 3 to do their laundry. The entrance is on the south side of the building, down the ramp. You pay for the washing machines with your UniCard (*Studentenausweis*) and each load costs €2.00. Make sure to activate „Autoload” on your UniCard. That way, you can add more money to your cash balance even in the laundry facilities and will never run out of money to do your laundry. See <https://www.swfr.de/essen/chipkarte> for more.

Other Facilities: Vauban is a dormitory community designed to allow a high degree of independence. Therefore, fewer shared facilities are available than, for example, in Stusie. There is no elevator in Vauban. There is a small bar, the VauBar, which is open on Tuesday and Thursday nights in Haus 4. They host events such as Karaoke. Additionally, VauBar can even be rented out. Other facilities and services, such as a music room, instrument borrowing, wood workshop, bike workshop, billiards rooms, etc. are provided by various *Tutorate*. The keys for these rooms can be obtained from them and by leaving them a deposit (typically your student ID). Lists of the *Tutorate* and contact information are distributed to Vauban mailboxes or taped to your door in mid-October. There is also a listing at the *Tutor* office in Haus 4. There is a Vauban groupchat on WhatsApp- ask your WG mates to add you.

Banking and Shopping near Vauban

Shopping: Immediately adjacent to the Paula-Modersohn-Platz tram stop is a Rewe grocery store and an Aldi discount store. Across the street from REWE and half a block toward downtown on the other side of Merzhauser Straße, you will find an Alnatura, a natural food store, and a dm, a Walgreens-type drugstore. If you continue to the next intersection and turn left onto „Alte Straße,” you will also find a Treff discount store. A somewhat pricier Edeka grocery store is located at the Weddigenstraße stop on the no. 3 line. The Vauban neighborhood has many independently owned, specialized shops, such as a paper goods store, a second-hand clothes store, and cafés and restaurants. Additional shops and a bank are in Merzhausen, a small community just south of Freiburg. You can either walk there or take bus no. 12 to the stop called „Merzhausen Schule” to go shopping. Limette Café has free WiFi and is located directly next to Paula-Modersohn-Platz tram stop; it is good place to study. For Sunday shopping options, see p. 27.

Banking: As mentioned above, there is a bank in Merzhausen. You may find it more convenient, however, to do your banking at the city center locations of the Volksbank on Bismarckallee or at Bertoldsbrunnen. There is a Sparkasse at Paula-Modersohn-Platz across from the Rewe, but you will pay an added service fee of €4 if you use its ATM with a Volksbank card.

LIVING AT STUDENTENDORF STÜHLINGER

Going into Town and Getting Home

If you take the pedestrian and biker overpass to the south of the Hauptbahnhof, it's about a 10 to 15-minute walk downtown from Engelbergerstraße where the Stühlinger dorm is located. If you bike, it takes only five minutes. If you prefer, you can also take a streetcar from the stop named „Eschholzstraße“ – lines no. 1, 2, 3, and 4 all stop there and go on to the stop named „Stadttheater“ (for the university) or one stop farther to „Bertoldsbrunnen“ (for the center of town, AYF, and department store shopping). To return, take line no. 1 to „Landwasser“ or „Paduaallee,“ no. 2 to „Hornusstraße,“ no. 3 to „Haid,“ no. 4 to „Messe,“ get off at Eschholzstraße, and turn left to return to Engelbergerstraße. When heading home at night, taking public transportation is usually preferable. Please remember that the last weeknight streetcar leaves the „Bertoldsbrunnen“ stop at 12:30 a.m. In the nights from Friday to Saturday and Saturday to Sunday, streetcar service is offered 24 hours a day, departing Bertoldsbrunnen every half hour from 1:00 a.m. to 4:30 a.m. Regular day-time service resumes at 5:30 a.m. As a measure to ensure that women have a safe way of getting home, the city also offers a „FrauenNachtTaxi“ for women every day of the week between 11 p.m. and 5 a.m. There is a set student price of €7 for each ride within the city limits. If you are a group of women, the price is still €7, making it a very cheap option. The only disadvantage is that you must call ahead, for example at Taxi Freiburg (0761 55 55 55) to get this price. More information is available here: <https://www.freiburg.de/pb/1163042.html>

Facilities at the Studentendorf Stühlinger

Cable and Internet Access: All rooms are wired for Internet access, and plug-and-play Internet service is included in your rent. Freiburg dorms are served by the provider MyWire (www.my-wire.de). Internet access is available as a “plug-and-play” service; WiFi routers are provided in the dorm rooms. A connection link can be found on the router. When in doubt about how to connect your device, ask you WG mates for help. The connection speed is generally sufficient for video calls.

Everyone is expected to pay the standard monthly fee for public television programming in Germany regardless of whether they own a TV set (€18.36/month). However, the fee is assessed once per apartment. Whether or not you personally need to pay this television and radio service fee depends on the shape of your dorm unit. If you live in an efficiency apartment by yourself, you do need to pay it. If you live in a 4-person WG and someone else already pays the fee, then you do not pay the fee in addition but share the cost with your WG mates. It is less obvious for people living in larger units (8 rooms on a hallway, for example). For details on how to register see www.rundfunkbeitrag.de. **If you get an invoice regarding the Rundfunkbeitrag, please touch base with Ulli Struve to discuss your specific situation and always bring the invoice to the AYF office or send Ulli a scan.**

Laundry Facilities: There are two washers and a dryer in the basement of each building, and each load of laundry costs €2. You can operate the machines with the UniCard. Make sure to activate „Autoload“ on your UniCard. That way, you can add more money to your cash balance even in the laundry facilities and will never run out of money to do your laundry.

See <https://www.swfr.de/essen/chipkarte> for more.

Other Facilities:

Mu-Dom-Bar (closed at the moment)

movies (at the Mu-Dom-Bar)
bike repair room/workshop
table tennis
photo lab/darkroom
games, grills, and other rentable items (see signs in the dorm entrance hall or ask at Mu-Dom-Bar)

Banking and Shopping near the Studentendorf Stühlinger

Banking: The nearest Volksbank is the main branch on Bismarckallee, where you will open your account. Go across the overpass at the Hauptbahnhof and take a left. The bank is at the third intersection (across from the northern end of the Hauptbahnhof).

Shopping: The two grocery stores closest to the Stühlinger dorm are the somewhat pricier Edeka on Engelbergerstraße and the discounter Penny on Eschholzstraße. To get to Edeka, take a right on Engelbergerstraße towards downtown and cross Eschholzstraße. Edeka is on the next block, below the K & U bakery. Just take the escalator down.

To get to Penny take a right on Engelbergerstraße towards downtown and a right on Eschholzstraße. Penny will be on your left behind a gas station. Another discounter, Netto, and the Ariana Market with many international specialties are also just a short walk away in the Lehenerstraße behind the train station. Since you live so close to the city center, you may also consider going to the Norma on Sedanstraße behind Cinemaxx and the UB (University Library) or to any of the other grocery stores downtown. For Sunday shopping options, see p. 27.

LIVING AT THE STUDENTENWOHNHEIM HÄNDELSTRASSE

Going into Town and Getting Home

Händelwohnheim is directly north of Freiburg's downtown. The easiest way to get into town is to get No. 4 streetcar (Direction: „Messe“) at „Okenstraße“ to the stop „Bertoldsbrunnen“ or „Stadttheater.“ You can also take the No. 2 streetcar from „Komturplatz“ (Direction: „Günterstal“) and get off at „Stadttheater“ or „Bertoldsbrunnen.“ To get back to Händelwohnheim, get on the No. 4 or 2 streetcar (Direction Zähringen/Hornusstraße) and ride the streetcar to „Komturplatz“ or „Okenstraße.“ When heading home at night during the week on the No. 4, keep in mind that the last streetcar leaves the „Stadttheater“ stop at 12:27 a.m. To return home using the No. 2 (Direction: „Hornusstraße“), get off at „Komturplatz“ and remember that the last streetcar departs from „Bertoldsbrunnen“ at 12:34 a.m. From Friday night to Sunday morning, streetcar service is offered 24 hours a day, but it is important to remember that even on weekends the No. 2 streetcar line does not run past 1:00 a.m. On weekends after 12:30 a.m. take No. 4 streetcar (Direction: „Zähringen“) as described above. As a measure to ensure that women have a safe way of getting home, the city also offers a „FrauenNachtTaxi“ for women every day of the week between 11 p.m. and 5 a.m. There is a set student price of €7 for each ride within the city limits. If you are a group of women, the price is still €7, making it a very cheap option. The only disadvantage is that you must call ahead, for example at Taxi Freiburg (0761 55 55 55) to get this price. More information is available here:

<https://www.freiburg.de/pb/1163042.html>

Facilities at the Studentenwohnheim Händelstraße

Cable and Internet Access: All rooms are wired for Internet access, and plug-and-play Internet service is included in your rent. Freiburg dorms are served by the provider MyWire (www.my-wire.de). Internet access is available as a “plug-and-play” service; WiFi routers are provided in the dorm rooms. A connection link can be found on the router. When in doubt about how to connect your device, ask you WG mates for help. The connection speed is generally sufficient for video calls.

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Laundry Facilities: There are several washing machines and a dryer on the ground floor, through the door to your right as you walk into the building in Ausgang D. Use your Student ID card (UniCard) to operate the machines. Each load costs €2.00. Make sure to activate „Autoload” on your UniCard. That way, you can add more money to your cash balance even in the laundry facilities and will never run out of money to do your laundry. See <https://www.swfr.de/essen/chipkarte> for more.

Other Facilities: Händelstraße features two music rooms with a piano and a grand piano, a recreation room, and a pottery workshop.

Banking and Shopping near the Studentenwohnheim Händelstraße

Shopping: A large discount-type store called Kaufland is just around the corner. Take Händelstraße to the train tracks and go under the bridge. Opposite the park on the other side of the bridge is a large office building, rounded on one side. Beyond this building is the entrance to Kaufland. Groceries are in the basement; beverages and other items are sold on the ground floor. An Aldi discount store is located next to the gas station on Habsburgerstraße. Behind the gas station there is another discount grocery store, Lidl, and a somewhat pricier E-Aktiv Markt is near the streetcar stop named „Hauptstraße.” For Sunday shopping options, see p. 27.

Banking: There is a branch of the Volksbank at Habsburgerstraße 71, just opposite the streetcar stop named „Hauptstraße.” You can take streetcar no. 4 there, but it is probably just as quick to walk, given that the „Hauptstraße” stop is the one right after „Okenstraße.” Simply walk down Habsburgerstraße toward town to the Volksbank on the left side of the street.

SETTLING IN

Flea Markets and Second-Hand Items

In Freiburg, it seems there is a flea market (*Flohmarkt*) taking place somewhere every weekend. At these flea markets you can find everything from bikes to old books to antiques. The flea markets are usually advertised on posters throughout the city and also in the *Zyppresse*, a free newspaper available all over town, which also lists second-hand items for sale. In addition, the *Zyppresse* includes job advertisements, apartments for rent, etc. *bz-ticket* is an online events calendar that lists weekly flea markets, and the cultural events website *Fudder* is also a good place to look for weekly events. There are also many useful Facebook groups for buying and selling used items such as *Used stuff for sale in Freiburg*. You can also check out *eBay Kleinanzeigen*, where there is even a category called „Verschenken & Tauschen“, where you can sometimes find great items being given away for free.

There are a growing number of second-hand shops in Freiburg, both for clothing and furniture. These are just a few that you might want to check out:

- DRK-Secondhand – Mode im Quartier (Yorckstraße 27)
- Spinnwebe Second-Hand Kaufhaus (Krozinger Str. 11)
- Fairkauf (Friedrich-Neff-Straße 5)
- s' Einlädele (Guntramstraße 58)
- Schlepprock (Salzstraße 23)
- Umkleide (Merianstraße 5)
- Klammötchen (Erwinstraße 3A)
- Boutique LeSac (Sedanstrasse 22, im Hinterhaus)

Furniture

Your dorm room comes furnished, but even so you will undoubtedly want to buy such things as extra pillows, small lamps, bookshelves, nightstands, etc., soon after settling in. All of these are readily available at the downtown department stores Kaufhof and Karstadt, on Kaiser-Joseph-Straße just north of the streetcar stop named „Bertoldsbrunnen“.

A less expensive place to shop for household items is IKEA, the Swedish furniture store, which is located at the north end of town. Many furniture items purchased at IKEA require assembly, normally using tools that are supplied with the item itself. Also available at reasonable prices are such goods as bedding and coffee cups (about €2.50 each), plates, and other kitchen items. An added bonus at IKEA is its restaurant and café. At the restaurant you will find the only known place in Freiburg where you are able to get free drink refills (*Nachfüllung GRATIS*). This is unheard of in Germany, so perhaps it is an ancient Swedish tradition – or a sign of having done business in America. Don't miss checking out the sign in the café explaining the free drink refills! Back to furniture: to get to IKEA take tram line 4 destination „Messe“ to „Elsässerstraße“. Here the trams and busses share the same stop, so simply board the no. 10 bus destination „Zähringen“. Take the bus to the stop „IKEA“: To return downtown, take the no. 10 bus, destination „Paduaallee,“ to „Elsässerstraße“ and from there the tram line 4 destination „Zähringen“ to the „Hauptbahnhof“ stop.

Note: Large furniture items are not allowed on buses or trams, as they can block handicapped seating and exits. Consider delivery fees before purchasing such items.

Bicycles

Freiburg is unquestionably a biker-friendly city. There are bike paths everywhere, and many students bike to the university and all around the city. There are also extensive biking trails (*Radwanderwege*) throughout the surrounding area. Check the local bookstores for special bike route maps.

If you buy a bike and use it year-round, you will probably save quite a bit of money compared to buying a *RegioKarte* every month, but with the *SemesterTicket* it may be a wash. A bicycle is a convenient transportation option and could be used as an alternative to public transportation, but most students purchase the reasonably-priced *SemesterTicket* in addition to having a bike; and it does get quite cold and wet in winter. See below for public transportation options.

There are bike stores all over town, and you will spot them easily during your first explorations of Freiburg. You can also check the yellow pages under „*Fahrräder*.“ Department stores such as Kaufhof and Karstadt also sell bikes. But do you really want to buy a new bike? Used bikes are offered for sale on bulletin boards at the university and in the dorms, and listings also appear in the *Zyppresse* or on *eBay Kleinanzeigen*. Some local bike stores also sell used bikes, and some of these will even buy them back at a fair price when you go home. You may want to check out the following stores or search online for „*Fahrräder Freiburg*“:

Fahrradladen im Rieselfeld, Rieselfeldallee 18

Fahrradladen im Stühlinger, Egonstraße 13

Fahrradladen in der Wiehre, Konradstraße 9 (especially used bikes)

Fahrrad SB-Markt Zähringen, Zähringer Straße 8

Hild Radwelt, Engesserstraße 9 (a huge selection and decent prices)

Radieschen, Marie-Curie-Straße 1 (in Vauban)

When you buy a bike, make sure you receive the bike pass (*Fahrradpass*). This is either a leaflet or a small card on which the frame number of your bike, date of purchase, and other details are recorded. This pass is proof that you are not buying a stolen bike (or, at the end of the year, selling a stolen bike). This pass is also very important if your bike gets stolen as it provides a „profile“ of your bike to the police and helps expedite the return of your bike to you if the bike is recovered. It is also a good idea to take pictures of your bike.

