

**WELCOME TO
HOCHSCHULE FRESENIUS!**

**STUDENT INFORMATION -
A GUIDE FOR STUDYING
AND LIVING IN GERMANY**

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WELCOME TO HOCHSCHULE FRESENIUS

Your studies mark the beginning of a new phase in your life. And Hochschule Fresenius is just the place for this experience. A place that offers an excellent education and prepares you for the professional challenges that await. A place that creates space for and supports your personal development. A place where diversity and uniqueness are valued and encouraged. A place of belonging and strong community. In short:

Hochschule Fresenius is your

GREAT PLACE TO GROW.

Wherever you stand at the moment, whatever ambitions you are pursuing, and wherever you want to go professionally: At Hochschule Fresenius, you'll have everything you need for personal growth.

“

Hochschule Fresenius is a GREAT PLACE TO GROW because there are so many opportunities. It had exactly the right study program for me. If you want to grow, Hochschule Fresenius will make it happen. And when so many different people study together, you can learn something from everyone.”

Sari on studying at Hochschule Fresenius



„We study in fairly small groups, which allows us all to develop personal relationships, even with our professors. They respond well to our strengths and weaknesses and help us to grow and advance. The many different activities available outside of lectures also provide great opportunities.

Gina on studying at Hochschule Fresenius

”

WHY STUDY IN GERMANY?

To give you an overview of Germany as a country with high academic standards and a long educational tradition, we have collected some important and interesting facts for you.



German degrees stand for worldwide recognition, a solid education, deep knowledge of details and a strong practical approach.



Trained experts who developed their knowledge in Germany have a very good chance of being employed within German or international companies.



Germany stands for one of the most developed and efficient industrial nations worldwide. With its 80 million inhabitants, it is also the biggest and most important economic market of the Eurozone.



With your European citizenship or Student visa, you can travel easily and affordably to Germany's nine exciting neighboring countries and throughout the EU Schengen area.



The German working method of "Made in Germany" enjoys an excellent international reputation.



Germany is a democratic society with a high standard of living. Over its long history, Germany has been the birthplace of numerous famous personalities such as Johann Wolfgang von Goethe, Albert Einstein and Bruce Willis.



MORE FACTS ABOUT GERMANY

- » There are more than 300 different kinds of bread in Germany.
- » The capital of Germany, Berlin, has more bridges than Venice.
- » 65 percent of German highways do not have a speed limit.
- » The very first book was printed in Germany.
- » One third of the country is covered in forest or woodland.
- » There are over 1000 kinds of sausages in Germany.
- » Germany has more than 25,000 castles.
- » The tradition of the Christmas tree has its origin in Germany.

IMPORTANT INFORMATION ABOUT HOCHSCHULE FRESENIUS

INTERNATIONAL ADMISSION

You can contact the International Admissions Team with administrative issues relating to admission (documents, contracts, etc.) study@hs-fresenius.de

Furthermore, the necessary documents for matriculation (such as the original degree certificate) also need to be handed in at the International Admissions.

The International Admissions Team is located in Cologne and is responsible for all study programs. If you are interested in a study program of our faculty of design AMD please contact: studienberatung@amdnet.de

INTERNATIONAL OFFICE

Studying abroad gives students the valuable opportunity to combine studying and traveling while advancing their international careers. Stays abroad encourage students' independence, personal growth and adaptability, which are critical factors for success in professional life.

The International Office will help incoming and outgoing students with any kind of questions or concerns. Incoming Erasmus+ students receive their Confirmation of stay/departure and Learning Agreements at the International Office.

SERVICE FEATURES:

- Organization of Study Abroad and Exchange Programs as well as Erasmus+ and Freemover Semester abroad
- Assistance with internships abroad
- Organization of summer programs abroad
- Support of incoming students (residence permit, housing etc.)
- Welcome events and excursions for incoming students
- Language Tandem & Buddy Program for incoming students (German students help you to get acquainted with the campus and student life at Hochschule Fresenius)

Contact: international@hs-fresenius.de

SERVICE LOUNGE STUDENT SERVICE

The Service Lounge is always the first contact point for applicants and students. Here, all information on studying at Hochschule Fresenius can be found.

SERVICE LOUNGE RESPONSIBILITIES INCLUDE:

- Certificate of Study (Studienbescheinigung)
- Student ID / Semesterticket
- Student e-mail account
- Change of address
- Lost & Found
- Taking a semester off
- Canceling study contract

STUDYPLUS

Take advantage of the opportunity to acquire additional skills alongside your studies, improve your language skills or make important contacts to companies.

StudyPLUS (<https://studypplus.hs-fresenius.de/>) is a unique online platform that provides you with individual offers for personal and career development. You can use it free of charge from the first day of your studies.

It compiles an individual program based on your personal profile and is an additional offer that you can use according to your personal goals, interests and availability.

Also, it promotes your individual development according to the principle of "Life-Long-Learning" - even after graduation.

ASTA- GENERAL STUDENTS' COMMITTEE

The General Students' Committee of Hochschule Fresenius is very committed, and regularly organizes events, such as the summer and winter festivities, parties and the popular football competition "Frese-Cup" which is held annually at one of the campuses. Also, the orientation days for first semester students is organized by ASTa. Here, students can get to know the city and campus and meet fellow students.

THE ASTA IS ALSO RESPONSIBLE FOR:

- Representation of functional and social interests of the students towards the university, ministry, media
- The utilization of the students' semester contribution (Semesterbeitrag) in coordination with the university
- Statements concerning collegiate or scientific questions of the university
- The recognition of cultural issues of members Organizing and supporting sport activities for students

Contact:

- Berlin: berlin@asta-hs-fresenius.de
- Cologne: AStA Büro/ General Students Committee, building 4c, EG1 (ground floor) left, Büro 1: erster.vorsitz.koeln@asta-hs-fresenius.de
- Düsseldorf: AStA Büro; Campus Franklinstraße, UG-Bü01; Ylias Nikolai Liesaus; erster.vorsitz.duesseldorf@asta-hs-fresenius.de
- Hamburg: hamburg@asta-hs-fresenius.de
- Idstein: AStA Idstein, Ms. Yara Liebler: liebler.yara@stud.hs-fresenius.de
- Munich: AStA Büro im Pav.1, 1.OG Raum 5 (links), opening hours: Mo-Fr. 12.30 - 13.15 Uhr, muenchen@asta.hs-fresenius.de
- Wiesbaden: Marc Kaiser, AStA office room no. 1.36, wiesbaden@asta-hs-fresenius.de

GRADING SYSTEM

Hochschule Fresenius uses the European Credit Transfer System (ECTS). Bachelor degrees at Hochschule Fresenius/AMD consist of 180 up to 210 ECTS, divided into six semesters with 30 ECTS each. Master degrees mostly end with 120 ECTS after four semesters. Courses are graded according to the following system:

GRADE	PERCENTAGE POINTS	DESIGNATION	EXPLANATION
1.0 1.3	95 - 100 90 - 94	Very good	outstanding performance
1.7 2.0 2.3	85 - 89 80 - 84 75 - 79	Good	performance that significantly exceeds the average
2.7 3.0 3.3	70 - 74 65 - 69 60 - 64	Satisfactory	performance that meets the average requirements
3.7 4.0	55 - 59 50 - 54	Pass	performance that satisfies requirements despite its deficiencies
5.0	< 50	Fail	performance that does not fulfill requirements due to significant deficiencies

BEFORE YOUR ARRIVAL

HEALTH INSURANCE

Health insurance is mandatory in Germany. For visa purposes, you will need to provide proof of travel health insurance for the initial months of your stay. Once in Germany, you must register with a German health insurance company. All study applicants are obliged by law to present a proof of insurance for the purpose of enrollment at a university. The proof must not be older than three months.

Most people in Germany (around 88%) are insured with a public health insurance company. There are about 100 different public health insurance companies. The basic coverage (treatment for illness, treatment after accidents and certain medications) are the same. The costs for health insurance are around 110€ per month. You can usually sign up with a health insurance company via their website. We have a cooperation with Techniker Krankenkasse (TK). If you would like to join them, simply write an email to Lea Thau (lea.thau@tk.de) or check www.tk.de/en.

Students over 30 are entitled to choose between public and private healthcare. Those looking for private healthcare options need to weigh up whether they are better off enrolling in the public system. This will usually depend on whether or not they are working alongside their studies.

Following you can find different varieties and processes of health insurances:

I HAVE/WILL HAVE A STATUTORY HEALTH INSURANCE

Please apply for a "Krankenversicherungsbescheinigung zur Vorlage an einer Hochschule" (proof of health insurance for submission at universities) at your health insurance company and submit this to Hochschule Fresenius University of Applied Sciences:

- It is a common document, insurances know about it
- Please do not provide a proof of membership or insurance periods

I HAVE/WILL HAVE A PRIVATE HEALTH INSURANCE

Please apply for an exemption of statutory insurance obligation at any statutory health insurance company (e.g. at Techniker Krankenkasse, contact lea.thau@tk.de) and submit the so-called "Befreiungsbescheinigung" (exemption certificate) to Hochschule Fresenius University of Applied Sciences.

- Revocations are not possible. The exemption is valid for your entire stay/residence in Germany, also after your studies.
- Exemptions from statutory insurance obligation are not possible if students are older than 30.

I AM INSURED WITHIN THE EUROPEAN UNION (NOT GERMANY)

Please check with your home insurance and also our partner from Techniker Krankenkasse whether your

health insurance is sufficient for studying in Germany. If you have an EHIC (European Health Insurance Card), you don't necessarily need German health insurance to enroll yourself at a German university. However, be aware that you need German health insurance in case you would like to work alongside your studies.

You will still need a special document for enrollment, a proof of exemption from having a mandatory German health insurance. This document is entitled "Zur Vorlage an einer Hochschule". Please contact Lea Thau (lea.thau@tk.de) regarding this. She will gladly provide you with such a document.

I AM INSURED IN A COUNTRY OUTSIDE THE EUROPEAN UNION

In this case, you are obliged to apply for German health insurance. Please note, enrollment at Hochschule Fresenius is not possible without a proof of German health insurance!

Please contact our partner from Techniker Krankenkasse Mrs. Lea Thau, who can give you all information needed and help you find the right insurance for you.: lea.thau@tk.de

OTHER INSURANCES

- Liability Insurance (Haftpflicht)

A civil or private liability insurance is an **optional** insurance. You are not required to have it, but it is recommended. A civil liability insurance / third party liability insurance covers the cost of all damages caused by accident. As it is available at down to €45 a year, this insurance can save you a lot of money.

In case you have taken out private liability insurance in your home country, please check if it is equally valid during your stay in Germany. A liability insurance should at least cover all cases of private liability and, if possible, also cases of liability on official business.

ACCOMMODATION

Unfortunately, Hochschule Fresenius does not offer internal student housing and therefore cannot provide or arrange accommodation for you. However, we will support you as best as we can in your search for accommodation and are always available to answer your questions.

We further provide students with an Accommodation Guide for each of our campuses filled with many useful information regarding accommodation provider and how to apply for accommodation.

The private housing market offers a viable alternative compared to student dorms. Due to relatively high rents and fierce competition in big cities all over Germany, many students decide to share apartments and rent them together with other students. In these shared flats (in German: Wohngemeinschaft or WGs, each tenant usually has his or her own room and use of a common area (kitchen, bath etc.)). The easiest way to find a room or apartment is online.

