



Allgemeiner Studierendenausschuss
Kleiststraße 5
60318 Frankfurt am Main

☎ +49 69 1533-3262
✉ info@asta-fra-uas.de
🏠 asta-frankfurt-university.de
📘 facebook.com/AStAFrankfurtUniversity

Disclaimer: The aim of the editors is to provide current and accurate information on the topic of student self-administration and Frankfurt UAS in general. Nevertheless, the editors do not assume any liability for the correctness, completeness and topicality of the information provided.

**FRANKFURT UNIVERSITY
OF APPLIED SCIENCES**

ASTA

COMMITTEES

UNIVERSITY

CAMPUS LIFE

THIS & THAT

INFO BOOKLET

WINTER TERM 20/21

FINALLY DIGITAL AGAIN!

You will receive the latest information
also on our new homepage:
www.asta-frankfurt-university.de

HOCHSCHULE

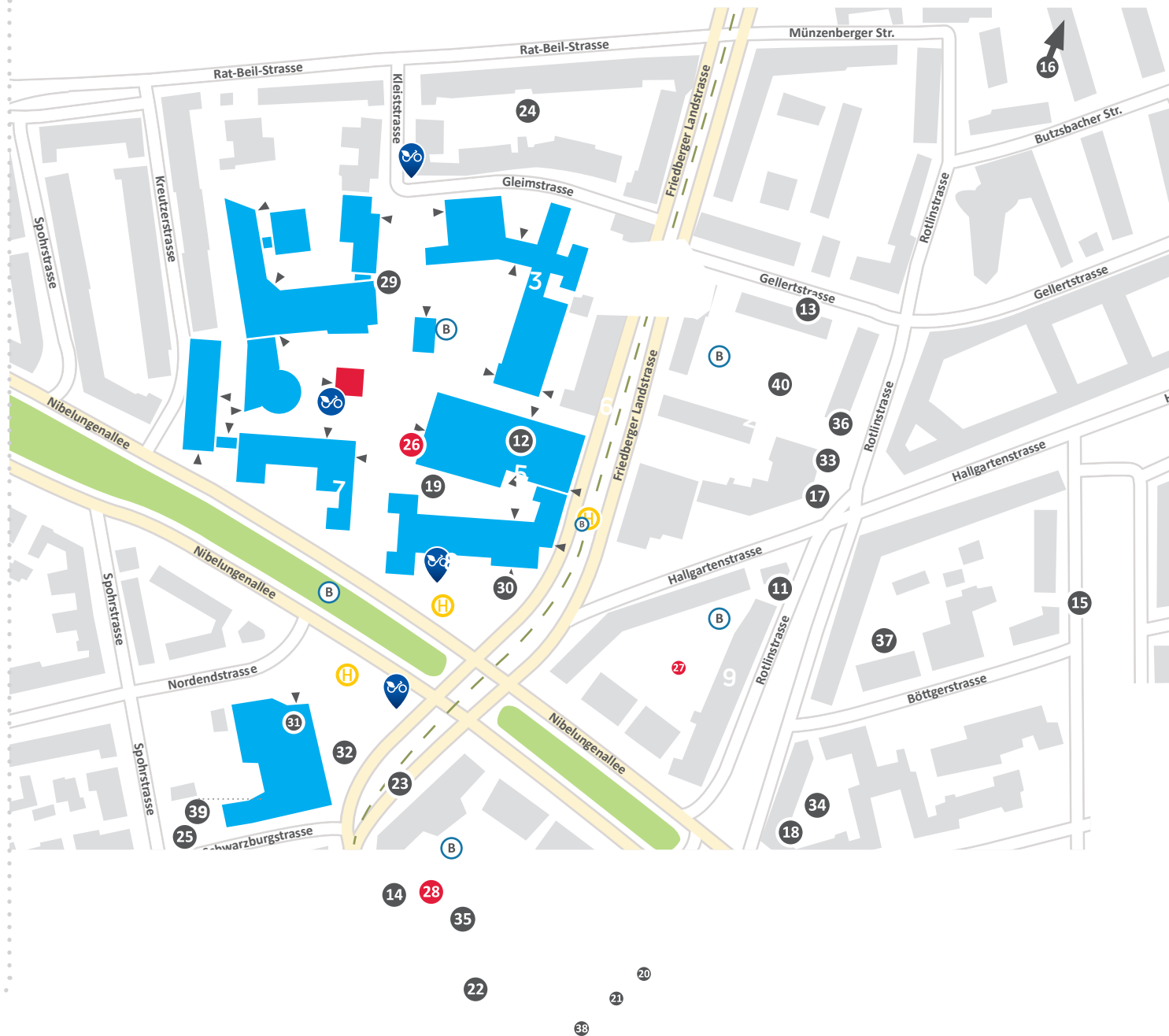
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THE GENERAL STUDENT COMMITTEE (ASTA)

We are a committee of the student body, which as an executive is responsible for the current business and implements the decisions of the student parliament (StuPa).

The AStA is elected by the students' parliament and consists of four executive committees and a number of advisors, who are appointed by the executive committees for various areas of responsibility. The Hessian Higher Education Act stipulates that we support you in higher education policy, social and cultural matters. We represent the students' interests towards the university and the public. In addition to the re-

presentation of interests, the consultation and support of students is our main field of activity. For this purpose, we offer consultation hours on social issues (financing studies, studying with a child, housing, etc.) or on questions of mobility (semester ticket), examination and study regulations and many other topics, which we present in detail on the following pages. In addition, we organize cultural events such as the semester opening parties, the summer party and cultural encounters, which are planned and accompanied by the speakers.

YOU CAN ALSO BE PART OF THE ASTA!

Everyone, who studies at Frankfurt UAS, can become a member of the AStA and thus actively participate socially and creatively in shaping student life at the university. You will find us centrally located in the middle of the campus (building 5, red house, 1st floor), between building 1 and the cafeteria. There you will find our offices and the AStA Shop on the upper floors. Our PR team also provides you with event tips and news via our homepage and

Facebook. We are open for your suggestions and ideas on how to make campus life more colorful and look forward to your visit.

THE ASTA SERVICE-POINT

Our AStA Service-Point Team is our „control center“ and therefore one of the most important contact points. Our team can help you directly with small questions or refer you to one of our experts, i.e. speakers. Quick answers without long waiting times are the challenges the team masters every day anew. The AStA Service-Point is also indispensable for the internal organization, e.g. in the case of events involving several presentations, the coordination is carried out by the team. Our mail and e-mail communication also converges here. The AStA Service-Point is open for you regularly. You can find the times on our homepage. We are always happy if you come directly to us, otherwise the team can also be reached via e-mail.

ACCESSIBILITY

As the premises of the AStA are currently not barrier-free, we offer general consultation/contact or consultation within the framework of the lectures in alternative barrier-free rooms on request.

SEMESTER FEE WINTER SEMESTER 20/21

The semester fee for this semester amounts to 363.30 Euro and is made up of 9 items, with the semester ticket making up the main part. The lowest cost items are

the liability insurance with 0.1%, the hardship regulation with 0.3%, as well as the share for the AStA with 2.7%. All students pay automatically with the semester fee an amount for the RMV semester ticket. The electronic student ID (Study-Chip) is valid as a ticket for the entire semester.

AStA Service-Point
Building 5 | 1st floor

+49 69 1533-3262
info@asta-fra-uas.de
asta-fra-uas.de



■ Semester ticket	216,30 €	59,2 %
■ Student Union	81,00 €	22,5 %
■ Administration costs	50,00 €	13,9 %
■ AStA	11,00 €	3 %
■ Legal protection insurance	2,00 €	0,5 %
■ Nextbike	1,50 €	0,4 %
■ Kulturticket	1,00 €	0,3 %
■ Haftpflichtversicherung	0,50 €	0,1 %



Higher Education Policy

Building 5 | 1st floor

+49 69 1533-3262
 hopo@asta-fra-uas.de
[asta-fra-uas.de/
 hochschulpolitik](http://asta-fra-uas.de/hochschulpolitik)

HIGHER EDUCATION POLICY

Improve your studies and stay in contact with other students? The Department of Higher Education Policy deals with all tasks related to internal higher education policy (on campus), as well as external higher education policy (off campus). This includes advising the Board of Directors, initiating and implementing projects and processes, drawing up bylaws and regulations, planning and implementing events, and participating in other departments.

In principle, four areas can be distinguished: as already described, internal and external university policy, which is further subdivided internally into academic (university) and student self-administration. Externally, there are also own projects and initiatives beyond the campus borders apart from the institutional work with associations, federations and other student organizations. The e.g. most extensive cross-linking in Hessen on the part of the student body exists between ASTen, the so-called „LandesASTen conference“ (LAK).

Further information receives you in the chapter committees, starting from page 29.

POLITICAL EDUCATION**Political education**

Building 5 | 1st floor

+49 69 1533-3262
 pol-bildung@asta-fra-uas.de
asta-fra-uas.de

The Department for Political Education serves the purpose of expanding the (political) educational offerings of the Frankfurt UAS. The department plans and organizes lectures, panel discussions, workshops and similar content-related events on socio-political and daily current topics, which are intended to strengthen the political awareness of students and to educate them in many areas of politics, thus promoting a critical view of society and one's own role in it and evoking a sense of civic responsibility. In particular, topics that directly affect the students and their studies are dealt with.

You can inform yourself about events taking place during the semester at any time on our homepage, Facebook or through print media.

ANTI-RACISM

The Department of Antiracism is committed to combating everyday racism, anti-Semitism, antiziganism and other forms of racist ascriptions inside and outside our university. In this context, the Department of Anti-Racism organizes events to bring students into contact with the topic and to sensitize them to it. It makes theoretical knowledge available on a low-threshold basis, provides background information and networks with local anti-racist groups. The continuous examination of the topics is just as much a part of the self-image as critical self-reflection.

If you notice that others or yourself have been insulted and discriminated against in any way by racist, anti-Semitic or antiziganistic statements or actions, please contact us. You can always count on our help.

ANTI-DISCRIMINATION

If you have experienced discrimination in any form, you can come to us. We also organize lectures and workshops on the topic of (anti) discrimination for all university members and want to create spaces for networking and empowerment.

WAS IS OUR OFFER?

We want to offer you peer consulting, i.e. from students for students. You can come to us without obligation and simply talk to us about your experiences. You can also consider concrete steps that we can take together with you. Examples are finding ways to get together with other people concerned, writing letters of complaint or accompanying you to lawyers.

If necessary, we search together for further (Consulting) agencies. You decide what we do and what we do not do. The perspective of those affected is our priority.

Anti-racism

Building 5 | 1st floor

+49 69 1533-3262
 anti-ra@asta-fra-uas.de
asta-fra-uas.de

Anti-discrimination

City Gate
 Nibelungenplatz 3
 Entrance Nordendstraße
 8th floor, room 817

+49 69 1533-3262
 antidisk@asta-fra-uas.de
asta-fra-uas.de

Open consultation hours:
 every Thursday 14:30 - 16:00 &
 by appointment via
 antidisk@asta-fra-uas.de

Sport

Building 5 | 1st floor

☎ +49 69 1533-3262

✉ sport@asta-fra-uas.de

SPORT

The sports department is your lobby and your contact in all sports matters. To this end, it organizes various sports events and workshops and is committed to increasing sports opportunities on the campus. Are you missing something? You have wishes or ideas? No problem, come up to us and we will try to implement them.

Our biggest project at the moment: The construction of a sports park. In the future, all students should be able to train, exercise and enjoy everyday life there.

We bring sport to the campus for you!

AUTONOMOUS TUTORIALS**Autonomous tutorials**

Building 5 | 1st floor

☎ +49 69 1533-3262

✉ tutorien@asta-fra-uas.de

🏠 asta-fra-uas.de/autonome-tutorien

The Autonomous Tutorials are an offer from students for students. Here you can choose whether you want to offer a tutorial yourself, independent of the curriculum, or whether you prefer to attend one of the tutorials offered by your fellow students. The tutorials are interdisciplinary and cross-departmental and should encourage you to participate. This allows you to discuss exciting topics with students at eye level - either as a tutor:in or as a participant in a tutorial. That sounds exciting but you haven't really understood the whole thing yet? You want to learn more about it? Then please contact us or visit our homepage.

We are looking forward to your participation.

QUEER**Queer**

Building 5 | 1st floor

☎ +49 69 1533-3262

✉ queer@asta-fra-uas.de

🏠 asta-fra-uas.de/queer

For us, queer means standing up for sexual and social diversity, because all people have the right to live out their sexual identity and sexuality freely. Normative ideas, which often do not correspond to the diverse realities of students' lives, are often reproduced unreflected by society and lead to discrimination and exclusion.

Queer is a collective term for a variety of alternative identities and life plans, for solidarity and action against discrimination. The important thing is: Queer is a self-designation!

The Queer Referat wants to counteract social discrimination by providing visibility and education through various actions and events. In addition, it networks with local groups and departments at other universities that work on this topic.

INCLUSION

The aim of the department is not only to raise awareness for people with disabilities, but also to support and assert the interests of students with disabilities, chronic and/or psychological impairments at the university, as well as to network and exchange with initiatives and organizations with the same objectives.

OUR OFFER TO YOU

The department would like to offer all students with disabilities, chronic or psychological impairments support in the organization of their studies.

Maybe you have questions that you don't dare to ask the lecturers directly? Maybe you would like to know which support services the university offers or how to apply for assistance or compensation for disadvantages in examinations?

We offer you support and advice before and during your studies. We will be happy to refer you to the important contact persons at the university and outside the university.

GEMEINSAM FÜR MEHR INKLUSION

In 2009, the UN Convention on the Rights of Persons with Disabilities (BRK) came into force with the aim of enabling people with disabilities to participate fully in society, and thus also in higher education (Art. 24). However, fears of contact and reservations often stand in the way of non-discriminatory and equal study. It is therefore important to show that inclusion and togetherness enrich everyday life - because diversity is normal.

The department is anxious to put through your wishes and needs in terms of higher education policy, so an active participation on your part is highly desirable. What barriers do you encounter in everyday life at the university? Together with you, the department would like to develop solutions for these barriers and invites you to participate in a barrier-free and inclusive university.

Inclusion

City Gate
Nibelungenplatz 3
Entrance Nordendstraße
8th floor, room 817

Wheelchair users have barrier-free access via the main entrance

☎ +49 69 1533-3262

✉ inklusion@asta-fra-uas.de

🏠 asta-fra-uas.de

Social coaching

City Gate
 Nibelungenplatz 3
 Entrance Nordendstraße
 8th floor, room 817

Wheelchair users have barrier-free access via the main entrance

✉ coaching@asta-fra.uas.de

🏠 asta-fra-uas.de/coaching

SOCIAL COACHING

Are you facing a difficult decision and don't know how to proceed? Is the stress growing over your head and you feel overwhelmed? Are there conflicts or crises in or with your environment where you just don't know what to do? Get in touch and make an appointment for social coaching!

Coaching in everyday life at university and in life questions means to reflect on one's own problem, to increasingly understand it, to find a solution and to recognize how the longed-for state should look like. Knowing one's own strengths and being able to use resources are decisive steps in this process. Together we can recognize, plan and follow the path to a solution.

COOPERATION

Social coaching also cooperates with other institutions and can be used as a contact point for information and further mediation. In addition, workshops on current topics are organized at irregular intervals in cooperation with specialists (announcement via Internet, notices, etc.). The first step in a new direction can be to find a counseling center.

CORE AREAS OF CONSULTING**DECISION-MAKING PROCESSES**

Together we try to look at your problem from different perspectives in order to broaden the scope of thought and action.

STRESS MANAGEMENT, SELF MANAGEMENT AND ORGANIZATION

Examination phase = difficult phase, we look for individual approaches to structuring and develop first aid tips for you in case of acute motivation lows.

INTERPERSONAL CONFLICTS

We change the perspective and together we examine the conflict. Anyone who wants to study successfully and cope with everyday life has to face many challenges and show stamina.

The multi-dimensional loads cause many students to suffer under severe pressure. At the beginning of their studies it is not easy to understand the structures, later on, partly caused by stress and fears, seemingly insurmountable study demands arise.

Financial hardships, mobbing or other life tasks also cause and increase the pressure and burdens. The life satisfaction and the well-being are strongly reduced, the self-esteem often highly shaken. If you are looking for advice on these or other topics, the social aspect could be Coachings is the right place for you.

INTERNATIONAL

The International Office supports incoming students and students with an international background in general with questions concerning their studies. Furthermore, it is responsible for the networking of all students with the aim of strengthening community and explicitly living diversity at the university.

The department critically examines problems and possible improvements of study conditions for students with international backgrounds and participates in internal university processes for development. Furthermore, it is responsible for the organization of events and get-togethers.