Bike theft is a serious problem in Freiburg. Always lock your bike securely, frame and wheels. If your dorm has a bike room or bike shed, store the bike there. If you find a place to park your bike overnight with 2 rows of bikes, it is good to park the bike so that the handles are in the center of the pack, especially in Stühlinger where there have been stories of people getting their brakes cut by vandals. Keep the bike pass and the receipt in a safe place with your other documents.

The Deutsche Bahn also auctions off „lost and found“ bicycles at their customer parking lot on *Wentzingerstraße*, underneath Café Hermann. To get there go to the west end of the streetcar bridge, which is above the main train station, and go down the stairs at Café Hermann. Viewing begins at 12.00 and bidding at 1.00 p.m. The next auction is sometime in March, just in time for spring weather cycling fun. Ask at the train station information point for details and dates.

Anyone who needs a bike just for a short trip to the grocery store and back, can also take advantage of the *Frelo* bikes throughout the city. As a student, you can use the bike for 30 minutes free of charge. Each additional half hour costs 50 cents, with a maximum daily fee of €10. All you need to do is install the app and register using your university e-mail address. You can register here: <https://www.frelo-freiburg.de/de/information/>

If you need to repair your bike, you can of course take it to most bike stores, but you may also want to check out Radgeber's „Selbsthilfewerkstatt“ at Habsburgerstraße 9. It has all the tools and even an employee to help you fix your bike yourself for a moderate hourly fee. The Selbsthilfewerkstatt is open every afternoon from 3:00-6:00 p.m., but hours may change, so check here www.radgeber-freiburg.de for more information. A second option is the Radieschen in Vauban (<https://www.radieschen-co.de/>) which also offers a „do-it-yourself workshop.“ Many student dorms also have their own bike workshops where tools are available and sometimes older students can help you fix your bike for free. Check signs in your building for more information.

TRASH: SORTING & RECYCLING (ABFALLTRENNUNG)

Most Freiburg residents are keenly attuned to environmental issues, and they seek to avoid wasting resources and polluting the environment. You, too, will be expected to sort and recycle your trash in the following way:

Gelber Sack (yellow sack): All metal and „light“ plastic packing materials, such as cans, spray cans, yoghurt cups, metal foils, plastic bags, styrofoam, and milk and juice cartons are collected in the *Gelbe Tonne/Gelber Sack*. Most items in this group will have *der Grüne Punkt* on the packaging. Make sure everything is completely empty; food containers should be rinsed out.



Papier- und Pappmüll (paper): For all kinds of paper, e.g., newspapers, magazines, cereal boxes, cardboard, and packing materials. Clean paper only—no coated paper, used Kleenex, or pizza boxes!

Glasmüll (glass): Consists of non-deposit bottles (*Einwegflaschen*) etc., but not lightbulbs, mirrors, or windowpanes. Remove metal or plastic caps, and sort by glass color—clear („Weißglas“), green, and brown. Since dropping bottles in containers without fail makes quite a racket, deposits are only allowed between 9 a.m. and 5 p.m. on weekdays.

Biotonne (bio-degradable waste): Regular households in Freiburg separate food leftovers, coffee filters, teabags, plants, wet trash, even used tissues by placing them in a brown *Biotonne* for composting. Dorm residents do not separate out this kind of trash but dispose of it with *Restmüll*.

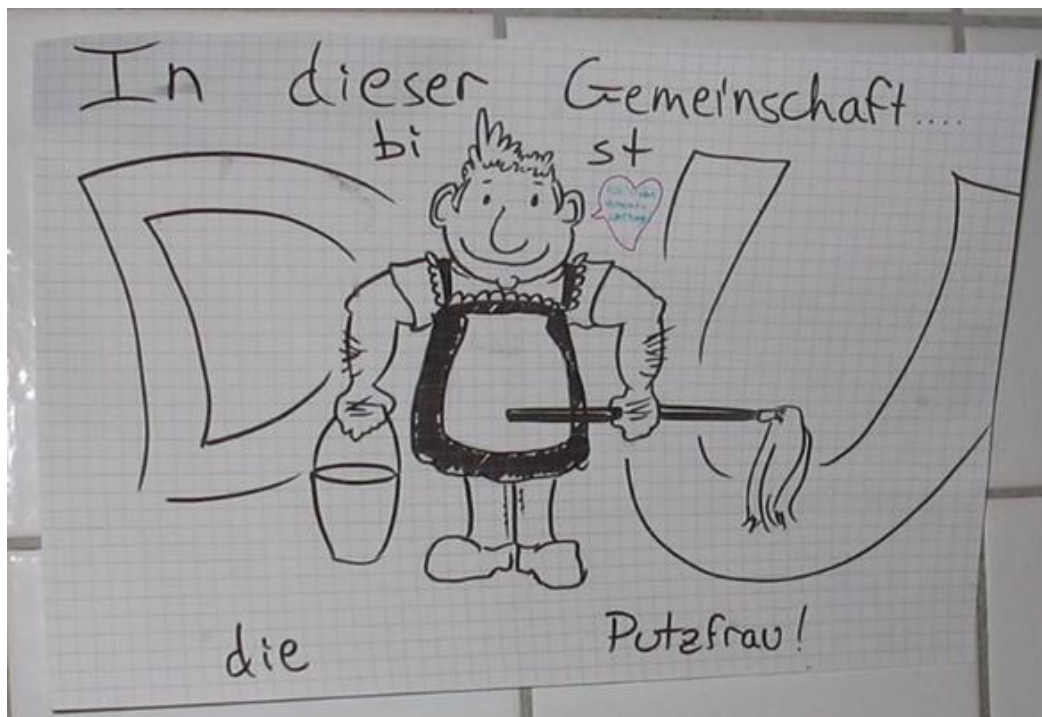
Restmüll (remaining trash): Dispose of all remaining trash such as kitchen waste, pizza boxes, and dirty packaging in the *Restmüll* dumpster in front of the dorms. When in doubt about where and how a certain item should be disposed of correctly, go ahead and put it into the *Restmüll*.

Please Note: A printed copy of this handbook will be provided to you upon arrival in Freiburg.

Batteries: Batteries can be recycled at many grocery stores. There should be a small bin (usually green) labelled *Batterien*, where you can dispose of used batteries. Please do not throw old batteries in the trash. They contain heavy metals and other toxic substances that can be exceedingly harmful to the groundwater. You are also welcome to drop them off at the AYF office.

Medical Waste: If you need to dispose of needles (*Spritzen*) used for taking medication, check to see if your local *Apotheke* has an *Entsorgungsbox*. You may be able to dispose of them directly at the *Apotheke*. Otherwise, you can collect them in your own *Entsorgungsbox*, and when it's full, simply put it in the *Restmüll*.

Regarding cleaning in general, it is important to note that each dorm or *Wohngemeinschaft* within a dorm will have its own system for dividing up cleaning tasks. You will be expected to take your share of the responsibility for cleaning common spaces, such as showers and kitchens. Talk to your hallmates and *WG-Mitbewohner* about how things work in your dorm and in your particular *WG*. Simply put, you are responsible for maintaining sanitary standards. If you (or others in your *WG*) don't maintain reasonable standards, the *Hausmeister* may give your *WG* a warning to clean up and, should that not yield results, call in a cleaning crew—and send you a bill for it. Nothing says it better than this drawing from one Freiburg *WG*.



FOOD SHOPPING

Business Hours

Stores in Germany have restricted hours compared to those in the U.S. Most stores open at 8.00 or 9.00 a.m. Big downtown stores may not open until 10.00 a.m. Many stores and super-markets in Freiburg close around 8.00 p.m. However, there are a two Rewe stores that are open every day until

midnight. One is in the Talstraße near the Haltestelle „Johanneskirche“, and the other is located at the shopping center ZO, which is located at the Haltestelle „Freiburg, Alter Messplatz“. On Saturdays, many small downtown shops close around 6 p.m., but larger stores and supermarkets are typically still open until 8 p.m. Many neighborhood stores will close even earlier on the weekends, sometimes as early as 1.00 or 2.00 p.m. Since the law was changed not too long ago in Germany and stores are now allowed to remain open until 8.00 p.m. on Saturdays, there are more and more stores staying open later. Virtually all stores are closed on Sundays—except for a smallish grocery store in the basement of the *Hauptbahnhof*, which is open seven days a week from 5.00 a.m. until midnight. You can also always find a bakery open on Sunday, although they may have limited hours.

Learning to cope with the shorter and often seemingly arbitrary opening hours of stores is probably one of the more challenging adjustments you will have to make during your year in Germany. The same holds true for offices, libraries, etc., which are often open only for very limited hours that vary from one weekday to another. It is crucial to plan your day and your errands, so you get to places during their business hours. As for groceries, it is best to get into the habit of completing weekend shopping either on Friday or on Saturday morning since stores are usually very busy Saturday afternoon and evening with people trying to stock up before Sunday.

In addition to the grocery stores near the various dorms there are also many options to do one's shopping downtown. This is a convenient way to do your shopping on your trip home from school. Close to the university's main campus and the AYF office is the Edeka on Eisenbahnstraße (you can get there from the Stadttheater tram stop by either taking a right onto Rotteckring and then taking a left onto Eisenbahnstraße or by cutting through the Karma Public Livingroom walkway from Bertoldsstraße to Eisenbahnstraße and taking a right at the end). There is also a Rewe and Alnatura on Rotteckring at the corner of Friedrichring, another Alnatura on Kaiser-Josef-Straße between Holzmarkt and the Dreisam, and a third large Alnatura next to the Volksbank, opposite the train station. There is an Aldi on the lower level of Schwarzwald City just off Kaiser-Josef-Straße and another Edeka next door on Wasserstraße. There is also a Glaskiste for package free, zero waste groceries and a Norma on Sedanstraße behind the Cinemaxx and Universitätsbibliothek. You can find halal meats at Ariana Orient House, Agnesenstr. 1-3, <http://www.ariana-orient-house.de/>, or Güven Market, Zähringer Straße 326, about 30 yards from streetcar stop Reutebachgasse, (Lines 4 / 5).

Don't be surprised if the grocery stores seem very small at first. German grocery stores are considerably smaller than those in the U.S. and the ones mentioned are very standard for the U.S. REWE and Kaufland tend to be the largest though.

Grocery Stores by Price

„Budget“ stores: Lidl, Plus, Aldi, Treff, Penny, Norma

„Higher end“ stores: Rewe, Edeka

„Natural food“ stores: Alnatura, Reformhaus

You might also be interested in the various farmers' markets around town, especially for fresh produce. The „Münstermarkt“ is the biggest and busiest one and it takes place every morning (except Sundays and holidays) on the cathedral square, from 7:30 a.m. to around 1:30 p.m. This is a

great place to get local, seasonal produce at reasonable prices. Sometimes you might even find seasonal products that are cheaper than at the supermarkets. Here is a list of other weekly markets that are certainly worth checking out:

- Stühlinger Bauernmarkt (8 a.m. to 1 p.m. Wednesdays and Saturdays).
- Herdermer Bauernmarkt (Tuesday, 3 p.m. to 6 p.m., Friday 2 p.m. to 6 p.m.)
- Wochenmarkt in der Fabrik (near the Händelwohnheim, Saturday 9 a.m. to 1 p.m.)
- Wochenmarkt Vauban (Wednesdays, 2:30 p.m. to 6:30 p.m.)
- Wiehremer Bauernmarkt (Wednesday, 2 p.m. to 6:30 p.m, Saturday from 8 a.m. to 1 p.m.)

You can find a complete list of markets here: <https://www.freiburg.de/pb/232237.html>

Out of Milk on Sunday?

After stores close and on Sundays, it is possible to purchase basic food items at gas stations that keep very long hours and at the grocery store in the basement level of the *Hauptbahnhof* (closes at midnight). Selections are limited and prices are bit higher, so you may not want to make a habit of shopping there. But it is a convenient backup if you just haven't gotten around to shopping earlier. In addition, there is a vending machine shop in the train station that is accessible around the clock and fittingly called "Marktplatz Twenty47" with all manner of food and other urgent necessities (flowers, SC Freiburg jerseys and other fan articles).

There also is a gas station near almost every dorm, for example the Esso station on Sundgaullee right across from Stusie (one street past „Am Bischofskreuz“). For those in Vauban, there is a nearby gas station, Agip, located about a five to ten-minute walk toward town on Merzhauser Straße, one street past the Peter-Thumb-Straße stop. Stühlinger students turn right on Eschholzstraße and walk about a block and a half. For Händelstraße students, there is a Shell station at the streetcar stop „Okenstraße.“

In the city district Stühlinger and in the center there are countless *Kneipen*, so it is easy to find something warm to eat and something to drink until late at night. The Eschholzstraße is a good starting point. Simply look around you and you will find *Kneipen* everywhere. The Brennessel is particularly popular with students for its generous portions at relatively low prices, a huge plate of spaghetti for only €5.20 from 6 p.m. to 7:30 p.m! Café Atlantik, which is located not too far from the Schwabentor, also offers large portions of spaghetti for €4.90. You can also check out the grocery selection at the Islamisches Zentrum, Hugstetter Str. 36, open every day of the week, including 9 a.m. to 6 p.m. on Sundays. Of course, the Stühlinger district is most conveniently located for students from the Engelbergerstraße dorm or Stusie and is home to *Amara*, which many would say is the best Dönerladen in Freiburg – always a good go-to on a Sunday.

Not all, but quite a few bakeries across town also open on Sunday mornings.

A Euro for the Shopping Cart

To use a shopping cart in most supermarkets, you will need either a €1 coin or a plastic chip. It is possible to buy a chip in many stores; they are also frequently given away as advertising promotions. This is just a deposit, which you get back when you return the shopping cart. Newer carts also take

€2 coins or 50 cent pieces. Baskets are free to use and can often accommodate your needs at the store.

Weigh Your Own Fruits and Vegetables

At many supermarkets, you will have to weigh your own fruits and vegetables. Look for a scale in the produce section, place the items you are purchasing on the scale, and press the appropriate button. A small sticker will be printed, which you place either directly on the fruit or on the plastic bag.

Bag Your Own Groceries, and Bring a Bag ...

In German supermarkets, you are expected to bag your own groceries. Most shoppers also bring their own bags or use a backpack or basket. Inexpensive plastic and cloth bags are also available for purchase at the checkout counter. You will be the envy of hurried shoppers and economize as well by bringing your stylish AYF canvas bag along on each shopping trip.

Bottle Deposits



Many glass and plastic bottles as well as cans in Germany require a deposit (*Pfand*) of €0.05 to €0.25. These deposit bottles (*Pfandflaschen*) or cans are customarily labelled as such on the price sign on the supermarket shelf. You can return *Pfandflaschen* in virtually all supermarkets, where the area for bottle returns is usually labelled *Leergutannahme* or *Flaschenrückgabe*. However, ALDI sometimes does not take glass bottles, since ALDI only sells plastic bottles or aluminum cans. In most supermarkets the process is automated, and a machine processes the returns. You will receive a refund ticket that can be exchanged for cash or applied against your bill at the checkout register. The machines only accept real *Pfandflaschen* which are not damaged and have intact labels. Bottles without deposit have to be recycled. After it was introduced, the *Dosenpfand*, a deposit for cans initially didn't work too well, since the details were a bit murky. As a result, most producers had simply stopped marketing soda in cans in Germany for a while. Recently, however, soda cans have been making a huge comeback to the utter dismay of environmentalists who advocate against their use because aluminum is extremely energy-intensive to produce.