COMMON WEBSITES TO FIND ROOMS IN FLAT SHARES ARE:

- www.wg-gesucht.de
- <https://housinganywhere.com/>
- <https://www.ebay-kleinanzeigen.de>

COMMON WEBSITES TO FIND ENTIRE APARTMENTS:

- www.immobilienscout24.de
- www.immowelt.de
- www.immonet.de

PROMO CODES / COOPERATIONS:

- <https://www.uniplaces.com/en>
- <https://www.spotahome.com/> (Ask the International Office for the code to get 25/30% off the service fee)
- www.housinganywhere.com (ask the International Office for a campus-specific link to sign up and receive a discount)
- Homelike – book your accommodation here: https://app.thehomelike.com/company/Hochschule_Fresenius/login

Make also sure to download the respective app, set up a search profile and turn on notifications, so you will be immediately informed in case of a new offer that fits your wishes.

FACEBOOK GROUPS

There are many Facebook groups for people searching for tenants and/or apartments. Student-specific groups and groups for newcomers to a city can both be helpful.

NOTE: BE AWARE OF SCAMS!

Do not transfer money before having seen an apartment or room and have signed a contract! For more information, tips and tricks regarding accommodation search, please have a look at <https://www.hs-fresenius.com/information/accommodation/>

VISA

Whether you need a visa to come to Germany for study purposes depends on your citizenship.

STUDENTS FROM THE EU/EEA/SWITZERLAND

Students from the European Union (EU), the European Economic Area (EEA) and Switzerland do not need a visa but only a valid passport or ID card. They must register at the city's registration office as soon as they have found an apartment.

STUDENTS FROM OUTSIDE THE EU/EEA/SWITZERLAND

Students with the citizenship of one of the following countries also do not need a visa: Andorra, Australia, Brazil, Canada, El Salvador, Honduras, Israel, Japan, Monaco, San Marino, South Korea, USA. In this case, you only need a valid passport to enter the country. Within three months after arrival you have to apply for a residence permit.

If you are a citizen from another country than mentioned above, you need to apply for a visa prior to your arrival. The visa application process could take several months, therefore it is important to start with the application as soon as possible. You can apply for the visa at the German embassy or consulate in your home country. Please find the addresses of the German embassies and the consulates on the website of the Federal Foreign Office: <https://www.auswaertiges-amt.de/en/aussenpolitik/laenderinformationen>

The documents needed for a student visa depend on the requirements of your country of residence. In addition to a valid passport, a CV, and biometric photos, most German diplomatic missions ask for a letter of acceptance, proof of financial resources and health insurance. Make sure to check out <https://www.hs-fresenius.com/information/visa/> for more information on student visa.

PLANNING YOUR FINANCES/BLOCKED ACCOUNT

ARISING COSTS TO CONSIDER:

- Visa application/ Proof of financial resources*
- Deposit
- Tuition fee
- Semester contribution
- Costs of living
- For detailed information please visit: <https://www.hs-fresenius.com/finances/>

*E.G. BLOCKED ACCOUNT

As of 2023, students need to provide evidence that they have at least EUR 11,208 at their disposal. This is the estimated cost for one person living in Germany for one year (tuition fees excluded). There are several ways to prove your financial resources. The most common solution is a blocked account. You can open a blocked account via our partner Expatrio. <https://www.expatrio.com/living-germany/cities/cologne/hsf-hochschule-fresenius> Please check with your German diplomatic mission to find out which proof of financing will be accepted.

FLIGHT

Due to visa application problems it may be necessary to postpone already booked flights. Therefore, please make sure that you book a flexible rebookable flight.

CHECKLIST FOR PACKING YOUR LUGGAGE



WHAT I NEED TO PACK	INFORMATION	DONE X
Your passport and all relevant travel documents.		<input type="checkbox"/>
(For students outside of the EU:) Driver's licence translated into German (if you have one and intend to drive a vehicle). Foreign driving licences are valid for stays of up to six months in Germany.		<input type="checkbox"/>
Items of clothing adequate for different kinds of weather.		<input type="checkbox"/>
Something that reminds you of your family or friends and home country.		<input type="checkbox"/>
Electrical equipment: <ul style="list-style-type: none"> laptop/tablet, charger mobile phone, charger power adapter (if necessary). 	Electronic Devices	<input type="checkbox"/>
Copies of information about prescription medicines from your doctor in English (if necessary).		<input type="checkbox"/>

CUSTOMS (AIRPORT)

There are certain things especially when it comes to medicine and food that you are not allowed to bring when entering Germany. Please check with German Customs (Zoll) what is allowed and what you must not take with you. There are several things that you can take with you but may have to pay

- https://www.zoll.de/EN/Private-individuals/Staying-in-Germany/Transferring-residence/transferring-residence_node.html
- https://www.zoll.de/EN/Private-individuals/Travel/Entering-Germany/entering_germany_node.html

CHECKLIST BEFORE ENTERING GERMANY



DATES AND DEADLINES	WHAT DO I NEED TO DO	INFORMATION	DONE X
1-½ year before you start your studies (or earlier)	If necessary: Apply for a visa. Keep in mind that these processes may take up to several months!	Visa	<input type="checkbox"/>
After receiving the pre-contract from Hochschule Fresenius	Pay the deposit to receive your study contract	Visa	<input type="checkbox"/>
3 months before your start of studies / After receiving your confirmation of acceptance	Start looking for a room/accommodation. There will also be a virtual info session on "Finding Accommodation in Germany" a few weeks before semester start.	Accommodation	<input type="checkbox"/>
	Start arranging health insurance for your stay in Germany	Insurances	<input type="checkbox"/>
	If necessary: Set up blocked account/financial statement for your visa	Visa	<input type="checkbox"/>
2 months before your start of studies / After receiving the respective e-mail	Reply to Hochschule Fresenius whether you would like to participate in the optional Buddy program.	The International Office will send an e-mail with information	<input type="checkbox"/>
Mid-February (Summer Semester)/ mid-August (Winter Semester)	Let us know where you will be staying and we can provide you with travel directions. We advise you to come to Germany two to three weeks prior to the start of your studies. This way you can take part in all welcoming events and become familiar with the city before the start of the semester.	Traffic, Public Transport	<input type="checkbox"/>
Semester start	Pay your semester contribution ("Semesterbeitrag") in time.	You will receive an e-mail with information	<input type="checkbox"/>

BEGINNING YOUR STUDIES

REGISTRATION

Have you found accommodation? Then the next step is to register at the residents' registration office (Einwohnermeldeamt) in your new place of residence. It is best to make an appointment online for this. The International Office is happy to assist you here. Registration must take place within 14 days of moving in! To register, you will then need your passport with visa as well as a housing provider certificate in which your landlord confirms that you have moved in.

ENROLLMENT

For enrollment please provide the following documents:

- „Krankenversicherungsbescheinigung zur Vorlage an einer Hochschule“ (proof of health insurance for submission at universities). Your health insurance card is not sufficient. Simply ask your health insurance provider and they will provide you with the document.
- Original certificate (Bachelor), if you have not already sent a certified copy in advance

RESIDENCE PERMIT

After your entry into Germany, you usually have 90 or 180 days to convert your visa into a residence title. You must do this at the foreigners' office responsible for you. Please take care of an appointment in time. You have to submit various documents. This includes your passport (including the entry stamp), proof that you are able to cover your living expenses, health insurance membership, enrollment certificate of Hochschule Fresenius, your certification of residence (Meldebescheinigung), and a copy of your rental contract.

However, please consult with your local immigration office to find out exactly which documents are required. This may vary depending on the city. The International Office is happy to help you here.

BANK ACCOUNT

Having a bank account in Germany is useful. A bank account facilitates bank transfers for your rent or salary from a part-time job. You can also withdraw money from cash machines free of charge (as long as it is the bank you have your account with, otherwise charges for withdrawing money may occur). Most banks offer students free checking account which normally come with a debit card and sometimes even Visa or Master Card.

There are numerous commercial and savings banks which operate branches in cities throughout Germany. There are also a number of online banks which offer the entire range of services via the Internet – from setting up the account to all necessary transactions. The International Office can help you select a bank which offers especially attractive conditions to students.

TO OPEN AN ACCOUNT, YOU ARE NORMALLY ASKED TO PRESENT THE FOLLOWING DOCUMENTS:

- Passport or personal identification card,
- Certificate of enrollment or notification of admission from your university
- Residence Permit or Registration Certificate

Take these documents with you to a bank branch of your choice and ask to open a checking account (Girokonto). The employees at the bank will help you. To avoid unnecessary hassle, ask your bank which documents they require to open a bank account. Bank transactions, such as transfers and standing orders, can be done online or at specially marked bank machines in the bank or at the counter.

LANGUAGE/GERMAN COURSES AND ADDITIONAL OFFERS

Different additional courses are offered through StudyPlus including German courses. More information is provided during your welcome days.

UNIVERSITY SPORTS (ZHS)

Depending on the campus, students can participate in different kinds of sport events. In Cologne, Düsseldorf Munich and Hamburg, students can take part in the extensive range of university sports at the public universities. To mention just some of the over 100 diverse course options offered by the University of Cologne, students can take part in badminton, American Football, rugby, capoeira, Zumba, climbing, dancing or horseback riding. Most of the courses are free of charge.

THE FULL COURSE OFFER IS ACCESSIBLE AT:

Cologne: <https://hochschulsport-koeln.de/>

Hamburg: <https://www.hochschulsport.uni-hamburg.de/>

Munich: <https://www.zhs-muenchen.de/zhs/startseite/>

Düsseldorf: <https://hss-d.de/>



WHILE IN GERMANY



BUDDY PROGRAM

At Hochschule Fresenius, we take pride in the services we offer to our students, wherefore we want to support you in your acclimation process the best we can and throughout your entire studies. Yet, the first semester is often the toughest. Therefore, we have established the Buddy Program for you, our international students, in which current students of Hochschule Fresenius become mentors that help you with study-related questions as well as issues off-campus. Through this program, we hope to overcome cultural and language barriers you might face and create a socially welcoming atmosphere for you.

If you are interested in taking part in the Buddy Program, please write us a short e-mail. Please note also that in this case we will forward your personal data (name and private e-mail address) to prospective mentors so that they can get in contact with you. You will then be assigned a buddy, who will be your contact person for your first semester at Hochschule Fresenius. Feel free to get in touch with him/her before arriving in Germany, Should you have any questions or need any help.

LIVING IN GERMANY

CLIMATE

Depending on the region, temperatures in winter vary between -10 and +10°C and it can snow in Germany. It is absolutely necessary to have warm clothes (i.e. pullovers, jacket and boots, scarf & gloves). The warmest months are July and August, when temperatures can go up to 40°C.

LANGUAGE

A lot of people in Germany do speak English, but not everyone. It is very helpful if you have at least a little knowledge of the German language. Depending on the language of your study program at Hochschule Fresenius we definitely recommend taking part in a German language course for beginners (level A1) in your country before coming to Germany. You will find it much easier to settle in and adjust if you can speak the local language to a certain extent. However, most Germans will enjoy practicing their English with you. If you are interested in a language exchange program (Tandem), please contact the international office.