ENVIRONMENT

The environmental department of the AStA exists since the beginning of 2020, was independently conceived by Referent:innen and is now entering the implementation phase. The focus so far is on the greening of the campus - further projects, also in cooperation with Campus-Sport, are in planning. The sustainability of the university and campus as well as the environmental policy are the focal points of the environmental department's work. The speakers not only bring their own ideas to the implementation, but also participate in the design of the sustainability strategy of the Frankfurt UAS, work out joint concepts with departments of the university and are involved in environmental policy.

International

Building 5 | 1st floor

☎ +49 69 1533-3262

✉ international@asta-fra-uas.de

🏠 asta-fra-uas.de/internationales

Environment

Building 5 | 1st floor

☎ +49 69 1533-3262

✉ umwelt@asta-fra-uas.de

🏠 asta-fra-uas.de/umwelt

Refugee Buddies

Building 5 | 1st floor

+49 69 1533-3262
 international@asta-fra-uas.de
asta-fra-uas.de

REFUGEE BUDDIES

Refugee Buddies e.V. offers mainly refugees a contact point with the help of which they can make contact with German speaking citizens and inform themselves about their rights and obligations in the Federal Republic of Germany. The heart of the association is the learning of the German language and interpersonal contact, which strongly promotes self-confidence and motivation. In recent years, more than 150 refugees have been supported and accompanied on their way both with learning materials and through educational work, for example about the educational system.

The association does not set any conditions for volunteers or for people who need support. Children and young people who have difficulties at school are also welcome to contact us. Refugee Buddies e.V. is committed to educational justice for all, which is why the projects are open to all Frankfurt citizens.

CULTURE

How cool would it be to bring more action and fun to our campus, not only in the form of parties, but also with a variety of cultural offerings? We at the Cultural Affairs Office have taken on this task and would like to offer you a great time on campus throughout the semester with lots of events, workshops and interactive challenges.

How can you help us to make the campus more active?

You have an idea how to revitalize the campus even more and how to get people out of learning?

Even if we already have a variety of different actions in planning or execution, there is always an idea that we have not yet considered.

So if you have a great idea for an event, please let us know. Just send us an e-mail with the idea and we will do our best to realize it.

Culture

Building 5 | 1st floor

+49 69 1533-3262
 kultur@asta-fra-uas.de
asta-fra-uas.de

**REFUGEE BUDDIES**

BILDUNGSGERECHTIGKEIT



Excursions

Building 5 | 1st floor

- +49 69 1533-3262
- exkursion@asta-fra-uas.de
- asta-fra-uas.de/exkursion

EXCURSIONS

The Excursion Office offers students of all faculties the opportunity to spend a day getting to know a company that matches your study program profile or a company that covers several study programs. First contacts can be made with contact persons in the respective companies in order to possibly obtain an internship or working student position. The excursion destinations will be announced in good time on our homepage, our Facebook page and on notices in the departments.

PUBLIC RELATIONS

The PR department is responsible for building a relationship of trust between the AStA and the students of the Frankfurt UAS. This relationship is established through public communication. Communication means dialogue. In addition to the identity, goals, interests and activities of the AStA, your expectations, views and wishes always determine the content of this dialogue.

Public Relations

Building 5 | 1st floor

- +49 69 1533-3262
- pr@asta-fra-uas.de
- asta-fra-uas.de/pr

One of the tasks is to make public any news that affects you and other students, such as resolutions of the student parliament or important deadlines that must be met. The transfer of information takes place through various means of communication such as website, events, social media, brochures, posters etc. PR is also used to reach target groups, form opinions and focus attention on a specific topic. The PR department presents the AStA to the outside world by carrying out network and interface work, which includes arranging contact persons* and managing and updating the AStA's homepage and Facebook page. In addition, the targeted information work aims to build and maintain the image of the AStA.

You want to organize, change or make a difference at the Frankfurt UAS, but don't know how to reach the appropriate target group? Talk to us and we will make the contact.

CULTURE TICKET

The Study-Chip is also your ticket to 18 Frankfurt museums. Simply show your student ID at the museum ticket office and study and enjoy history, architecture, old, modern and applied art - that's how easy the Study-Chip becomes a cultural ticket. It is valid for all permanent and special exhibitions of the participating museums.

Culture Ticket

- +49 69 1533-3262
- info@asta-fra-uas.de
- museumsufer-frankfurt.de/kulturticket



- | | | |
|--|--|---|
| 1 Archäologisches Museum
www.archaeologisches-museum-frankfurt.de | 8 Institut für Stadtgeschichte
www.stadtgeschichte-ffm.de | 14 Museum Angewandte Kunst
www.museumangewandtekunst.de |
| 2 Caricatura Museum
www.caricatura-museum.de | 9 Jüdisches Museum
www.juedischesmuseum.de | 15 Museum Giersch der Goethe-Universität
www.museum-giersch.de |
| 3 Deutsches Architekturmuseum
www.dam-online.de | 10 Junges Museum
www.junges-museum-frankfurt.de | 16 Museum Judengasse
www.museumjudengasse.de |
| 4 DFF – Deutsches Filminstitut & Filmm.
www.deutsches-filmmuseum.de | 11 MMK Museum für Moderne Kunst
www.mmk-frankfurt.de | 17 Porzellan Museum
www.historisches-museum-frankfurt.de/porzellan_museum_frankfurt |
| 5 Hindemith Kabinett im Kuhhirtenturm
www.hindemith.info | 12 TOWER MMK | 18 Weltkulturen Museum
www.weltkulturenmuseum.de |
| 6 Historisches Museum
www.historisches-museum-frankfurt.de | 13 ZOLLAMT MMK | |
| 7 Ikonen-Museum
www.ikonenmuseumfrankfurt.de | | |



nextbike

☎ +49 30 6920-5046

✉ info@nextbike.de

🏠 nextbike.de

NEXTBIKE

Since the summer semester 2018 there is a nextbike station on campus directly at the Rote Haus and in the near vicinity there are more rental spots where you can rent bikes for free. Students of Frankfurt University of Applied Sciences cycle at special rates.

THIS MEANS FOR YOU:

- Free travel time of **up to 60 minutes** for each rental
- Free lending of **up to three bikes at the same time** possible
- After a break of 15 minutes you can rent a next bike for free

If the free volume is exceeded, you will be charged!

Borrow via app, hotline or enter your cell phone number and 6-digit PIN into the BikeComputer

- Enter lock code on the bike computer and press „ok“ key
- Open the fork lock, insert it into the holder on the basket and cycle off

Return only to official nextbike stations (see App)

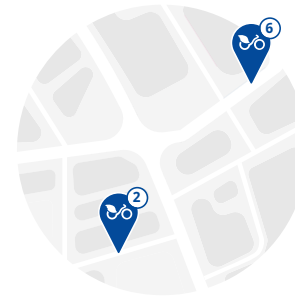
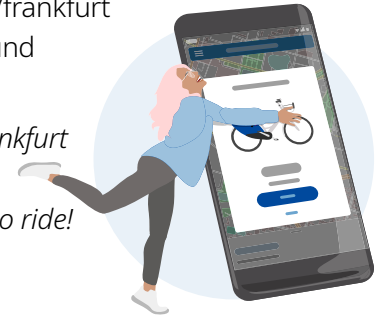
- Push the fork lock through the front fork and the stand until it engages
- Press the „ok“ button on the bike computer and wait until the return is confirmed with a signal
- Station full? Lock the bike next to a station and confirm the return by bike computer
- Parking: Press the „P“ button on the bike computer

You can find the Nextbike station and the rental spots in the surrounding area on the map on page 1 of the info booklet. In total there are more than **70 stations** in Frankfurt - and new ones are constantly being added. You can also use this offer in other cities, it is valid **nationwide!**

Bike Sharing mit Nextbike

Jetzt mit deiner persönlichen Hochschul-Email-Adresse kostenlos per App oder unter www.nextbike.de/frankfurt registrieren, Aktivierung per E-Mail bestätigen und sofort losradeln!

Sign up for free via app or at www.nextbike.de/frankfurt using your personal university email address, activate your account via email and you're ready to ride!



Nach der Fahrt Rad an einer nextbike Station zurückgeben. Check die Karte in der App für weitere Infos.

After the ride return bike to a nextbike station. Check the map in the app for more information.

CAMPUSbike

1h frei
for free

60 Freiminuten pro Fahrt inklusive
60 free minutes per trip included

weitere 30 Min
additional 30 min

für
for 1€

max. 5 € pro 24h
max. 5 € per 24h

Studierende der Frankfurt University of Applied Sciences können bis zu 3 Räder gleichzeitig leihen.

Students attending Frankfurt University of Applied Sciences can rent up to 3 bikes simultaneously.

www.nextbike.de/frankfurt

TIP:

after an interruption of 15 minutes the free loan process can be repeated

AStA Care

We help in cases of:

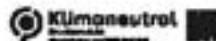
- discrimination
- violation of personal boundaries
- acute helpless situations

Feel free to talk to us. You can recognize us by the **AStA Care Logo**.

Kleiststraße 5, 60318 Frankfurt am Main
+49 69 1533-3262
care@asta-fra-uas.de



AStA | Frankfurt University
of Applied Sciences



INTERNATIONAL STUDENT IDENTITY CARD [ISIC]

Who is entitled to acquire the ISIC and what does it cost to issue the card?

All students of Frankfurt UAS who have a valid student certificate are entitled to acquire the ISIC card. The ISIC costs 15 euros and is valid for one year from the date of issue.

The following documents are required to issue your ISIC:

- A valid proof of your student status
- A valid identity card
- A colored passport photo

WHERE CAN YOU APPLY FOR ISIC?

<https://de-online.aliveplatform.com?partnerId=749>

Identification function - The ISIC is recognized by UNESCO as the only international student card.

Flexibility - The ISIC accompanies you at home and on the road, in everyday life and when travelling.

Discounts - The ISIC offers you worldwide access to more than 42,000 exclusive offers from renowned parties such as:

- Foreign travel insurance
- Car rental at home & abroad
- SIM cards for abroad
- Discounted flight offers
- Microsoft DreamSpark

... and many other offers in the fields of education, culture, mobility, sports, leisure and entertainment

International Student Identity Card

+49 69 1533-3262
info@asta-fra-uas.de
asta-fra-uas.de

de-online.aliveplatform.com?partnerId=749



Legal protection insurance

Building 5 | 1st floor

☎ +49 69 1533-3262

🏠 [asta-fra-uas.de/
rechtsschutzversicherung](http://asta-fra-uas.de/rechtsschutzversicherung)KS/AUXILIA Versicherung
Bezirksdirektion Mainz
Rheinallee 109
55118 Mainz

☎ +49 89 5398-1333

LEGAL PROTECTION INSURANCE

All students are insured for legal expenses with 2.00 € per semester (already included in the semester fee).

Should you ever need it, please contact the Auxilia Insurance at +49 89 53981-333 and ask for a confirmation of coverage.

When calling the hotline, please give our **membership number 9001052100** or our name (student body of the Frankfurt University of Applied Sciences).

FIELDS OF LAW COVERED

Employment law, tenancy law and traffic law are part of our Insurance.

In case you have completed your bachelor's degree and do not get your master's degree, a one-time consultation is included to determine whether a lawsuit has a chance of success. A subsequent lawsuit is not included.

LOAN**Loan**

Building 5 | 1st floor

☎ +49 69 1533-3263

✉ finanzen@asta-fra-uas.de🏠 asta-fra-uas.de

The AStA offers the possibility to get a loan. The primary purpose of the loan is to re-register for the next semester. Therefore the loan is a one-time payment and is limited to the amount of the semester fee.

What needs to be considered?

- Term 6 months, interest free
- Proof of the last matriculation
- Name a guarantor

BAFÖG AND SOCIAL COUNSELING

The Bafögberatung supports you with general questions about Bafög and helps you to fill out the application forms.

The BAFöG advice offers assistance, especially in the case of a change of specialization, parent-independent BAFöG, extension of the period of support and the planned period for the, presentation of proof of performance and any objections.

The social counselling service helps with questions about housing benefit, studying with a child, finding accommodation and other issues.

At this point, it should be noted that the focus of the department is on BAFöG counselling and that we regularly refer the above-mentioned areas to other counselling centres specialising in the respective subject area and help in the search for possible solutions and ways of solving problems.

ASTA SHOP

The AStA Shop has a large assortment of articles, which are oriented towards the daily needs of the students and this at reasonable prices.

ASSORTMENT ADAPTED TO STUDENTS

Lost your pen, used the last sheet of paper or the battery in your calculator is failing and you are sitting in the middle of an exam? No problem, just come and see us for a moment, we will be happy to help you. In addition to the classics such as pens, pads, papers and facial expressions, we also offer architectural supplies, calculators and much more.

In addition, you will also find a wide range of products for model making (fins/grayboards/sketch paper up to A0/figures/etc.).

BAFöG and social counselling

Building 5 | 1st floor

☎ +49 69 1533-3262

✉ bafoeg@asta-fra-uas.de🏠 asta-fra-uas.de/bafoeg**AStA Shop**

Building 5 | 1st floor

☎ +49 69 1533-3266

✉ shop@asta-fra-uas.de🏠 asta-fra-uas.de/shop

SEMESTER TICKET OFFICE

Semester Ticket Office

Building 5 | 1st floor

+49 69 1533-3262

semtic@asta-fra-uas.de

asta-fra-uas.de/semester-ticketbuero

AREA OF VALIDITY

The semester ticket is valid for the entire semester and can be already printed and used one month before the start of the semester.

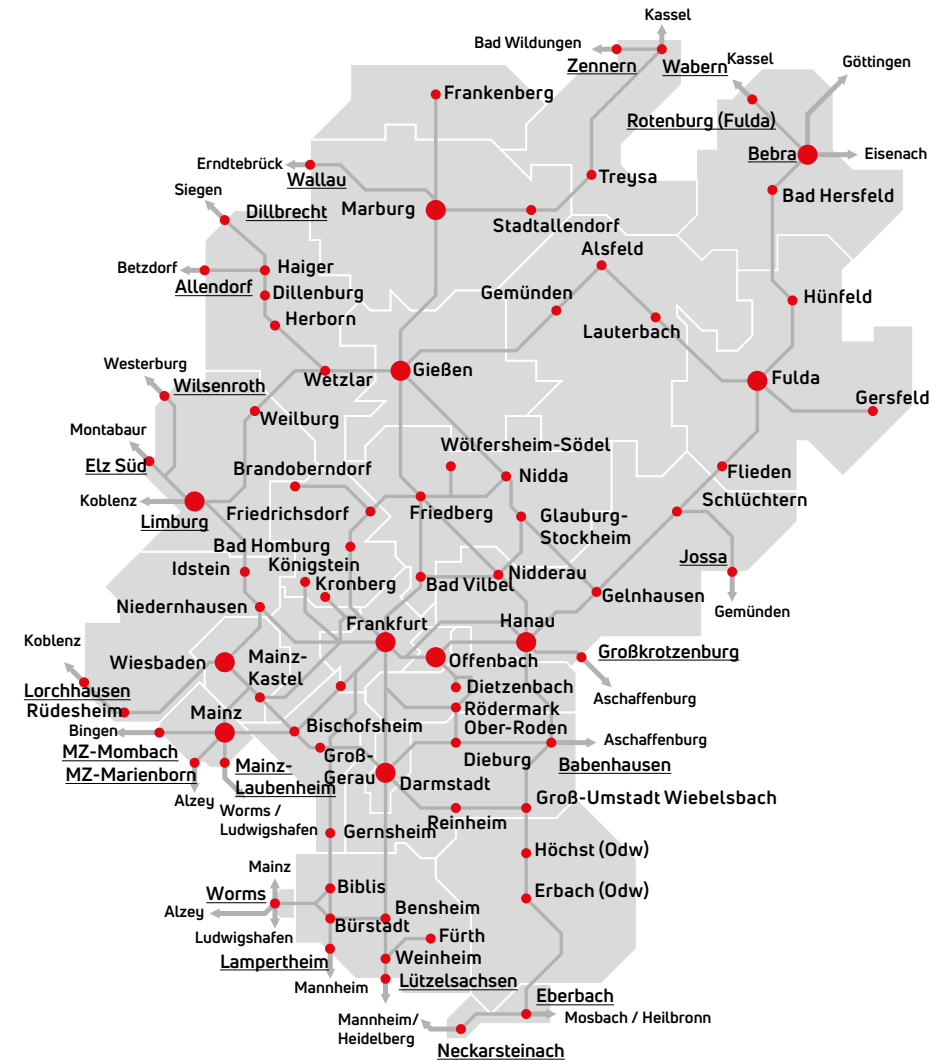
REFUND OF THE SEMESTER TICKET FEE

The semester ticket is a solidarity ticket. This means that the price can only be so low because all students have to pay it. In the following cases you can get the contribution but will be refunded.