International Foods, Halal Meat, Diet Products, and Organic Options

Some international products are available in regular supermarkets and even very traditional Germany butcheries are sometimes carrying halal meats. Many items common in the U.S. may be difficult to find in Germany, but things like peanut butter and taco seasoning are becoming more widely available, however most AYFers don't find the German peanut butter satisfactory and will often have it shipped or brought to Germany by family and friends: so pack your Jiffy! International products unavailable in most regular stores may be found at the International Food Center in the Dietler-Passage (off Salzstraße near the Bertoldsbrunnen), in the Markthalle (next to Martinstor), and at Daria (opposite the stop named „Holzmarkt“ on streetcar line no. 2, 3, 5). In addition, Rewe in the basement level of Karstadt (on Kaiser-Joseph-Straße) has a reasonable range of international products not available in regular stores. You can find halal meats at Ariana Orient House,

Agnesenstr. 1-3, <http://www.ariana-orient-house.de/>, or Güven Market, Zähringer Straße 326, about 30 yards from streetcar stop Reutebachgasse, (Lines 4 / 5).

The selection of diet and gluten-free products, particularly fat-free dairy and baked goods, is more limited than in the U.S. However, many students with gluten allergies have had very positive experiences with *Dinkelmehl* (spelt flour), and more and more bakeries have started to sell *Dinkelbrot* or *Dinkelbrötchen*, and there is also *Dinkelspaghetti* available at Alnatura for a fair price. DM and Müller also sell gluten-free products. There are several natural food stores in town, which cater to various diets. There is for example an Alnatura natural food store on Kaiser-Joseph-Straße 282 on the far side of Martinstor heading away from downtown, one north of Stadttheater near Rotteckringstraße at Fahnenbergplatz 3, and another one in Vauban. A new one just opened next to Volksbank, opposite the train station. Alnatura and most other natural food stores in Freiburg also carry cosmetics and health products that are not tested on animals. There are quite a few organic products (marked „Bio“) available in regular supermarkets. Reformhaus is another natural food option; there is one located in the basement of „Schwarzwald City“ just off of Kaiser-Joseph-Straße. Glaskiste on Sedanstraße behind the UB and the Cinemaxx sells natural and cruelty free goods, as well as many vegan products, all without plastic or aluminum packaging. They also sell reusable jars and small cloth bags to put produce in. For a list of local natural food stores go to www.stadtbranchenbuch.com and enter „Naturkost“ in the Was? field and „Freiburg“ in the Wo? field.

Eating Out in Freiburg

The Freiburg restaurant scene has quite a bit to offer, and there is much to discover. Here are just a few pointers to get you started. As mentioned above, the Brennessel is particularly popular with students for its generous portions at moderate prices (for example, €5.20 for a huge bowl of spaghetti). The Stühlinger district in general has many restaurants and pubs. Near the university you might check out Euphrat (on Niemensstraße, just around the corner from Schwarzer Kater), a Middle Eastern halal fast food restaurant. They make excellent vegetarian and non-vegetarian wraps (Yufka) that are very filling and reasonably priced. Expect to wait in line if you go around lunchtime. Also, near the university is the popular student restaurant/bar/café Schlappen. They offer lunch specials during the week that are good, filling, and cheap. Café Légère and Art-Café are also both located near the university and regularly have special offers. Uni Café and Schwarzer Kater are also popular with students because of their location and offer a few warm snacks. Schwarzer Kater has a particularly *gut und günstig* brunch menu. If you are looking for something a little more upscale, you might check out Omas Küche in the Wiehre neighborhood. Their menu changes according to season but they serve primarily Badische cuisine. For the best sushi outside of Japan try Basho An, but keep in mind that the prices are very high (around €20.00 for a small plate). It is located near the Colombi Hotel. For a less expensive sushi alternative try the Sushi-Bar located in the Dietler-Passage next door to the AYF program center. They offer miso soup, five sushi plates, and green tea for €14. Harem at Gerberau 7 offers hearty sit-down Turkish food when you're ready to upgrade from Döner. Divan Ocakbaşı (Bertoldstraße 54), Harem, and Kaschmir (Elsässer Str. 71) are all halal. Markthalle, known to locals and newcomers in the know as the „Fressgässle,“ is a food court with international as well as regional food stands, just off of Kaiser-Joseph-Straße right by Martinstor and right next to AYF; we tend to think of it as our very own cafeteria, the *Kantine*. Martin's Bräu is right below it and serves Badisch food. Additionally, there is an app called „Too Good To Go“. Freiburg is one of many participating locations in the app. The app combats food waste while allowing people to buy restaurant food at a cheap price.

BANKING

The American style checking account does not exist in Germany. Instead, Germans use a *Girokonto*, which allows them to pay a bill by making a funds transfer (*Überweisung*) from one bank account to another as well as automatic repeated funds transfers for regularly scheduled payments (*Abbuchungen* or *Einzugsermächtigungen*).

Opening an Account (Girokonto, Online Banking)

AYF has negotiated a special arrangement with the Volksbank of Freiburg for all program participants. Volksbank is a *Genossenschaftsbank*, which is the equivalent of a credit union. The headquarters at Bismarckallee are open Mo, Tue, We, and Fr 9.00 a.m.-5.00 p.m., and Thu 9.00 a.m.-6.00 p.m. There is also a self-service branch right at Bertoldsbrunnen open 24 hours. Smaller branch offices have varying opening hours. All branches have an ATM (*Geldautomat*) and there is an additional ATM at Martinstor next door to Schlappen.

During the Orientation period, students will go to the bank together to open their *Girokonten*. Once you have opened an account, you can make deposits and withdrawals as well as pay bills within Europe by funds transfer (explained below) at any Volksbank branch in Freiburg or via online banking. This account is set up as an online account and as a *Guthaben-Konto*. This means it is impossible to overdraw the account. However, it is possible to have transactions and withdrawals fail for lack of sufficient funds and bank charges resulting from such failures can lead to a negative balance. We realize that many banks in the U.S. offer free checking accounts to students. Unfortunately, this is not standard in Germany, but the Volksbank charges a very reasonable monthly fee of €5.90.

All AYF students will have online banking with their Volksbank account. Using this service requires two apps, one for banking and one for authentication. More information on banking in general and online banking will be provided during orientation.

How to Get Cash

After opening an account, a BankCard / ATM card will be issued to you. You will receive the PIN number (*Geheimzahl*) at the same time. With this card you will be able to withdraw money from any Volksbank ATM anywhere in Germany as well as from about 18,000 other cooperating German banks (most notably, Raiffeisen, Sparda, and Post-bank).



Wherever you find the BankCard ServiceNetz logo, you can withdraw money without paying fees; a full list is available online at https://www.bvr.de/presse_download/datei/bsn_teilnehmende_banken. You can also get money at the ATMs of other banks, but there is a charge (about €5.00 per withdrawal). Most ATMs in other European countries will accept your Volksbank card; look for the Cirrus or GiroCard symbol. If you travel outside Germany, be prepared: your bank card might not work everywhere and at all times – take some cash with you, just in case! Until you receive your bank card, it is possible to withdraw money (*Geld abheben*) in person at the counter of your Freiburg branch office by filling out an *Auszahlungs-Quittung*. Without your BankCard, you will not be able to make withdrawals outside of Freiburg.

How to Cancel Your ATM Card

If you lose your ATM card – or your wallet is stolen – call the phone number listed below to cancel the card at once. You will be connected to an automated system, so you will need to have your account number, name, and address as listed on the account available. If this happens to you while you are traveling, remember that your account information is accessible to you through the banking app on your cell phone. Should you have trouble getting to your information because you lost your wallet and phone, contact AYF staff for assistance and we'll do our best to help as quickly as we can.

The number to call for cancelling a lost or stolen bank is: 116 116, no area code needed – this number works from anywhere in Germany. From outside Germany, call: +49 116 116.

How to Get Your Bank Statements

For online banking accounts, the monthly bank statements are archived electronically for 10 years. Nevertheless, it is a good idea to download and archive your statements on your own computer as well in case of banking disputes.

How to Pay Bills by Funds Transfer (Überweisung)

Instead of writing checks, Germans pay bills by funds transfer (*Überweisung*). To send money to another person's or firm's account, you will need only the IBAN (International Bank Account Number) of the person or firm you are paying; this suffices for any transfer within the European SEPA banking area. With these and your own account number, you fill out a transfer request online and authorize the transfer with a transaction number sent to a second app used for authentication (*VR Secure Go plus*). There is a nice demo account available online on the Volksbank website. But if you still find these things puzzling and confusing, don't hesitate to ask your bank teller for assistance or speak to staff at the AYF office.

Making Regular Payments by Automatic Funds Transfer

For repeated monthly payments, such as rent, you will need to give permission for automatic withdrawals (*Abbuchung*) from your account. You will sign a permission form (*Einzugsermächtigung*) when you sign your lease during orientation. The *Studierendenwerk* will then withdraw the money from your account every month, usually on the first to third business day each month. It is your responsibility to make sure that enough money is in your account to cover these withdrawals. If the automatic funds transfer fails because there is not enough money in your account, you will be charged a fee of €6.00 by the bank, and the person / institution attempting to withdraw money from your insufficiently funded account will also be charged a fee (usually between €6.00 and 10.00) which they, in turn, charge to you. After an automatic withdrawal has failed, it is not enough that you deposit more money into your account, because the withdrawal generally will not be repeated. It is up to you to actively initiate a transfer to make up for the missing payment. If you receive an overdue notice (*Mahnung*) from the *Studierendenwerk*, you should make an *Überweisung* or ask Ulli for assistance. Be sure to bring or send your overdue notice to Ulli when asking for help.

Traveler's Checks

You should be aware that traveler's checks in dollars or Euros are **not** accepted at most German restaurants, hotels, and stores. Instead, you must exchange traveler's checks for cash at a bank.

Traveler's checks can be cashed at any bank and at currency exchange counters in train stations and airports. Keep in mind, though, that many banks and exchanges charge fees for cashing a check in addition to charging an exchange commission for changing dollars into Euros.

Cashing Checks from the U.S.

As part of AYF's arrangement with Volksbank, checks drawn on your personal U.S. bank account (not another person's account!) will usually be credited to your *Girokonto* about five working days after being deposited—much faster than the normal 4 to 5-week waiting period for checks. There is a fee of about €15.00 for this service. Because of this fee, it's not worth it for checks of, say, \$20 – it may be better to send it to your parents, have them deposit it in your U.S. account, and use your U.S. bank card to withdraw from an ATM. If the amount you are depositing is very large, the bank may refuse to waive the waiting period. Check at the Volksbank before making firm plans to post U.S. checks to your VB account and always allow sufficient time for processing.

WARNING NOTE: In some cases, the amount of your personal check converted to Euros is shown as part of your account balance prior to being available for withdrawal. The „Wertstellung“ date is the relevant date for the actual availability of funds from deposited checks.

Cirrus and Plus

Probably the most convenient way to handle cash withdrawals and transfers from the U.S. is to use an ATM debit card for your home checking account. CIRRUS is the most commonly accepted ATM system, and Visa PLUS is gaining in acceptance. You must have an international 4-digit PIN. You MUST also have a chip debit card (EMV chip embedded). You will then be able to withdraw cash (in Euros) from a German ATM and have it debited (in U.S. dollars) to your U.S. account. An ATM card gets you the bank exchange rate and circumvents additional charges imposed for processing checks, but your U.S. bank may charge a service fee for international withdrawals. The upper limit on the amount that can be withdrawn at any one time is established by your U.S. bank, and you should know the figure. It is also important to note that transaction fees are fairly high (some banks charge 3% international transaction fees for ATM withdrawals), and with constantly shifting exchange rates it's not always easy to calculate how much money (in dollars) you are withdrawing at any one time. Still, it is very convenient to use an international ATM card, and many AYF students choose to use this as their primary money transfer option.

Western Union, Wiring Money

In the northern part of the Hauptbahnhof (Bismarckallee 7f), there is a Western Union office with all the customary money transfer services. The fees vary depending on the amount being transferred. For some situations, it may be worth considering Western Union.

You can also have money wired directly into your Freiburg bank account. The fees depend largely on your home institution and may not be particularly cheap either, but this can be a very good option if you transfer money on a quarterly rather than on a monthly basis, for example. Ulli Struve can help you prepare routing instructions for your account, if you wish to utilize this option. The necessary form will also be made available in the AYF student Dropbox and on the program web page at <https://www.ayf.uni-freiburg.de/ayf/guides/>.

Students have also reported very positive experiences with newer services such as TransferWise or PayPal. These services are generally significantly cheaper options for conducting international

transfers. Some services have hidden money exchange fees, though. Determining if fees are fixed and transparent, may be one way to choose a service that suits your needs.

Credit Cards

MasterCard is accepted in most department stores and in many smaller shops, too. Visa is accepted in some stores but not nearly as many. At grocery stores, often only the BankCard is accepted, although basically all larger ones will accept credit cards (e.g., Rewe, Edeka) and the VB BankCard. Inquire at the registers or look at the signage on the door before bringing a cartload of goods to the checkout only to have your credit card refused. Visa, MasterCard, and American Express can be used to obtain cash advances at many banks and ATMs. However, if you can, avoid obtaining a cash advance from your credit card at an ATM. In addition to having high interest rates, cash advances affect your credit score negatively. Always use a debit card at an ATM if possible. Some grocery stores accept American debit and credit cards, and they offer a cash back option, too (e.g., Rewe and Kaufland, perhaps others, too). Again, ask your credit card company for an international 4-digit PIN if you don't already have one (you may not need this, but it is important to check). Also, find out what your credit card company charges for international transactions and cash advances.

THE GERMAN PHONE SYSTEM

When calling from other German cities, the area code for Freiburg is 0761. The „0” „ is omitted when calling from outside of Germany. The international code for Germany is +49. The + indicates the prefix for international calls, which is 011 in the U.S. and 00 in Germany (and many other European countries). On many cell phones it is possible to type the „+” directly. Thus, you can reach the AYF office from America by dialing 011-49-761 (or +49-761) followed by the local number 319 68 551. When calling Germany from other European countries, dial 00-49-761 and the local number. For cell phones, the first four to five digits function like an area code. Ulli's cell phone number, for example, begins with 0170. Therefore, he can be reached from the U.S. by dialing 011-49-170-571 88 78.

Long-distance and International Calls

When placing a call to a German city outside of Freiburg, you must first dial 0 and the area code (*Vorwahl*) for the city. To call outside of Germany, you must first dial 00 (or +), then the country code, then the area code and number in the country you wish to call. The country code for the U.S. is 1. Thus, to place a call to the U.S., you will dial 001 + area code + telephone number.

The cheapest and, among AYF students, most widely used communication options are Skype, FaceTime, Google Hangouts, WhatsApp, and Zoom. In general, connection speed at all dorms is sufficient for video calls.

AYF Cell Phone Policy

AYF participants are required to adhere to the following policy on cell phones: first, to ensure easy communication and accessibility in case of an emergency, all AYF participants are required to have a cell phone at their disposal at all times during their study abroad experience. AYF participants are

most welcome to bring a cell phone from the U.S. and keep their U.S. cell phone number for the year; alternately, participants may purchase a cell phone in Germany during their first week in Freiburg or simply get a German SIM card for their phone (this has proven a very popular option in recent years). Participants must keep the AYF Program Center staff informed of their cell phone number and any subsequent changes of their number. Regardless of your choice, your cell phone must have an active plan that allows you to accept regular calls from U.S. and German phone numbers and to place calls to German and U.S. phone numbers.

AYF participants wishing to maintain and use their U.S. number are required to inform the AYF program prior to arrival of their number since this number will be used to set up online-banking for their German bank account initially.