ETIQUETTE

Germans appreciate punctuality (especially for university lectures!). During a private get-together with a group of people, it is okay to show up a bit later. But if you are meeting someone individually, you would be expected to be on time. Germans have a reputation for being somewhat distant and very direct compared to other cultures. Those traits are reflected in the language, where an unknown or older person is generally addressed by their last name and with the formal pronoun 'Sie'. This can be compared to the Spanish "Usted/Ustedes" or the French "vous".

The first name and the informal 'Du' can be offered once two people have become better acquainted or when talking to children. It is usually the older person who offers this. Young people generally use each other's first names and refer to each other as 'Du' right away. A peck on the cheek is an adequate greeting among friends, but not among strangers. Bowing when meeting someone is not customary, but a handshake is. In German society men and women are treated equally.

ELECTRONIC DEVICES/WIFI

German power outlets use 220 ac volt electricity. This means that not all electronic devices which were purchased abroad will be compatible in Germany. Adapters and converters can be purchased by those who want to continue using appliances brought from home.

Public Wi-Fi is usually offered at public buildings (libraries, universities etc.). However, please be aware that you are usually not allowed to download music, videos or movies via these Wi-Fi connections.

MONEY

The currency used in Germany is Euro/Eurocent. Please note that credit cards such as Visa or Master Card are only accepted in restaurants and larger stores! In addition to cash, almost every shop accepts payment with debit card (Maestro Card).

PART-TIME JOBS

Taking on a part-time job while studying has lots of benefits: Students can make some extra money, gain valuable professional experience and might take a first step up on the career ladder. Gaining a first insight into the German corporate world is especially beneficial for international students. All international students are generally permitted to work part-time. However, different rules apply to citizens of the European Union (EU) than to non-EU citizens: Citizens of member states of the European Union, the European Economic Area (EEA) – that is Norway, Iceland and Liechtenstein – as well as Switzerland have equal legal status on the labor market as German citizens. This means that they are allowed to work as many hours as they want, without having to obtain approval from the German authorities. They will therefore have an equal access to the labor market as German students. Students are advised not to work more than 20 hours a week, as you would have to pay social insurance contributions if you exceed this number of hours. More importantly, students regularly working more than 20 hours a week risk being exmatriculated by law. International students from countries which are NOT member states of the EU, the EEA or Switzerland are normally permitted to work 120 full or 240 half-days per year if they are in possession of a valid residence permit for Germany. The immigration office will record these provisions in your residence permit. In case you wish to work more days per year, you will need to obtain approval from your immigration office and the German Federal Employment Agency.

TRAFFIC, PUBLIC TRANSPORT & CYCLING

Germany has a very diverse traffic structure with cars, busses, trains and metros. Public transportation is a frequently used mean in Germany. Each city has its own provider company for public transportation. General information and long distance trains can be found at: www.bahn.com. In Germany, cars drive on the right hand side of the street.

HOLIDAYS

On Sundays and public holidays, shops and banks are closed in Germany!

DOCTORS/HOSPITAL

Please note that in Germany most doctor's offices are closed on Wednesday afternoon. All doctor's offices are closed on weekends. However, hospitals are not. You also need to bring your insurance card to every doctor's appointment. In case of imminent danger or an accident, there are two important emergency numbers:

Police: 110

Firefighters/Ambulance: 112



USEFUL INFORMATION ABOUT... COLOGNE

DIRECTIONS



ARRIVAL WITH PUBLIC TRANSPORTATION

By train, you reach the MediaPark in Cologne via the very well developed public transport system of the VRS ("Verkehrsbund Rhein-Sieg") and the KVB ("Kölner Verkehrsbetriebe"). From central station, take one of the following S-Bahn lines: S6 towards Köln-Nippes, S11 towards Düsseldorf, S12 or S13 towards Hansaring. You have to get off at "Hansaring". Alternatively, you can reach Hochschule Fresenius via subway using the lines 12 or 15. Should you take the subway you can get off at either "Hansaring" or "Christophstraße/MediaPark".

ARRIVAL BY CAR

COMING FROM THE NORTH:
Highway A57 towards "Köln-Zentrum" (Cologne City Center) will get you to Hochschule Fresenius. Once the highway ends, move into the central lane designated "Ausfahrt Zentrum" (Exit City Center) and follow it until you reach a traffic light. Underneath the railway bridge, turn left into the tunnel leading you towards "Ringstraße MediaPark".

Here, you will find car parks. Should you reach Cologne via highway A3 from Oberhausen, turn onto highway A1 towards "Euskirchen/Koblenz" at highway junction "Kreuz Leverkusen". At highway junction "Kreuz Köln-Nord", turn onto highway A57 towards "Köln-Zentrum". From there, see above. Should you reach Cologne via highway A1 from Dortmund, drive until highway junction "Kreuz Köln-Nord". From there, see above.

COMING FROM THE EAST:

via highway A4 from Olpe, drive until highway junction "Kreuz Köln-Ost" and from there towards "Zoobrücke/Köln-Zentrum". Follow the road you are on across the bridge ("Zoobrücke") until you reach the TV tower on the left side. At the first traffic light, make a U-turn. Take the next right and after the next traffic light, turn left into the tunnel towards "Ringstraße MediaPark". Here, you will find car parks.

COMING FROM THE SOUTH:

Via highway A1 from Euskirchen/Koblenz, drive until highway junction "Kreuz Köln-Nord" and from there onto highway A57 towards "Köln Zentrum". From there, see above. Should you reach Cologne via highway A59 from Flughafen/Köln/Bonn, drive until highway junction "Dreieck Heumar" and from there onto highway A3 towards "Kreuz Köln-Ost". From there, see above.

COMING FROM THE WEST:

Via highway A4 from Aachen, drive until highway junction "Kreuz Köln-West" and from there onto highway A1 towards "Wuppertal/Dortmund". Once you reach highway junction "Kreuz Köln-Nord", turn onto highway A57 towards "Köln-Zentrum." From there, see above.

PARKING

You can enter the central car park at MediaPark Cologne from both directions. In section 4/FORUM, you will find public parking. Please use the parking spots you find here.

PUBLIC TRANSPORT

Once you are matriculated in Cologne and have paid your semester contribution, you will receive a **semester ticket**. This ticket is valid for the entire state of North Rhine-Westfalia. In Cologne you can travel by tram and bus. For longer travels within North Rhine-Westfalia you can travel by regional trains 'Regionalbahn RB' / 'Regionalexpress RE'. Be aware that the ticket is not valid for travels by 'Intercity IC' oder 'Intercity Express ICE'.

Especially in summer it is a good option to take **the bike** in Cologne. The Cologne transport services (KVB) offer bike rentals and everyone with a VRS chipcard or a monthly or annual Rate gets 30 free minutes per rental.

To use this option, you have to register online with your semester ticket. <https://www.kvb-rad.de/en/koeln/>

E-scooters are also an increasingly popular way to get around in Cologne. Currently, five providers - Tier Mobility, LIME, Dott, Voi and Bolt - offer rental systems for e-scooters in Cologne.

TAXI/UBER

TaxiRuf Köln eG
Tel.: +49 221-2882
info@taxiruf.de

CityCab Cologne
Tel.: +49 221-6060160
info@citycab-cologne.de

Uber is also available in Cologne. Please book your driver through the App.

DOCTORS/HOSPITALS/PHARMACIES

There are several websites where you can search for doctors of different specialities and book appointments. These websites are only available in German.

<https://www.doctolib.de/>
<https://www.jameda.de/>

If you fall ill outside consultation hours, you can go to the emergency medical service ('Ärztlicher Notdienst'). You can search for the current emergency doctor in Hamburg on this website (only available in German):

<https://www.116117.de/bps/web/index.php/de/search>

If you go to see an emergency physician, he*she may only be speaking german.

ENGLISH SPEAKING GENERAL PRACTITIONERS/FAMILY DOCTORS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr.med. Michael Radecki	Von-Werth-Str. 31 50670 Köln	0221/7162238	Every day 8 a.m. – 1 p.m. Mon, Tue, Thu: 2 p.m. – 7 p.m.	Tram station Christophstr./ Mediapark
Dr. med. Albert Streminski	Richard-Wagner- Str. 9 - 17 50674 Köln	0221/924750	Mon, Tue, Thu: 7:30 a.m. – 5 p.m. Wed: 7:30 a.m. – 12:00 a.m. Fri: 7:30 a.m. – 1 p.m.	Tram station Rudolfplatz
Dr. med. Tim Knoop	Neusser Str. 460 50733 Köln	0221/977217-0	Mon – Thu: 8 a.m. – 6 p.m. Fri: 8 a.m. – 3:30 p.m.	Tram station Neusser Str./ Gürtel
Dilek Toksöz-Kersting	Zülpicher Str. 355 50935 Köln	0221/435534	Mon, Thu: 8 a.m. – 6 p.m. Tue: 8 a.m. – 2 p.m. / 3 p.m. – 6 p.m. Wed, Fri: 8 a.m. – 2 p.m.	Tram station Zülpicher Str/ Gürtel

ENGLISH SPEAKING DENTISTS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr. med. dent. Mathias Sommer	Elstergasse 3 50667 Köln	0221/2584966	Mon,Thu: 8:30 a.m. – 1 p.m. /2:30 – 6 p.m. Tue: 8:30 a.m. – 1 p.m. / 3 – 7 p.m. Wed: 8:30 a.m. – 1 p.m. Fri: 8:30 a.m. – 1:30 p.m.	Tram station Appelhofplatz
Dr. Dr. Thea Lingohr	Bonner Str. 207 50968 Köln	0221/9345451	Mo – Thu: 7 a.m. – 8 p.m. Fri: 7 a.m. – 3 p.m.	Bus station Marktstraße Tram station Bonner Wall

FARSI SPEAKING GENERAL PRACTITIONERS/FAMILY DOCTORS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Gulnara Derya	Karolingerring 18 50678 Köln	0221/313533	Every day 9 a.m. – 12 a.m. Mo, Tue, Thu 3 p.m. – 6 p.m.	Tram station Chlodwigplatz

FARSI SPEAKING DENTISTS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr. M.J. Sales	Elisenstr. 15 50667 Köln	0221/252720	Mo, Tue, Thue: 9 a.m. – 1 p.m. / 2 p.m. – 6 p.m. Wed, Fri: 9 a.m. – 2 p.m.	Tram station Appellhofplatz
Nasim Sabri	Grüner Weg 6 50825 Köln	0221/66997123	Mo – Fri: 8 a.m. – 8 p.m. Sat: 10 a.m. – 2 p.m.	Tram stations Venloer Str./ Gürtel Weinsbergstr./Gürtel

HINDI SPEAKING GENERAL PRACTITIONERS/FAMILY DOCTORS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr. med. Hafeez Ullah Malik	Ernstbergstraße 135 50765 Köln	0221/7000790	Mo, Tue, Thu: 8 a.m. – 12 a.m./3 p.m. – 6 p.m. Wed: 8 a.m. – 12 a.m. Fri: 8 a.m. – 12 a.m.	Subway station Köln - Blumenberg

INTERNATIONAL PHARMACY

- Dom Apotheke Köln, Bahnhofsvorplatz 1, 50667 Köln, +49221-20050500
- Apotheke im Hauptbahnhof Köln (central station), Trankgasse 11, 50667 Köln, +49 221 80111444
- Fortuna Apotheke, Höniger Weg 187, 50969 Köln, +49221 9364690

HOSPITALS

There are a lot of different hospitals in Cologne but the biggest ones and the ones with the highest possibility of English-speaking doctors are:

- University Hospital Cologne, Kerpener Str. 65, 50937 Köln, +49 221 4780
- Krankenhaus der Auguster*innen, Jakobstraße 27-31, 50678 Köln, +49221 33080
- Krankenhaus Köln-Merheim, Ostmerheimer Str. 200, 51109 Köln, +49221 89070

SHOPPING FOR GROCERIES

Asian:

Heng Long Asia Supermarkt Köln
Aachener Straße 201-209
50931 Cologne, +49221 2828800
Mon – Fri: 9.30 a.m. – 7.00 p.m.
Sat: 9.30 a.m. – 4.00 p.m.