- Study-related **stay abroad** of at least 3 months per semester
- Entitlement to carriage in accordance with the Severely Disabled Persons Act or a possession of the **Severely Disabled Persons Pass** and the associated token
- **Internship** outside the RMV area of at least 3 months per semester/Urlaubssemester
- Simultaneous enrollment at two universities with RMV semester ticket (the cheaper ticket can be reimbursed)
- For **health reasons**, it is not possible to use RMV public transport for at least 3 months during the semester
- **Online study program** (economic engineering online and mechanical engineering online)
- Holders of a state ticket Hessen
- Students who, according to confirmation from the examination office, have fulfilled the requirements for registration for the final examination and whose place of residence and actual stay is outside the RMV area

For a refund of the semester ticket, an application must be submitted in the Semesterticket Office. You can find this application on the ASTa homepage, under the section Semesterticket Office. The application as well as all necessary proof must be submitted within the deadline for the semester (four weeks after the start of lectures). In the case of reimbursement for health reasons, the application for the valid deadline can be submitted no later than four weeks after the beginning of the following semester.

SCOPE OF THE SEMESTER TICKET



underlined = Border station reached

FOLLOWME PRINT

FollowMe Print

Building 5 | 1st floor

- +49 69 1533-3262
- info@asta-fra-uas.de
- asta-fra-uas.de/print

The FollowMe Print is a service of the AStA for students of the Frankfurt University of Applied Sciences for inexpensive and uncomplicated printing, copying and scanning. How it works:

REGISTRATION AND CREDIT TOP-UP

Our team at the AStA-Service Point will take care of the registration for you (Red House, 1st floor). All we need is your Study-Chip, which is linked to your account and can be used from now on (alternatively to your PIN) to log on to FollowMe Print. The next time you go to the printer, just hold the Study-Chip to the card reader and you can start.

In order to be able to execute print jobs, there must be credit on your FollowMe Print account. Credit vouchers are available in different sizes in the AStA-Shop.

OPERATION OF THE DEVICES

After you have logged in with the study chip, you can find documents that you have sent in advance as PDF to print@asta-fra-uas.de in the print order option. From the received files you can select the ones you want to print and print them. Of course you can also make copies with the credit simply by placing your original in the printer and pressing Quick Copy.

You also have the option to scan documents and send them to your e-mail address in the desired format using the Scan to E-Mail option. The different functions can of course also be used with a USB stick.

YOU HAVE NO STUDY-CHIP?

For a deposit of 10 Euros, a blank card or a key fob can be borrowed from the AStA. We would like to enable not only the students of the Frankfurt UAS but also the teaching staff and employees to take advantage of our offer and the associated low prices.

PRINTER LOCATIONS ON THE CAMPUS

printer/copier:

In front of the cafeteria (Building 4), below the stairs and in the AStA (Building 5 | 1st floor).

plotter:

In the AStA (Building 5 | 1st floor).

See map on page 1



LARGE FORMAT PRINTER

At the beginning of WiSe 17/18 we have expanded our existing range of products with a state-of-the-art large format printer (Canon IPF785). This enables you to print CAD and GIS plans up to max. A0+ in b/w and color. For this purpose we have different grammages and a cutting bar at your disposal. Paper and ink are always in stock in large quantities, especially during the examination period.



PREISLISTE CAD- UND POSTERDRUCKE

CAD black/white		CAD color		Poster black/white		Poster color	
Format	Price	Format	Price	Format	Price	Format	Price
A2	0,50 €	A2	1,25 €	A2	4,00 €	A2	5,00 €
A1	1,00 €	A1	2,50 €	A1	8,00 €	A1	10,00 €
A0	2,00 €	A0	5,00 €	A0	16,00 €	A0	20,00 €

Grammage CAD: either 90 g/m² or 120 g/m²

Grammage poster printing: 180 g/m²

COMMITTEES

Student Parliament

+49 69 1533-3262

✉ praesidium@stupa-fra-uas.de

Committees are the self-governing bodies of the university.

A public university is not organized „from the higher ups“! With a few exceptions, all decisions are made in the committees that represent the groups involved. In principle, four areas can be distinguished:

STUDENT SELF-GOVERNMENT

Committees consisting only of students (StuPa, AStA & Student councils).

ACADEMIC SELF-GOVERNMENT

Committees consisting of: students, professors and staff members (Presidium, Senate, Dean's office, department councils and exam committees)

There are **committees at department levels**.

For example:

- Study contents and organization
- Hiring of professors
- Creation and updating of degree programs

And **committees at university level**.

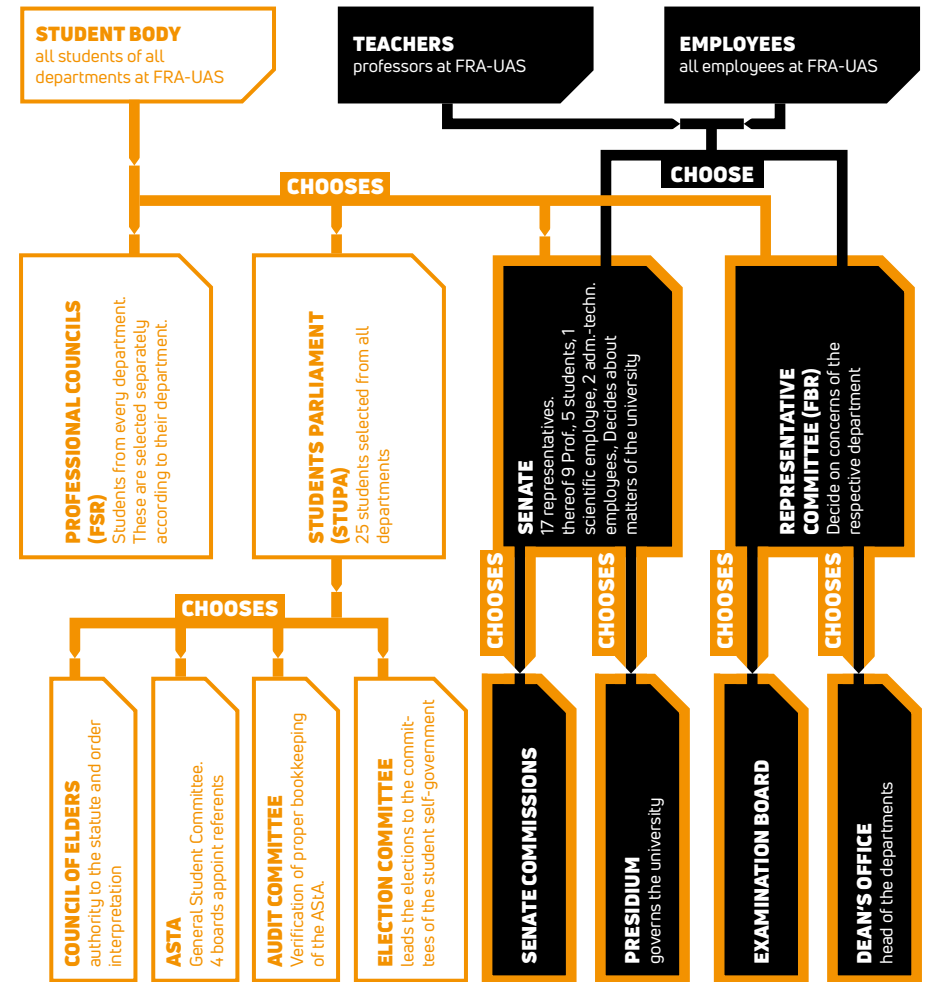
For example:

- decisions which concern all degree programs and faculties (legal, financial, personnel, etc.)
- Strategic orientation of the university
- Framework for the faculties

COMMITTEES OF STUDENT SELF-GOVERNMENT

The students are the numerically largest group of the university. The student self-determination is in the Hessian Higher Education Act (HHG) - this allows us in many ways to help shape the university and enforce our interests.

BASIC STRUCTURE OF THE COMMITTEES



■ Students self-government ■ Academic self-government



STUDENT PARLIAMENT (STUPA)

The Student Parliament (StuPa) is the highest decision-making body of all registered students at our university (i.e. the constituted student body). There are 25 seats for student parliamentarians, who are elected by the students. The elections take place in the winter semester together with the elections for the university committees (Senate, Departmental Council, Student Council). In the StuPa, university policy and other topics relevant to the students are discussed and democratically negotiated. However, the StuPa also elects, for example, the board of the General Students' Committee (AStA), advises and approves the budget and appoints other committees such as the Hardship Committee and the Audit Committee. In addition, the StuPa elects a presidium from the ranks of the female parliamentarians, which is responsible for ensuring that the meetings are conducted properly and that the parliament fulfills the tasks set forth in the StuPa's statutes. The StuPa sessions usually take place monthly during the lecture period and are open to the university, so you are all welcome to attend! The invitations as well as the minutes are posted on the StuPa boards in the different buildings. You can also keep up to date on dates and agenda items on the Facebook page of the student parliament.

If you feel like helping to shape your university, just drop by and find out if the student parliament is the right place for you to get active!

We are looking forward to you,
your StuPa presidium

Alexander Birkner
Vice president

Sascha Hippert
President

Janina Warschewski
Secretary



GENERAL STUDENT COMMITTEE (ASTA)

The General Students Committee manages the business of the constituted student body. It represents the students' interests towards the university and the public. In addition, it implements the resolutions of the student parliament. Among other things, it organizes cultural events (e.g. the summer party), conducts negotiations with contractual partners (e.g. RMV) and actively promotes the interests of the students in internal and external university policy. All students who are interested in the work of the AStA can contact the staff in the AStA office at any time.

STUDENT COUNCILS

The student councils represent the interests of the students in their departments. Above all, they are concerned with the content and organization of the study programs. Here they provide the interface to the administration (deaneries and departmental councils). They bring together the problems of the students, suggest solutions and try to mediate in cases of conflict.

STUDENT DEPARTMENTS

Each department has its own student council. In them, students of the subject organize themselves and volunteer their time and effort for the study conditions, e.g. in designing the course offerings, conduct information events such as the Ersti introductions and plenary meetings, organize parties, social evenings and much more.

Some members of the student council also work in committees such as the AStA, StuPa, Senate, student council, examination board and other committees or commissions, where they represent the interests of the students. Further information on the individual student councils follows on the following pages.

The student councils are always looking forward to new people who want to contribute. So if you want to participate and help shape your studies and institute life, please contact your student council.

COMMITTEES OF ACADEMIC SELF-GOVERNMENT

The university is largely self-governing. Important decisions on research, teaching and studies are made in the central and decentralized committees of the university. This is limited by the Hessian Higher Education Act (HHG) and the Higher Education Framework Act (HRG). Of course, students are also represented here!

SENATE

The Senate is the highest body of the university. It advises in matters of research, teaching and studies that affect the entire university or are of fundamental importance and is composed of 17 university members, 5 of whom are students:

- 9 professors
- 5 students
- 1 academic staff
- 2 administrative-technical staff

The members of the Presidential Board, the Women's and Equal Opportunities Representative, the Representative for Severely Disabled Persons, and the Chairperson of the General Students' Committee and the Staff Council are members of the Senate of Frankfurt University of Applied Sciences in an advisory capacity. The Senate is chaired by the President.

PRESIDIUM

The Presidium is responsible for all matters that are not assigned by law to another body. It directs the university, promotes its timely internal and external development with the participation of the university council together with the other organs, the departments, the members and relatives. It consists of the President, the Vice-President for Studies and Teaching, the Vice-President for Scientific Infrastructure, Research and the Chancellor.

DEANERIES AND FACULTY COUNCILS

The departmental councils are the elected committees in the departments. They decide on courses of study, teaching content, professors and other personnel issues. The Dean's offices consist of the Dean, the Vice Dean and the Dean of Studies. The dean is the chairman of the faculty council.

EXAMINATION BOARDS

The examination committees organize the implementation of the examinations, take care of spatial planning, set the examination dates and ensure that the legal framework is observed.

FACULTY 1

Architecture | Civil Engineering | Geomatics

We for you...

We, the Fachschaft 1, are the honorary representatives of the faculty of architecture, civil engineering, real estate and geomatics. Our task is to represent the students in the official committees. Furthermore we help you with all questions and problems.

Come by...

We always have an open ear for all your concerns. You are always welcome to come by and get involved. We hold regular student council meetings.

The best thing is to contact us during our opening hours and find out about our meeting dates. In addition, we are also regularly at the student council for you outside of the meetings. You can see our opening hours in front of our student council room (building 9 room 10). We would be happy to help you with your concerns. We, as a student council, take care of the printing of old exams or the annual allocation of lockers and their administration during our opening hours. Furthermore, we are the contact person for problems that might arise in the course of your studies. Due to our good networking within the department and beyond, we hope to be able to solve any problem and deal with any concerns of students in department 1.

Write us...

If you have other questions or concerns you can also write us a mail.

Faculty 1

Building 9 | Room 10

- ☎ +49 69 1533-2327
- ✉ info@fachschaft1-fra-uas.de
- 📘 Fachschaft 1
- 📷 fachschaft1



Faculty 2

Building 8 | Room 8

- ☎ +49 69 1533-2023
- ✉ post@fachschafft2.de
- 🏠 fachschafft2.de
- 📘 facebook.com/Fachschafft.02

**FACULTY 2**

Computer science | Electrical engineering | Engineering

Who are we?

Fachschafft 2 are all students of Faculty 2. With 27 degree programs and almost 5000 students, we are the largest of the four student councils and bring engineers and computer scientists from various disciplines under one roof.

The student council consists of 11 members elected by the student council 2, supported by alumni and other active members. They are in office from April to March and are primarily there to make life easier for the students.

What we do?**We...**

- stand up for your interests in committees such as the student council and examination committees to professors
- support you with small and large problems with professors
- give out old exams, learning material and advice
- organize various events, such as the always popular student Christmas party with laser tag, interesting lectures (for example, starting salaries for engineers), Movie night, video game tournaments
- will release our „survival guide“, where newcomers can find important places and information about our department
- organize breakfast for the first semester students
- award lockers
- work with exam regulations and regulation changes
- sell coffee, beer and soda
- and much, much more.

What do we want from you?

We are happy if you come to us with your problems and concerns. Also suggestions such as degree program or department improvements are always welcome.

Where do you find us?

The student council is in building 8, room 8c.

We have open consultation during the lecture period during lunch on Mondays to Fridays and meetings on every other Wednesday at 18:00 o'clock.

**FACULTY 3**

Business and Law

Your Student Council 3 - Business and Law is your first point of contact and always there for you, throughout your studies. Whether you have questions of any kind, problems with exams or trouble with lecturers: We will help you and find a suitable solution together with you.

Anonymous and uncomplicated!

You can come to our student council room 4/104 at any time with your concerns. You are also welcome to have a relaxed chat over refreshments such as coffee, beer, cider or many more. Instead of the student council room, we have set up a discord server this semester for meetings, group work and conversations. You can find the link on our Facebook page or on Instagram.

We are looking forward to you.

You have a cool idea for an event or initiative, whether it's related to your studies, cultural or political: Your ideas are always welcome here! The student council lives from your active involvement, for example in the student council meetings, at the round tables or at the Charity BeerPong tournament.

You want to stay informed?

Keep up to date on exams, events and anything else that affects you through our Facebook page and Instagram account. Of course you can always send us an email to: anfrage@fawion.de



FACHSCHAFT WIRTSCHAFT UND RECHT

Faculty 3

Building 4 | Room 104

- ☎ +49 69 1533-2945
- ✉ anfrage@fawion.de
- 🏠 fawion.de
- 📘 facebook.com/fawion.de
- 📷 fachschafft_fb3



Faculty 4
Building 2 | Room 4

+49 69 1533-2818
post@fachschaft-4.de

Letter box in front of the door

Opening hours:
during the week
12:00 - 14:00 o'clock

FACULTY 4

Social Work and Health

You want to make new friends, watch films together and/or have a barbecue?

You want to actively support student interests and university politics?

You want answers to your questions about studying?

You want help with problems and support with exams?

Welcome to the Fachschaft 4, where you will find competent contact persons who can advise you on all matters concerning your studies as your first point of contact. We will accompany you and offer help with problems concerning your studies. In addition, we mediate between students and lecturers in cases of conflict. Furthermore, we represent student interests in various university committees and are committed to ensuring the quality of teaching. In addition, we cover various internal and cross-departmental projects and topics in various working groups and organize events such as lectures or workshops.

Congratulations to you, because from today on, as a student of Faculty 4, you are also a member of this student body! Where can I find the student body? Our student body room 4 in building 2 is open to all students of the faculty and you are all welcome to drop by at any time!

We are looking forward to you and your opinion!

It doesn't matter if you have a concrete idea or a suggestion for improvement or if you just want to have a look. Come by, drop in, have a coffee or tea with us and be a part of the big picture. You are very welcome!

Besides the daily opening hours from 12 to 14 o'clock you can also reach us by mail (post@fachschaft-4.de), via the mailbox in front of our door and our Moodle classroom. See you soon!

FACULTY WEEKEND (FAWO)

Do you want to meet people from other study programs and departments? Once a semester, the student representatives spend a long weekend together. We organize the weekend by planning the semester and the basics of the work in the committees.

In addition to the technical aspects, the focus is of course also on getting to know each other and having fun. With students from all faculties, the weekend is always varied, fun and the best place to network with people from the entire university. You want to be there? Then get in touch with your student council quickly.