AYF participants wishing to purchase a cell phone in Germany with a German phone number are required to purchase a so-called „pre-paid” cell phone or sign a contract with a monthly cancellation option. They are not permitted to purchase cell phones with 2-year contracts; while standard in Germany, 2-year contracts are not suitable for one year of study abroad. Reasonable pre-paid options or plans with a monthly cancellation policy are available at a very moderate cost.

Students in Germany generally use WhatsApp or similar apps to communicate which is cost neutral when used via WiFi. Given the tremendous popularity among your future Freiburg classmates, installing WhatsApp prior to arrival is highly advisable. Program alumni and staff will also offer advising and sharing of experiences prior to your arrival and throughout the year via WhatsApp.

E-MAIL AND INTERNET

You will automatically be registered as a user with the Freiburg University IT department (*Rechenzentrum*) and have access to a variety of services such as e-mail, Internet access, Campus Online. Your login (i.e., user ID) and central password will be mailed to you automatically once you have been formally admitted to the university. Once you receive your personal login and password, be sure to change the password and guard it well.

Until you receive your personal login and password, it is best to use your regular webmail account. WiFi access is also available at the AYF office, through a network aptly named „AYFoffice”. The access code is available in the office.

Since AYF students are in town for just one year, the great majority of previous program participants have found it convenient to maintain their U.S. e-mail addresses and to use webmail. It is not necessary to have a Uni Freiburg e-mail address to make use of the services listed above. It is necessary, however, to activate your Freiburg login for accessing course materials online, getting enrollment certificates, and registering for classes. Registration works via <https://myaccount.uni-freiburg.de/uadmin/login> and requires you to set up and verify your email address.

Be aware though, unlike at most American universities WiFi at Uni Freiburg cannot be logged onto simply by using your Uni Freiburg user ID and password. You must first set up a VPN with a password. You can do this with either the Uni Freiburg WiFi or the Eduroam WiFi which is available in Freiburg.

Please Note: A printed copy of this handbook will be provided to you upon arrival in Freiburg.

Instructions are online at: <https://wiki.uni-freiburg.de/rz/doku.php?id=wlan-eduroam>. For the myAccount login, select RAS under „password/keyword”, set the new password then go to the dropdown menu and „distribute” the new password. If you already have an Eduroam account from your U.S. university, you can continue to use it in Freiburg.

Since you need internet access to do this, you either need to do it at home or the AYF office, in the library at KG IV or the Uni Bibliothek (where there are public computers).

How to Change Your Password

To fully activate your access to Freiburg university computing resources, you must change your temporary initial password AND register with a current, valid, personal e-mail address. Then you will be sent an e-mail asking you to confirm your personal e-mail address once more. It is vitally important that you complete this three-step process. Several academic departments, notably the German department, conduct course selection and registration online via the central course database, and professors increasingly distribute course readings through university Intranet servers. You will also need this access to get verification of your student status (*Studienbescheinigung*). To log into either of these systems, your Freiburg user ID and password must be fully functional and activated.

There is a central website for changing passwords: <https://myaccount.uni-freiburg.de/uadmin/login>

Or click on the menu button „myAccount” on the Rechenzentrum web page at <http://www.rz.uni-freiburg.de>, which will forward you to the secure server where you can change your initial password. You will have to type in your current password and then pick a new password known only to you.

Since courses at the PH Freiburg (University of Education) are an excellent option for many AYF students, we have reached an agreement with the PH to also provide you a PH User-ID which needs to be activated in the same fashion. If you have any trouble at all with this activation and confirmation process, please do not hesitate to ask office staff for help. We'll be happy to go through it with you.

Internet Pools

You can find computer labs (called Internet Pools in Freiburg) at the following locations on campus: Rechenzentrum: Hermann-Herder-Straße 10: Internet stations are located in the basement of this building. Opening times are Mo – Fr 8 a.m.— 6 p.m. An additional PC lab is located at „RZ-Außenstelle”, Werthmannstraße 4, ground floor, Mo – Fr 8:30 a.m.— 9 p.m.

The University Library (Universitätsbibliothek/UB) also has computers available, and many faculties and departments have their own computer labs which are available to students.

All university buildings have WiFi access, including the Mensa.

More information can be found at <https://www.rz.uni-freiburg.de/services/pc/pcpools>.

Computers and Internet Access in the Dorms

All dorms are wired for Internet access, and Internet service is included in your rent. Freiburg dorms are served by the provider MyWire (www.my-wire.de). Internet access is available as a “plug-and-

play” service; WiFi routers are provided in the dorm rooms. A connection link can be found on the router. When in doubt about how to connect your device, ask you WG mates for help. The connection speed is generally sufficient for video calls.

American students usually have much higher expectations regarding Internet access and customer service in general. If things don't work immediately or as seamlessly as they should, it is helpful to keep in mind that you are here to experience life in another country; many aspects of daily life are just different, and some problems will naturally occur from time to time. Also remember that your fellow German students are dealing with these issues as well, so you are most certainly not alone and your WG mates can be excellent resources in working out such kinks.

Should you experience problems your roommates cannot help you solve, you can contact the service providers directly at one of the following addresses or through contact forms on their websites:

Internetprovider: Firma MyWire

Phone: (0621) 483 481 60

Email: support@my-wire.de

POSTAL SERVICE

Post Offices

You will find branch post offices in most neighborhoods in Freiburg. The main post office, the Hauptpost, is near the Stadttheater at Eisenbahnstraße 58-60. The post office branch (Paketshop) closest to the Stusie is at Sundgaullee 15, inside the Frischemarkt Danner. The branch closest to the Vauban is located in Merzhausen at Hexentalstraße 4b. The opening hours at Deutsche Post vary, so it is best to inform yourself about the operating times of your local outlet. All post offices can be found here: <https://www.dhl.de/de/privatkunden/dhl-standorte-finden.html>

Postage Rates

In comparison to the U.S., postage for letters is a bit more expensive in Germany; parcel post by contrast is generally more affordable. Information on rates is available online and posted at the bulletin board in the AYF office: https://www.deutschepost.de/de/b/brief_postkarte.html

Don't forget to put an airmail sticker (*Luftpostaufkleber*) on postcards and letters to the U.S. These are available at the post office or from AYF staff free of charge. Prices are of course higher for heavier letters and packages, so don't hesitate to go to the counter and get items weighed.

Receiving Packages

Since July 1, 2022, there is a new fee for all packages that enter Germany from a non-EU country in addition to **customs and import duty charges which are practically unavoidable these days**. This means that regardless of the value of the package, there is a minimum flat fee (the Auslagepauschale) of €6 for each package that you receive from the U.S., in addition to other charges based on the value of the package and the postage it took to send it to Europe. Unless it is a package that is valuable and needs to be insured, you may want to recommend to your parents to „underestimate” the value of items, especially if they are sending you already used items! For gifts

from friends and family, it may be wise for them to use a European / German online merchant to avoid customs issues altogether.

For more, see: <https://www.deutschepost.de/de/b/briefe-ins-ausland/haeufige-fragen.html>

LOCAL TRAVEL WITH TRAMS & BUSES

The One-Month Pass (RegioKarte) and the SemesterTicket

The normal fare for a single trip on the streetcar (*Straßenbahn*) or bus is €2.70 (less if you pay via the VAG App). A single trip is defined as a one-way trip to any destination within Freiburg – you can transfer onto other streetcars or buses on the same ticket, but you must do so uninterrupted, not with a one-hour break. For example, if you are at Bertoldsbrunnen and want to go to IKEA, you can buy one ticket and take streetcar no. 4 to the stop named „Elsässerstraße,” get out there, and transfer to bus no. 22 to IKEA, all on the same ticket. You cannot go in one direction and then turn around and return in the opposite direction (e.g., dorm to downtown, downtown back to dorm) on one ticket.

You can buy tickets at machines located at major stops (Hauptbahnhof, for example) or from the machines located on each streetcar and bus. If you bring a multi-trip ticket, it must be validated by stamping it in one of the red boxes.

As a student with a valid student ID card (which can be from your home university!), you are entitled to purchase a one-month pass, a *RegioKarte für Auszubildende*, available at the reduced price of €45.00. The *RegioKarte* for September 2024 will be waiting for you at the reception center. Even more affordable than the *RegioKarte* is the six-month *SemesterTicket*, which costs only €96.00 and is valid from October 1, 2024, through March 31, 2025, and from April 1, 2025, to September 30, 2025, respectively.

The *RegioKarte* and *SemesterTicket* are valid not just in the city, but also on buses, streetcars, and local commuter trains (*Nahverkehr*) in the entire region around Freiburg. Thus, you may find the *RegioKarte* useful for weekend trips and excursions into the Black Forest. (The Schauinsland cable car is not included in the *RegioKarte*, but you will get a reduced fare on it, too, if you show your *RegioKarte*.) Most streetcar and bus stops have detailed maps showing the specific area where the *RegioKarte* is valid. During the month of September, when you have a *RegioKarte*, you can even travel further afield after 2 p.m. on weekdays and all day on the weekend and on holidays— for example, all the way to Basel Badischer Bahnhof, which is not possible with the *SemesterTicket*. For more information on these special options associated with your September *RegioKarte*, check online at www.fanta5.com.

If you plan to use your *RegioKarte* to get to areas outside of the Freiburg city limits, **pay close attention to the type of train you are boarding**. The *RegioKarte* and *SemesterTicket* are good only on local commuter trains (*Regionalzüge*), but NOT on intercity or other long-distance trains (*Fernbahnen*) such as the ICE.

At the reception center you received a commuting pass, *Stammkarte*, which entitles you to use the *RegioKarte für Auszubildende* for September at the reduced price. During the semester (starting in

October), your Freiburg University ID (*UniCard*) replaces the *Stammkarte*. The *Stammkarte* or *UniCard* are prerequisites for purchasing the *RegioKarte* at any ticket machine or ticket office of the VAG (the Freiburg transit authority), e.g., at the „Pluspunkt“ on Salzstraße, just west of Bertoldsbrunnen, or at the bus terminal at the Hauptbahnhof. You can also purchase a *RegioKarte* at various stores, e.g., the stationery store opposite the Stusie at Bischofskreuz. Recently, an online ticket has also been implemented. Through the VAG mobile app, a MobilTicket for the semester can be purchased and kept as a digital ticket on your phone (<https://www.vag-freiburg.de/tickets-kaufen/mobilticket>). You will be required to create an account and enter your *Matrikelnummer* (Freiburg Student ID number) to confirm your student status. Freiburg student IDs (*UniCards*) are not printed with photos. This means that along the virtual ticket both your student ID and some form of photo identification are needed. For printed tickets, you must copy the number from the orange field on your *Stammkarte* or your Freiburg university ID number, the *Matrikelnummer*, listed on your *UniCard* onto your *RegioKarte*, and be sure always to carry both together, as well as a photo ID, e.g., a US driver's license.

If you choose not to purchase the *SemesterTicket*, you might like to know that the *UniCard* also serves as a transportation pass within the Freiburg public transportation system—after 7.30 p.m. until 5 a.m. (except night buses). However, this is not valid outside Freiburg.

VERY IMPORTANT: Ticket usage is basically handled on the honor system and riding without a ticket (*Schwarzfahren*) is illegal. Tickets are periodically checked on buses and streetcars (*Fahrscheinkontrolle*) by authorized personnel of the VAG (*Kontrolleure*). These are not uniformed, but rather plain-clothes VAG staff members usually wearing cross-shoulder bags, looking perfectly sweet and harmless, just doing their job. Usually, they work in groups of two or three. There tend to be more ticket controls at the beginning and end of the month, but they can happen at any time.

If you do not carry a valid ticket (*gültigen Fahrausweis*) at that moment as well as the *Stammkarte* plus student ID or *UniCard* and a photo ID, you will be fined €60.00 on the spot. If you have a *RegioKarte* or *SemesterTicket*, but have left it at home, you are still subject to the fine. If you are caught repeatedly, you can be taken to court by the city of Freiburg, pay an even higher fine, and get a German police record. Tears and lines such as „Ich spreche kein Deutsch!“ won't sway the *Kontrolleure* in the least because they have truly heard it all before—and besides, there are multilingual signs on every bus and streetcar explaining the set-up. In the long run, *Schwarzfahren* doesn't pay. It's expensive to get caught, and it leaves a bad impression on the other passengers—not only of you, but of all Americans.

One more piece of advice: When purchasing a *SemesterTicket*, it is a good idea to pay for it with your Volksbank Bank card. This will provide you with proof of purchase. Should you lose your *SemesterTicket* at some point during the six months, you can show your bank statement at the VAG service counter to prove you bought it – and get a replacement issued for a small administrative fee. If you buy your *SemesterTicket* online, you can reprint it any time.

Streetcars at Night

During the week, the last streetcars depart downtown about 12:30 a.m. On Friday and Saturday nights, street cars run practically all night, departing from Bertoldsbrunnen every half-hour between 1:00 a.m. and 4:30 a.m. See the section „Going into Town and Getting Home“ for your specific dorm in this handbook for details. As a measure to ensure that women have a safe way of getting home, the city also offers a „FrauenNachtTaxi“ for women every day of the week between 11 p.m. and 5

a.m. There is a set student price of €7 for each ride within the city limits. If you are a group of women, the price is still €7, making it a very cheap option. The only disadvantage is that you have to call ahead, for example at Taxi Freiburg (0761 555 555) to get this price. More information is available here: <https://www.freiburg.de/pb/1163042.html>

TRAVEL BY TRAIN

One of the best things about living and studying in Germany is how easy it is to travel all over the continent. Deutsche Bahn (DB) is generally clean and reasonably punctual. The impact of Corona (staff shortages) has been felt at DB, too, and punctuality has gone down somewhat, but it is still a great system all things considered. Most people's major complaint? It is not cheap when you buy a regular flexible ticket. But it can be amazingly cheap if you plan ahead and make use of the numerous available discounts (*Sparpreise*, *SuperSparpreise*). So, keep your eyes open. Roughly six weeks lead time is ideal for getting the best deals. You can find information about schedules, special fares, and more at www.bahn.de. This website also features a full schedule that tells you when, where, and how long the train ride will be. The online program even works for destinations outside of Germany. It is not always easy to navigate, so you need to be a little persistent in hunting for that special bargain basement fare, though the app and website have recently gotten a little more user friendly.

We highly recommend trying the „Bestpreissuche“ and playing with travel dates and times to locate cheaper rides (<https://www.bahn.de/service/buchung/bestpreissuche>). Signing up for the DB newsletter can also be an excellent move to be quickly apprised of promotions and special offers!

BahnCard

If you plan on traveling quite a bit, the *BahnCard* might be the right thing for you. There are several versions of the *BahnCard* that make sense for students, a cheaper one that gets you a 25% discount, and a somewhat pricier one that gets you a 50% discount on any Deutsche Bahn train. This adds up quickly and essentially pays for itself. Many AYF students recommend BC 50. The product for anyone under 27 years is called *My BahnCard 25 / My BahnCard 50*.

The *My BahnCard 25* provides a 25% discount on second-class train tickets and costs €39.90 for twelve months for students, while the *My BahnCard 50* provides a 50% discount on „Flex-Tickets“ and 25% on Sparpreis- and SupersparpreisTickets and costs €79.90. Unless otherwise noted, *BahnCard* price reductions **can be combined with other reductions**, such as *Sparpreise* where you buy in advance a train ticket for a specific day and time; *Sparpreise* offer excellent, steep discounts but often have to be booked months in advance. For additional details, please consult <https://www.bahn.de/p/view/bahncard/ueberblick/mybahncard.shtml>.