Seng Heng Asia Supermarkt
Mauritiussteinweg 75
50676 Cologne, +49221 2404572
Mon – Sat: 9.30 a.m. – 7.00 p.m.

Turkish:

Ankara Market
Weidengasse 46 - 48
50668 Cologne, + 49221 13971662
Mon – Sun: 7.00 a.m. – 8 p.m.

Eastern European:
Balkan Shop
Vogelsanger Str. 210
50825 Cologne

African:

Asian & Afroshop Lebensmittel
Hohenstaufenring 15
50674 Cologne

Arabic:

Khtari
Kalker Hauptstraße 148
51103 Cologne,
+49221 16842435

Persian:

Kian Supermarkt
Luxemburger Str. 12
50674 Cologne



USEFUL INFORMATION ABOUT... MUNICH

DIRECTIONS



ARRIVAL WITH PUBLIC TRANSPORTATION

FROM AIRPORT:

Take the subway line S1 in the direction of Ostbahnhof or line S8 in the direction of Herrsching and get off at the stop Hauptbahnhof. From there please change into the tramline 20, 21 or 22 and get off at Lothstraße/Hochschule München. Tram line 20 runs in the direction of Moosach Bahnhof, tram line 21 runs in the direction of Westfriedhof. Get off at Lothstraße and walk right into the Lothstraße. The Infanteriestraße is the second cross street on the left side.

FROM MAIN STATION:

From main station take the tram line 20, 21 or 22 and get off at Lothstraße/Hochschule München. Alternatively, you can take bus number 53 from the stop Donnersbergerbrücke, the tramline 12 from Rotkreuzplatz or bus number 59 from Hohenzollernplatz and get off at Infanteriestraße.

ARRIVAL BY CAR

FROM HIGHWAY A9 Nürnberg – München:

Take the exit Schwabing/ Mittlerer Ring West and after that the exit Milbertshof (the exit is inside the tunnel). At the intersection turn left into Belgradstraße. Following turn right into Karl-Theodor-Straße and follow the course of the road and you will reach Infanteriestraße automatically after the third intersection. We recommend this route coming from all other highways as well.

PARKING

Parking at Infanteriestraße is limited. Public parking facilities, some of which are subject to a fee, are available in the surrounding streets.

PUBLIC TRANSPORT

Unfortunately, we cannot offer a **semester ticket** through the university, so the following options are available: Basically, you only need zone "M" when traveling from home to the university or in the inner-city area. For other trips, please check the homepage, the zone check: <https://www.mvg.de/tickets-tarife/sonstige/mvg-zonencheck.html#mvg-zonencheck> or at an MVG service point.

1. („**Ausbildungstarif II**") **education tarif II** (from 15 years) as weekly or monthly ticket. This ticket is valid for journeys between home and university but not for other journeys! <https://www.mvg.de/tickets-tarife/vielfahrer/ausbildungstarif-2.html>
2. **IsarCard as weekly or monthly ticket** <https://www.mvg.de/tickets-tarife/vielfahrer/isarcards.html>
3. **IsarCard 9Uhr (only available as a monthly ticket)** <https://www.mvg.de/tickets-tarife/vielfahrer/isarcards9uhr.html>
4. **if you only use public transport occasionally, a strip ticket (Streifenkarte) might be sufficient:** <https://www.mvg.de/tickets-tarife/einzelfahrkarten-tageskarten/streifenkarte.html> with 10 strips.

Tickets are available as HandyTickets (one-way ticket, strip ticket, day ticket) via the app MVG Fahrinfo München or at MVG ticket machines in all subway stations, at larger bus/tram stops and on buses and streetcars, at MVG customer centers and at the numerous MVG ticket partners, among other places. Especially in summer it is a good option to take the bike in Munich. If you don't want to bring or buy a bike, MVG offers bikes for flexible rental. This is very convenient and not too expensive:

<https://www.mvg.de/services/mvg-rad.html>

Should you use the new MVGO app, you can also use e-scooters from Tier and Voi via it:

https://www.mvg.de/services/mobile-services/mvgo_neu.html

E-scooters are also an increasingly popular way to get around in Munich. In addition to the providers mentioned above, there are also the providers Jawls, Dott, Bird and Lime. Please note that you are only allowed to ride the scooters (just like a bicycle) on the street or bike paths, not on the sidewalks!

Besides the MVG bikes there are the following possibilities to rent a bike:

<https://www.callabike.de/de/start/>

<https://www.donkey.bike/de/>

<https://swapfiets.de/munich>

<https://www.freie-lastenradl.de/>

TAXI/UBER

Taxi-München eG

Tel. 089-21 610 oder 089-19 410

E-Mail info@taxi-muenchen.de

IsarFunk Taxizentrale GmbH & Co. KG

Tel. 089-450 540

E-Mail info@isarfunk.de

Uber is also available in Munich. Please book your driver through the App.

DOCTORS/HOSPITAL/PHARMACIES

There are several websites where you can search for doctors of different specialities and book appointments. These websites are only available in German.

<https://www.doctolib.de/>

<https://www.jameda.de/>

If you fall ill outside consultation hours, you can go to the emergency medical service ('Ärztlicher Notdienst'). You can search for the current emergency doctor in Munich on this website (only available in German): <https://www.116117.de/bps/web/index.php/de/search>

If you go to see an emergency physician, he*she may only be speaking German. To find a doctor from dental emergency service ('Zahnärztlicher Notdienst') in Munich you can call this German hotline: 089 / 30005515.

ENGLISH SPEAKING GENERAL PRACTITIONERS/FAMILY DOCTORS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr. med. Isabel Baenisch	Nymphenburger Str. 62 80335 München	089/1297332	Every day 8 a.m. – 12:30 a.m. Mo, Tue, Thu 3 p.m. – 6 p.m.	Underground station Maillingerstraße
Dr. med. Jonathan Hall	Helene-Weber-Allee 19 80637 München	089/1594040	Every day 8 a.m. – 1 p.m. & 2 p.m. – 6 p.m.	Tram station Heideckstraße
Dr. Hanna Bierwirth	Luisenstr. 1 80333 München		Mo 7 a.m. – 11 a.m. & 12 a.m. – 2 p.m. Tue, Thu 10 a.m. – 2 p.m. & 3 p.m. – 6 p.m. Wed 8 a.m. – 12 a.m. & 2 p.m. – 4 p.m. Fri 8 a.m. – 12 a.m. & 1 p.m. – 3 p.m.	Central station Hauptbahnhof Nord

ENGLISH SPEAKING DENTISTS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr. M.Sc. M.Sc. Sebastian Helgert	Görresstr. 37-39 80798 München	089/525654	Every day 8 a.m. – 1 p.m. & 2 p.m. – 6 p.m. Fri 8 a.m. – 1 p.m. & 2 p.m. – 5 p.m.	Underground station St.Joseph
Dr. med. dent. Karoline Waubke	Elisabethstr. 57 80796 München	089/21112234	Mo, Tue, Thu 9 a.m. – 3 p.m. Wed 9 a.m. – 7 p.m. Fri 9 a.m. – 1 p.m.	Tram station/ bus station Nordbad

FARSI SPEAKING GENERAL PRACTITIONERS/FAMILY DOCTORS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr. med. Mona Scholz	Goethestraße 8 80336 München	089-18947770	Mo, Thu 8:30 a.m. – 12 a.m. & 2 p.m. – 6 p.m. Tue 8:30 a.m. – 12 a.m. & 2 p.m. – 7 p.m. Wed, Fri 8 a.m. – 1 p.m.	Central station München Hauptbahnhof

HINDI SPEAKING GENERAL PRACTITIONERS/FAMILY DOCTORS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
M. B.B. S.(Mahatma Gandhi Univ.) Shalini Pandey-Fromm	Wagnerbreite 5 83607 Holzkirchen	08024-6242	Mo, Wed 7:30 a.m. – 12 a.m. & 3 p.m. – 6 p.m. Tue, Thu 7:30 a.m. – 12 a.m. & 4 p.m. – 6 p.m. Fri 7:30 a.m. – 2 p.m.	Subway station Holzkirchen (S3)

PHARMACY

Internationale Apotheken (specialized in foreign pharmaceuticals):

<https://www.internationale-apotheke.eu/>

<https://www.apothekemuenchen.de/>

<https://www.ludwigsapo.de/index.php/de/>

HOSPITAL

There are several hospitals in Munich, some of them are specialized in certain areas.

Here are some of the bigger ones in the city area. University Medical Centers:

- Klinikum rechts der Isar: <https://www.lmu-klinikum.de/>
- LMU Klinikum: <https://www.mri.tum.de/>

SHOPPING FOR GROCERIES

You can buy cheap groceries at discount supermarkets, e.g. Aldi, Lidl, Netto, Penny, Norma, Kaufland. Rewe and Edeka are also very popular supermarkets in Germany. They are more expensive than the discount supermarkets mentioned above but offer a larger range of products. You can also find several international supermarkets, e.g.:

Turkish:

Verdi
Landwehrstraße 46, 80336 München
Mon - Sat: 8am - 8pm
<https://turkischersupermarkt.de/muenchen/verdi-supermarkt/>

Indian:

Bollywood Store
Augustenstraße 88, 80798 München
Mon - Sat; 9am-8pm
<http://www.bollywood-store.com/>

Persian:

Jordan Supermarkt
Dachauer Str. 34, 80335 München
Mon-Fri: 9am - 8pm, Sat: 10am-8pm
<https://de.foursquare.com/v/supermarkt-jordan/4f803f9ae4b04cf7889446e6>

Polish:

Polonika
Heßstraße 58, 80798 München
Tue-Fri: 10am-1pm & 3pm-8pm, Sat: 10am-4pm

Bosnian:

Deja Markt
Bayerstrasse 79, 80335 München
Mon-Sat: 8am - 8pm
<https://deja-markt.de/>

Japanese:

Mikado Feinkost
Baaderstrasse 12, 80469 München
Mon-Fri: 10am-7pm, Sat: 9.30am-7pm
<https://www.mikadofeinkost.com/>

Korean:

Asia Lebensmittel
Mozartstr. 3, 80336 München
Mon-Fri: 9am-7pm, Sat: 9am-4pm

Mexican/Latin America:

Mercado de Mexiko
Schulstraße 38, 80634 München
Tue-Thu: 10am-2.30pm & 3.30pm-6pm,
Fri: 10am-2.30pm & 3.30pm-7pm, Sat: 11am-4pm
<https://www.demexico.de/index.html>



DIRECTIONS



HOCHSCHULE FRESENIUS CAMPUS

ARRIVAL WITH PUBLIC TRANSPORTATION

The Hochschule Fresenius is located at the Gendarmenmarkt in the center of Berlin. The campus is easy to reach both by car and by public transport. You can reach Jägerstraße 32 by train with the well-developed public transport network of the Verkehrsbund Berlin Brandenburg (VBB) and the Berliner transport company (BVG).