SUPPORT

SUPPORT OFFERS AT A GLANCE

Support

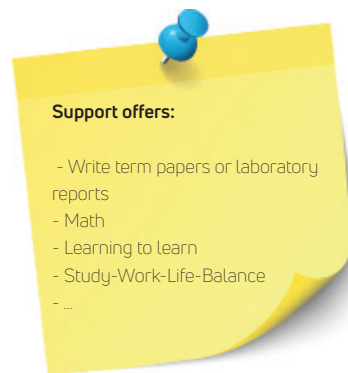
✉ [frankfurt-university.de/
support](mailto:frankfurt-university.de/support)

- You do not like writing texts?
- You always learn just before the end?
- Math was never your strength?

WE SUPPORT YOU!

You wish for an optimal start in your studies? We have collected all contact points for you to offer you the best possible support. We push you with a variety of tutorials, workshops, instructions, personal advice and more...

ALL SUPPORT SERVICES ARE FREE FOR YOU!



www.frankfurt-university.de/support

UNIVERSITY

STUDY OFFICE

The study office is your contact point for all organizational matters concerning your studies. The core tasks of the study office include the following areas of work:

- Printout of proof of performance
- Issue and dispatch of information and applications for admission and registration
- Issue and dispatch of information brochures of the respective study programs
- Leave of absence
- Exmatriculation
- Guest Audience
- Matriculation/enrollment
- Feedback
- Semester fees
- Certificates of study
- Information for students changing their course of study and study location
- Information for prospective students about the courses offered by the university
- Information on admission and registration requirements
- Repayment of contributions and fees
- Study-Chip edition and all questions about the Study-Chip
- Allocation of dates for the study consultation
- Certificate verification

APPLICATIONS AND FORMS

Application for crediting of study and examination achievements, leave of absence, refund of fees, part-time studies, withdrawal from enrollment; de-registration and other forms are available directly from the study office or online at frankfurt-university.de/studium/studienbuero

Study office

Building 1, 1st floor
Rooms 23 bis 26

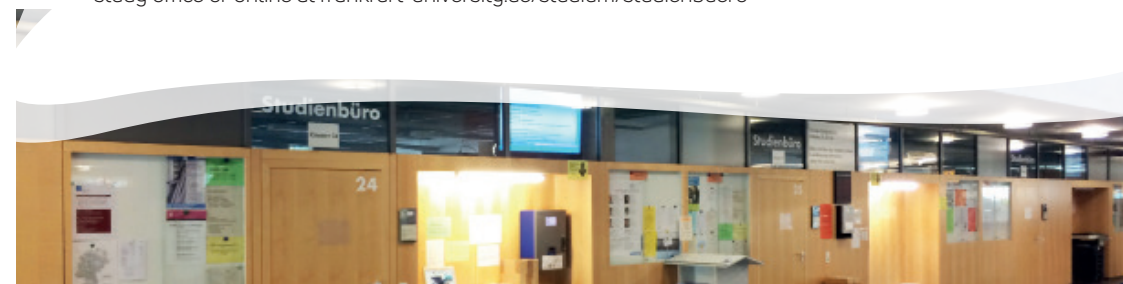
☎ +49 69 1533-3666

✉ studienbuero@stuport.fra-uas.de

Opening hours:

Reachability by phone

Mo bis Do: 09:00 – 16:00 Uhr
Fr: 09:00 – 14:00 Uhr



CENTRAL STUDENT ADVISORY SERVICE

Central student advisory service

Rooms 808, 809, 829, 830 and 832, City Gate

✉ studienberatung@fra-uas.de
 🌐 frankfurt-university.de/studienberatung

Please contact us for a first appointment. The consultation is strictly confidential.

GENERAL STUDENT ADVISORY SERVICE

You are studying at Frankfurt University of Applied Sciences and need professional help at short notice to cope with mental stress situations? You are not alone! The period of study is also a phase of personal development, in which you

- have doubts whether you have chosen the right subject.
- are wondering whether a course of study is the right one for you at all.
- are looking for help when changing your course of study or university or basically when reorienting yourself.
- need help with problems related to your studies.
- are in a difficult personal life situation that puts a strain on your studies.
- would like support on your way into professional life, e.g. you would like to set your goals, have your application documents checked or prepared, or prepare for an application.

PSYCHOTHERAPEUTIC COUNSELING

You are studying at Frankfurt University of Applied Sciences and need short-term help in acute crisis situations or psychological support for longer-term difficulties? We will not leave you alone with this - the Psychotherapeutic Counseling Service is there for you!

Frequent consulting occasions are for example

- Depressive moods
- exam nerves or other anxieties
- conflicts in partnership, family or other social relationships
- Contact difficulties, loneliness, isolation
- Strong self-doubt and uncertainty
- Sleep disorders and other psychosomatic stress symptoms
- Work and concentration disorders

Often, even a single conversation can help to develop possible solutions and new approaches. The consultation is free of charge for you and will be treated in strict confidence in accordance with the obligation of secrecy.

Psychotherapeutic counseling

Room 810, City Gate
 Psych., M.Sc. Jannika Hummel

Room 808, City Gate
 Dipl.-Social pedagogue, organizational psychologist M.OP.
 Rihab Dubau

☎ +49 69 1533-3218
 ✉ ppt@fra-uas.de
 🌐 frankfurt-university.de/studium/beratungsangebote/psychosozialberatung



E-LEARNING

The university has long been committed to expanding the range of courses offered through media-supported teaching and learning concepts. E-learning complements the attendance of traditional lectures with digital courses, such as Moodle or video lectures.

LEARNING PLATFORM MOODLE

the central learning platform, accessible via the Internet, currently forms the hub of e-learning activities at Frankfurt University of Applied Sciences. Moodle is used in many different ways: Presentation of content (learning content), tools for creating tasks and exercises, evaluation and assessment tools, administration (of learners, teachers, content, courses, learning progress, dates) and as communication tools.

SUPPORT AND LEARNING SUPPORT

Most Moodle courses require a registration key. This is usually obtained directly from the professors who use Moodle for their lectures (usually at the beginning of the lectures).

LECTURE RECORDINGS

Recordings of complete lectures as well as screencasts are created and used online for the preparation and follow-up of students.

TIP:

You can reach the Moodle site at the following address: moodle.frankfurt-university.de

EXAM ADMINISTRATION

QIS-HIS PORTAL

With the QIS portal (QIS = Quality Improvement of University Administration on the Internet, through self-service), students at Frankfurt UAS have the possibility to access functions such as semester re-registration, address changes, printing of certificates and, of course, exam registration and deregistration via the Internet.

WHERE CAN I FIND THE QIS-HIS PORTAL?

You can log into the QIS-HIS portal from any computer: his-www.dv.fh-frankfurt.de

WHERE CAN I GET MY ACCESS DATA?

For the first login to the HIS you need an identification (student number) and the initialization password, which you can change later. With your registration you received the access data for the self-service stations (building 1, ground floor, desk terminal) in addition to the study chip. There you log in with the study chip and receive the HIS initialization password, with which you can now log in to the QIS-HIS portal for the first time via the Internet.

EXAMINATION ADMINISTRATION

In addition to the exam registration and deregistration, this area contains the grade sheet. With this function you can get an overview of your previous exam performances. Passed and failed exams are displayed. Furthermore, you have the possibility to download examination certificates and your grade sheet as PDF files to print them out afterwards.

STUDY ADMINISTRATION

In this section you will find your study certificate with/without matriculation number, certificate according to § 9 BAföG and the data control sheet.

STUDENTS IN QUALITY MANAGEMENT

For the Frankfurt UAS, its students are the center of interest. We offer a practice-oriented academic study program and support all committed and motivated students to the best of our ability to successfully complete it. The quality of our study programs is very important to us and you as a student can contribute in many ways:

- **Course evaluation:** During the lecture period you can evaluate courses using a standardized questionnaire. Your department will determine when which course is evaluated. The completed questionnaires belong in a sealed envelope, which is best thrown by a participating student into one of the designated collection containers. Our evaluation service evaluates the survey and sends the results to the lecturer within 48 hours. Teachers are obliged to discuss the results with their students.
- **Round tables and focus groups on course development:** At least every three to four semesters, students are systematically asked about the quality of their degree program. In some departments, these discussions take place together with the head of the program and the lecturers, in other departments the quality management representatives (QMB) only talk to students and pass on their feedback to the head of the program and the lecturers. The results of these rounds flow into the continuous development of the program.
- **Final survey:** When you are about to graduate, you will be given the opportunity to evaluate your studies and course of study with a standardized questionnaire. We look forward to receiving your feedback on the structure, equipment, individual modules, etc. Contact difficulties, loneliness, isolation
- **Graduate Study:** About one year after you graduate, we will contact you by mail to find out about your future career. From these surveys we know that our Absolvent*ins usually have excellent career prospects.

Quality Management

frankfurt-university.de/qep

You can place constructive feedback at any time with your program management, the QMBs or within the framework of our central feedback and complaint management:

- Central QMB:** Dr. Christoph Rosenbusch, quam@fra-uas.de
- QMB Faculty 1:** Christina Ness, christina.ness@fb1.fra-uas.de
- QMB Faculty 2:** Dr. David Schmidt, david.schmidt@fb2.fra-uas.de
- QMB Faculty 3:** Marco Rene Susnik, susnik@fb3.fra-uas.de
- QMB Faculty 4:** Anja Waterkamp, awaterka@fb4.fra-uas.de

Central feedback and complaint management: You can place constructive feedback at any time with your program management, the QMBs or within our central feedback and complaint management:

Central QMB – Dr. Christoph Rosenbusch, quam@fra-uas.de

QMB Faculty 1 – Christina Ness, christina.ness@fb1.fra-uas.de

QMB Faculty 2 – Dr. David Schmidt, david.schmidt@fb2.fra-uas.de

QMB Faculty 3 – Marco Rene Susnik, susnik@fb3.fra-uas.de

QMB Faculty 4 – Anja Waterkamp, awaterka@fb4.fra-uas.de

Central feedback and complaint management – Rihab Dubau, feedback@fra-uas.de

FEEDBACK AND COMPLAINT MANAGEMENT FOR STUDENTS

The feedback and complaint management is your contact point for complaints, criticism, suggestions for improvement or even praise on all topics related to studies and teaching. You can contact the feedback management via a contact form on the website, by e-mail, telephone or in person and describe your concerns.

Possible topics for feedback are

- Infrastructure - buildings, rooms, material, equipment, working tools, etc.
- Courses - contents, dealing with students, materials, etc.
- University administration - service, friendliness, information behavior, etc.
- Conflicts with teachers or administrative staff Security / insecurity on campus
- Concrete suggestions for improvement - for processes, work equipment, etc.
- Satisfaction with a good experience - e.g. with people, processes, service, etc.

This does not apply to complaints relating to legally relevant infringements, contradictions under examination or approval law or infringements of the General Equal Treatment Act.

Your feedback will be kept strictly confidential and your personal data will not be passed on to third parties unless you expressly agree to it beforehand.

Mehr Infos und das Kontaktformular findest du hier: <https://www.frankfurt-university.de/de/studium/feedbackmanagement/>

Feedback Management

Rihab Dubau
Room 808, City Gate

+49 69 1533-3251
feedback@fra-uas.de

LIBRARY

Library
Building 3

+49 69 1533-3300
bibl@bibl.fra-uas.de
[frankfurt-university.de/
bibliothek](http://frankfurt-university.de/bibliothek)

Opening hours:
You can find the opening hours
on the homepage

The library serves as a central service facility of the university for the supply of literature and information to students and staff. It supports studies, teaching and research by providing specialist literature, promoting information competence and also serves as a place of learning.

COLLECTION FOCAL POINTS

The library primarily collects current specialist literature for study, teaching, research and further education. An increasing amount of media is provided in digital form.

The library offers about 210,000 books, journals and standards, as well as over 50,000 e-journals, e-books and databases a constantly growing range of items for lending and use on site..

LEARNING AND WORK ROOMS

In addition to the reading room, group rooms and individual workstations are available for reading and learning.

SERVICES

At the information desk you will receive assistance in literature research and in the use of e-books, e-journals or databases. If necessary, e.g. for upcoming theses, you can also arrange individual appointments. In addition, the library offers research training courses for groups of 5 persons and more.

For literature management and knowledge organization when writing scientific papers and theses you can use the Citavi program. The library offers regular introductory courses for this purpose. You can also find self-study tutorials for Citavi in Moodle.

SCANNING, PRINTING AND INTERNET ACCESS

In the rooms of the library there is a PC pool with free internet access, a printing station and copiers. In addition, there are two book scanners on which documents up to A2 can be scanned free of charge.

INTERNATIONAL OFFICE

The goal of the International Office of Frankfurt UAS is to support international and domestic students through a wide range of counseling and support services. Let yourself be inspired and become part of the Frankfurt University of Applied Sciences!

WAYS TO GO ABROAD

Plan your semester abroad! The International Office is your contact for your international projects.

You will find all relevant information about our more than 200 partner universities, scholarship programs and application procedures in our Moodle course: „Preparation for study abroad“. In addition, we offer information events on Zoom and are happy to answer all your questions. The dates can be found on our website „Wege ins Ausland“. It is best to plan enough time for your application, as the application phases are sometimes more than a year in advance.

BUDDY PROGRAMM

Become a buddy for the students of our partner universities and get to know people from all over the world! You can find information about registration on our website.

SUMMER UNIVERSITY

Away for a moment! Experience abroad in a different way: If you do not have the opportunity to study abroad for a whole semester, you can also gain experience abroad by participating in a short-term program. In addition to the academic courses, there is also an interesting cultural program. For more information, please visit our website under „Summer Universities Abroad“

Study and internship in Europe

Stephanie Porter
Building 1, Room 9
europa@io.fra-uas.de

Study and internship overseas

Ruth Conrads
Building 1, Room 11
overseas@io.fra-uas.de

Buddy Programm

Elisa Lange
Building 1, Room 115
[incoming.exchange@
io.fra-uas.de](mailto:incoming.exchange@io.fra-uas.de)

The current office hours about Zoom and much more information can be found on our website:
[frankfurt-university.de/
international](http://frankfurt-university.de/international)

TIP:

Students of Frankfurt UAS can apply for a library card for the Central Library of Goethe University Bockenheim free of charge



Specialized language center
Building 2, Room 371

Secretariat
Frau Hellmich
Frau Reitz

+49 69 1533-3106
sekretariat@fsz.fra-uas.de

Opening hours
Mo to Fr: 10:00 - 12:00 o'clock
Saturday closed

SPECIALIZED LANGUAGE CENTER

The DSC offers all students a university-wide foreign language and technical language program, which takes into account the increasing importance of foreign language skills for studies and work and can be certified. In addition, the writing workshop offers various formats for the promotion of writing competence.

GENERAL FOREIGN LANGUAGE PROGRAM

open to all, some of them can be used as elective courses.

The following languages are currently available:

English, French, Spanish, Portuguese, Italian, Russian, Turkish, Arabic, Dutch, Japanese, Korean, Chinese, Introduction Sign Language

COURSE-INTEGRATED PROGRAM

obligatory specialized language courses, which are directly linked to the contents of the respective course of studies and are therefore specially designed for these students.

WRITING WORKSHOP

In individual consultations and topic-specific workshops, questions on academic and professional writing can be clarified, e.g. on how to argue or write a text for the final thesis.

DAAD LANGUAGE CERTIFICATE

is issued for planned stays abroad after written and oral examination in the DSC; costs: 25 €

GERMAN COURSES

for foreign students of the FRA-UAS, for exchange students and for those who prepare themselves linguistically for studying at the FRA-UAS (welcome year, DSH)

LANGUAGES OF ORIGIN: RUSSIAN AND TURKISH

Students of the FRA-UAS who already have a good oral knowledge of the Russian or Turkish language (either because it is their native language or because it was acquired at the B2 level) and would like to professionalize their spoken and written language use.

SPEEXX UND SELF ACCESS CENTER

At the FSZ there are various possibilities for independent language learning, e.g. language learning magazines, grammar, the learning program SPEEXX (also for cell phones) as well as tutors, who help with everything.

TECHNICAL LANGUAGE CERTIFICATE

Advanced students can acquire a specialized language certificate in English (C1) and French/Spanish (B2) in various fields; can be extended to the International Certificate.

SELF STUDY CENTER (SLZ)

Students at Frankfurt University of Applied Sciences have self-study rooms with about 400 places on the second floor of the City-Gate. The self-study center (SLZ) has ten work rooms of different sizes for study groups and project teams, as well as several rooms for individual work for final theses and for learning. In addition, a copier, a DIN A3 scanner, a PC pool with many computers and the „KostBar“, the café in the self-study center, are available for use in addition to borrowing materials.