You can purchase a *BahnCard* at the main ticket and information counter (*Schalter*) in the Hauptbahnhof or at some local travel agents, such as Gleisnost, Wentzingerstr. 15, or Kuoni Reisen on Eisenbahnstraße. The pricing system, especially with the option of combining different discounts, can be so confusing that even counter staff at the Bahn do not always offer complete information. If you purchase a *BahnCard* in person at the train station or a travel agency, it will take two to four weeks until you receive your actual plastic *BahnCard* by mail, but you will be issued a temporary

paper pass that you can use to purchase reduced-fare tickets right away. And it is possible to purchase the *BahnCard* online and simply print the temporary card or just load it into the DB app.

For international travel, the *BahnCard* automatically includes the *RailPlus* card which entitles you to further discounts. With it, the international portion of any train ticket you buy in Germany will be reduced by 25%. To receive the reduced fare, you generally must buy the ticket in Germany, so this may take careful planning on your part. Sometimes, for example in Austria, you can still get the reduced fare when you purchase the ticket outside of Germany. Not every country participates in this program in the same manner. Check online for details about the travel destination of your choice.

Please keep in mind that the *BahnCard* is sold on a subscription basis. That means that you will need to cancel your *BahnCard* at least six weeks before the end of the twelve-month term. Otherwise, you will automatically get a new *BahnCard* by mail for a second year—and will be invoiced for it. It is possible to cancel the card by sending an e-mail to bahncard-service@bahn.de.

Feel free to ask Ulli Struve for a sample letter of how you can cancel your *BahnCard*. Come to think of it, why don't you go ahead and cancel your *BahnCard* right after you get it? It is perfectly fine to do so. You will still get all the benefits of having purchased it for one year, without the hassle of having to think of cancelling it in the end and having to worry about the automatic renewal.

InterRail Ticket

Those of you who are thinking of buying a Eurail Pass may want to consider buying an InterRail ticket instead. Once you have lived in Germany for six months, you are entitled to buy one, i.e., just in time for the *Semesterferien* in March. Please see Ulli to get a written confirmation of your residence status. There are all kinds of different options, but they essentially fall into two categories: single-country tickets and all-of-Europe tickets (called InterRail Global). Within these categories, you can buy tickets for varying numbers of days or up to one month. One-country passes start at 54 EUR, Global Passes covering up to 33 countries start at €194.

For up-to-date information, see <https://www.interrail.eu/de/interrail-passes>

In theory, the InterRail ticket works just like the Eurail Pass in that you can travel on any train at any time, but it is usually cheaper than a Eurail Pass. Details can be found on: www.eurail.com.

However, much like the aforementioned *RegioKarte*, it is very important to pay close attention to what type of train you are boarding and to study the special conditions for reservations and *Zuschläge* (supplementary fees). For example, in France and Italy there are trains that require reservations, regardless of what class you are sitting in. Riding on night trains and high-speed trains will also require a reservation as well as an extra charge. And in some countries, you have to make reservations up to six weeks ahead of time. The InterRail ticket also provides a discount for certain ferries, such as between Greece and Italy (assuming both countries are included in the Pass you have purchased). Getting an International Student ID card also often pays for itself. For example, when island hopping in Greece, it usually gets you a 50% discount on the fare.

Beware particularly of stepping onto a regional train without ticket in hand or pocket. With very few exceptions, there are no ticket vending machines on regional trains – and none whatsoever on the regional trains operated by Deutsche Bahn. Conductors are not permitted to sell tickets on these

trains. Therefore, **you must have a ticket** or already be part of a group that has a ticket (as described below) **prior to boarding the train.**

Baden-Württemberg-Ticket

With the *Baden-Württemberg-Ticket*, up to five people can travel on one ticket, but only with the slower local and regional trains. It is only €26.50 for the first person using a BW Young ticket if purchased at a ticket machine or online. Each additional person costs €7. The BW-Ticket is valid for one and a half days only: Mondays – Fridays between 9.00 a.m. the first day until 3.00 a.m. the following day; and on Saturdays, Sundays, and holidays between 0.00 a.m. (midnight) the first day until 3.00 a.m. the following day.

You can buy these tickets on short notice, even go to the train station and get a ticket from a machine and hop on the train. Information brochures about these and many other special offers from the Deutsche Bahn can be found in the Hauptbahnhof. Also check the Internet at www.bahn.de.

Quer-durchs-Land-Ticket

The concept of this ticket functions much like the *Baden-Württemberg-Ticket*: heavily reduced prices for multiple people who are willing to travel with the regional trains. The QdL Ticket is basically the national counterpart of the *Schönes-Wochenende-Ticket*; it is valid throughout all of Germany, starting with trains that leave at 9 a.m. at the earliest. An individual can buy a QdL Ticket for €46. Each additional rider costs only an extra €9. Up to 4 more people can join this miniature group raising the maximum cost to €82 for 5 people per day. So, if you get a group of 5 people, that basically means you can travel *anywhere* in Germany for €16.40 / person.

Deutschland-Ticket

The “Deutschland Ticket” includes ALL local and regional public transportation in all of Germany for a monthly charge of €49. Additionally, “Deutschland-Ticket JugendBW” is available for a monthly charge of €32.42. Students who are 21-26 years old can purchase the “Deutschland-Ticket JugendBW”. It remains to be seen if there are price increases, but it is in any case a fabulously flexible ticket at a very reasonable price.

ÖBB Nightjet, SparNight, Group Rates, Bus

For some destinations, comfortable and somewhat glamorous „Nightjet“ trains are operated by the Austrian railroad. Ticket prices vary, but students who are willing to spend the night in one of the *Sitzwagen* seats, instead of one of the more luxurious *Liegewagen* or *Sitzwagen* beds have found tickets as cheap as €39 from München to Zagreb. These cheap tickets are limited and need to be booked well in advance. There are more expensive accommodations on the same trains.

Group rates are available for six or more people traveling together. If booked well in advance for a specific connection, ticket prices can be reduced up to 70% off the regular price.

Alternative option: Carpooling. If train tickets are too expensive, and especially if you’re going from one big/popular city to another, carpooling is another travel option to consider. There are online „ride boards” at <https://www.blablacar.de/> or many other websites which can be found by googling *Mitfahrzentrale* or *Mitfahrgelegenheiten*.

Another option for cheap travel is Flixbus. The intercity coach bus service departs from Freiburg ZOB (bus terminal immediately adjacent to the Hauptbahnhof). Destinations include München (Taking the bus is often the best way to get to München from Freiburg), Berlin, and Frankfurt. One-way tickets can start as low as €4.90 if you book online and do so early. See www.flixbus.de and www.fernbusse.de. and the Deutsche Bahn has entered the bus business as well (search for IC Bus on the DB website www.bahn.de).

FREIBURG CULTURAL LIFE

Concerts, Theatre, and Dance

Freiburg offers plenty by way of culture and entertainment. Concerts and theatre performances are to be found daily, the museums are always interesting to visit, and the Germans love to find excuses for festivals all over town.

The Freiburg Konzerthaus is a good choice for music lovers. The programs held in the hall are extremely varied and range from classical music and opera to rock, swing, and even gospel music. The Konzerthaus is located on the other side of the *Straßenbahn* bridge near the *Bahnhof*. Simply follow the bridge in the direction of the city center and you will see the Konzerthaus to your right with its precariously poised tornado sculptures and striking triangular overhanging roof. Tickets for events held at the Konzerthaus can be bought at the Badische Zeitung, located on Kaiser-Joseph-Straße. Take any streetcar to Bertoldsbrunnen and head toward the Martinstor. The Badische Zeitung is then on the left. You can also order tickets online at www.bz-ticket.de/konzerthaus-freiburg, but ordering in person is simpler.

For those who enjoy theatre, opera, ballet, or concerts, but who, like most students, are on a tight budget, the performances at the *Stadttheater* offer fabulous choices. Tickets are only €9.00 for students and can be bought at the *Theaterkasse*, which is marked by a large orange sign that is immediately noticeable upon exiting the *Straßenbahn* at the stop aptly named *Stadttheater*. For very special or famous productions, the ticket price may be raised for student tickets, but this is quite rare.

The JazzHaus in Freiburg has an excellent program of parties and jazz concerts with varying prices. It is located at Schneulinstraße 1. You can find it by taking any *Straßenbahn* to the Hauptbahnhof stop, exiting toward the Konzerthaus and following that street about two blocks further. Other options for entertainment can be found in the Messehalle.

To top off your year in Freiburg, you'll want to check out the ZMF (*Zeltmusikfestival*), which usually runs from around the middle of July to early August. The festival is known for bringing well-known artists from around the world. And even if you don't want to splurge for a ticket, you can just go and enjoy the atmosphere and listen to the music. Often there are also free performances by local artists.

You can always find out about the latest events happening in Freiburg by checking out the *BZ Kalender* at bz-ticket.de. The local culture guide *Fudder* also provides great weekly tips on local events, which you can read about at fudder.de.

Student Performances and Events

There are many performances in Freiburg either geared toward or presented by students. The *Mensa* often holds parties and performances on a stage on the ground floor. AYFers have participated in open mike nights there. *Studentenwohnheime* often hold open parties, sometimes with live bands. Look for notices posted all over the walls in the university buildings. Also keep an eye out for flyers put up by student organizations such as choirs, orchestras, bands, and theatre troupes (in German, English, and other languages). These performances are often of a very good quality and tickets are relatively inexpensive. Especially the English language theater group ManiACTS is very welcoming to AYF students, some of whom have acted, directed, worked as the group's prop mistress or PR manager in recent years. If you would like to become involved in a very lively theater group, check out: www.maniacts.de.

The university has its own TV and radio stations – for more information on watching/listening as well as participating, see www.unicross.uni-freiburg.de. If you're interested in getting involved in radio production, you might also check out Radio Dreyeckland (www.rdl.de/beitrag/mitmachen-beim-freien-radio). This is a volunteer-run independent radio station that has a multilingual, diverse program tailored to the „Dreiländereck“ of Germany, Switzerland, and France. There is also a film club that shows movies several times a week for cheap and occasionally makes its own film – the current semester's program and information on joining can be found at <http://www.aka-filmclub.de>. Another interesting movie opportunity is Statt-PayAfter-Sneak, every other Wednesday at the Friedrichsbau movie theater between Martinstor and the Dreisam – where they show sneak previews of movies that haven't been released yet (and you don't know in advance which one they'll show). With the CineCard (which can be purchased for €8.50 for the calendar year), the sneak peek costs €3.50, and without €4.50. The Harmonie movie theater has also introduced „The English One – Sneak Preview“, where they also show a sneak peak of an English movie once a month.

There is also an AYF band that was founded by members of the Freiburg-Madison Society and AYF students and alumni ten years ago, the Black Forest Badgers. Naturally, the composition of this band changes every year depending on who is in town and would like to join the band. Every other year, when the City of Freiburg hosts a sister city fair, the Black Forest Badgers represent Madison, one of Freiburg's sister cities, by performing at the fair. But you don't have to be from Madison to join! Other annual performance possibilities are the Freiburg Independence Day Party and an American BBQ held in the *Mensa*. The Black Forest Badgers' repertoire is a usually a mix of classic American songs and Beatles tunes, and it, too, changes each year depending on the participating students' interests. The Badgers are not an overly ambitious band – we play together to have fun! We have some guitars, a cajon, and a keyboard in the AYF Program Center, but if you play an instrument (fiddle anyone? trumpet?), please bring it with you to Freiburg for the year and join in the fun!



Museums and Exhibitions

There are several museums in Freiburg that are well worth a visit and admission is free for anyone under 27 years of age. After extensive renovations, the Augustinermuseum has recently been reopened to rave reviews. It features fabulous medieval and baroque art, paintings as well as original sculptures from the Münster. In a separate section, the Haus der Graphischen Sammlung, rotating special exhibitions are shown. The museum is very near Augustinerplatz, at Gerberau 15. Take the Straßenbahn number 1 to Oberlinden and make your way one block south to reach it. The Wentzingerhaus is another good museum to visit, especially if you are interested in the history of the city of Freiburg. On display are documents, models, and artwork that depict Freiburg's rich heritage—as well as the executioner's sword. The Wentzingerhaus is located at Münsterplatz 30. The Museum für neue Kunst has a large collection of art from the 20th century, including pieces of Expressionism, the New Sobriety, and Abstract Art of the 1950's. The museum also boasts musical performances and the most beautiful museum staircase far and wide. The building is at Marienstraße 10a, which is probably best reached by taking Straßenbahn 2, 3, or 5 to the Holzmarkt stop, going east and turning left onto Marienstraße. Then, follow this street for a couple blocks. The museum is on the left.

The city of Basel, Switzerland, which is less than an hour away by train, also boasts several renowned art museums, such as the *Fondation Beyeler* or the *Tinguely Museum*. Since museums in Basel, as with other things in Switzerland, tend to be quite expensive, you might also consider getting the Museumspass at the beginning of the year. For €113, you get free admission at most of the museums in Freiburg and Basel as well as more than 300 museums in the region, also even in the neighboring Alsace region of France. Find out more here: www.museumspass.com/de. Laudable exceptions to consistently high Swiss prices are the Fondation Beyeler which is free to anyone under 25 with an ID and the museums owned and run by the City of Basel. The latter offer one day of free admission per month, always on the first Sunday of each month but only for the permanent collection. For any avid museum goer and art enthusiast, the Museumspass pays for itself over the course of a year.

SPORTS IN FREIBURG

There are literally dozens of sports groups in Freiburg. Just a few examples of what is offered: baseball, cycling, dance classes, fishing, golf, ice hockey, martial arts, paintball, soccer, swimming, tennis, and volleyball. The names, addresses, and phone numbers of these groups can be found in the booklet *Freiburger Bobbele* at the AYF office. Look under *Sportvereine* (sports clubs). The city of Freiburg has also compiled a comprehensive list of *Sportvereine*, which you can access here: https://www.freiburg.de/pb/site/Freiburg/get/documents/freiburg/daten/sport/Freiburger_Sportvereine.pdf

Playing Fields

Students living in Stusie have ready access to several sports facilities, including a soccer field and basketball court. Close to the lake there are sports fields that belong to the local school; these may also be used by students. Ask the Stusie *Tutor* responsible for sports for information about access and game times. There is also an abundance of *Sportvereine* in Freiburg that you may be able to join.

There seems to be a sport club for every sport imaginable, from dance to sailing to training for triathlons.

AYF students have joined all kinds of teams in the past and had a grand time doing so. It is therefore a good idea to bring your own equipment if, for example, you play ice hockey, softball, lacrosse, roller derby, or any number of other sports where specific equipment is needed.

Public Swimming Pools

Despite recent budget cuts, Freiburg is fighting to maintain a high number of public swimming pools. The Westbad, located near the Stusie, offers an outdoor area for sunbathing (*Liegewiese*) in the summer and a large 50-meter indoor pool. Perhaps the most inviting pool is the Strandbad, usually open from May through September and located on the Dreisam River close to the Sporthochschule. Two other smaller but centrally located pools are the Haslachbad and the Faulerbad, both of which also have a sauna area as well.

A single entrance ticket costs €3.00 for students at all the public swimming pools. It is cheaper to buy a pack of ten tickets for €25.00 or a pack of 20 tickets for €46.00. Be realistic, though, about how often you are really going to use the pool. But you can get together with some other people and split the tickets. For general pool information and details (opening hours, specials, prices, which streetcar to use to get there, and so on), consult www.badeninfreiburg.de.