FROM BERLIN BRANDENBURG AIRPORT:

From here it takes 45 minutes by taxi to the campus. Using the railway, take Line S9 (S-Bahn) in direction "Spandau Bhf" → Change at the station "Friedrichstraße Bhf" with subway line U6 (U-Bahn) in direction "Alt-Mariendorf" → leave at the station "Stadtmittel" and walk for 5 minutes OR change here with the subway line U6 (U-Bahn) in direction "Spittelmarkt" and leave at the station "Hausvogteiplatz" and walk to Jägerstraße 32 (3 min.).

FROM MAIN STATION:

Suggested option 1 (about 15 min.) = Bus M41* in direction "Sonnenallee/Baumschulenstraße" → Change at the station "Potsdamer Platz Bhf" with the subway line U2 (U-Bahn) in direction "Klosterstraße" → leave at the station "Hausvogteiplatz" and walk to Jägerstraße 32 (3 min.).

Suggested option 2 (about 15 min.) = Regional train RB14 in direction "Südkreuz Bhf" → Change at the station "Potsdamer Platz Bhf" with the subway line U2 (U-Bahn) in direction "Klosterstraße" → leave at the station "Hausvogteiplatz" walk to Jägerstraße 32 (3 min.).

*Please note that the information may change depending on the completion of the works on the U2 metro line.

AMD AKADEMIE MODE & DESIGN CAMPUS

Jacobowitz Hof
Pappelallee 78/79
10437 Berlin
berlin@amdnet.de

ARRIVAL WITH PUBLIC TRANSPORT

AMD is located in the district of Prenzlauer Berg in the center of Berlin. The campus is easy to reach both by car and by public transport. You can reach Pappelallee 78/79 by train with the well-developed public transport network of the Verkehrsbund Berlin Brandenburg (VBB) and the Berliner transport company (BVG).

FROM BERLIN BRANDENBURG AIRPORT:

From here it takes about 55 minutes by taxi to the campus. Another option is by railway: Line S9 (S-Bahn) in direction "Spandau Bhf" → Change at the station "Hackescher Markt" with tram line 12 in direction "Oranienburger Tor" → leave at the station "Raumerstraße".

FROM MAIN STATION:

A suggested option (about 20 min.) = Tram line 8* in direction "Ahrensfelde/Stadtgrenze" → Change at the station "Nordbahnhof" with tram line 12 in direction "Weißensee/Pasedagplatz" → leave at the station "Raumerstraße".

*to find the tram station, leave the central station from the main exit and cross the road.

USEFUL INFORMATION ABOUT...
BERLIN

PUBLIC TRANSPORT

To get around in Berlin, you will most likely use the public transportation system, abbreviated with BVG (Berliner Verkehrsbetriebe). You can buy single, one-way tickets at vending machines at every station. As a student of Hochschule Fresenius, you will receive a semesterticket with your student ID, which costs around 215€ per semester. It will be valid for the Zones A, B and C, 24/7. You can find details about the semester ticket here (in German only): <https://www.bvg.de/en/tickets-tariffs/all-tickets/time-tickets/trainee-monthly-ticket>

On <https://www.bvg.de/en> you can find out exact times for commuting from your future flat to the campus.

TAXI/UBER

Over 7,000 cabs will take you anywhere in Berlin quickly and comfortably. So you can reach your destination in Berlin at any time safely and comfortably - whether you want to go to the airport or train station, have a business appointment or simply want to reach your destination directly and individually. You can call a cab in Berlin using one of the following numbers:

- Cab Berlin: + 49 (0)30 - 20 20
- Dice radio: + 49 (0)30 - 21 01 01
- TaxiFunk Berlin: + 49 (0)30 - 44 33 22
- Quality Taxi: + 49 (0)30 - 26 300 0
- City-Funk Berlin: + 49 (0)30 - 21 02 02
- Radio Taxi Berlin: + 49 (0)30 - 26 10 26
- Talixo: + 49 (0)30 - 346 497 360
- EcoTaxi: + 49 (0)30 - 210 10 20

If you are on the road, you can also simply hail a free passing cab. You can recognize a free cab by the glowing cab sign on the roof of the vehicle. Throughout the city, you will find cab stops where cabs are waiting or can be called directly via call boxes.

Uber is also available in Berlin. Please book your driver through the App.

DOCTORS/HOSPITAL/PHARMACIES

Besides having regular doctors' appointments on site there are also opportunities to have doctor's appointment online with video consultation. You can get prescriptions through the app but also medical advice. Depending on your insurance level it can be covered by the insurance. The website is in German, but the consultation can also be in English. Opening Hours: During the Week and on Week-ends between 6 a.m and 11 p.m.

<https://www.teleclinic.com/wiki/online-doctor/>

When looking for a doctor nearby in any specific field and wanting to book an appointment there are websites available that allow you to do it all online. In German.

<https://www.termed.de/>
<https://www.jameda.de>
<https://www.doctolib.de>

Emergency Medical Service outside of normal consulting hours are available at the "Ärztlicher Notfalldienst" which you can reach by phone or on their website.

<https://www.116117.de/de/index.php>
Call: 116 117

If you are looking for English speaking doctors in Berlin, you can use this website which will also show where they are on a map. If looking for other language speaking doctors, you can also check your embassy's website.

<https://allaboutberlin.com/guides/english-speaking-doctors-berlin>

INTERNATIONAL PHARMACY

- Berlin-Apotheke, Oranienburger Strasse 51, Mitte., Tel: 030 283 3530
- Sundgau Apotheke, Berliner Strasse 43b, Zehlendorf., Tel: 030 811 7588
- Lortzing Apotheke, Hindenburgdamm 70, Steglitz., Tel: 030 834 1098
- Apotheke im Park Centre, Park Centre Treptow, Am Treptower Park 14,
- Treptower Tel: 030 5321 2201

HOSPITALS

There are a lot of different hospitals in Berlin but the biggest ones and the ones with the highest possibility of English-speaking doctors are:

- Martin Luther Krankenhaus <https://www.johannesstift-diakonie.de/medizinische-versorgung/martin-luther-krankenhaus/>
- Bundeswehr Krankenhaus Berlin <https://berlin.bwkrankenhaus.de/startseite.html>
- Charite- Universitätsmedizin Berlin <https://www.charite.de>

SHOPPING FOR GROCERIES

In Berlin as well, you can buy cheap groceries at discount supermarkets, e.g. Aldi, Lidl, Netto, Penny, Norma, Kaufland. Moreover, Rewe and Edeka offer a larger but more expensive range of products. You can also find several international supermarkets, e.g.:

Asian:

Dong Xuan Center
 Herzbergstraße 128-139, 10365 Berlin
 Monday – Friday: 10 am – 8 pm, Saturday & Sunday 9 am – 8 pm, Tuesday closed

Asian:

Go Asia Supermarkt
 7 times in Berlin (Moabit, Wedding, Tempelhof, Potsdamer Platz etc)
 Monday to Saturday from 10 am – 8 pm or 9:30 pm

Turkish:

Eurogida
 Several locations in Berlin
 Depending on the location

Bolu

9 times in Berlin (Gesundbrunnen, Kreuzberg, Charlottenburg etc)
 Monday to Saturday from 7 am – 8 pm

Russian:

Intermarkt Stolitschniy
 Landsberger Allee 116, 10369 Berlin
 Monday – Saturday: 8 am – 9 pm

Italian:

Centro Italia
 Greifswalder Str. 80C, 10405 Berlin, Sophie-Charlotten-Straße 9-10, 14059 Berlin, Großbeerenstraße 169-171, 12277 Berlin
 Monday – Friday: 9/10 am – 6:30/7 pm, Saturday 10 am – 4 pm

Latin American:

Latinoamerika
 Bundesallee 117, 12161 Berlin
 Monday – Friday: 10 am – 7 pm, Saturday 10 am – 3 pm

African:

Bintas Afro Shop
 Yorckstr. 60, 10965 Berlin
 Monday – Saturday 10 am – 10 pm

Swedish:

Schweden-Markt
 Clayallee 347a, 14169 Berlin
 Monday – Friday 10 am – 6 pm, Saturday 10 am – 2 pm

Kosher food:

KosherLife
 Brunnenstraße 31, 10119 Berlin
 Monday 8 am – 7 pm, Tuesday – Thursday 8:30 am – 6 pm, Friday 8 am – 4 pm

Greek:

Ariston
 Meraner Str. 19, 10825 Berlin
 Monday – Friday 9 am – 6:30 pm, Saturday 9 am – 3 pm

Mediterranean food:

Mitte Meer
 Kolonnenstraße 30B, 10829 Berlin, Prenzlauer Promenade 192, 13189 Berlin, Kantstraße 42, 10625 Berlin
 Monday – Thursday 10 am – 8 pm, Friday & Saturday 9 am – 8 pm

Indian & Sri Lankan:

Asia Super Shop
 Lindenstraße 17, 10969 Berlin
 Monday – Saturday 10 am – 7 pm

Punjab Supermarkt
 Tromsöer Str. 6, 13359 Berlin
 Monday to Saturday from 9 am – 8 pm

DIRECTIONS

ARRIVAL WITH PUBLIC TRANSPORTATION

By walking

From station square change to the opposite side of the street and follow the Gustav – Stresemann – Ring in western direction for 180 metres. After turn right onto the Adolfsallee and follow the street for 300 meters and turn left into Albrechtstraße. From here you will get directly onto Moritzstraße and campus Wiesbaden after 130 metres.

With bus

From main station at bus platform D you can take the lines 3, 6, 16, 22, 28 or 33. The exit is after approx. 2 minutes at the stop "Wiesbaden Adelheidstraße". The stop is between Oranienstraße and Moritzstraße. Walk in the eastern direction into Moritzstraße and turn right.

ARRIVAL BY CAR

A3 in the direction of Köln:

Drive on A3 to the exit 46 Wiesbaden/Niedernhausen onto the B455 in the direction of Wiesbaden/ Niedernhausen/ Königstein/ Eppstein. Follow the B455 for 9.8 kilometres and continue driving straight ahead onto the New-York-Straße. After 1.3 kilometres follow the Gustav – Stresemann – Ring for 1.3 kilometres. After turn right onto Moritzstraße. The Hochschule Fresenius is on the left-hand-side.

A66 in the direction of Frankfurt am Main:

At motorway junction 1 Eschborner Dreieck, follow one of the two left-hand lanes to change from the A648 to the A66 towards Wiesbaden/Mainz/Köln/Frankfurt-Höchst. At the exit 6 Wiesbaden – Erbenheim in the direction of Boelckstraße drive onto B 455 in the direction of Wiesbaden – Stadtmitte/ Wiesbaden-Erbenheim-Nord. Follow Boelckstraße B455 für 1.9 kilometres. After that drive on Berliner Straße/B 54 for 1.2 kilometres. Keep left to stay on Berliner Straße/B 54. After another 1.6 kilometres turn right onto Moritzstraße.

The Hochschule Fresenius is on the left hand-side. A643 in the direction of Mainz: Drive on the A643 for 7.9 kilometres. Follow the Schiersteiner Straße/ B262 for 3.7 kilometre. Turn right on the Kaiser-Friedrich-Ring/B54. After 650 metre turn left onto the Moritzstraße. The Hochschule Fresenius is on the left – handside.