OFFERS TO SUPPORT LEARNING

In addition, the self-study center offers students a variety of services to support their learning. During the lecture period, students are usually offered weekly support for scientific work and mathematics at the HelpDesk. In this format, students can come by with any questions on the topic, and the students in the higher semester present offer help and orientation in the learning material. During the exam preparation phase, special topics are also offered for several hours on selected topics in mathematics and scientific work. A topic frequently requested by students in the last semesters was, for example, „Scientific Work in Word“.

LEARNING ADVICE FOR STUDENTS AT THE SLZ

Also available in the self-center are offers of learning guidance. For individual students there are support possibilities for „learning to learn“, but also for certain technical questions by the SLZ tutors, who can be found at the counter of the self-study center. Learning strategies and learning methods to increase learning success are additionally taught by a learning consultant. Open office hours for this learning consultation are Thursdays from 10 to 12 o'clock in room 234 in the City Gate.

Self study center

City Gate (BCN)
1st floor

+49 69 1533-3131
selbstlernzentrum@fra-uas.de

Learning guidance (at SLZ)

City Gate, Room 234

Soziologe M.A.
Marc-Oliver Maier

lernberatung@fra-uas.de

TIP:

If you do not have time during the lectures, the DSC offers intensive courses also during the lecture-free period.

SUPPORT SERVICES FOR STUDENTS

SUPPORT IN MATHEMATICS

Support in mathematics

City Gate, Room 102a

David Koster

+49 69 1533-3373

david.koster@best.fra-uas.de

Raina Jockers

+49 69 1533-3128

raina.jockers@fb2.fra-uas.de

frankfurt-university.de/hdmathe

frankfurt-university.de/tsmathe

HELP DESK: MATHEMATICS

The Help Desk: Mathematics offers individual support in self-study. Students can learn on site and, if necessary, direct their questions to qualified peer tutors or obtain feedback, e.g. when solving exercises. According to the motto „help for self-help“, students are instructed to develop the contents and solutions as independently as possible. This not only strengthens the students' professional competence but also their learning strategies. Current opening hours will be announced on the homepage after the start of the lecture.

TOPIC SPECIALS MATHEMATICS

The Mathematics Specials are learning sessions lasting several hours on selected basic mathematical topics, e.g. fractions, power laws or logarithms. Here, students can refresh their knowledge in a small group under the guidance of a teacher and fill in gaps from their school days. The current program is published on the homepage and is supplemented during the semester. Suggestions and wishes are welcome. Participation is free of charge and possible without registration.

SUPPORT FOR SCIENTIFIC WORK

Support with scientific works

City Gate, Room 102a

David Koster

+49 69 1533-3373

david.koster@best.fra-uas.de

frankfurt-university.de/slz

TOPIC SPECIALS SCIENTIFIC WORK

The topic specials scientific working deal with technical challenges and the challenges of working with Word and Excel. While the workshop on Word deals with questions about the table of contents, page numbers and other formatting, the Excel topic specials deal with e.g. creating diagrams and working with functions. Just drop by and take one or the other helpful tip with you. Further information is available on the website.

HELP DESK: SCIENTIFIC WORK

The Help Desk: scientific work offers the possibility to ask open questions about scientific work. This can be homework, laboratory reports, presentations or similar. Just write me a mail.

REACTING (RESEARCH, ACADEMIC WRITING AND BEYOND)

ReActing supports you in writing your scientific work. In individual consultations or topic-specific workshops, questions about scientific work can be clarified, such as how to formulate a research question, how to cite correctly or how to evaluate literature sources.

BERATUNGSSTELLE „STUDIERN MIT BEHINDERUNG/BEEINTRÄCHTIGUNG, CHRONISCH-SOMATISCHEN ODER PSYCHISCHEN ERKRANKUNGEN“

Counseling and support for students with disabilities is a service offered by Frankfurt UAS that ensures the implementation of Article 24 (paragraph 5) of the UN Convention on the Rights of Persons with Disabilities. This demands „that people with disabilities have access to general higher education, vocational training, adult education and lifelong learning without discrimination and on an equal footing with others. Our advisory services are aimed at prospective and current students with disabilities/disabilities, chronic somatic or mental illnesses, and we advise you on the organization and implementation of your studies and on all aspects of compensating for disadvantages. Our guiding principle is equal opportunities by avoiding disadvantage and discrimination. We follow an inclusive approach. We are committed to barrier-free access at all levels of the university.

At a glance: We offer information and advice

- if interested in studying
- for new students
- in the course of study
- to assistance claims
- to compensate for disadvantages
- for questions about study planning/organization

Individual consultation dates can be agreed upon by Mail students of the faculty 4 contact please: inklusion@fb4.fra-uas.de
Studierende the faculties 1, 2 and 3 contact please: studium-behinderung@fra-uas.de

ReActing

City Gate, Room 202

Dr. Verena Demiröz

+49 69 1533-3895

reacting@fra-uas.de

frankfurt-university.de

Moodle:

<https://moodle.frankfurt-university.de/course/view.php?id=6782>

Information center

Student contact persons:
Building 1, Room 126

Maike Reichardt
Carlotta Coda
Christina Gras

Representative for Students with Disabilities and Counseling and Service:

Building 2, Room 315
Prof. Dr. Bettina Bretländer

Building 1, Room 126
Alexandra Hoene-Lindemann



**Center for Applied
European Studies**
City Gate

+49 69 1533-3364
Info@caes.fra-uas.de
europe-center.de

CAES Board of Directors

Prof. Dr. Dr. Michel Friedman
Managing Director

Prof. Dr. Martina Klärle
Stellvertretende
Executive Director

Prof. Dr. Barbara Lämmlein

Prof. Dr. Ulrich Schrader

CENTER FOR APPLIED EUROPEAN STUDIES (CAES)

The interdisciplinary Center for Applied European Studies (CAES), founded in 2016, is dedicated to the interdisciplinary and application-focused reflection of the topic of Europe. The Frankfurt UAS sees it as a social responsibility, especially in these times - in the European metropolis where the ECB is based - to commit itself to Europe as a great project of democracy, peace and freedom and to implement a constructive dialogue about the future.

The interdisciplinary and international positioning of research and teaching at Frankfurt UAS provides an excellent basis for developing and discussing European issues and proposing solutions. An important field of activity of the CAES is the dialogue with the public, including various social perspectives from the fields of culture, politics, business and science. With the lecture series „Think Europe - Europe thinks“, launched in November 2016 and opened by Prof. Dr. h. c. Gesine Schwan, CAES regularly offers a public discussion platform on European issues, challenges and visions.

In addition to the lecture series, symposia, think tanks and further education formats are offered. Furthermore, CAES offers different formats for students around the topic of Europe. For example, in the winter semester 2016/2017 a photo competition entitled „Europe's Future is...“ and in 2018 a video competition on „Imagine a New EU“ was announced.

SUPPORTING ASSOCIATION OF THE FRANKFURT UNIVERSITY OF APPLIED SCIENCES E.V.

For almost 25 years, we have accompanied the university as a sponsoring association and have supported it in various ways to achieve its goals.

In order to make the achievements of teachers and students clear, we award prizes, among other things. Students can, for example, be nominated for the graduate prize. In addition to good grades and adherence to the standard period of study, active participation in committees and projects, social or cultural commitment, special commitment to the internationalization of the university or commitment to disadvantaged groups/minorities are especially appreciated.

Dear students, make the most of your time at Frankfurt University of Applied Sciences, get involved! Get involved in and for the university and perhaps you will even become a member of our support association.

Commitment and networks are becoming increasingly important in our society. Consider your time at Frankfurt University of Applied Sciences as an important building block for your personal development and your future network.

I wish you a successful time at university
Petra Rossbrey
Chairwoman

Supporting association of the
Frankfurt University
of Applied Sciences e.V.
Nibelungenplatz 1
60318 Frankfurt am Main

Management
Monika A. Rosenberger
Building 2, Room 562

+49 69 1533-2166
foerderverein@fra-uas.de



TIP:

Register for our events and discuss with renowned initiators from the fields of culture, politics, business and Science about Europe!

Picture left: CAES and AstA inform together on campus.

EQUALITY

**Women and
Equal Opportunities Officer**
Building 2, Room 169

+49 69 1533-2424
+49 69 1533-2428
+49 69 1533-3345
fgb-buero@hsl.fra-uas.de
frauenbeauftragte@hsl.fra-uas.de
<https://bit.ly/2UdGlwe>

Complaints office
Presidium of the Frankfurt UAS
Building 2, Room 514

**Initial counselling centers
(extract) of the directive on respectful and fair treatment and protection against discrimination and disadvantage**

Faculty 1:
Christina Ness
+49 69 1533-3023
christina.ness@fb1.fra-uas.de

Faculty 2:
Zühal Demirezen
+49 69 1533-2267
demirezen@fb2.fra-uas.de

Faculty 4:
Heike Beck
+49 69 1533-2639
heibeck@fb4.fra-uas.de

AStA Anti-Discrimination
Department
+49 69 1533-2116
antidisk@asta-fra-uas.de

WOMEN AND EQUALITY OFFICE

In cooperation with the Women's Commission, the Women's and Gender Equality Officers advocate the equal and balanced participation of women and men at the university. Women can contact the Women's and Equal Opportunity Commissioners at any time with their questions and ideas or specific conflicts.

The Women's and Equal Opportunity Commissioners support the university and department heads, the committees and all members of the university in integrating aspects of gender relations in all decision-making processes in teaching and research. They oppose all forms of discrimination and advocate family-friendly study and working conditions.

Up-to-date information on gender issues, such as events, conferences and publications, promotion of women in MINT subjects and relevant job offers can be obtained via the Moodle platform. The access code can be requested from the Women's and Equal Opportunities Officer: frauenbeauftragte@hsl.fra-uas.de

ANTI-DISCRIMINATION

At Frankfurt University of Applied Sciences, fairness and appreciation in dealing with each other should become a matter of course. For this reason, the Frankfurt UAS is committed to fight against any form of discrimination and border-crossing.

At the end of 2017, the anti-discrimination guideline of the Frankfurt University of Applied Sciences was passed. For the first time, the directive establishes a procedure for the protection against and handling of discrimination, sexualized harassment and violence, stalking and mobbing. This complaints procedure shows those affected what they can do and who they can turn to.

An official complaint, which entails a legal examination and can have consequences for the accused persons, is addressed to the university management before a formal complaint procedure is initiated, the person concerned should first seek advice from an internal initial counseling center.

INITIAL ADVICE CENTERS

The Frankfurt UAS has established an extensive initial counseling service for all university members who have experienced or observed discrimination. For those affected and witnesses of discrimination, se-

xual harassment, violence, stalking or mobbing, the initial counseling offers low-threshold entry support.

The initial counseling takes place in a confidential setting and nothing is done against the will of the person being counselled.

ANTI-DISCRIMINATION COUNCIL

The Anti-Discrimination Council is the contact for all questions concerning anti-discrimination at the university. The task of the Anti-Discrimination Council is to develop preventive measures and to support the initial counseling centers with conceptual considerations and evaluations. Other areas of work include advising the presidency, raising awareness among the university public, drawing up recommendations, and evaluating and further developing the anti-discrimination directive.

Do you see a need for action to improve prevention measures, would you like to participate in the development of measures or do you have ideas for further training and events for protection against discrimination?

Then contact the Anti-Discrimination Council:
antidiskriminierungsrat@hsl.fra-uas.de

The meetings of the Anti-Discrimination Council are open to all members and relatives of the university.

You can find a list of first-time consultants here:

frankfurt-university.de/de/hochschule/wir-ueber-uns/gleichstellung-und-diversity/antidiskriminierung/beratungsstellen/

Anti-Discrimination Council

antidiskriminierungsrat@hsl.fra-uas.de

Campus Kids

Management: Jelena Ljubicic

+49 69 1533-2865
campuskids@bvz-frankfurt.de

Scientific support
Prof. Dr. Ute Schaich

+49 69 1533-2843
schaich.ute@fb4.fra-uas.de

The Flexible Care is located in the annex of building 6.

THE RESEARCH-ORIENTED CHILDCARE CENTER

For members of the university, the house offers options to better combine study and work with raising children. In addition to the childcare services offered by Campus Kids and the advisory services of the Family Office, students can learn the basics of early education and learning workshop pedagogy in seminars and internships. The Kinderhaus offers teachers and students numerous research opportunities under specific research conditions.

CHILD CARE

FLEXIBLE PLANNING SUPPORT

In cooperation with BVZ GmbH, Frankfurt UAS offers students and employees hourly childcare for children from 9 weeks to 12 years of age, during their stay at the university. Whether regularly at certain times during the semester, for the duration of a block seminar or in special situations (exams, committee work, closing time of the day care center.

Registration can be made through the family office.

SCRIBBLESTUBE

The „Campus-Kids“ crawl space

consists of two groups with places for 20 children aged between three months and three years. The goal is to support each child in its development, regardless of origin, gender, talent and social background.

The pedagogical staff radiates security and protection as a stable reference person in the institution for the child; a positive basic attitude gives the children freedom to develop and strengthens their self-confidence.

The continuous close contact with the parents is important to us during the care of the children. For those who are interested, there is an appointment for a visit every 3rd Tuesday of the month at 15 o'clock. The registration is done via the family office.

FAMILY OFFICE

The family office is available to answer questions about the compatibility of studies, career and family. It is the contact and advice point for all university members with a child or a relative to be cared for. We provide advice on topics such as maternity leave, parental leave, part-time studies, vacation semesters, childcare and much more. In addition,

the Family Office supports the departments and faculties in the development and implementation of family-friendly structures and organizes vacation care for children between the ages of 6 and 12 during the overlap of the Hessian school vacations and the semester periods.

LEARNING WORKSHOPS FOR EARLY SCIENTIFIC AND TECHNICAL EDUCATION

DISCOVER + UNDERSTANDING + COMPREHENSION

The learning workshops work closely with the childcare facilities of the research-oriented Kinderhaus and prepare e.g. theme days for the vacation care of the family office. Students in the practice-oriented modules can try out pedagogical-didactic

methods and learn how to support girls and boys in discovering and researching in a gender- and culturally sensitive way.



Family Office

Dipl. Päd. Birgit Widera
Building, 6, 2nd Floor, Room 30

+49 69 1533-2866
familienbuero@diversity.fra-uas.de

Telephone consultation hours:
Monday to Friday
appointment by arrangement





CampusSport

CampusSport

Sports Office
Building City Gate, Room 120

Management: Jérôme Hilper
☎ +49 69 1533-2695

Speaker: Esa Böttcher
☎ +49 69 1533-2694

✉ campussport@fra-uas.de

Consultation hours:
Mo. - Fr. by prior arrangement.

Hello sport friend,

Welcome to the CampusSport of Frankfurt UAS! The CampusSport offers you a perfect physical balance with an extraordinary wide variety of sports. You can try out new things, continue to practice your favourite sports, take part in organized sports excursions with your friends or simply have fun and meet new people at various sports events. We also offer all performance-oriented athletes the opportunity to represent our university at the German and International University Championships.

Our event formats make it easy to get started:

- Sports courses, workshops and excursions for beginners and advanced students by trained instructors.
- Training company for individual competitors and competition teams.
- Free training/ free play without instruction in university sports groups.

Some important information:

- **Due to the current situation, the sports program has been suspended until further notice. To give you an idea of what to expect when the sports program starts again, we would like to introduce you to our offer.**
- **Championships:** Please note the competition program of the German University Sports Association (www.adh.de/wettkampf/). We are always looking for motivated and talented athletes who

want to represent our university on the national and international stage.

- **Exercise leader activity:** Students who would like to support us as trainers for a fee, please contact the sports office.
- **Sport Inclusive:** Inclusion sport is more than just the organizational integration of sports enthusiasts with physical or mental restrictions. Everyone gets the chance to discover and promote their own strengths at CampusSport. Please contact us directly!

We are happy to receive sporting requests, suggestions, ideas and complaints in person at the Sports Office, by phone or e-mail.

We look forward to you,
Your CampusSport team

SPORTS PROGRAM IN THE WINTER TERM 2020/2021

Due to the current corona situation there may be limitations

In order to arouse your curiosity with a single glance at the sports on offer, we have divided our course offerings into the following groups:

INDOOR SPORTS

1. ball sports

- > Badminton
- > Footbag
- > Soccer
- > Volleyball

2. FITness & Relaxation

- > Acrobatics/Acro Yoga/Juggling
- > Belly-Leg-Po
- > Calisthenics/Streetworkout
- > Fasciae & Movement Training
- > Fit for Fun
- > Interval Training
- > Kickbox Aerobics
- > Condition and fitness training
- > Move & Box
- > Qi Gong
- > Qi Gong Nei Yang Gong (weekend workshop)
- > Back course
- > Sports massage (weekend workshop)
- > Step & Body Conditioning
- > Stretch & Strength in Flow
- > Total Body Conditioning
- > Yoga
- > Zumba

3. Martial arts & self-defense

- > Aikido (weekend workshop)
- > Capoeira
- > Karate
- > Wendo - self-defense for women (weekend workshop)

CLIMBING

- > Bouldering in the Boulderwelt
- > Bouldering in Fontainbleau
- > Bouldering Meeting
- > Climbing excursion to the Frankenjura
- > Climbing excursion to Tenerife (excursion)
- > Rope Climbing

AIR SPORTS

- > Hang gliding in southern France (excursion)

DANCE SPORTS

- > Bachata Sensual
- > Forró
- > Kizomba
- > Lindy Hop
- > Salsa Cubana
- > Salsa New York Style
- > Standard/Latin
- > Tango Argentino
- > Contemporary dance

WATER SPORTS

- > Sailing trip Holland (Excursion)
- > Sport boat driver's license

WINTER SPORTS

- > Ski- & Snowboardcamp (Exkursion)
- > Sport boat driver's license

We offer you sports activities on the ground, at sea, half in the air, free in the sky and in the seminar room. With our varied offer there is something for every taste. If you are not convinced, please contact us and we will help you find the right thing for you.