Outdoor Pools

Lorettobad, Lorettostraße 51b. This is an historic swimming pool from the 19th century, with a separate „Damenbad“ just for women and children. This is quite unique as it provides space for women from different religious or cultural backgrounds who may not otherwise be able to swim in a public place.

Strandbad, Schwarzwaldstraße 195 (near the Sport Uni)

Indoor Pools

Faulerbad (with sauna and tanning booths), Faulerstraße 1 (on the edge of the Innenstadt).

Haslachbad (with sauna and tanning booths), Carl-Kistner-Str. 67 (streetcar no. 5, Haltestelle „Haslach Bad“).

Hallenfreibad West, Ensisheimerstraße 9 (near the Stusie and UZH)

Bürgerbad Merzhausen, Friedhofweg 15-17 (near the Vauban), closed Mondays year-round

Eugen-Keidel-Bad (mineral thermal bath with sauna). For a special experience, try out the thermal pool located just a short distance outside of Freiburg. Take streetcar no. 3 to the stop „Munzingerstraße.“ There transfer to bus no. 35E, destination „Eugen-Keidel-Bad,“ and take it to the final stop. The reduced entrance fee for students is €16.70 for a day pass. Optional use of the sauna costs an additional €11.

Skiing and Snowboarding

There is a ski resort near Freiburg called Liftverbund Feldberg. Depending on snow and weather conditions, it is open from around December until mid-April. Avid snowboarders or skiers planning on going regularly should consider a season pass—it pays for itself after about 10 visits. Otherwise, daily lift tickets are available at the resort, as well as rentals. Transportation to Liftverbund Feldberg is free with a *SemesterTicket*. The trip takes about an hour from Hauptbahnhof. Take the Regiobahn from Hauptbahnhof toward „Seebrug,” and exit at „Feldberg-Bärental.” From there take bus 7300 toward Feldberg. To get back to Hauptbahnhof after skiing, take the bus back to the Bärental train station. Then take the train toward Freiburg (there’s only one). Trains come every hour. Hauptbahnhof is the last stop. For more information, visit <https://www.liftverbund-feldberg.de/>

Sport Kiefer (Schützenallee 9) is a sports shop that offers excellent deals on rental skis, both for downhill and cross country. If you plan on doing a lot of skiing, you should consider a seasonal rental (€139 for downhill, €99 for cross country), which you can simply return at the end of the season in mid-April. Otherwise, daily rates are also very reasonable (€24 for downhill and skating, €19 for cross country classic). Find out more on their website under „Verleih”: www.sport-kiefer.de

University Sports Program

The University of Freiburg offers an intramural sports program, *Allgemeiner Hochschulsport*. Classes are held at the Sporthochschule, which is located between Schwarzwaldstraße and the Dreisam. Take streetcar no. 1, destination „Littenweiler,” and get off at the stop „Emil-Gött-Straße.” Continue walking in the same direction and turn left at Wilhelm-Dürr-Straße to Schwarzwaldstraße and turn right. The sports center is on the left.

Many courses are free, but for some more expensive sports (tennis, golf, yoga, etc.) you will have to pay a moderate fee. The sports program is quite popular, and therefore you should try to enroll as early as possible for most of the courses, usually in the first week of university classes (i.e., the third week of October). Further information can be found online at www.hochschulsport.uni-freiburg.de.

Very popular and free is the *Fitnessgymnastik* class (aerobics) offered every evening during the work week. Check the poster and brochures in the AYF office for specific times. There are also free team sports that are practiced elsewhere, such as softball and ultimate Frisbee.

Commercial Fitness Clubs

Another sports option is to join a commercial gym. For names and addresses, search for „Fitness-Studio“ online. One popular gym near the Stusie called „SportPark“ (Ensisheimer Straße 5) offers aerobic, spinning, and yoga classes. It also has saunas, steam baths, and outdoor sports facilities for basketball, tennis, and beach volleyball. Membership fees vary from about €50 upwards per month. „Sportprinz Fitnessdiscount“ is also in the area and considerably cheaper. A Sportprinz location is also within walking distance of the OIKOS dorm in Vauban. Another option for students living at Vauban is „Fitnessgym,” Oltmannsstraße 1. A centrally located option is „Kieser Training“ at Grünwälderstr. 10-14; this is in the Dietler-Passage, in the same building as the AYF Program Center. This gym offers facilities for fitness training and not so much aerobic exercise. Another central gym is Smile, located near the Münster (Auf der Zinnen 1).

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Do not let the friendly staff in these fitness clubs talk you into signing a two-year contract for the sake of saving some Euros in monthly dues. Doing so will generate trouble and avoidable aggravation at the end of your time in Freiburg.

Another gym option for those not willing to sign any contract is Fitnessstudio California. The gym is located centrally, just south of the Hauptbahnhof (easiest to reach for Vauban and Stühlinger residents). There, members pay on a month-by-month basis with no contract and basically zero fine print/red tape, which is great if you know you won't be frequenting the gym much in March or April. You simply let them know you would like to put your membership on hold and not pay those two months and it's no problem.

McFit offers a 15 Euro/month one-year contract for students with an international student card. To get an international student card go to <https://www.isic.org/>

LIBRARIES

The University Library

The new university library opened in 2015. Tours of the Universitätsbibliothek (or, as it is commonly known, the UB) are held regularly all year and it is highly recommended that students take a tour to learn about the UB's services. The architecturally rather striking UB has been variously compared to a black diamond, because it fairly glitters at night, and to the Death Star or Battleship Galactica for its somewhat forbidding exterior in the daytime ... We'll have to wait and see which new nickname sticks. In any case, these UB tours cover the basics of what you need to know about activating your UniCard to serve as the user ID for the UB, finding books with the online catalogue, and checking out books and other media. Remembering everything covered on the tour is not very easy, though. It takes actual experience and practice to be able to find your way around in the UB. The information in this section may remind you of things covered on the tour or help you find your way around the library even beforehand.



Hours

The new UB is open from 7 a.m. to midnight. However, you are not allowed in after 11:30 p.m., so make sure that you get there before if you still need to check out a book.

In the following, we can only cover the very basics of UB usage and services. Many more useful details are posted on the UB website <http://www.ub.uni-freiburg.de>.

Finding and Checking Out Books

To check out books at the university library, you will need your student ID card. During Orientation we will fill out an application that you will hand in to the librarian at the counter. The librarian will then activate your library account immediately. If you misplace your application, you can pick up a new form at the library.



The UB uses a computer system called OPAC for cataloguing its collection. You can use OPAC either in the library or online at www.ub.uni-freiburg.de/opac.

When using OPAC, you will encounter the following screen.

The system works much like other library online catalogues that you may have used in the U.S. You can perform either a simple search or a more in-depth search. The home screen includes a search

bar for simple searches, or you can perform a more in-depth search by clicking the link immediately below this called *Erweitere Suche*.

Once you have typed these in, click on *Suchen*. OPAC will then present you with a list of titles it has found in abridged form. Click on an entry to get fuller information on the book or journal. The „expert search“ function works as a command line and is a bit more complicated, but there is a helpful online tutorial on the catalog as well, and you may well enjoy exploring it.

Included in the full information about the book or other title are ISBN number, call number (*Standnummer*), author and so on. A given book may be found in multiple libraries around campus, for example in the UB as well as one or more of the de-centralized departmental *Fachbibliotheken*. The book may or may not be available for checkout, since many departmental libraries keep their books in non-circulating reference collections.

To determine a book's location and availability for checkout, click the link *Verfügbarkeit* under the full information about the book. This will include the books call number (*Standnummer*) as well as the availability (*Ausleihstatus*) and location together. Titles with LS call numbers (i.e., *Lesesaal*, or reading room) are located in the UB I reference/reading room on one floor, and usage is restricted. Some such books can be checked out from Saturday until Monday, but you will need to return them early Monday morning. Older titles with LS-Buch call numbers are available for consultation only at the UB II. If you would like to check your personal library account, use the link <https://www.ub.uni-freiburg.de/nutzen-leihen/wie-leihe-ich-aus> and click *Ausleihkonto*. You can then log in using your Uni log-in. Here you can see the books you currently have checked out.

If the copy of a book in the UB is already checked out, you may be able to get a copy in a departmental *Fachbibliothek*. Various departments have different rules about circulation. Checkout, if it's allowed at all, is commonly restricted to weekends or overnight, so at least the book will most likely be present in the departmental library. If the book you're interested in does not circulate, you may want to photocopy the section you need. This is also true of books in the UB *Lesesaal*. If the book you want is already checked out, go to the UB website listed above and log in. Then search for the desired book and click *Ausleihsystem* under *Verfügbarkeit*. You can then request the book by

clicking *Bestellen/Vormerken*. Remember to log in first! You can then check the status of the book by checking your personal library account as described above.

Once you are getting ready to write your papers and you have identified literature that you need but is still checked out, make sure to put a hold on the book, i.e., request that the current user cannot renew the lending period another time. Otherwise, you may not be able to get a hold of the book in time for you to finish your paper.

The screenshot shows the library catalog interface for UNI FREIBURG. The main heading is 'Bestandsanzeige'. Below it, there are navigation icons for 'Trefferliste', 'Anfang', 'Rückwärts', 'Vorwärts', and 'Ende'. The search results are displayed in a table under 'Katalogangaben' and 'Exemplarangaben'.

Katalogangaben	
Titel	Der imaginierte Findling : Studien zur Kaspar-Hauser-Rezeption / hrsg. von Ulrich Struve
Veröffentlichung	Heidelberg: Winter, 1995

Exemplarangaben				
Bibliothek	Standort	Signatur	Ausleihtyp	Hinweis
► Universitätsbibliothek	Geschlossenes Magazin / Magazinbereich - TR 85	GE 95/12667	Magazinbestellung	Am Standort

On the right side, there is a search summary: 'Gesucht wurde mit: Registereinträgen. Treffer: 1'. Below this, there are two buttons: 'Bestellen/Vormerken' (highlighted in dark blue) and 'Zitierformat' (grey).

There are also more and more books and journal articles that are available directly online through the UB system, which is of course very useful for those who prefer to do their research from home.

Kontoauszug - Gesamtinformation

There is too much that can be done with the UB system to explain here, but the important thing is for you to be able to search for and reserve books. To log on go to the UB website provided above and use your university log-in. You can then search for a book. If the book is available simply go to the library and check-out the book. If not, you can request the book using the Ausleihsystem and click on *Bestellen* as described above or search for the book in one of the departmental libraries.

The Public Library and other Library Options

You may also want to make use of the holdings of Freiburg's municipal library, the *Stadtbibliothek*, located immediately to the north of the Münster. The collection goes beyond books to include videos, CDs, very useful information on travel destinations, and so on. You may use these items free of charge in the library itself, but to check them out you will need to get a user ID card and pay a modest user's fee. The student price is €10 for twelve months. For more information, see the website www.stadtbibliothek.freiburg.de.

Caritas-Bibliothek for the Social Sciences

If you are taking courses in the social sciences, the *Caritas-Bibliothek*, which serves as the main library for the Catholic University of Freiburg, will likely have some good resources for you. As with the public library, you will need to get a *Bibliotheksausweis* (library card), which only costs €10.

Opening hours are generally 9:30 a.m. to 4:30 p.m., and until 4 p.m. on Friday. You can find out more here: www.caritasbibliothek.de

PH-Bibliothek for Education

Anyone taking courses at the PH (University of Education), may also want to visit the *PH-Bibliothek* located at Kunzenweg 21 on the PH campus in Littenweiler. You will need to activate your PH library account using your UniCard. Simply fill out the form for this at the *PH-Bibliothek*.

Carl-Schurz-Haus Library: English Books, Magazines, and DVDs

Some days, you might find your head spinning a bit from all of the German you are learning, and you might just want to do a bit of pleasure reading in your mother tongue. The *Carl-Schurz-Haus (German American Institute)* boasts an excellent collection of English books, magazines and DVDs (for anyone who is feeling nostalgic and wants to return to a time before Netflix). You can even rent the DVD player and connect it to your laptop! Here you will also need to pay a small fee of €10 to get a library card. Or become a member of the Carl-Schurz-Haus, and then the library membership is included! Active participants of the Inside America program (find out more here: www.carl-schurz-haus.de/kids-teens/inside-america) also usually get CSH library access as one of the benefits of being a cultural ambassador in schools in the Freiburg region.

Art History Library at the Augustinermuseum

For students seriously interested in art history, the Augustinermuseum library has a lot to offer. Its art historical collection of 55,000 titles and 1,000 journals is, in fact, larger than the holdings of the UB. Hours are Tue–Fr 9 a.m.–noon. Access is from the Feierling building, Gerberau 15. This library is completely free to the public, but the books cannot be checked out.

MEDICAL ASSISTANCE

By German law, all students are required to carry German health insurance if they are enrolled as regular students at a German university. AYF students are signed up through their home university with a US-based insurance for the whole year (GeoBlue – U of Michigan; International SOS – MSU; or CISI – U of Iowa and UW-Madison/Indiana U) and with TK (*Techniker Krankenkasse*) starting in October. You are then considered a member (*Mitglied*) of that insurance organization. You will therefore generally have two different insurance policies, one starting in September and another one for the remainder of the academic year starting in October.

For details on GeoBlue, International SOS, and CISI coverage, please consult your home university study abroad office or the insurance information provided to you. Coverage is broad and includes some components that we hope none of you will ever need to use, such as medical repatriation.

TK, the insurance you will call on for most of the year, is a statutory health insurance, a *gesetzliche Krankenkasse*, because it is for people who are required by German law to have this type of insurance. Most of the necessary steps have been taken care of by the time you arrive, and you have full TK coverage as of October 1, 2024. The health insurance cost is part of your program fee, and AYF will take care of meeting all required payments. The *gesetzliche* German health insurance provides almost total coverage of medical expenses. Basically, only contact lenses, contact lens care products, glasses, birth control pills, and certain dental work are not included. Coverage may be available for some homeopathic and chiropractor treatments, acupuncture, or psychotherapy, but some of it requires a written request (*Antrag*). Don't hesitate to discuss your needs with the AYF team who will be happy to assist and advise you.

In addition, the home university insurance will serve as your general travel health insurance. Should you need medical attention while traveling outside of Germany, you will generally need to advance payment for the services and get reimbursed. You can try to present your TK card first for direct billing, and this may work, for example, in Austria and other central European EU countries, but in many locations this will not work. If you are advancing payment for health care while traveling, make sure to carefully save documentation of all expenses and treatments (doctor's letter with diagnosis, pharmacy receipts, physician, hospital etc.). Upon your return, make sure to see Ulli Struve for assistance with filing your insurance refund claim.

TK-Mitgliedsausweis (Chipkarte)

In October, once your coverage begins, you will receive your TK membership card (*Mitgliedsausweis*) in the mail. This plastic card not only looks like a credit card: it is as easy to use and equally valuable! So, don't lose it – and don't leave home without it. If you need to see a doctor, you just show this card at the reception desk. They will run it through their computer and bill the TK directly. You do not have to make any advance cash payments and get reimbursed. There are moderate co-payments in some situations (hospitalization, prescriptions), but most everything is completely covered.

Just one word of caution: this works with most doctors inside Germany, but some (very, very few) doctors have a *Privatpraxis*, i.e., they treat only patients who pay their bills themselves and pay higher rates or who have *private* insurance (remember: TK is not a *private* but a *gesetzliche Krankenversicherung*). All doctors have signs outside the building where their office (*Praxis*) is located. If a doctor only treats *Privatpatienten*, then it will say so on that sign. If it says „Alle Kassen“

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(patients from all health insurance organizations), then your TK card will be gladly accepted. Basically, all general practitioners (*Ärzte für Allgemeinmedizin*) will accept your TK card.