PARKING

Parking at campus Wiesbaden is limited. There are public parking facilities in the surrounding streets, some of which may be subject to a charge. It is recommended that you travel by public transport.

Parking at campus:

In our underground car park (access via Albrechtstraße) we provide a limited number of free visitor parking spaces for our guests. Please register at the barrier.

We ask for your understanding that the visitor parking spaces are not available for events. Please use the surrounding parking facilities for this purpose.

Public parking spaces/parking garages:

There are paid parking spaces on both sides of Moritzstraße (one-way street). In addition, in the adjoining streets Rheinstraße or Oranienstraße.

Parkhaus Liliencarré
Bahnhofplatz 3
65189 Wiesbaden

Parkhaus Galeria Kaufhof
Luisenstraße 47
65185 Wiesbaden

Parkhaus Luisenplatz
Luisenplatz 20
65185 Wiesbaden

USEFUL INFORMATION ABOUT...
WIESBADEN

PUBLIC TRANSPORT

Once you are matriculated in Wiesbaden and have paid your semester contribution, you will receive a semester ticket. With this ticket you can use all regional trains, suburban trains, underground trains, trams (trams) and buses in the entire area of the Rhein-Main-Verkehrsverbund (RMV). The RMV area covers the whole of southern and central Hessen and is very large compared to other transport associations.

Especially in summer it is a good option to take the bike in Wiesbaden. If you don't want to bring or buy a bike, Deutsche Bahn offers bikes for flexible rental: <https://www.callabike.de/en/home/>

E-scooters are also an increasingly popular way to get around in Wiesbaden. Currently, four providers - Tier Mobility, LIME, Bird and Bolt - offer rental systems for e-scooters in Wiesbaden.

Please note that you are only allowed to ride the scooters (just like a bicycle) on the street or bike paths, not on the sidewalks!

TAXI/UBER

Taxizentrale Wiesbaden

Tel. 0611 33 33 33

E-Mail wtz@taxiwiesbaden.de

FTZ Funk-Taxi-Zentrale

Tel. 0611 99 99 9

E-Mail bestellung@taxi-wiesbaden.de

Uber is also available in Wiesbaden. Please book your driver through the App.

DOCTORS/HOSPITAL/PHARMACIES

There are several websites where you can search for doctors of different specialities and book appointments. These websites are only available in German.

<https://www.doctolib.de/>
<https://www.jameda.de/>

If you fall ill outside consultation hours, you can go to the emergency medical service ('Ärztlicher Notdienst'). You can search for the current emergency doctor in Wiesbaden on this website (only available in German): <https://www.116117.de/bps/web/index.php/de/search>

If you go to see an emergency physician, he*she may only be speaking German. To find a doctor from dental emergency service ('Zahnärztlicher Notdienst') in Wiesbaden you can call this German hotline: 0611-97 17 08 11 (no English website available)

ENGLISH SPEAKING GENERAL PRACTITIONER/FAMILY DOCTOR

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr. med. Bernd Ditter & Dr. med. Ines Nienhaus	Friedrichstraße 29 65185 Wiesbaden	0611 - 37 00 53 or 0611 - 30 41 30	Mo - Fri 8:00 a.m. - 12:00 a.m. and by appointment	Bus stops Dernsches Gelände or Luisenplatz

ENGLISH SPEAKING DENTIST

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
AllDent Zahnzentrum	Kaiser-Friedrich-Ring 98, 65185 Wiesbaden	0611-9500920	Mo - Fri 7:00 a.m. - 00:00 p.m. Sa + Sun 8:00 a.m. - 00:00 p.m.	S-Bahn: S1, S8, S9 (stop main station) Bus: 1, 3, 4, 6, 8, 16, 27, 33, 37, 262, 271 (bus stop main station)

ENGLISH SPEAKING GYNAECOLOGIST

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Mrs. M. D. (USA) Christina Moisis-Tesch	Langenbeckplatz 2, 65189 Wiesbaden	06122-7783630	Mo, Tue, Thu 8 a.m. - 12 am Wed 8 a.m. - 2 p.m. Fri 8 a.m. - 1 p.m.	Bus-Stop Langenbeckplatz/ St. Josefs Hospital

INTERNATIONAL PHARMACY

There are several pharmacies in Wiesbaden, here are only two of them, where several languages are spoken:

- Europa Apotheke, Rheinstraße 31, 65185 Wiesbaden, Tel: +49 (0) 0611 - 304 400, E-Mail: info.eu@aktiv-apotheken.de (speak 5 foreign languages)
- Scheffel Apotheke, Scheffelstr. 8, 65187 Wiesbaden, Tel: +49 (0) 611 - 84 05 36, info@Scheffel-Apotheke.com (speak 6 foreign languages)

HOSPITALS

There are three big hospitals in the city area of Wiesbaden:

- St. Josefs Hospital: <https://www.joho.de/>
- Asklepios Paulinen Klinik: <https://www.asklepios.com/wiesbaden/>
- Helios Dr. Horst Schmidt Kliniken: <https://www.helios-gesundheit.de/kliniken/wiesbaden-hsk/>

SHOPPING FOR GROCERIES

You can buy cheap groceries at discount supermarkets, e.g. Aldi, Lidl, Netto, Penny, Norma, Kaufland. Rewe and Edeka are also very popular supermarkets in Germany. They are more expensive than the discount supermarkets mentioned above but offer a larger range of products. You can also find several international supermarkets, e.g.:

Balkan Food:

JugoProm
Viktoriastraße 22, 65189 Wiesbaden
Mon-Sat: 10am-7pm
<https://jugoprom.de/>

Portuguese, Spanish and Brazilian Food:

Casa Algarve
Karlstraße 41, 65185 Wiesbaden
Mon-Sat: 10am-7pm
<http://www.casa-algarve.de.rs/>

Turkish:

Yazgülü Supermarkt
Schiersteiner Str. 62, 65187 Wiesbaden
Mon-Sat: 8am-8pm
www.yazgulu.de

Persian:

Safran Wiesbaden
Rheinstraße 108/ Ecke, Kaiser-Friedrich-Ring,
65185 Wiesbaden
Mon-Fri: 9.30am-7pm, Sat: 9.30am-18pm

Asian:

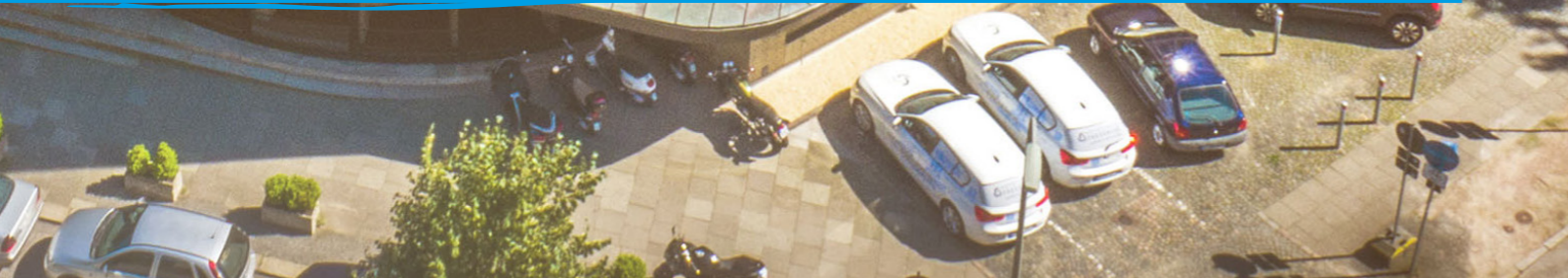
Li's Import & Export Supermarkt
Schwalbacher Str. 59, 65183 Wiesbaden
Mon-Sat: 9.30am-7pm

Polish:

Smakosz Polski Sklep
Blücherstraße 40, 65195 Wiesbaden
Mon-Fri: 9am-6pm, Sat: 9am-2pm



USEFUL INFORMATION ABOUT... HAMBURG



DIRECTIONS



ARRIVAL WITH PUBLIC TRANSPORTATION

From main station: You will arrive at the main station with all bus, subway and tram lines. From here please walk to the bus station Hauptbahnhof/ Mönckebergstraße. Take the bus line 109 in the direction of Alsterdorf. The bus takes you within 10 minutes to the stop Böttgerstraße where you should get off. You will reach the campus of Hochschule Fresenius at Alte Rabenstraße 1 within 5 minutes walking. At <http://www.Hvv.De/> you can schedule your own individual timetable from every destination.

From Dammtor station: If you are arriving at the subway station Dammtor please walk to the bus stop diagonally oppositional. Take the bus line 109 in direction of Alsterdorf and get off after 2 stops (3 minutes) at Böttgerstraße. From here you will reach the campus at Alte Rabenstraße 1 within 5 minutes walking. At <http://www.Hvv.De/> you can schedule your own individual timetable from every destination.

ARRIVAL BY CAR

COMING FROM HIGHWAY A7: Leave A7 at the Hamburg – Bahrenfeld junction. Turn right onto B431/ Bahrenfelder Marktplatz in the direction of Hamburg Zentrum. Please turn left after approx. 3 km onto Alsenstraße. Follow the course of the road and continue straight ahead onto Dormannsweg. After approx. 470 m turn right onto Fruchttallee. Continue straight ahead on Schäferkampsallee then straight ahead into Schröders-tiftstraße. Afterwards continue straight ahead onto the street An der Verbindungsbahn. After approx. 1 km you will reach Dammtor station, here please turn left onto Theodor – Heuss – Platz. Following continue driving straight ahead on Mittelweg and then turn into Alte Rabenstraße.

COMING FROM HIGHWAY A1:

Leave A1 at the intersection Hamburg – Süd and drive straight ahead onto A255 in the direction of HH Zentrum. Exit A255 after approx. 3 km and drive straight ahead onto B4/ B75/ Veddeler Brückenstraße in the direction of Hamburg Zentrum. After approx. 250 m drive onto B4/ B75 Neue Elbbrücke. Please stay half left and drive onto Billhorner Brückenstraße in the direction of Zentrum. After approx. 1,8 km stay half right and drive onto Amsinckstraße in the direction of Hauptbahnhof. Following drive straight ahead onto Deichtorplatz. After approx. 80 m turn right onto Klosterwall. Drive straight ahead through Wallringtunnel in the direction of Flughafen Fuhlsbüttel/ Messe CCH. After approx. 1 km drive straight ahead onto Ring 1 and then straight ahead onto Lombardsbrücke. Following turn right into Neuer Jungfernstieg and turn right into Mittelweg. Afterwards turn right onto Alte Rabenstraße.

PARKING

Parking at campus Rabenstraße is limited. Public parking facilities, some of which are subject to a fee, are available in the surrounding streets. We recommend to travel by public transportation.

PUBLIC TRANSPORT

Hamburg boasts an extensive public transport system including: underground trains, a light-rail network, buses operated by Hamburg's public transport organisation HVV.

As a student of HS Fresenius, you will receive a HVV Semester Ticket after paying the semester fee. With this ticket you are able to travel for free for the whole semester in the rings A to E.

TAXI/UBER

You can order a taxi by calling one of the taxi dispatch centres, by booking online on BetterTaxi, or downloading the FREE NOW (my taxi) App.