On the following pages you will find brief descriptions of the individual courses. Further details, courses, news and information can be found on the homepage

www.frankfurt-university.de/campusport

INDOOR SPORTS OFFERS



1. BALL SPORTS

Activities on the ball are a great change. Whether badminton, basketball, floorball, footbag, soccer or volleyball, the team and you will be one!

Here you will find what you are looking for regardless of your level. While we offer instruction in selected ball sports activities to learn the basic techniques (beginners and advanced players), in the other ball sports activities teams are usually formed at the beginning and after a short, guided warm-up phase, they start playing (free play).

We offer the following ball sports:

- Badminton (free play and technique training for beginners)
- Footbag (free playing)
- Soccer (free play)
- Volleyball (beginners & advanced + free play)

2. FITNESS & RELAXATION

Our fitness offers give you the opportunity to maintain or improve your health and physical performance (fitness). The basic idea of this offer is not to be guided by exaggerated ambition, but to do something for yourself and your body on a regular basis. Decisive for the choice of our different fitness offers should be, besides the initial situation (e.g. overweight) and the objective (e.g. losing weight), also the fun factor. You will find a healthy mixture of fitness and relaxation offers throughout the week, which refresh body and soul, give you vitality and are also mostly recognized by health insurance companies as health care. Choose freely from the following offers and get FIT and relaxed through your everyday university life.

- **Acrobatics/Acro Yoga** is generally understood to mean physical movements that place high demands on the practitioner in terms of coordination and condition and guarantee sore muscles.
- With **Belly-Legs-Butt** Bauch-Bein-Po you do effective and intensive endurance training with the focus on stomach, legs and bottom to rousing music.
- Creative strength training with your own body weight during **Calisthenics /Streetworkout**.
- Endurance, stretching and strengthening exercises at **Fit for Fun**.
- The **Fascia & Movement Training** releases your tensions and rolls you healthy!
- In **interval training** with the various elements of tabata as well as cross training always go to the limits, before the pulse comes to rest again when stretching extensively..
- Typical martial arts techniques combined with aerobics and fitness result in **kickboxing aerobics**.
- A round of **conditioning/fitness training** to create the basis for your desired figure.
- No sparring, no excuses - your opponent is only you. With **Move & Box** you can really let off steam.
- If you are looking for something to approach the demands of everyday life in a more relaxed and serene way, try **Qi Gong**.
- **Back course** - everything that is good for your back! Recognized by all health insurance companies with money back guarantee.
- You will find instructions for relaxation in the **sports massage**.
- With **Step & Body Conditioning** to hot beats train the entire leg and buttock muscles and improve endurance.
- Enhance mobility, power and dynamics with **Stretch & Strength in Flow**.

- **Total Body Conditioning**, a dynamic strength, endurance and fat burning workout with changing small equipment.
- **Yoga** has a positive effect on physical and mental health.
- **Zumba** is an energetic dance-fitness program to Latin American music. It is a dynamic and inspiring workout that is addictive.

3. KAMPFSPORT & SELBSTVERTEIDIGUNG

AIKIDO

Aikido is a modern martial art with a holistic approach. It originated at the beginning of the 20th century and has its roots in the tradition of the centuries-old martial arts of Japan. Aikido is not for lone fighters. In training, you learn to shape conflicts in such a way that neither you nor your opponent will be harmed.

CAPOEIRA

Capoeira is a martial art whose origin can be found in Brazil. Its special feature is that it combines both martial and acrobatic-dancing elements and is accompanied by self-made music. Capoeira is the ideal sport to strengthen the whole body, increase flexibility and reduce aggression. The versatile martial art includes movement sequences, acrobatics and music.

KARATE

Whether it's a sport for balancing, general fitness or self-defense, karate opens up a wide range of sporting activities for all age groups and interests. Karate is not only exciting for young and old, because of its versatility, karate promotes health and well-being. It is a modern and effective self-defense. In training and competition it is primarily about the development and unfolding of one's own personality through self-control and extreme concentration. Respect for the opponent is the highest priority.

WENDO

Wendo is training of self-confidence, border demarcation training with acquaintances, at work, conflict management training and self-defense training by women for women. It is not a martial art, but a spirited way to discover and develop your own abilities. It offers you the opportunity to learn how to act confidently in everyday situations, but also to learn how to defend yourself in situations of fear. The workshop aims at listening to and believing the inner voice. In addition, techniques are taught how to appear self-confident, how to assess situations correctly and how to act both purposefully and decisively.

CLIMBING SPORTS OFFERS



Climbing is certainly familiar to you, especially since the urge to climb up something was already in our cradle as a child. But not everyone has a picture of bouldering yet. It is equally fascinating to work together, to work out various difficulties, to accept new challenges and overcome limits, to „deal“ with your own body down to the last muscle fiber, to feel your own body balance and much more. Only by constantly trying out in a vertical position can you get closer to your goal, handle by handle. Because when climbing, one thing is especially true: The journey is the goal!

BOULDERING IN THE BOULDERWELT

Bouldering is climbing without climbing rope and harness on boulders or artificial climbing walls at jump height. Here you will be taught individual climbing techniques to master the bouldering problems that are interesting and challenging for you personally. You will learn techniques that will be of central importance for your further bouldering adventures. You will learn about concrete details of bouldering and a general repertoire of movement possibilities and solutions.

Place: Boulderwelt Frankfurt

CLIMBING & BOULDERING MEETING

Our Bouldering Meeting is not a course, we put fun and experience in the foreground. We go bouldering together, learn tips and tricks from each other and discuss about a crux. Because of the informal character and exchange of the participants, everyone benefits from everyone. Together with a trainer bouldering and making new contacts is the motto here. Nobody should boulder alone or feel uncomfortable. Giving each other tips and cheering each other on, the esprit of bouldering together. Climbing shoes and admission are included in the course fee.

In our Climbing Meeting we climb Toprope or Vorsteig together as we please. No matter what level, everyone who already has „climbing experience“ is welcome. Knowledge and experience at least in toprope belaying and climbing is required. The climbing meeting is not a training course, but a platform for all who already know climbing. Climbing together with a trainer and making new contacts is the motto here. Climbing shoes and climbing harness can be borrowed free of charge in advance from CampusSport and are included in the course fee, just like the entrance fee.

Place Bouldering Meeting: Dynochrom Boulderhalle Frankfurt

Place Climbing Meeting: KletterBar Offenbach

CLIMBING EXCURSION TO THE FRANKENJURA (BAVARIA)

The Frankenjura is one of the most important climbing areas in Germany and is internationally known and popular among climbers. The climbing paradise with well over 700 rocks and around 11,500 routes offers climbing fun for every level. The approach is organized independently (car-pools). CampusSport provides climbing equipment, shoes and trainers.

Place: Frankenjura (Bayern)

CLIMBING EXCURSION TO TENERIFE

The Canary Islands offer perfect temperatures all year round to combine climbing and vacations. Especially in winter, when it is already really cold in Germany, you can climb and escape the winter wonderfully in the mild climate of Tenerife. With a rental car you can reach all climbing areas of the island wonderfully and for a potential day of rest there is a rich selection of excursion possibilities. The CampusSport provides climbing equipment, the shoes and a trainer.

Place: Teneriffa (Kanarische Insel)

ROPE CLIMBING (BEGINNERS & ADVANCED)

In the beginner course you will be taught the basics of safety, such as putting on the harness, figure-of-eight knots for tying into the climbing rope, the GriGri safety device and partner check. In the advanced course you will learn how to climb and secure in the lead.

Place: DAV Kletterzentrum Frankfurt & KletterBar Offenbach

AIR SPORTS OFFERS

HANG GLIDING IN SOUTHERN FRANCE

If you want to escape from the hustle and bustle of the big city and have always dreamed of soaring through the air free as a bird, then this hang-gliding course is just right for you. This beginner course takes place in a German flight school located in one of the most beautiful areas of Southern France. During the one-week course, take-off, control and landing techniques are taught and first flight experiences can be gained.

Place: Cabrières/Millau (Frankreich)

DANCE SPORT OFFERS



EVERYONE CAN LEARN TO DANCE!

Dancing is the oldest art in the world; a source of strength and a way to express your feelings. Dancing is simply fun! We want to teach you not to look at your feet when dancing, but to swing your dancing leg with self-confidence and your visor raised. Dancing is how the dance feels, how you move on the surface and the atmosphere you create. Dancing lives from the feeling, and not from the figures. You may have more or less talent, but if you want to improve your skills, you are in the right place.

We offer courses for beginners, intermediate and advanced dancers. Details about the individual courses can be found on the homepage.

BACHATA SENSUAL

The course builds on the basic knowledge of traditional Bachata. Wave-like movements („body waves“), rotations and isolations („body isolations“) and skilful guidance with hand, arm, leg, foot or head are added.

FORRÓ

Forró comes from Brazil and is a dance that demands close physical contact. However, unlike Kizomba or Salsa, Forró hardly uses the hips and still has something stylish and sensual as well as Latin American exoticism at the same time. High heels are a no-go for the Forró.

KIZOMBA

Kizomba means among other things „party“ and „dance“ and is a sensual couple dance, which can be explosive and stirring at the same time.

LINDY HOP

A swinging revival that is characterized by sporty and fun movements. It can be danced tightly and on the long arm, in front, next to and behind each other, just as you like it.

SALSA CUBANA

Cuban rhythms will conquer you and you will learn to „lead“ and „be led“ and depending on your level, basics, turns, figures and combinations.

SALSA NEW YORK STYLE

In Salsa NY the focus is on letting the woman „shine“. You will learn detailed techniques in the course to get further in dance.

STANDARD/LATIN

Basic steps and simple as well as complex figures in the dances Slow Waltz, Tango, Viennese Waltz, Foxtrot/ Quickstep, Chachacha, Rumba, Jive and Discofox can be learned and developed here. This repertoire enables you to move safely on the dance floor in a variety of dances.

TANGO ARGENTINO

At the beginning of Tango Argentino you will learn the basic elements of tango, which you will then use to find ways to improvise and musicality with your dance partner by training your posture and your own body feeling. The individual interpretation, the play between two dancers and the non-verbal communication are important elements in Tango.

URBAN KIZ/KIZOMBA FUSION

Kizomba Fusion is the fusion of different dance styles with Urban Kizomba. In contrast to the traditional Kizomba, Urban Kizomba is danced with a certain body distance and body tension, which therefore allows a variety of figures. In addition, Fusion is influenced by Tango, Zouk, Hip Hop and others.

CONTEMPORARY DANCE

Elements such as tension/relaxation, impulse, contact, dynamics and rhythm are worked out here and put in relation to each other. With the tools and material developed in this way, a wide variety of movement sequences are created in dealing with music

WATER SPORTS OFFERS

SAILING TRIP HOLLAND

Would you like to spend a week on the IJsselmeer and Wadden Sea in Holland with the university sports team for a relaxed yet adventurous sailing trip in the summer? The „Catharina van Mijdrecht“ is about 32 m long, weighs 70 tons, is 100 years old and has over 200 m² sail area - a restored flat-bottomed ship with side swords. She offers ample space for 18 people, on whose help the Dutch skipper and mate depends when sailing. Sleeping and cooking is done on the sailboat, where everyone has their own bunk (cabins for two or four people). As a rule, every evening we moor in a different port, where you have the opportunity to stroll around in Dutch villages. But we could also lie dry in the Wadden Sea, sail from island to island, swim and make bicycle trips through the lonely dune landscapes of Vlieland or Terschelling. Sailing skills are not necessary for this sailing adventure!

Place: IJssel- und Wattenmeer Holland

SPORT BOAT DRIVER'S LICENSES

SBF-LAKE/INLAND

To drive motorized sport boats from 15 hp, you need an official driver's license, on sea routes the SBF lake and on inland waterways the SBF inland. The SBF Lake theory course covers training contents on these topics: Navigation, seamanship, maritime law, meteorology and tides. The manoeuvres required for the practical examination are practised directly in the examination area on the Main. In general, 2 to 3 driving hours are required. The SBF-Binnen is offered as a supplementary course. For owners of the SBF-See, the practical examination is not required. The theory course can be booked via CampusSport, while the practical and examination fees have to be paid directly to the school main-boat driver's license.

Place: Seglervereinigung Rhein-Main e.V.

WINTER SPORTS

SKI- AND SNOWBOARDCAMP IN LECHTAL/AUSTRIA

Our winter highlight will again take place in the well established ski eldorado Warth-Schröcken am Arlberg. 48 perfectly groomed slopes of all levels of difficulty with 15 ski lifts and chair lifts are waiting for you. You will stay overnight in the inn „Zum Bären“ in Holzgau/Lechtal. You will arrive in a modern coach from the Frankfurt UAS. The offer includes: 7 overnight stays with breakfast, packed lunch, 3-course dinner, 6-day ski pass, daily bus transfer to the skiing area and back, après-ski program with surprises. Ski and snowboard courses for beginners and slightly advanced skiers (1 week driving experience) are available for a fee (depending on the number of participants).

COMPETITIVE SPORTS

MESS WITH THE BEST OR DIE LIKE THE REST!

The adh (General German University Sports Association) organizes more than 50 competitions in more than 30 sports nationwide every year. The respective dhm (German University Sports Championships), the dhp (German University Cup) events and the adh-Open have something for everyone. The sports canon of the adh ranges from the most popular ball sports (e.g. soccer) to the classic disciplines (e.g. athletics) and current trend sports (e.g. Ultimate Frisbee). Our university has been participating for years in national and international championships in badminton, basketball, archery, boxing, cross-country skiing, soccer, handball, judo, kayaking, karate, kickboxing, gymnastics, track and field athletics, orienteering, cycling, rowing, swimming, sailing, alpine skiing, snowboarding, sport shooting, squash, taekwondo, tennis, table tennis, trampolining, triathlon, volleyball etc. However, for this we need „competitors“.

If you have a proven talent and passion for your sport, we would be happy to welcome you to the university team. If you are more of a lone fighter, take a look at the adh competition page (<http://www.adh.de/wettkampf/>) to search for your sport. If you find your discipline, we would be happy to hear from you.

CONTACT CAMPUSSPORT

Jérôme Hilper | Leiter
Tel. : +49 69 1533-2695 | Gebäude BCN, Raum 120

Esa Böttcher | Referentin
Tel. : +49 69 1533-2694 | Gebäude BCN, Raum 120
Fax : +49 69 1533-2696
E-Mail: CampusSport@fra-uas.de

Homepage: www.frankfurt-university.de/campusport

GOETHE UNIVERSITY SPORTS PROGRAM

The sports facilities and the Goethe University's sports facilities at Ginnheimer Landstraße 39 can be used equally by students of the Frankfurt University of Applied Sciences. The university program available from the start of the semester both at Ginnheimer Landstraße 39 and in the sports office of Frankfurt University of Applied Sciences.

Further information: www.uni-frankfurt.de/hochschul

Neuer Hörsaal, Seminarraum 5, Cafeteria 1
Sportpädagogik und Sportdidaktik, Zentrum für Hochschulsport, Bibliothek, Verwaltung, Alter Hörsaal, Seminarräume 1 und 2 2
Sporthallen, Umkleiden (für Hallen) 3
Bewegungs- und Trainingswissenschaften, Seminarraum 3 4
Sozialwissenschaften des Sports, Sportpsychologie, Seminarraum 4, Umkleiden (für Außenanlagen) 5
Sportmedizin 6

 Cafeteria  Eingang
 Bibliothek  Treppen
 Parken  Duschen



EGAL WAS SICH DAHINTER VERBIRGT..

AKTIV GEGEN DISKRIMINIERUNG!

ÜBERNEHMEN SIE VERANTWORTUNG
FÜR SICH UND FÜR ANDERE.

FÜR EINEN RESPEKTVOLEN
UND FAIREN UMGANG FÜR ALLE!