Choosing a Doctor

If you need a doctor, please feel free to come to the AYF office. Your inquiry will be treated with discretion. And even though we usually have an open-door policy, you may close the door if you feel more comfortable. Ulli will help you find the type of doctor you need, in a location that is most convenient for you. Generally, the first step will be to visit a *Hausarzt* (GP, General Practitioner). In Germany, the Hausarzt is responsible for doing a first general assessment and then giving you an *Überweisung* (referral) to a specialist.

If you want to find a doctor yourself, there are various ways. Just look at the signs outside the buildings where you live or where you walk frequently downtown. You can't miss them. Check the local phone book. Doctors' listings are always in the beginning of the book in a special blue-page section on *Ärzte*. Sometimes *Zahnärzte* (dentists) are listed under „Z,“ though. Check the „Medical Recommendation File“ in the Student Lounge at the office (gray box, usually on the shelf underneath the scanner). This box contains the evaluations of local doctors by past AYF students. Please copy the information you are interested in and DO NOT remove the cards from the office.

If you see a doctor during your year in Freiburg, please remember to fill out a „Medical Assistance Recommendation“ form. This will be helpful for future students. The information you provide will be entered into our data base and a printout will be filed. Recommendations are thus completely anonymous. Below, you will find a list of names, addresses, and telephone numbers for a selection of doctors who have their offices close to dorms. This selection does not reflect any preference or recommendation on part of AYF; it is intended solely to help you to locate medical assistance in case of an illness. For medical emergencies during weekends or evenings see further below.

Dr. Jenny Maus & Dr. Christine Lunke-Steffl (Innere Medizin)	Near Stusie
Sundgaullee 45 Tel.: 8 15 16 79114 Freiburg www.praxis-am-torplatz.de Hours: Mo-Fri 9 a.m.-12 p.m., Mo, Thu 4-6 p.m., Tue 3-5 p.m.	

Dr. med. Birgitt Montz & Dr. Sinke Meinel	Near Vauban
Paula-Modersohn-Platz 3 Tel.: 707 22 66 and 488 19 51 79100 Freiburg www.praxisvauban.de Hours: Mo-Fri 8:30-12.30 a.m., Mo, Tue, Thu 3-6. p.m.	

Dr. Dr. Knut Müller (Allgemeinmedizin)	Near Stühlinger
Engelbergerstraße 33 Tel.: 27 78 81 and 28 80 20 79106 Freiburg Hours: Mo-Fri 8 a.m.-1 p.m., Mo 3-5 p.m., Tue 5-7 p.m., Thu 4-7 p.m.	

Dr. Wolfgang Müller (Allgemeinmedizin)	Near Händelstraße
Hornusstraße 18 Tel.: 50 22 30 79104 Freiburg www.dr-med-w-mueller.de Hours: Mo-Fr 9-11 a.m., Mo, Tue 4-6 p.m., Thu 2-4 p.m.	

Dr. Joachim Stober, Dr. Kersten von Düring (Allgemeinmedizin) Near Alpadia
Wilhelmstraße 10 Tel.: 3 26 90 language school
79098 Freiburg
Mo-Fri 9 a.m.-12 p.m., Tue, Thu 4-6 p.m.

Praxisgemeinschaft in der Wiehre
Near Johanneskirche
Dr. Claus Ballstaedt (Allgemeinmedizin, Psychologie, Homöopathie)
Dr. Christoph Herkel (Innere Medizin, Notfall- u. Suchtmedizin)
Dr. Jörg Schweiger (Allgemein, Chirotherapie, Schmerztherapie)
Dr. Chrissoula Kiote-Schmidt (Innere, Hämatologie, Psychosomatik)
Stefan Fastenmeier (Allgemeinmedizin)
Dr. Alexander Jäkel (Allgemeinmedizin, Akkupunktur, Palliativmedizin)
Günterstalstraße 11-13 Tel.: 7 91 88 – 0
79102 Freiburg
kontakt@praxiszentrum-wiehre.de <https://www.praxiszentrum-wiehre.de/>
Hours: Mo-Thu 8 a.m.-7 p.m. , Fri 8 a.m. – 5 p.m.

Making an Appointment

It is always advisable to call ahead to make an appointment; feel free to ask Ulli for help. If you are experiencing pain (but not in a way that you would want to go to a hospital), doctor's offices will generally see you on a walk-in basis during regular office hours (which may mean that you have to wait for some time, though, unless you call ahead to schedule a time).

In light of the ongoing Corona pandemic, **it is always necessary to make an appointment by phone** if you experience any symptoms that might indicate an infection with the Corona virus. Please contact AYF staff for assistance.

Corona Offices – Getting a PCR Test

Not every doctor's office conducts PCR tests now that the pandemic is officially over, but self-tests are still freely available for purchase. Please touch base with AYF staff for assistance if you need a PCR test for any reason and we'll be happy to assist.

Filling a Prescription

In Germany, both over-the-counter and prescription medications are purchased not at a drugstore (*Drogerie*), but at a pharmacy (*Apotheke*). There are *Apotheken* all over town, and you can easily recognize them by the big red A in a Fraktur font. Opening hours vary. Downtown they are open from around 9.00/9.30 a.m. until evening. In residential areas, they tend to close for a lunch break and may not be open late. The opening hours are usually similar to those of other stores in the vicinity. There is also an emergency service at night and on weekends (*Apotheken Notdienst*). Every pharmacy will display the name and address of the nearest pharmacy with *Notdienst* after regular opening hours. Note: many pharmacies are closed Wednesday afternoons!



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If you go to a pharmacy to fill a prescription written by your doctor, there is a co-pay that ranges from €5 to 10 for each prescription depending on the price of the medication. Over-the-counter, non-prescription medications such as aspirin must be paid for in full but are also very inexpensive.

Day and Night-time Emergencies

If you or someone you know has a serious injury or feels gravely ill, don't hesitate to call a taxi or even an ambulance (in a life-threatening medical situation, call 112 for an emergency physician to come to you). In case of a medical emergency, please inform either Prof. Banzhaf (**mobile: +49-170 781 65 46**) or Ulli Struve (**Home: +49-7641-95 75 84, mobile: +49-170 571 88 78**). We will help you and even accompany you if you wish. If you feel less ill, you can still see a doctor on an immediate basis; basically, all doctors will accept walk-in patients if the situation is urgent but not quite an emergency.



If you fall ill or injure yourself in the evening or on weekends, when regular doctors' offices are closed, you can go to the university hospital where you will find a joint intake center for both the hospital and for the *Notfallpraxis* at Hugstetter Straße 55 right next door. (This is very close to the Stusie.) The *Notfallpraxis* is open Monday to Friday from 8.00 p.m. to midnight. On Wednesday and Friday, service starts at 4.00 p.m., because it is common practice for physicians to close on Wednesday afternoons and early on Fridays. On Saturday and Sunday, the *Notfallpraxis* is open from 8 a.m. to midnight. Phone: +49-761 80 99 800. The Uni-Klinik emergency room covers the hours from midnight to 6 a.m. ([https://www.uniklinik-](https://www.uniklinik-freiburg.de/notfall.html)

[freiburg.de/notfall.html](https://www.uniklinik-freiburg.de/notfall.html)).

Alternatively, you can go to the emergency room (*Ambulanz*) of a nearby hospital.

For students living in Stühlingerwohnheim, the Universitätsklinik is the closest. Take streetcar no. 5, destination „Zähringen,“ to the stop „Robert-Koch-Straße.“

For students living in Stusie, the Diakoniekrankenhaus is easiest to reach – take streetcar no. 1, destination „Landwasser,“ to the stop named „Diakoniekrankenhaus.“

For students living in Vauban, the Loretto Krankenhaus on Mercystraße, right off Lorettostraße, is the closest.

For students living in Händelstraße, the Josefskrankenhaus on Habsburgerstraße is the closest.

Please note, though, that for follow-up care that does not require hospitalization you will need to go to a different physician in town. Unless specifically requested to return to the hospital after outpatient treatment, you will generally be better off organizing follow-up visits in town and Ulli will be happy to help you find an appropriate physician for your situation. Hospital emergency rooms, for

example, are not permitted to refer you to a specialist in town and would send you to a doctor in town anyway for a referral.

Another option for weekends, evenings, and holidays is to call the central *Bereitschaftsdienst* number 116 117. This number works like a general on-call service number and is the same in every city in Germany. By calling 116 117 you can find out which doctor is on call where at that particular moment when you are seeking assistance. This is a good option for getting medical help in situations when assistance is a bit less urgent than what you might take to the hospital – but still should not wait until the next weekday.

Zahnärztlicher Notdienst

In case you urgently need to see a dentist outside office hours, you can call 01803 / 22 25 55-42 to find out which dentist is on duty that evening or weekend.

Augenärztlicher Notdienst

Emergency care for problems involving eyes is provided at the *Augen-Notfallpraxis* in the ophthalmology clinic at the university hospital. The *Augen-Notfallpraxis* is open around the clock on weekends and holidays, on workdays from 7 p.m. to 8 a.m., on Wednesdays starting at 1 p.m. The front desk is located on the main floor of the Klinik für Augenheilkunde, Killianstraße 5, on the grounds of the Uni-Klinik. Phone: 0761-270 400 20 or 270-400 10.

Hospitalization

We certainly hope that none of you will have to go to a hospital during your stay in Freiburg. If, however, you have to stay in a hospital for treatment, please call Prof. Banzhaf or Ulli Struve a.s.a.p. and inform us where you are and how long you expect to stay there. You need not tell us why if you do not want to. Treatment in a hospital is covered by your U.S.-based insurances, should you need to call on them during the month of September. Treatment in a hospital is fully covered by the TK starting October 1. However, there is a co-payment of €10.00 per day. (The logic behind this is that if you were not in a hospital, you still would incur costs for food, and since you get food in the hospital, such as it is, you might as well contribute to the cost.) But, on the upside, for students these co-payments are limited to a maximum of about €90.00 per calendar year.

Gesundheitsamt, AIDS/HIV Testing

If you need information on contagious diseases, medical tests, vaccinations (for travel) and other related topics, you might want to call the *Gesundheitsamt* (Public Health Department) at 21 870. They also give shots and certain tests and maintain a specialized AIDS consultation unit (21 87 32 23). The *Gesundheitsamt* is located on Sautierstraße 28/30 behind the Finanzamt Freiburg Stadt. The no. 28 bus to Herdern (same as to Händelstraße) gets you quite close. Disembark at the stop „Tennenbacherstraße“ and follow the Habsburgerstraße for about 50 yards, turn left onto Tennenbacherstraße. The next right is Sautierstraße.

Counseling Services

If you need to just talk for a while, you can call Nightline (203 93 75), where volunteers are available to listen and give out information as needed. This is a special service staffed by trained students to lend an open ear to fellow students. During the semester, the phone lines are open from 8 p.m. to midnight. During the semester break, Nightline Freiburg and other German Nightlines such as

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Münster or Heidelberg take turns – see www.nightline.uni-freiburg.de for links and more information.

The Studierendenwerk Freiburg (Schreiberstraße) offers free psychological counseling for all students at its *Psychotherapeutische Beratungsstelle*. In addition, there are many other counseling agencies (*Beratungsstellen*) and self-help groups (*Selbsthilfegruppen*).

If you want to find a *Beratungsstelle* or a *Selbsthilfegruppe*, don't hesitate to talk to Ulli.

During their study abroad year in Freiburg, past AYF participants have worked successfully with counselors and therapists who are native English speakers or spent significant time in the US and speak excellent English. Services ranged from short-term interventions to long-term therapy and psychiatric assessments. Prof. Banzhaf and Ulli Struve will be more than happy to discuss local counseling options with you and assist you in securing an appointment that suits your needs.

APPENDIX

Glossary: Banking and Financial Terminology

abbuchen	To deduct from, or to debit your account directly
der Aussteller	Issuer
die Bankleitzahl (BLZ)	Routing number
die Bankspesen	Bank charges (fees)
die Bareinzahlung	Cash deposit
beauftragen	to authorize
der Begünstigte (ein Begünstigter)	Recipient; beneficiary of a transfer
der Betrag	Sum; amount
Bezogenes Kreditinstitut	Bank drawn upon
das Buchungskonto	Account that has been or will be credited
der Bu-Tag	„Buchungstag“ is the date of a withdrawal and/or transaction
die Deckung	Coverage, funds
der Einzahler	Payer / Depositor
die Einzahlungs-Quittung	Payment receipt (form). Provided to you after you deposit money into your account.
die Einzugsermächtigung	Authorization to make automatic withdrawals from an account; you need to provide such authorization to Studierendenwerk, Internet provider, etc. (abbr.: EINZ. ERM.)
die Fristverlängerung	Extension
der Gesamtbetrag	Total amount
die Gesamtsumme	Sum total
die Gutschrift	Credit (towards account)
das Haben (H = Haben)	Credit available on your account; amount deposited into your account
der Kontoinhaber	Account holder
IBAN	International Bank Account Number (listed on your statement, rarely used in the US, important for transfers within Europe and from the US into European accounts)
das Kontokorrent	Current account balance
die Kontonummer	Account number
das Kreditinstitut	Bank, Credit Union, etc.; collective term for financial institutions
die Kunden-Referenznummer	Customer reference number; usual an invoice number
die Lastschrift	Debit, automatic withdrawal
die Mahnung	Overdue notice
die Mahngebühr	Fee for overdue payments
mangels Deckung	due to inadequate funds
Nichteinlösung einer Lastschrift	Not processing an automatic withdrawal, almost always due to insufficient funds
der Rechnungsabschluss	Statement of account, a tally of the balance (happens every three months, required by law; it does <u>not</u> mean the bank closed your account without your permission)

rückbelasten	to re-debit
der Rückgabegrund	Reason for return (refusal)
der Rückläufer	Incomplete transaction due to inadequate funds; similar to a bounced check in the U.S.
der Saldo	Balance; or money that has been debited to an account; notation on Volksbank statement is „S“ = Saldo
Saldo des Rechnungsabschlusses	Ending account balance
der Scheckaussteller	Person who writes a check
die Scheck-Einreichung	Check submission (‘cashing’ a check toward your acct.)
die Schecknummer	Check number
der (auch: das) Storno, stornieren	Cancellation (of a transaction, a contract, or an order), to cancel (a transaction, a contract, or an order)
die Überweisung	Transfer of funds
der Überweisungsschein	A paper form that needs to be filled out in order to transfer funds (these days pretty much replaced by an online form)
der Verwendungszweck	The (intended) purpose; usually a keyword or an invoice number or reference number
der Vorgang	Transaction
die Währung	Currency
die Zahlung	Payment
der Zahlungsempfänger	Payee; recipient of a transfer or payment
zu Lasten (der) Kontonummer	Account to be debited

Glossary: University Terminology

die Universität, -en	university
die Hochschule, -en	college, technical school
die Fakultät, -en	college (as division of the uni, similar to a School in the U.S.)
das Institut, -e	institute, department (of a Fakultät)
das Seminar, -e	class ≈ 20-30 students with active participation
die Immatrikulation, -en	enrollment
die Exmatrikulation, -en	discharge of student from the uni
der Studentenausweis, -e	student ID (in Freiburg = UniCard)
das Semester	semester
das Wintersemester, Sommersemester	fall semester, spring semester
die Semesterferien = vorlesungsfreie Zeit	time without lectures between semesters
Univeranstaltungen	Course types
das Vorlesungsverzeichnis	course catalogue
das kommentierte Vorlesungsverz.	departmental course catalogue with course descriptions
der Vorlesungskommentar	course description
der Kurs, -e	course, class
einen Kurs belegen	to take a class
die Anmeldung, -en	sign up, register
der Anmeldetermin	registration appointment
die Anmeldefrist, -en	registration deadline
sich anmelden	to sign (yourself) up
gebührenpflichtig	mandatory fee
die Einführung, -en	introduction
das Proseminar, -e	like 100 - 300 level courses at American universities
das Hauptseminar, -e	like 400 + level / grad level
das Oberseminar, -e	PhD student level class (by invitation only)
die Übung, -en	lab, discussion (section of a larger course or otherwise specialized)
die Vorlesung, -en	lecture (big, not usually interactive)

Unipersonal university personnel

der Student, die Studentin, die Studierenden	student, students
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der Dozent, die Dozentin (DozentInnen)	professor (not permanently employed, but with doctorate)
der Professor, die Professorin (ProfessorInnen)	professor (of highest level)
der Assistent, die Assistentin (AssistentInnen)	assistant
der Sekretär, die Sekretärin	secretary
der Tutor, die Tutorin	student teacher (section leader)
der HiWi, die HiWine,	student staff, student research assistant
die wissenschaftliche Hilfskraft, studentische Hilfskraft	

Kommunikation Communication

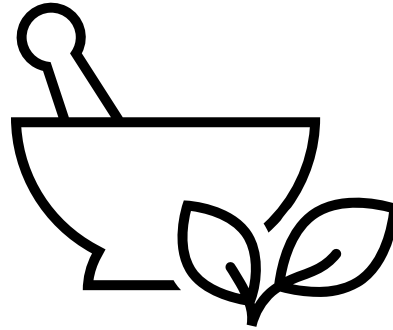
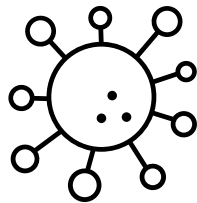
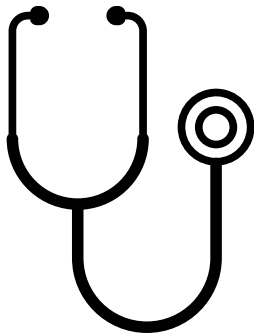
die Sprechstunde, -en	office hours
sich für eine Sprechstunde	
anmelden, eintragen	to sign up for office hour
bei der Sprechstunde	
vorbeikommen	to drop by office hour
einen Termin vereinbaren	to set up / to make an appointment
etwas mit jemandem besprechen	to talk sth. over with so.
das Sekretariat, -e	main departmental office

Leistungsnachweis(e) requirements and certificate(s)

das Referat, -e	project + oral presentation(s)
Einzel-, Gruppenreferat	individual, group project + presentation(s)
die Hausarbeit, -en	term paper(s)
die Klausur, -en	final written exam(s)
die Prüfung, -en	unspecified kind of exam(s)
mündliche Prüfung, -en	oral exam(s)
eine Prüfung ablegen	to take a test or oral exam
eine Klausur bestehen	to pass a final exam
die Note, -en	grade(s)
eine Note bekommen	to get/ earn a grade
der Schein, -e	participation and grade certificate
einen Schein bekommen	to get a certificate
einen Schein ausfüllen	to prepare / fill out a certificate
ein benoteter Schein	graded certificate

ein Teilnahmechein (ungraded) certificate of participation

das Plagiat: don't even think about it! plagiarism!



Glossary: Health-Related and Medical Terminology

antibiotics	das Antibiotikum, pl. -ka	cold (sniffles)	der Schnupfen
ambulance	der Krankenwagen	contraceptive	das Verhütungsmittel
backache	die Rückenschmerzen	diabetic	der/ die Diabetiker(in)
blood test	die Blutprobe	depression	die Depression
blister, bladder	die Blase	diarrhea	der Durchfall
blood pressure	der Blutdruck	dizzy	schwindlig
bone	der Knochen	inflamed	entzündet
breath	der Atem	faint	schwach
to breathe	atmen	fever	das Fieber
broken	gebrochen	headaches	die Kopfschmerzen
chickenpox	die Windpocken	to become infected	sich entzünden
concussion	die Gehirnerschütterung	injured	verletzt
constipation	die Verstopfung	joint	das Gelenk, die Gelenke
contagious	ansteckend	migraine	die Migräne
cough	der Husten	muscle	der Muskel
		muscle pains	die Muskelschmerzen
		nauseous	übel
		nurse	die Krankenschwester

pain der Schmerz

pregnant schwanger

prescription das Rezept

unconscious bewusstlos

bottom der Hintern

elbow der Ellbogen

neck der Nacken

throat der Hals (innen)

gut der Darm

bloating die Blähungen

cramps die Krämpfe

vomit das Erbrechen

to vomit sich erbrechen / sich übergeben

weak schwach

Where does it hurt (wo tut es weh)?

leg das Bein

knee das Knie

ankle der Knöchel

arm der Arm

hand die Hand

skin die Haut

foot der Fuß

head der Kopf

back der Rücken

stomach der Magen

Useful expressions

to fall down hinfallen

Are you allergic to anything? Sind Sie gegen irgendetwas allergisch?

Where does it hurt? Wo tut es weh?

Cough, please. Husten Sie bitte.

Open your mouth, please. Machen Sie bitte den Mund auf.

I'm feeling really unwell Ich fühle mich echt mies / Mir geht es schlecht

to have heartburn Sodbrennen haben

I suffer from insomnia ich leide unter Schlaflosigkeit

I feel dizzy. Mir ist schwindlig.

I am going to prescribe xyz to you Ich verschreibe Ihnen xyz

Temperature Conversions

To convert Celsius to Fahrenheit: $(5/9) \times (^\circ\text{F} - 32)$

To convert Fahrenheit to Celsius: $(9/5 \times ^\circ\text{C}) + 32$

Oven Temperatures

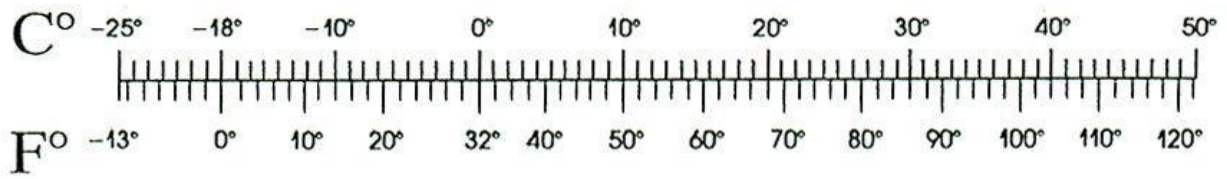
$^\circ\text{F}$	$^\circ\text{C}$
225	110
250	120
275	140
300	150
325	160
350	180
375	190
400	200
425	220
450	230
475	240

Body Temperature:

$^\circ\text{F}$	$^\circ\text{C}$	$^\circ\text{F}$	$^\circ\text{C}$
98.6	37.0	102.8	39.33
98.8	37.1	103.0	39.44
99.0	37.2	103.2	39.56
99.2	37.3	103.4	39.67
99.4	37.4	103.6	39.78
99.6	37.6	103.8	39.89
99.8	37.7	104.0	40.0
100.0	37.8	104.2	40.11
100.2	37.9	104.4	40.22
100.4	38.0	104.6	40.33
100.6	38.11	104.8	40.44
100.8	38.2	105.0	40.56
101.0	38.33	105.2	40.67
101.2	38.44	105.4	40.78
101.4	38.56	105.6	40.89
101.8	38.78	105.8	41.0
102.0	38.89	106.0	41.11
102.2	39	106.2	41.22
102.4	39.11	106.4	41.33
102.6	39.22	106.6	41.44

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TEMPERATURE



$$\text{CELSIUS}^{\circ} = 5/9 (\text{F}^{\circ} - 32^{\circ}) \quad \text{FAHRENHEIT}^{\circ} = 9/5 \text{C}^{\circ} + 32^{\circ}$$

Useful Websites and Online Resources

Some web sites listed below have links to other web pages about Freiburg. The Stusie homepage has information about their *Tutorate* and general information about the dorms. The other dorms, Vauban, Stühlinger, and Händel mostly organize themselves through closed Facebook groups that you can search for and join.

AYF: <https://www.ayf.uni-freiburg.de/>

Deutsche Bahn (train schedules): <https://www.bahn.de/>

Studierendenwerk (dorms, International Club, jobs, etc.): <https://www.swfr.de/>

Stusie: <https://www.studentensiedlung.de/>

University Libraries (includes online catalog): <https://www.ub.uni-freiburg.de/>

Weather Forecasts: www.wetter.de

Kommunales Kino (independent films): www.freiburger-medienforum.de

RVF (Bus/Straßenbahn schedules): www.rvf.de

Telephone Information (Germany): www.teleauskunft.de, www.gelbeseiten.de

Badische Zeitung (local newspaper): www.badische-zeitung.de

Event Listings around Freiburg: www.badische-zeitung.de/abo-service/bz-karten-service

Main Movie Theater: <http://www.cinemaxx.de/Home/?SwitchCinemaId=5>

City of Freiburg: www.freiburg.de

Download page for Maps and Guides to Freiburg and the Region:

<https://visit.freiburg.de/prospekte>

LGBT-Queer: www.stura.uni-freiburg.de/gremien/referate/regenbogen,
www.rosahilfefreiburg.de, <https://fluss-freiburg.de/>

Freiburg news (student-oriented): www.fudder.de

Freiburg lost and found online search:

<https://onlinefundbuero.com/fundbuero/freiburg-im-breisgau/>

(location city lost and found: Merianstraße 16;

Uni Freiburg lost and found: KG 1, ground floor, room 1001)

Cooking, language, yoga, etc. courses – Volkshochschule: www.vhs-freiburg.de

Job ads for students: www.studijob-freiburg.de

Mostly classifieds, some job ads: www.schnapp.de, www.wikibuy.de, www.zypresse.com

Doctors Listing

Below you will find a list of names, addresses, and telephone numbers for a selection of doctors who have their offices close to dorms. This selection does not reflect any preference or recommendation on the part of AYF; it is intended solely to help you to locate medical assistance in case of an illness.

Dr. Jenny Maus & Dr. Christine Lunke-Steffl (Innere Medizin) Near Stusie
Sundgaullee 45 Tel.: 8 15 16
79114 Freiburg www.praxis-am-torplatz.de
Hours: Mo-Fri 9 a.m.-12 p.m., Mo, Thu 4-6 p.m., Tue 3-5 p.m.

Dr. med. Birgitt Montz & Dr. Sinke Meinel Near Vauban
Paula-Modersohn-Platz 3 Tel.: 707 22 66 and 488 19 51
79100 Freiburg www.praxisvauban.de
Hours: Mo-Fri 8:30-12.30 a.m. , Tue, Thu 3-6. p.m.

Dr. Dr. Knut Müller (Allgemeinmedizin) Near Stühlinger
Engelbergerstraße 33 Tel.: 27 78 81 and 28 80 20
79106 Freiburg
Hours: Mo-Fri 8 a.m.-1 p.m., Mo 3-5 p.m., Tue 5-7 p.m., Thu 4-7 p.m.

Dr. Wolfgang Müller (Allgemeinmedizin) Near Händelstraße
Hornusstraße 18 Tel.: 50 22 30
79104 Freiburg www.dr-med-w-mueller.de
Hours: Mo-Fr 9-11 a.m., Mo, Tue 4-6 p.m., Thu 2-4 p.m.

Dr. Joachim Stober, Dr. Kersten von Düring (Allgemeinmedizin) Near Alpadia
Wilhelmstraße 10 Tel.: 3 26 90 language school
79098 Freiburg
Mo-Fri 9 a.m.-12 p.m., Tue, Thu 4-6 p.m.

Praxisgemeinschaft in der Wiehre Near Johanneskirche
Dr. Claus Ballstaedt (Allgemeinmedizin, Psychologie, Homöopathie)
Dr. Christoph Herkel (Innere Medizin, Notfall- u. Suchtmedizin)

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Dr. Jörg Schweiger (Allgemein, Chirotherapie, Schmerztherapie)

Dr. Chrissoula Kiote-Schmidt (Innere, Hämatologie, Psychosomatik)

Stefan Fastenmeier (Allgemeinmedizin)

Dr. Alexander Jäkel (Allgemeinmedizin, Akkupunktur, Palliativmedizin)

Günterstalstraße 11-13

Tel.: 7 91 88 – 0

79102 Freiburg

kontakt@praxiszentrum-wiehre.de <https://www.praxiszentrum-wiehre.de/>

Hours: Mo-Thu 8 a.m.-7 p.m. , Fri 8 a.m. – 5 p.m.

Phone Numbers: AYF, Hausmeister, Emergencies

TELEPHONE NUMBERS		
Pia Banzhaf Academic Director	office: 319 68 553	cell: (0170) 78 16 546
Ulrich (Ulli) Struve Program Director	office: 319 68 551	cell: (0170) 571 88 78 home: (07641) 95 75 84
Office Assistant	office: 319 68 552	
Hausmeister: Studenten- siedlung Haus 10	Herr Spürgin / (0761) 2101 801, spuergin@swfr.de	Office hours for all houses in the Studentensiedlung: Service-Center, Haus 22. Mo-Thu- 8.30 - 9.30 a.m. and 1.30 - 2.30 p.m. Fr 8.30 - 9.30 a.m.
Studentensiedlung Haus 14	Herr Schüller / (0761) 2101 805 schüller@swfr.de	
Studentensiedlung Haus 40, 42, 46	Herr Bernnat / (0761) 2101 802 bernnat@swfr.de	
Studentensiedlung Haus 30-32, 44	Herr Riexinger / (0761) 2101 806 riexinger@swfr.de	
Studentensiedlung Haus 74 A, 74 C	Herr Litschgi / (0761) 2101 803 litschgi@swfr.de	
Hausmeister Vauban Office: Haus 15	Herr Scheck (Haus 14-17), Herr Hazerghalati (Haus 2-6) Mo, Fr 8.30 – 9.00 a.m. and Wed 2.00 – 2.30 p.m.	(0761) 2101 818 scheck@swfr.de hazerghalati @swfr.de
Hausmeister Stühlinger	Herr Zimmermann / Office: Haus 41h Mo 1.30 – 2.00 p.m. and Wed 9.00 – 9.30 a.m.	(0761) 2101 817 zimmermann@swfr.de
Hausmeister Händelstraße	Herr Frank (Haus 18/20), Herr Daiger (Haus 18A und B) / Office: EG / Mo 8.30–9.00 a.m. Thu 1.30 – 2.00 p.m.	(0761) 2101 815 frank@swfr.de daiger@swfr.de
Hausmeister Notdienst / On-Call Service Number (Outside office hours, €31 minimum service charge! No lockout service after midnight!!!)		(0761) 2101 800
Emergency Phone Numbers:	Police Fire department, medical emergencies Rape Crisis Hotline Freiburg	110 112 2 85 85 85
Emergency Phone Numbers:	Police, fire, medical <u>across Europe</u>	112
Doctors on-call service for evenings, weekends (Bereitschaftsdienst)	For less urgent medical care, issues that do not require a hospital	116 117
Taxis (in Freiburg)	3 11 11, 8 11 11, 4 22 22, 55 55 55	

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