- Autoruf: +49 40 - 44 10 11
- Das Taxi: +49 40 - 22 11 22
- Hansa-Taxi: +49 40 - 211 211
- Taxi Hamburg: +49 40 - 66 66 66

MOIA - Ride Sharing

Ride Sharing is another option to move around Hamburg. A shared ride essentially means you share a MOIA with up to five other people who want to go in the same direction. Your journey with MOIA is also super easy: download the app, register, enter your start, destination and the number of passengers - and you will receive up to three offers with a guaranteed fare and the estimated time of arrival. Payment is made via the app.

Cycling

Cycling is definitely a great way to explore Hamburg. There are hardly any hills to speak of, and because there is so much open space, the city is covered with a massive network of bike lanes. All the major attraction sights are within reach and a trip around Alster lake, HafenCity Hamburg and Speicherstadt or Blankenese you can will make you realize the beauty of this city.

If you don't have a bicycle Hamburg has a very practical solution for you: StadtRAD Hamburg is the local city bike program. You can borrow a bike at one of the 150 service points located around the city. The first 30 minutes are free of charge and after that your trip will cost €0.08 per minute.

DOCTORS/HOSPITALS/PHARMACIES

There are several websites where you can search for doctors of different specialities and book appointments. These websites are only available in German.

<https://www.doctolib.de/>
<https://www.jameda.de/>

If you fall ill outside consultation hours, you can go to the emergency medical service ('Ärztlicher Notdienst'). You can search for the current emergency doctor in Hamburg on this website (only available in German):

<https://www.116117.de/bps/web/index.php/de/search>

If you go to see an emergency physician, he*she may only be speaking German.

INTERNATIONAL PHARMACY

NAME	ADDRESS	CONSULTATION HOURS	LANGUAGES
Apotheke am Hauptbahnhof	Steindamm 2, 20099 Hamburg	Monday – Friday 8.30 – 20:00 Saturday 9.00 – 18:00	Staff speaks: German, English, Turkish, Farsi, Arab, Croatian, French, Spanish, Italian
Kaiser Apotheke	Bahrenfelder Strasse 103 22765 Hamburg (Ottensen)	Monday – Friday 8.30 – 19.00 Saturday 9.00 – 16.00	Staff speaks: German, English, Turkish, Arab and Italian
Gorch-Frock Apotheke	Max-Brauer-Allee 151, 22765 Hamburg (Altona)	Monday – Friday 8:30-18:30 Saturday 9:00-13:00	Staff speaks: German, English, Danish and Spanish
Hammonia Apotheke	Siemersplatz 3, 22529 Hamburg (Lokstedt).	Monday – Friday 8:30 - 18:00, Saturday 9:00-13:30	Staff speaks: German, English, Russian, Afghan

NAME	ADDRESS	CONSULTATION HOURS	LANGUAGES
Apotheke am Hauptbahnhof	Elisenstr. 15 50667 Köln	Mo, Tue, Thue: 9 a.m. – 1 p.m. / 2 p.m. – 6 p.m. Wed, Fri: 9 a.m. – 2 p.m.	Tram station Appellhofplatz
Albatros-Apotheke	Hein-Köllisch-Platz 1, 20359 Hamburg	Monday – Friday 8:30-18:30	Staff speaks: German, English
Apotheke am Rothenbaum	Rothenbaumchaussee 76, 20148 Hamburg	Monday – Friday 8:30-18:00 Saturday 09:00-13:00	Staff speaks: German, English
Central Apotheke	Roedingsmarkt 1, 20459 Hamburg		Staff speaks: German, English

HOSPITALS

You can get an overview of the hospitals in your area on the Hamburg Hospital Portal. This interactive map shows all hospitals in Hamburg with search and filter options (in German only). First, you enter your location into the search field. Now, all nearby hospitals will be displayed on the map. These are over 35 hospitals in Hamburg. The bigger one is the University Medical Center Hamburg-Eppendorf (UKE). Here are some other hospitals in Hamburg:

- Agaplesion Diakonieklinikum Hamburg
- Asklepios Klinik Nord
- Israelitisches Krankenhaus
- Hafen Krankenhaus

ENGLISH-SPEAKING BUSINESSES IN HAMBURG

On this web site you can find information about English-speaking, expat-friendly businesses in Hamburg: Business Services, Community Life, Financial & Legal, Food & Drink, Family Life & Living, Education & Training, Entertainment & Arts, Health, Fitness & Beauty, Sport & Leisure, Travel & Tourism: <https://www.angloinfo.com/hamburg/directory>

SHOPPING FOR GROCERIES:

When it comes to grocery shopping Hamburg has no shortage of options. Picking the best supermarket for you will depend on your budget, diet, and availability in your neighborhood.

For organic and bio products Denn's Biomarkt and Alnatura are the two biggest organic supermarkets in Germany. There are also many other smaller and more local bio supermarkets spread across the country. Just keep in mind that organic shops tend to be quite expensive.

If you have a tight budget there are many discount supermarkets such as: Aldi, Lidl, Netto, Penny, Norma, Kaufland. Two other popular supermarket chains are Rewe and Edeka, they are more expensive than the discount supermarkets mentioned above but offer a larger range of products. REWE also offers the option to do grocery shopping online and have it delivered at your doorstep. They offer this service in most big cities.

However there are multiple grocery delivery services in Hamburg, the most popular ones are Gorillas, Flink, and getfaster. A very important thing to keep in mind when living in Germany is that everything (malls, shops, supermarkets, grocery delivery services, etc.) is closed on Sundays.

INTERNATIONAL SUPERMARKETS AND MARKETS IN HAMBURG:

Asian:

Yuan Ye Markt, (Products from China, Japan, Korea, India, the Philippines, Indonesia, Thailand, Vietnam, Singapore and Taiwan)
Monday to Saturday: 9:30 - 19:00
Bugenhagenstraße 5, 20095 Hamburg

Sukhothai Asia Markt,
Monday to Saturday: 9:30 - 19:00
Heußweg 16-18, 20255 Hamburg

Go Asia
Monday to Saturday: 10:00 - 20:00
Mönckebergstraße 16, 20095 Hamburg

Mehtab Indian Store,
Monday to Saturday: 10:00 - 19:30
Lange Reihe 9, 20099 Hamburg

African:

Malata Markt Afro Shop,
Monday to Saturday: 10:00 - 20:00
Dithmarscher Straße 2, 22049 Hamburg

Veer Afro Shop International Supermarket
Monday to Saturday: 09:00 - 22:00
Horner Landstraße 358, 22111 Hamburg

Afroshop Mama T GmbH
Monday to Friday 12:00-20:00,
Saturday: 10:00-19:30
Berliner Pl. 13A, 22045 Hamburg

Arab:

Arabische orientalische Lebensmittel
Monday to Saturday: 08:00 - 20:30
Steindamm 77, 20099 Hamburg

Persian:

Perspolis Supermarkt
Monday to Saturday: 07:30 - 20:00
Steindamm 81, 20099 Hamburg

Turkish:

Altona City Markt,
Monday to Saturday: 8:00 - 19:00
Große Bergstraße 237, 22767 Hamburg

Yaprak Markt,
Monday to Saturday: 8:00 - 21:00
Schulterblatt 116, 20357 Hamburg

Balkan:

BL Balkanische Lebensmittel
Monday to Saturday: 8:00 - 21:00
Veringstraße 44, 21107 Hamburg

Greek:

Meteora,
Monday to Friday: 10:00-16:00,
Saturday: 10:00-12:00
Neue Münze 20, 22145 Hamburg

Italian:

Andronaco : 3 locations in Hamburg
Monday to Saturday: 9:00 - 19:00
Halskestraße 48 (Hamburg-Billbrook)
Beerenweg 24-26 (Hamburg-Bahrenfeld)
Am Sandtorkai 44 (Hamburg Hafencity,
Ecke Überseeboulevard)

French:

La Belle France
Tuesday to Friday: 10:00-19:00,
Saturday 10:00-14:00
Grindelhof 62, 20146 Hamburg

British:

Holland & Sons GmbH - British Shopping
Tuesday to Friday: 10:00-17:00,
Saturday 10:00-15:00
Norderstraße 143, 20097 Hamburg

Spanish and Portuguese:

La Torre,
Monday to Friday 09:00-19:00,
Saturday: 09:00-15:00
Lagerstraße 36, 20357 Hamburg

Latin American:

Surimex
Monday to Friday: 09:00-20:00,
Saturday:10:00-20:00
Mundsburger Damm 39, 22087 Hamburg

Supermercado El Cielo
Monday to Thursday: 11:00-19:00,
Friday & Saturday:10:00-20:00
Wandsbeker Chaussee 277, 22089 Hamburg

La Mexicana

Tuesday to Sunday: 11:00-18:00
Eppendorfer Landstraße 32, 20249 Hamburg

Eastern European:

Ostkiste,
Monday to Friday: 10:00-19:00,
Saturday: 10:00-18:00
Hammer Landstraße 30 a, 20537 Hamburg

Polish:

Polnische Spezialitäten - Polski Sklep
Monday to Friday: 08:00-20:00,
Saturday: 10:00-18:00
Kleiner Schippsee 5, 21073 Hamburg

Russian:

Mix Markt Bergedorf,
Monday to Friday 09:00-19:00,
Saturday: 09:00-18:00
Friedrich-Frank-Bogen 81, 21033 Hamburg

Scandinavian:

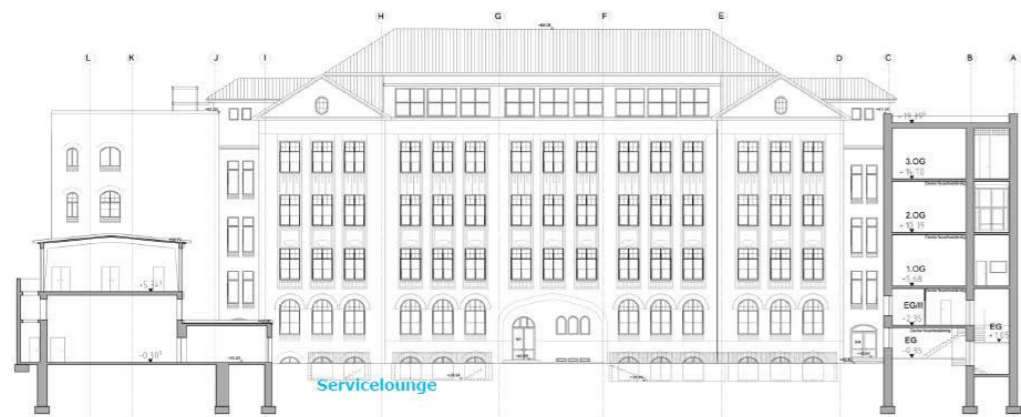
Dänemark Shop GmbH
Peutestraße 53, 20539 Hamburg





USEFUL INFORMATION ABOUT... DÜSSELDORF

DIRECTIONS



HOCHSCHULE FRESENIUS CAMPUS

ARRIVAL WITH PUBLIC TRANSPORTATION

The campus of Hochschule Fresenius on Franklinstraße can be reached by train line 807, which stops at "Stockkampstraße". You can also use streetcar lines 704 and 706, which also stop at Stockkampstraße. Line 706 also stops at Tußmannstraße. From this point, the campus is within 4 minutes walking distance. If you use the subway, you can take the U71 to Schillerplatz. The campus can also be reached by S-Bahn from Düsseldorf main station. To do so, take the S-Bahn S1, S6 or S11 in the direction of Düsseldorf Airport. You will get off at 2 stops (about 4 minutes). You now only have to walk 400 meters to reach the Fresenius University of Applied Sciences.