Beobachten Sie Vorfälle, oder sind Sie selbst betroffen?
In allen Fällen wenden Sie sich an:

+49 69 1533 -2424, -2428 – Frauen- und Gleichstellungsbeauftragte
+49 69 1533 -3201, -2504 – Vertrauensperson für Menschen mit Behinderung
antidisk@asta-fra-uas.de – AStA Antidiskriminierungsreferat

Zögern Sie nicht.
Rufen Sie im Notfall:
NOTRUF 110

CAMPUS LIFE

STUDENT INITIATIVES

Numerous initiatives and projects, organized by students for students, invite you to participate and stay. If you are interested in getting involved in a topic or subject related project, or if you are looking for a change from the stressful everyday life of studying, you will find the opportunity to do so at various student initiatives.

OPEN STUDIO „COURT CIRCUIT“

We, the „Court Circuit“ initiative, noticed 4 semesters ago that the cultural offerings at Frankfurt University of Applied Sciences are very limited. Therefore we have set ourselves the goal of counteracting this! In cooperation with other initiatives, we exhibit our works, for example, on the Art Evening and leave our artistic fingerprint on the campus, for example, during the redesign of the staircase in the Red House.

In a friendly, relaxed and workable atmosphere, we meet Wednesday evenings from 8 p.m. in the melting pot of departmental cultures Café Kurzschlus (Red House on the first floor). Here you are cordially invited to chat, exchange ideas, inspire each other and be creative together. The basic material will be provided by us. From beginners to advanced, everyone is welcome!



FRANKFURT FINANCE CLUB

The Frankfurt Finance Club is the first financial association of the Frankfurt University of Applied Sciences. As the first student initiative of the Frankfurt UAS for students interested in finance, the club aims to create added value for its members through numerous events such as lectures, workshops, excursions and networking opportunities with regional and global financial institutions. Our thematic focus is on banking, corporate finance, sales & trading, and management consulting in the financial sector.

Since its foundation, the Frankfurt Finance Club has counted more than 50 enrolled students among its members, including both Bachelor's and Master's students across all years and study programs. Members of the Frankfurt Finance Club can either actively participate by contributing their know-how and time, or by attending events that are not mandatory.

The Club is open to all students and former students of Frankfurt UAS. If you are interested in joining the Frankfurt Finance Club, contact us or apply for one of our divisions at the beginning of the semester: info@frankfurtfinanceclub.de

INITIATIVE FOR DIVERSITY

As students of Frankfurt University of Applied Sciences, we observe with concern how racism and xenophobia are currently taking hold in broader strata of our society: Prejudice and exclusion have been gaining a lot of public attention in recent weeks. PEGIDA is a tangible demonstration of this.

These developments threaten the peaceful, democratic climate in our city, which is necessary to pursue studies and work. For us as democrats with a sense of social responsibility this means We must become active against it! Therefore we founded an „Initiative for Diversity - Against Racism“ at the Frankfurt UAS.



Frankfurt Finance Club

✉ info@frankfurtfinanceclub.de
 🏠 frankfurtfinanceclub.de





EUROPEAN DEAF STUDENTS UNION (EDSU)

Hello dear readers,

I am ...

Inna Shparber. I am a deaf student in the Social Work: transnational and now in my seventh semester.

What do I do?

Since April 2019 I am honorary first chairperson of an NGO, the EDSU - European Deaf Students' Union. I will take over this position for the next two years with another chairperson and two assessors. Two of them are from Italy and one from Austria. It is great to work together with the different countries, so we exchange many different experiences, interests and opinions.

What is EDSU?

The EDSU represents deaf and hearing impaired female students throughout Europe and was founded in 2015. There are many different difficulties in Europe for deaf students, such as funding and recognition of sign language interpreters in local universities. Our mission is to advocate for the rights of deaf students at national and European level, such as equal access to universities.

Activities of the EDSU

We create a sign language space for students, in the form of seminars and workshops that take place every two years in many different countries. At these seminars and workshops, students can exchange experiences and information on the topic of everyday life as a deaf person at the university and can act across the borders of their studies. This can be seen as a peer group. Students also have the opportunity to exchange tips and tricks on study-relevant issues such as homework, final theses or even doctoral theses.

Got curious?

If you want to know more or want to support us, please contact us: edsu.edsu@gmail.com. We are looking forward to your message. Of course you can also contact me at the university.

Best regards,
Inna Shparber



Picture: Inna Shparber

CampusKultur

CampusKultur

Communication and Event Management Department
Nadine Näther
Building 2, 5th floor, room 562

+49 69 1533-3335
campuskultur@kom.fra-uas.de

Alle Termine, Details und aktuelle Programmänderungen unter:
frankfurt-university.de/campuskultur
frankfurt-university.de/campuskultur-digital

Culture for every semester - cultural diversity for university members and guests

CampusKultur supports and organizes cultural events such as concerts, guided tours and exhibitions. In addition, we act as a mediator for all those who wish to get involved in artistic and cultural activities or implement projects and ideas. In the CampusKultur calendar of events you can learn more about projects, events and action days that CampusKultur organizes or supports. The dates will be successively supplemented by further program items.

CampusKultur goes digital!

Since the 2020 summer semester, we have expanded our digital offering and also offer online events. The „Meeting Club“, for example, is an entertaining series of online events to be launched in the 2020/2021 winter semester, in which we will discuss selected topics with participants and provide a platform for getting to know each other, exchanging ideas and contributing. On CampusKultur digital you will find recordings of online events, cultural impulses and a digital art gallery of art on campus, regardless of time and location.

For a fair campus!

The Frankfurt UAS actively assumes its responsibility towards university members and society. As a driving force for social, ecological, cultural and economic development, the university has been striving for the Fairtrade-University certificate since 2019 and is currently in the middle of the application process. Through projects and events, the topics of sustainability and fair trade are brought into the consciousness of everyday university life.

CampusKultur in cooperation with the staff unit Diversity

Acceptance and welcome for Trans* and Inter* people: This is the focus of the second part of the event series with authors of the publication „Sexual and Gender Diversity“, edited by Prof. Dr. Stefan Timmermanns (Frankfurt UAS) and Prof. Dr. Maika Böhm (Hochschule Merseburg). Look forward to workshops, lectures and upbeat poetry!

Invited are pupils, students, teachers and staff of the Frankfurt UAS, relatives, parents, pedagogical staff as well as everyone who is interested and wants to get into conversation. Further information will

soon be available at: www.frankfurt-university.de/idahobita.

BIG BAND

We are music-loving professors*, employees *inside and students of all faculties of the Frankfurt University Of Applied Sciences. With the Big Band we want to set another cultural accent at our university. Our goal is to enrich the musical program at official events of the Frankfurt University of Applied Sciences. We play simple „classics“ that everyone* knows and that are catchy.

During the lecture period of the semester we rehearse new pieces and thus constantly expand our repertoire. Anyone who is motivated to interpret big band standards can take part. You can join us at any time.

CAMPUS CHOR

Since its foundation in 2009, the University Choir has enriched many university events with songs from ethno, pop and jazz in addition to its own concert activities within the framework of campus culture.

Since the 2017 summer semester, the choir has been presenting itself in a new format: a short program designed for each semester is rehearsed and then presented together with students of the Studium Generale.

EVERYTHING BUT SMALL-MINDED: CHESS AND QUIZ MEETING

Would you like to play chess and quizzes? Information about the meetings and digital offers or events can be found in the Moodle course or you can contact the initiative by e-mail.

CAMPUSKULTUR LIVES FROM YOUR IDEAS AND YOUR COMMITMENT!

You are culturally active yourself, would like to join a group or implement your own project and are looking for support? Contact the CampusKultur team with your ideas, we will be happy to help you implement them or arrange appropriate contacts.

Staff Unit Diversity

frankfurt-university.de/idahobita
frankfurt-university.de/diversity

Big Band

Management: Viola Engelbrecht
www.frankfurt-university.de/bigband

Prof. Dr. Gerster
gerster@fb1.fra-uas.de

Prof. Dr.-Ing. Hitzel
hitzel@fb1.fra-uas.de

Campus Chor

Management: Viola Engelbrecht
Rooms 23 bis 26

+49 69 593291
viola.engelbrecht1@freenet.de
frankfurt-university.de/chor

Chess

schach-quiz@fra-uas.de

CampusKultur
Communication and Event Management Department
Building 2, Room 527

Nadine Näther
Vanessa Nieminen
+49 69 1533-3335
campuskultur@kom.fra-uas.de



Study Orientation Seminar



Ramadân-iftâr (breaking the fast)



Friday prayer - Salât al-dschuma



EVANGELISCHE UND KATHOLISCHE
STUDIENDENGEMEINDE
UNIVERSITY OF APPLIED SCIENCES

Catholic campus ministry (KHG)

contact person:
Sr. Laura Knäbel,
Dipl. Theol., art therapist

Consultation hours and appointments by appointment only

+49 69-78808721
knaebel@khg-frankfurt.de
khg-frankfurt.de

Protestant campus ministry (ESG)

contact person:
Philipp Müller
Dipl. social worker

Lyubov Cherednichenko
social worker

Consultation hours:
Monday 15:00 o'clock
Thursday 10:00 o'clock
and by arrangement

+49 69 1533-2979
beratung-fh@esg-frankfurt.de
esg-frankfurt.de

PROTESTANT AND CATHOLIC

Despite distance there for you: ESG and KHG

At www.khg-frankfurt.de / www.esg-frankfurt.de you will find a flexible program. All events will be adapted to the respective developments of the pandemic - you will find the individual information on the respective homepage. For all events, consultations and also for the consultation hours you have to register by phone or e-mail - out of love for the people. Here is an excerpt of our offers:

CONSULTING, EXAM COACHING AND PASTORAL CARE

- Counseling and pastoral care in crisis situations and conflicts
- Exam coaching: Clarifying strengths and weaknesses, developing learning strategies, dealing with exam nerves
- Spiritual guidance in questions of meaning and faith
- Advice and support for international students

VISIT OF THE MUSEUM FOR SEPULCHRAL CULTURE (FUNERAL CULTURE) IN KASSEL

Saturday, November 21 (meeting point 8 am, arrival 8:30 pm)
Contribution 10,-€ (travel, entrance and guided tour)

REGULAR EVENTS DURING THE SEMESTER

Open Space Meeting: Tuesdays
18:00 o'clock

India Working Group: Thursdays,
every two weeks, 18:00 o'clock.
(see program for dates)

Meditation at noon: Thursdays,
13:30-14:00 o'clock (starting
03.11.)

Soup day: Thursdays, from 12:00
o'clock (starting 05.11.)

WHERE YOU CAN FIND US

Building 8, room 24, left side
wing, 1st floor

MUSLIM

The Muslim Student Community (MSG) is an association of Muslims at the Frankfurt University of Applied Sciences, which works independently of other organizations, committees or associations. It primarily cares for Muslim students in their everyday life as students and supports them in coping with this successfully. The motivation of the MSG to support the students and to interact with them is derived from the Islamic foundation of faith, which includes the last messenger of God, who among other things said the following

*„Verily, the believer is to the believer like a masonry one part holds the other.“
And he demonstratively slid his fingers into each other.“*

Moreover Allah, the Exalted, says:

„And the faithful men and the faithful women are one of the other helpers...“
[Quran 9:71]

The resulting motivation to support the students in their daily study routine prompts us - in addition to the administration of the prayer room and the regular Friday addresses - to provide a wide range of services. These include

- Tutoring by students for students as well as seminars, workshops and tutorials
- Leisure activities to exchange ideas and get to know each other better.
- Support with the placement of internships.
- Other projects include debates, discussions and lectures for Muslims and non-Muslims.
- Study orientation seminar for prospective students
- Ramadan and Iftar Events

You are Muslims and would like to help us make everyday life easier for students? Then talk to us! We are looking forward to your participation within the MSG, because together we can achieve a lot! According to the motto: „Coming together is a beginning, staying together is progress, working together is success“.

Islamic greetings and much success in your studies!
Your Muslim Student Community

The prayer room for Muslims is located in building 4, room 16a.



Muslim student association (MSG)

Chairman: Samir Acchouis
Deputy Chairman:
Levent Klemm

Contact person for women:
Amna Saleem
Deputy Hamide Ünal

+49 163-2421478
info@msgfrankfurt.de
www.msgfrankfurt.de
facebook.com/MSGFrankfurt

Prayer room: building 4, room 16a



Semestereinführung

Seminar Educational
Methods in
Islam

CAFÉ 1

Welcome to our Café! As a student initiative, we have been supporting the university for over 30 years now. Just like our university, we also have a varied history. A merger of two initiatives into one and spatial changes have led us to our current location in building 1.

As an initiative we make an important contribution to campus culture with a varied program. You will find parties and concerts, theme nights and literary events such as the Poetry Slam. During the day, we accompany you with breakfast, snacks and vegan lunch.

The 30-strong team of our initiative is looking forward to welcoming you.

Contact:
Building 1

☎ +49 69 1533-2712
✉ das_cafe1@web.de
📘 [fb.com/Café1-319835064322](https://www.facebook.com/Café1-319835064322)



PROFITRATTE

Arisen from a student initiative, the Profitratte supplies the specialist area for meanwhile over 30 years with coffee, food and culture.

The oldest café on campus is far from being on the Krückstock, but offers readings, jam sessions and cosy concerts as well as space for your ideas and projects.

Come by, talk to us, drink more coffee!

Your rats

Contact:
First floor, Building 2
Faculty 4

✉ profitratte@yahoo.de
📘 [fb.com/profitratte](https://www.facebook.com/profitratte)

Opening hours:
Mon-Thu: 08:00 - 16:30 o'clock
Friday: 08:00 - 14:30 o'clock



CAFÉ KURZSCHLUSZ

For more than thirty years we have been offering students of the Frankfurt UAS (formely known as FH Frankfurt) the opportunity to live a life far away from credit points and pressure to perform and to get involved in cultural and political life. We, that is the „Student Initiative Café KurzschlusZ“ (SICK) In addition to the regular café business (Mon, Tue, Wed, Fri 8 a.m. - 8 p.m. with fresh pastries and good coffee & tea) we organize our pub evening every Thursday with a changing motto (until midnight). At irregular intervals we offer cultural and political events, but also various parties and concerts.

At the end of each semester, we also open on weekends so that you don't have to worry about your head when studying at home. When the sun is shining and the temperatures are comfortable, the place before the short circuit is the perfect place to hang out on campus. But even in the dark season, you can take a break between seminars, lectures, exams and presentations during a game of pool or darts.

In our rooms it is important to us that respectful and appreciative contact is maintained. Racism, anti-Semitism, sexism, homophobia, i.e. any condescending and insulting behavior towards other people is out of place here. Furthermore, we understand the Café KurzschlusZ as a counter-program to the omnipresent academic performance requirements. Subject to economic constraints, studying at the Frankfurt UAS is characterized by the pressure to meet the throughput deadlines for future bachelorettes. There is neither time nor space to critically deal with the study program and things of everyday life. We want to counteract this and offer ourselves & you a space to participate in this process. We are always open for suggestions, criticism, love letters or new ideas.

Contact:
1st floor, Building 5

☎ +49 69 1533-2274



THIS & THAT

STUDY-CHIP

The Study-Chip is the student card and also offers:

- Reduced admission to many facilities e.g. cinemas, swimming pools & museums
- RMV semester ticket
- Payment in the canteen and the large PC pool in building 1 - The recharging terminal is located in front of the canteen.
- Printout of study certificates at the terminals in the foyer of building 1, where the PIN can also be changed.

If the study chip is lost, 35€ must be paid for a replacement. Students will receive a completed exemption form with stamp at the Semesterticket Office (Building 9, Room 18). This must then be confirmed by the study office. If the Study-Chip is no longer legible or defective, the student will receive a replacement for 10€.

TIP:

The Office for Housing Miquel-Adickesallee offers subsidized housing for students.

EXAMINATION REGULATIONS

The examination regulations (PO) are the most important document for studying. They define the contents and organizational aspects of the study programs - and they are binding. In addition to the PO, the „General Regulations“ also apply, which regulate basic matters that apply to the entire university.

APARTMENT SEARCH

A cheap roof over your head is an important prerequisite for a successful study. In Frankfurt, however, suitable housing for students is scarce. It is more difficult than in many other German university cities to find a suitable room or apartment.

WG-Gesucht
www.wg-gesucht.de

Living space campaign
www.wohnraum-gesucht.de

Student Union Frankfurt a.M.
www.studentenwerkfrankfurt.de

Wohnrauminitiative Frankfurt e.V.
info@wif-ev.de
Unterweg 12
60318 Frankfurt/M
+49 69 955297 76



The old AStA board of directors at the official opening of the studio residence Hansaallee.406 apartments are available in 4 buildings - a good start. Nevertheless, there are still too few places in Frankfurt - we continue to advocate more affordable student housing!

SCHOLARSHIPS

A scholarship provides financial support for studies. In contrast to the student Bafög, scholarships usually do not have to be paid back. There is a large number of associations, foundations and companies that provide financial support for different areas (altogether over 2000 in Germany).

Federal Ministry of Education and Research
www.stipendienlotse.de

German National Academic Foundation
www.studienstiftung.de

MyStipendium
www.mystipendium.de

SOFTWARE FOR STUDENTS

Often software can be obtained free of charge (or at a reduced price) for students. In addition to the offers from the respective manufacturers, our university has also concluded several license agreements.

These include, among others:

- Adobe
- Autodesk
- Microsoft
- Mindjet
- SPSS
- TechSmith
- u.v.m.



NEW IN FRANKFURT? INTERESTING POINTS FOR „POCKETED“ STUDIES

A collection of different sights for „Eingeplackte“ (Hessian for „newcomers“). Guaranteed subjective, disorderly and something for everyone. We wish you lots of fun exploring your new home!

AL TERRAZZINO

Pizzeria directly opposite the university

ALT-SACHSENHAUSEN „ALT-SACHS“

Classic walkabout mile of Frankfurt with many apple wine pubs

APFELWEIN SOLZER

The „Apfelwein Solzer“ is one of the few Bornheim apple wine taverns that have preserved their „Alt Bornheimer Gemütlichkeit“. The Solzer family has been running the traditional apple wine business since its acquisition in 1893, now in the fifth generation.

APFELWEIN WAGNER

Typical Frankfurt food & apple wine and rustic atmosphere

AROMA VEGETARIAN & MORE

Very good food (Persian, Arabic, etc.)

BATSCHKAPP

Great location and the occasional 90's parties are highly recom-

mended!

BERGER STRASSE

Comfortable way to go in Frankfurt Bornheim. Here you will find between local coziness and international food also nice shopping possibilities.

BETHMANNPARK

In the middle of the city lies Bethmannpark, a green gem for people who love gardens: walls, fences and rhododendrons shield the 3 hectare park from the through traffic of the Friedberger Landstraße and the Anlagenring. The park promises relaxation by relaxing on meadows surrounded by large old trees, by walking along the colorful flowerbeds or by playing free chess. Hidden behind white walls lies the Chinese Garden, an oasis of peace.

BISON FOODSTORE

Burger made from real bison from an American family. For special meat lovers

BÖRSE FRANKFURT

Here you will find the landmarks of the stock exchange „Bulle

und Bär“ as well as the „Parkett“, which you always see on television when the stock exchange news is broadcasted, just sign up for a guided tour.

CAFE & BAR CELONA

Always well frequented bar, with successful concept.

CAFE BOHNE

Every Sunday into the evening for 5,90 € „all you can eat“ breakfast.

CAFE NACHTLEBEN

Directly at the Konstablerwache (Konsti), this cellar club offers a direct, intimate experience of all live performances and otherwise also very cool music. The central night bus station is directly in front of the door

CHICAGO MEATPACKERS

Imaginatively decorated in American style, the restaurant serves steaks, burgers, spare ribs and co., with the ribs said to be the best in all of Hesse. Frankfurt Galaxy's official American Restaurant offers American specialties as well as first-class cocktails.

CLUB TRAVOLTA

Small club with living room atmosphere. Cool location for Hip-Hop, Classic and Old-School.

CLUB VOLTAIRE

The Club Volt aire has existed in Frankfurt am Main since 1962. During this period of time enormous changes took place: From the Cold War to the 1968 and women's movement, to anti-colonialism, peace and ecology movements, to the dissolution of the blocs, German participation in the war, and now the current systemic crisis, which has led to an intensified confrontation between democracy and economic power. Despite these fundamental changes, the Club Voltaire has remained committed to its original intentions and offers many opportunities to deepen political discussions.

CLUBKELLER

At the so-called „WG-Parties“ you pay 5 € entrance fee and can bring your own drinks.

COOKY'S

One of the oldest clubs in Germany, updated, re-designed & reloaded. For over 30 years now we have been celebrating great and excessive parties in the heart of Frankfurt, in the center of downtown Frankfurt. A living legend in which guests like Snoop Dogg, the Rolling Stones, Jan Delay and many more have been private guests and had a great time. Admission 5-10 €.

TIP:

With the Frankfurt Pass many activities are reduced or free.

TIP:

The Schauspiel Frankfurt offers reduced admission for students.

DAS BETT

A place for concerts with very different stuff.

DAUTH-SCHNEIDER

Cozy cider restaurant in Frankfurt with down-to-earth, hearty cuisine. DialogMuseumA special museum experience for the 4 other human senses. Here you can experience the world of visually impaired people on a guided tour, e.g. in absolute darkness and with a cane for the blind. Very recommendable!

EISERNER STEG

Financed and built by the citizens of Frankfurt to avoid customs duties at other crossings over the Main.

EI PACIFICO

Since 1983 you enjoy in your Mexican restaurant with charm and that „certain something“ in a familiar atmosphere the fascinating cuisine and the original colorful and lively attitude to life of the country of the Mayas and Aztecs.

ELFER MUSIC CLUB

Various concerts and performances.

EUROPÄISCHE ZENTRALBANK EZB

The blue € sign in front of the old ECB Tower was always visible in

television reports. We remember the Blockupy Camps that besieged the old EZB. The new ECB has now opened in the Ostend and is one of the new landmarks of Frankfurt.

EXZESS

A non-commercial center that helps to implement interests and ideas, develop group structures or use existing ones. Today, the most diverse initiatives such as pub evenings, political events, theater performances, info stores with lending library & archive, concerts, readings, folk cooking and meetings of various left-wing groups take place.

FINAL DESTINATION CLUB

Gothic, Dark Wave, Industrial, NDH, Crossover, Surf-Punk, Medieval, Grunge“ ; Tue, Wed, Thu free admission.

FREIBAD BRENTANO

Europe's largest outdoor pool is in Frankfurt! Entrance for students 3 € the day ticket. Shady as well as very sunny places available. This is a great place to spend a summer day.

FRIEDBERGER PLATZ

Every Friday, you can shop comfortably at the market, along with tasty drinks and food. If the weather is good, the place turns into the perfect starter for the rest of the evening. One of the

top singles markets in Frankfurt!

GIBSON CLUB

The club, located in the middle of the city, is the baby of M. Djamegari and the „Söhne Mannheims“. It now belongs to the exclusive circle of the „Worlds Finest Clubs“.

GOETHEHAUS

Birthplace of the poet Goethe. Rebuilt after the war, the rooms have been furnished true to the original. A guided tour is definitely better, as many stories are told.

GRAFF CONFISERIE KONDITOREI

One of the best bakeries and confectioneries Frankfurt s. Chocolates, tartlets, cookies - confectionery craft at its best. Everyone can be inspired by them.

GRÜNEBURGPARK

Great for relaxing and walking. A lot of green space and enough room for many people. In summer a popular spot for picnics. Unfortunately barbecue is not allowed.

GÜNTHERSBURGPARK

Boule is played on an avenue of plane trees, in the northern part there are barbecue areas. Hafen 2Hafen 2 is a wild mixture of exhibition space, petting zoo, concert venue, café, art house cinema, recreation area, studio

and house club. Often even more: theater, fashion, discussions, readings. There is no single word that makes sense.

HEROES PREMIUM BURGERS

All burgers 100% homemade, from the bread roll to the sauce.

HOLZHAUSENPARK

An avenue with majestic old chestnut trees lines the way into the Holzhauspark and leads directly to the baroque moated castle. It is surrounded by an idyllic pond. Behind it, the park entices the inhabitants of Frankfurt's Nordend to linger in this green oasis with its sun-bathing lawn, park benches all around and magnificent old trees, between which the little castle glints out a little enchanted.

KAISERDOM ST. BARTHOLOMÄUS

There is much too much to tell about this cathedral to be presented here in a short way. Just the 99 years of construction, which ended due to lack of money, may remind you of the airport BER ;-)

KIOSK AN DER HOCHSCHULE

On the side of the university near the streetcar tracks you will find a kiosk, which can provide you with all kinds of things.

- 1 Altstadt
- 2 Bahnhofsviertel
- 3 Bergen-Enkheim
- 4 Berkersheim
- 5 Bockenheim
- 6 Bonames
- 7 Bornheim
- 8 Dornbusch
- 9 Eckenheim
- 10 Eschersheim
- 11 Fechenheim
- 12 Flughafen
- 13 Frankfurter Berg*
- 14 Gallus
- 15 Ginnheim
- 16 Griesheim
- 17 Gutleutviertel
- 18 Harheim
- 19 Hausen
- 20 Heddernheim
- 21 Höchst
- 22 Innenstadt
- 23 Kalbach-Riedberg
- 24 Nied
- 25 Nieder-Erlenbach
- 26 Nieder-Eschbach
- 27 Niederrad
- 28 Niederursel
- 29 Nordend
- 30 Oberrad
- 31 Ostend
- 32 Praunheim
- 33 Preungesheim
- 34 Riederwald
- 35 Rödelheim
- 36 Sachsenhausen
- 37 Schwanheim
- 38 Seckbach
- 39 Sindlingen
- 40 Sossenheim
- 41 Unterliederbach
- 42 Westend
- 43 Zeilsheim

KISH RESTAURANT

Persian cuisine looks back on a long tradition and is considered the French cuisine of the Orient.

KLEINMARKTHALLE

Monday to Saturday a large selection of different food. Definitely worth seeing.

KONDITOREI HOLLHORST

A pastry shop with tradition directly at the Römer. Here you will find the best Bethmännchen in all of Frankfurt.

KÜNSTLERHAUS MOUSONTURM

The program shows current works by independent artists and collectives from the fields of dance, theater and performance as well as selected positions in the visual arts and music.

LA BOUCHE

Super alternative to the canteen or REWE. There are different dishes every day, all in organic quality and really delicious. A place to relax and enjoy, only about 20 meters from the library.

LITTLE ITALY

A whiff of New York's „Little Italy“, the Italian immigrant neighborhood in Manhattan, wafts through Berger Strasse. With the restaurant of the same name one wants to give an idea of the atti-

tude towards life in Manhattan at that time.

MAIN-TOWER

Highest public viewing platform in Frankfurt. Easy to recognize by the white-red „candy cane“ on the roof. Admission costs about 4.50 € for students. In good weather with visitors from home very worth seeing. Information boards on the platform simplify orientation.

MOON13

The former legendary Cocoon. Here you can find different floors with great music (nothing for noise sensitive people). The audience is a bit younger. On Fridays is here ladies night with free entrance until 23 o'clock and a free consumption of 30 Euro.

MTWCLUB

Very young audience, many Abiparties are held here, is right next to the Robert Johnson.

MAINUFER MUSEUMSUFER

The Main promenades invite you to do sports and chill out in summer. In autumn, the summer is bid a brilliant farewell with the Museumsuferfest before winter takes over.

NEW BACKSTAGE

Soccer, Schnitzel, Rock'n'Roll, Tatort transmission

NIZZAGÄRTEN

A breath of the Mediterranean with palm trees, fig trees, lemon trees and Mediterranean plants can be experienced by walkers on the northern bank of the Main, between the Friedensbrücke and Untermainbrücke. Thanks to its southern exposure, the slipstream of the quay walls and the sunlight reflected by the river, exotic plants can also thrive in the „Nice“ in a Mediterranean microclimate. Free of charge and public.

ODEON

Stylish, in an old villa situated club with bars and DJs as well as summer lounge with view into the garden.

OPER FRANKFURT „NEUE OPER“

50 % discount on tickets for studies. In addition, there are still free seats available at the box office for 11€ shortly before the performance.

ORANGE PEEL

The Orange Peel offers sophisticated entertainment in the Frankfurt train station district far away from the so-called „mainstream“. Strange theater performances, classical jazz and blues concerts

can be found here as well as readings or rock'n'roll shows.

OSTPARK

Walk, run, jog, barbecue, kick, play or just do nothing at all: The more than 32-hectare site in Frankfurt's Ostend district offers countless opportunities for leisure activities.

PALMENGARTEN

The world of plants in one place! An oasis to marvel and relax in the middle of Frankfurt. 3,- € admission for students.

So that you can find the „interesting points“ we have created a map with all districts of the city. On the left column you will find the legend.



PAULSKIRCHE

Until 1944 the main Protestant church in Frankfurt, from 1848 to 1849 the delegates of the first freely elected parliament in Germany met here. This was the cradle of parliamentary democracy in Germany.

PIZZERIA DA CIMINO

One of the best pizzerias

PONYHOF CLUB

The Ponyhof in the Klappergasse is a small, cosy location in the middle of Alt-Sachs. While next door the music landscape is dominated by Schlager, the Ponyhof behaves like the famous Gallic village and tries to offer an alternative with singer songwriters, electronic concerts and theater performances. On weekends there are mainly parties which are as colorful as the concerts.

RAUMSTATION RÖDELHEIM

Various offers in the left alternative spectrum. The homepage informs about current events and actions.

REWE

Direct local supply for all kinds of things right next to the university.

ROBERT JOHNSON CLUB

Well known and very popular club for technofans, just behind

Frankfurt's borders.

RÖMERBERG

Place in front of the city hall of Frankfurt (called „Römer“), sight and also called „Gudd Stubb“ („Gute Stube“ = living room)

SALSA DISCO CHANGO

The Chango is the concentrate of the Latin American way of life. On the 1st floor with driving Salsa -, Merengue and Bachata sounds. On the 2nd floor it gets hot with black beats and reggaeton.

SANDBAR

A bar near the Berger Straße. Moskow-Mule is not on the map, but it is divine!

SAUSALITOS

At different times in the evening different Happy-Hour offers.

SAVORY

Vegan restaurant with inexpensive burgers, cupcakes and much more.

SCHAUSPIEL-FRANKFURT

8 € for performances in the Schauspielhaus, Kammerspiele, Bockenheimer Depot and Box, 10 € for guest performances and premieres

SCHIRN KUNSTHALLE

Worldwide known art exhibition with renowned female artists from all over the world. Changing exhibitions, definitely worth a visit. Reduced admission prices for students.

SCHLOSS HÖCHST

Every summer the Höchster Schlossfest or open-air film festivals attract visitors.

SILBERGOLD

Admission 0-7 Euro, depending on the event.

STADTBÜCHEREI

Borrow books cheaply (no specialized literature for your studies, you can get them in other libraries). There are several branches all over Frankfurt, just search the internet. Annual pass costs 16 €.

**STADTTEILINITIATIVE
KOBLENZER STRASSE E.V.**

The district initiative Koblenzer Straße e.V. (SIKS) provides committed people with an organizational and infrastructural platform for the joint realization of diverse cultural, artistic and social events in public space. The association focuses its work on activities that are neither profit-oriented, cultural-national, confessional or identity-building in character, but which recognize the commit-

ment to community projects as a unifying element.

STATT CAFE

One of the student cafes in Frankfurt. Freshly baked cake and in winter a living room atmosphere like grandma's. Very recommendable.

SUBWAY

If (once again) you can't find anything you like in the cafeteria, here is an alternative, right next to the Frankfurt UAS.

THE CAVE

The Cave near Frankfurt's Konstablerwache has been an established feature of Frankfurt's nightlife since 1998. The guitar sounds reign in the vaulted cellar in Brönnner Straße. Rock, metal, alternative and related styles. If you want to dance to good music, far away from jacket pressure and „see and be seen“, you are in good hands. Every Thursday, Friday and Saturday from 10 pm.

UMI SUSHI

Delicious and good Sushi, just around the corner from our university.

VELVET CLUB

Wednesdays free admission for students.

TIP:

The Schauspiel Frankfurt offers reduced admission for students.

VOICES - KARAOKE & DANCE CLUB

There are over 70,000 songs available in German, English and Spanish.

WESELER WERFT (SOMMERWERFT)

Open Air Theatre Festival - Super!

WIESENLUST

Burgers and more in vegan, vegetarian and with meat. Organic quality is in it everywhere. The sweet potato fries are recommendable.

YOURS AUSTRALIAN BAR

Monday through Thursday Happy Hour offer, All you can eat offers throughout the week.

ZALANDO OUTLET

An outlet for friends of the Products from Zalando.

ZEIL

One of the most frequented shopping miles in Germany - in the middle of Frankfurt.

ZOO FRANKFURT

True to its motto „Experience animals - preserve nature“, Frankfurt Zoo offers its visitors an authentic animal experience and is committed to nature and

species conservation. With over 850,000 visitors, it is one of the most visited zoos in Germany.

CENTRAL SEMESTER DATES**CURRENT SEMESTER: WINTER TERM 2020/21**

Start of the semester	01.10.2020
End of the semester	31.03.2021
Start of Lectures	02.11.2020
End of Lectures	12.02.2021
Vacations and vacations	03.10.2020 23.12.2020-02.01.2021
Re-enrollment, Vacation applications, Guest Audience	until 01.09.2020 Deadline for re-registration for the next semester (WiSe 2020/21).

FOLLOWING SEMESTER: SUMMER TERM 2021

Start of the semester	01.04.2021
End of the semester	30.09.2021
Start of Lectures	12.04.2021
End of Lectures	16.07.2021
Vacations and vacations	02.04.2021 05.04.2021 01.05.2021 13.05.2021 24.05.2021 03.06.2021
Re-enrollment, Vacation applications, Guest Audience	End of January until 01.03.2021

ATTENTION:

You will not be informed in writing at the beginning of the semester that the semester fee has been paid.