ARRIVAL BY CAR

COMING FROM THR NORTH (Duisburg):

If you are on the A59 freeway heading towards Düsseldorf, follow it for about 8 km and keep left to join the B8. Use one of the two right lanes to turn half right onto Danziger Straße/ B8. Then turn onto Roßstraße. Follow the road for 2 km and turn slightly right onto Derendorfer Straße. Now you have to turn left onto Franklinstraße 41-43 and you will reach Hochschule Fresenius. The campus is located on the right hand side.

COMING FROM THE SOUTH (Cologne):

If you are on the A57 towards Düsseldorf, take the Neuss-Hafen exit and continue on the B1 until you reach Düsseldorf. After 4.5 km use one of the 2 left lanes to turn half left onto Völklinger Straße (B1). After about 3 km turn right onto Fritz-Roeber-Straße. After 500 meters turn left onto Maximilian-Weyhe-Allee. Use any lane to turn left onto Duisburger Straße. Now turn right onto Franklinstraße 41-43. The campus is on the right.

PARKING

The campus is located in a residential area with limited parking, therefore we recommend to use public transport to get there.

AMD AKADEMIE MODE & DESIGN CAMPUS

Karl-Friedrich-Klees-Straße 10, Platz der Ideen
40476 Düsseldorf
Fon: 0211.38626-0
duesseldorf@amdnet.de

ARRIVAL BY CAR

We recommend to enter „Platz der Ideen 2“ oder „An der Ulanenkaserne“ into your navigation system.

A44 in the direction of Düsseldorf

- Drive via A 44 to Düsseldorf and take the exit Düsseldorf - Stockum. Stay in the direction of D-Stockum.
- Follow B 8 in the direction of Düsseldorf – Zentrum
- After take the exit in the direction of A 52/D-Oberkassel and drive straight on
- Keep left after the traffic lights and drive under

the motorway bridge onto Roßstraße

- Turn left onto "An der Ulanenkaserne"
- Follow the road as it curves to the left. You will find AMD Akademie Mode & Design on the right hand-side.

A 52 in the direction of MG Richtung Düsseldorf

- Drive on A 52/B 7 to Düsseldorf
- Take the exit on the left side in the direction of A 52/Essen/Flughafen/Düsseldorf Nord/Th.-Heuss-Brücke
- Drive on Theodor – Heuss – Brücke, then take the exit in the direction of Duisburg
- Follow Uerdinger Straße
- Turn right onto Roßstraße
- Turn left onto An der Ulanenkaserne
- Follow the road as it curves right. You will find AMD Akademie Mode & Design on the right hand - side

A 46 in the direction of Düsseldorf

- Drive on A46 to Düsseldorf
- Take the exit Düsseldorf-Wersten in the direction of Düsseldorf – Zentrum
- Follow the B 8/Werstener Straße, which in its course becomes Mecumstraße and then Erasmusstraße
- Straight ahead under the railway bridge you will now reach Corneliusstraße
- Leave Corneliusstraße and turn left after the traffic lights onto the Hüttenstraße
- Follow the Berliner Allee straight ahead
- Continue straight on (past the Hofgarten) until you can turn right onto Kennedydamm
- Leave the Kennedydamm via the exit in the direction of Mönchengladbach
- Before the traffic lights turn right onto the Roßstraße
- Follow the road as it curves left. You will find AMD Akademie Mode & Design on the right hand-side

ARRIVAL WITH PUBLIC TRANSPORT

You can find individual timetables as well as informations on changes and delays on the website of Verkehrsverbund Rhein-Ruhr www.vrr.de .

With tram

- Line 707 in the direction of D-Unterrath/Universität Ost to the stop Tannenstraße or Johannstraße
- Line 715 in the direction of Vennhauser Allee/D-Unterrath to the stop Tannenstraße or Johannstraße

From these stops it is a 10 minutes' walk to AMD Akademie Mode & Design.

With bus

- Line 721 in the direction of Gothaer Weg/D-Flughafen to the stop Haus der Stiftungen
- Line 722 in the direction of Vennhauser Allee/ Messe Congress Center to the stop Haus der Stiftungen
- Line 756/758 in the direction of Ratingen-Tiefenbroich/Theodor-Heuss-Brücke to the stop Haus der Stiftungen

You will reach the AMD Akademie Mode & Design within a few minutes' walk by crossing the Platz der Ideen.

PUBLIC TRANSPORT

Once you are matriculated in Düsseldorf and have paid your semester contribution, you will receive a **semester ticket**, which offers many advantages:

- The semester ticket is valid for the entire state of North Rhine-Westfalia (NRW), and even extends to some cities outside of NRW's borders. Thus, your semester ticket allows you to travel as far as Osnabrück in the state of Lower Saxony and Venlo in the Netherlands. Other municipalities in the Netherlands (Nijmegen, Millingen a.d. Rijn, s'-Heerenberg, Arnhem and Zevenaar) can also be reached at a reasonable price by purchasing the so called "Zusatz-Ticket".
 - In the above-mentioned zone, you can use (almost) all means of public transport in the second class: bus, tram, subway, S-Bahn (an urban-suburban rail), or regional trains such as 'Regionalbahn RB' / 'Regionalexpress RE' for longer travels. Be aware that the ticket is not valid for travels by 'Intercity IC' or 'Intercity Express ICE'.
 - You can take your bicycle with you free of charge within the area of validity of the semester ticket.
 - You may bring along another person on your ticket during the following hours / on the following days: Monday to Friday from 7 p.m.
Saturdays, Sundays and public holidays as well as on 24 December and 31 December: all day!
- Please note: This does not apply to the entire area of validity of the semester ticket, but only in the area of the Rhine-Ruhr transport ("Verkehrsverbund Rhein-Ruhr", short VRR) association. VRR covers the entire city of Düsseldorf and a good part of its surrounding cities.

In Düsseldorf, the public transport system is excellent. You can travel by bus, tram and subway operated by Rheinbahn, as well as the S-Bahn operated by Deutsche Bahn. Click here for the map of lines.

DOCTORS/HOSPITAL/PHARMACIES

There are several websites where you can search for doctors of different specialities and book appointments. These websites are only available in German.

<https://www.doctolib.de/>
<https://www.jameda.de/>

If you fall ill outside consultation hours, you can go to the emergency medical service ('Ärztlicher Notdienst'). You can search for the current emergency doctor in Düsseldorf on this website (only available in German): <https://www.116117.de/bps/web/index.php/de/search>
If you go to see an emergency physician, he/she may only be speaking German.

To find a doctor from dental emergency service ('Zahnärztlicher Notdienst') in Düsseldorf you can visit this website: <https://zsn-duesseldorf.de/?msclid=8222e3b3b67a11ec8d72ace0d04e3161>

ENGLISH SPEAKING GENERAL PRACTITIONERS/FAMILY DOCTORS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr. med. Sofia Karassalidou-Müller	Duisburger Str. 133 40479 Düsseldorf	0211/6801069	Everyday 8:30 a.m. – 1 p.m. Mo 2 p.m. – 7 p.m.	Tram and bus station Schloß Jägerhof
Dr. med. Christian Hentschel	Duisburger Str. 81 40479 Düsseldorf	0211/4911191	Everyday 8 a.m. – 12 a.m. Mo, Tue, Thu 3 p.m. – 6 p.m.	Tram and bus station Schloß Jägerhof

ENGLISH SPEAKING DENTISTS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Dr. med. dent. Kai Dannenberg	Berliner Allee 48 40212 Düsseldorf	0211/54244280	Mo – Fr 8 a.m. – 8 p.m.	Tram and bus station Berliner Allee
Dr. med. dent. Ebru Mayadali, M.Sc.	Blumenstr. 11-15 40212 Düsseldorf	0211/8620702290	Mo – Fr 7 a.m. – 10 p.m.	Tram and underground station Heinrich-Heine-Allee

FARSI SPEAKING GENERAL PRACTITIONERS/FAMILY DOCTORS

NAME	ADDRESS	PHONE	CONSULTATION HOURS	DIRECTIONS
Turgut Cetindere	Berliner Allee 61 40212 Düsseldorf	0211/330406	Everyday 8 a.m. – 12 a.m. Mo, Thu 3 p.m. – 6 p.m. Tue 3 p.m. – 5 p.m.	Tram and bus station Berliner Allee
Ali Reza Farmanfar-maei	Carlsplatz 4 40213 Düsseldorf	0211/134139	Everyday 8:30 a.m. – 12:30 a.m.	Tram, bus and underground station Heinrich-Heine-Allee

SHOPPING FOR GROCERIES

When it comes to grocery shopping Düsseldorf has no shortage of options. Picking the best supermarket for you will depend on your budget, diet, and availability in your neighborhood.

- For a tight budget: discount supermarkets such as Aldi, Lidl, Netto, Penny, Norma and Kaufland
- For a somewhat higher budget and larger product variety: Rewe and Edeka
- Supermarkets for organic and bio products: Denn's Biomarkt and Alnatura
- If you enjoy strolling through a market, the market on Carlsplatz (open Monday – Friday 8:00 – 18:00; Saturday 08:00 – 16:00) is for you!

A very important thing to keep in mind when living in Germany is that everything (malls, shops, supermarkets, grocery delivery services, etc.) is closed on Sundays.

INTERNATIONAL SUPERMARKETS DÜSSELDORF

In Düsseldorf, you can find quite a few international supermarkets. Düsseldorf is well known for its large Japanese community. The heart of "Little Tokyo" is Immermannstraße. Here and in the neighboring streets you can find many Japanese and Asian supermarkets (and restaurants). For other international supermarkets (e.g. African and Arabic) Kölner Straße is a good address.

Asian

Fresh Asia
Monday – Saturday: 09:00 – 20:00
Friedrich-Ebert-Straße 20
40210 Düsseldorf

Go Asia
Monday to Saturday: 10:00 – 20:00
Schadowstraße 93
40212 Düsseldorf

Tains - mein-asiamarkt
Monday – Saturday: 09:00 – 22:00
Immermannstraße 50-52
40210 Düsseldorf

Italian

Centro Soriano
Tuesday – Thursday: 10:00 – 13:00, 15:00 – 18:00; Friday: 10:00 – 18:00; Saturday: 10:00 – 16:00
Nordstraße 28
40477 Düsseldorf

Latin American

Hola Mundo
Thursday & Friday: 13:00 – 19:00; Saturday: 11:00 – 19:00
Kölner Straße 45
40211 Düsseldorf

Mercado Tropical / Productos Latinos / Loja Brasileira
Monday – Friday: 15:00 – 19:00; Saturdays: 10:00 – 16:00
Münsterstraße 7
40477 Düsseldorf

North Africa

Nador Markt
Monday – Friday: 07:30 – 19:00; Saturday: 07:30 – 18:00
Linienstr. 7
40227 Düsseldorf

Persian

Safran Supermarkt & Onlineshop
Monday – Saturday: 09:00 – 21:00
Kölner Str. 27
40211 Düsseldorf

Turkish

SEMA Supermarkt
Modany – Saturday: 08:00 – 20:00
Werstener Feld 3
40591 Düsseldorf

COME AS YOU ARE.

Hochschule Fresenius is recognized by the state.
It is also accredited by:

STIFTUNG
Akkreditierungsrat

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Certification:

