

Student initiatives, consulting and service points at UR

Information for beginners and interested students



Universität Regensburg

Student initiatives, consulting and service points at UR

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1. Initiatives – for students from students

Student Representation (AStA)

Members of the Student Representation:

Student Speakers

Speakers: Sabrina Thomas, Florian Ellwanger

Departments of the Student Representation

Sustainability and infrastructure:

Anti-discrimination and anti-rassism:

Digitalisation:

Social issues:

Networking and finances:

Communication and PR:

Antonia Kaspar

Carolin Haas

Jakob Berg

Karlii Karl

Caspar Heusinger

Louis Wichmann



1. Initiatives – for students from students

AStA-initiatives during March 2022: International Women`s Day & International Weeks Against Rassism

08.3.2022, 7 p.m. - Feminist Poetry Slam at the Alten Filmbühne

10.3.2022, 6 p.m. - bell hooks Reading and Discussion Evening for UR students

15.3.2022, 7 p.m. - Zuhurs Töchter – Film screening with introductory lecture by Birgit Bockschweiger and subsequent discussion with filmmaker Laurentia Genske at the Filmgalerie im Leeren Beutel

17.3.2022, 7 p.m. - The Flaw in the System: Anti-Muslim Racism in Educational Institutions (hybrid / Evangelisches Bildungswerk)

(The events are in German. Please contact us, if you are interessted. Further information soon on Instagram and at the Diversity Portal – News: <https://www.uni-regensburg.de/equal-opportunities/diversity/index.html>)

1. Initiatives – for students from students

Student working groups



The AK Divers is a small group of students from the University of Regensburg and the OTH Regensburg who would like to work together on the topic of "diversity" on campus, but also beyond it, in order to

- provide space for students whose perspectives, experiences and needs remain invisible, negated and unconsidered in the university context.
- create an opportunity for exchange, networking and support among each other.
- name and change discriminatory structures on campus.
- organize political actions, workshops, creative projects and much more.
- develop ourselves, to learn from and with each other and to reflect on our own behavior.

E-Mail ak.divers.uni.rgb@gmail.com

Instagram: @ak.divers.ur

1. Initiatives – for students from students

Further initiatives and measures for students:

Initiatives

- Campus Asyl e.V. - <https://www.campus-asyl.de/>
- Refugee Law Clinic Regensburg - <https://rlc-regensburg.de/>
- Arbeiterkind e.V. (working-class child) - local group Regensburg:
<https://netzwerk.arbeiterkind.de>

Additional studies

- Certificate „Migration and Education“
- Additional studies „Inclusion – basic competences“
- Additional studies „Gender competences“

2. International Office – Information desk for international students at UR

We are here for you!

You need support with formalities in Germany (for example health insurance, enrolment, immigration office)?

Please contact us directly for advice!

Elli Wunderlich
Administration building
room 0.12
Tel. +49 (0)941 943-2382
E-Mail: international.degree-student@ur.de



Consultation hours: Mo-Fr, 9 a.m.
to 12 p.m. (via telephone)
Tue + Fr, 11 a.m. to 12 p.m. (via zoom)

Jhoana Palacio Pineda
Administration building
room Zi. 0.12
Tel. +49 (0)941 943-5863
E-Mail: international.degree-student@ur.de



Consultation hours: Mo-Fr, 9 a.m.
to 12 p.m. (via telephone)
Tue + Fr, 11 a.m. to 12 p.m. (via zoom)

2. International Office – Information desk for international students at UR

You would like to meet other international and German students at UR?



- Are you an international degree-seeking student yourself?
- Would you like to meet new people and give somebody a head start at UR?
- Are you in Regensburg in April/October, in the beginning of the semester?
- In this case, become a "senior buddy" in the new International Office Buddy Program!



Send us an email with the subject Senior Buddy/ Junior Buddy as well as your name and your study program to international.startklar@ur.de

Web: isn-regensburg.de
 Facebook: [@isnregensburg](https://www.facebook.com/isnregensburg)
 Instagram: [@isn_regensburg](https://www.instagram.com/isn_regensburg)

Take part in the event programme of the IO (no offer during the pandemic, we are sorry...)
<https://www.uni-regensburg.de/ur-international/orientation-page/index.html>

2. International Office – Information desk for international students at UR

You would like to get regularly updated with news for international students?

- Visit the IO page on Facebook

<https://www.facebook.com/UR.InternationalOffice/>



UR International Office

@UR.InternationalOffice · Hochschule und Universität

- Get registered in our Facebook group
 - ➔ [UR Int. Degree-Seeking Students](#)
- Or contact the tutors of the Studentenwerk on Facebook
 - ➔ [Tutor:innen International UR](#)

3. Family Service

Offers for students with child / children

Family Service

Pregnancy and parenting during one's studies can lead to various and intensive strains for students. However, many women today no longer want to choose between studies and children as they have clearly opted for both. Other women face unplanned or unwanted pregnancies which may result in special problems regarding pregnancy and motherhood. It is a balancing act for students as well as for members of staff to combine child-rearing with studying, working and earning one's living. This requires an enormous organizational talent and may mean monetary worries regarding the provision of the family as well as nearly no spare time. This is why Universität Regensburg installed the Family Service in July 2007.

The Family Service is a central point of contact for the topic 'university and child'. It gives information, advice and support in all issues around the compatibility of studies and/or a career with children at Universität Regensburg. Our homepage gives you important information, addresses and links to the following subjects: children, parenthood and compatibility of family, studies and career.

Of course we look after foreign children. Most of our childcare workers are fluent in English.

Our offers are in German language. You are welcome to contact us in English. You can also contact our colleagues of the Welcome Center ➔.



<https://www.uni-regensburg.de/universitaet/personalentwicklung/familien-service/family-service/index.html>

3. Family Service

Offers for students with child / children

- support for baby and child care (day-care center, kindergarten, flexible care during courses, care during school vacation...)
- family friendly examination and study regulations
- family friendly opening hours at academic library
- advisory and service for pregnancy and maternity leave
- further issues



<https://www.uni-regensburg.de/universitaet/personalentwicklung/familien-service/family-service/index.html>

4. Advisory Service

*Herzlich
willkommen*

- General advisory service
- Mental health issues
- Women and parents
- Learning issues



4. Advisory Service

Contact persons and topics of the Advisory Service

General advisory service

- Dr. Barbara Eiwan
- Daniela Hodapp
- Benno Jirschik
- Mona Scheuermeyer

Advisory service – mental health issues (also intercultural)

- Regina Groß
- Beatrice Grimm
- Dr. Hubert Hofmann

Learning issues:

Kerstin Zimmermann

Student assistants:

Ines, Selina, Petra

Secretary:

Katrin Irmischer



Info: <https://www.uni-regensburg.de/studies/course-counseling/index.html>

Contact: studienberatung@ur.de

4. Advisory Service – General Advisory Service

During the decision phase the Central Department for Course Counselling informs about:

- the courses on offer
- application and admission requirements
- the respective subject requirements
- course organization and degrees

During your studies the Central Department for Course Counselling helps with the following issues:

- organizing your studies
- problems concerning your studies
- doubts concerning your choice of studies
- transfer to another course or to another university
- issues with exams
- organizing your studies with children

The Central Department for Course Counselling also offers career advice on the following topics

- post-graduate courses
- contacts in the world of work for students
- and helps to prepare the transition from university to work

4. Advisory Service – Mental Health

The Counseling Service for Mental Health is part of the Central Department for Course Counseling. Here, students suffering a crisis in different areas of life can receive psychological and psychotherapeutical advice, for instance in the following cases:

- problems with work, exam anxiety, performance issues
- motivation issues, doubts regarding your choice of subject, life planning issues
- problems with the partner, conflicts with parents, isolation
- psychosomatic complaints, depressive mood and thoughts of suicide

The talks are absolutely confidential!

Phone us: 0941 943-5544

Mon & Wed 10 a.m. to 1 p.m.,

Tue & Thu 1 p.m. to 3 p.m.

Email: studienberatung@verwaltung.uni-regensburg.de

4. Advisory Service – Women and Parents



The Women and Parent-Specific Course Guidance of Universität Regensburg offers information and advice from a women-specific perspective on the following subjects:

- choice of degree courses, contents, organization and demands of a degree course
- events and lectures at and outside the university as well as topical issues on women-specific subjects
- conducting and organizing groups, courses, seminars or lecture for female students
- group meetings where women with a similar background (e.g. lesbian students, female students from a working-class family, dropouts) can meet and share their experience
- contacts with working women that will share their knowledge and their experience regarding studies, profession and family as well as information on networks
- studying with child(ren): course organization, financial support, child care issues. Possible groups in order to meet and talk with other women.

Contact person: Dr. Barbara Eiwan, Email: barbara.eiwan@ur.de

4. Advisory Service – Learning Issues

The Counselling Service for Learning Issues of Universität Regensburg offers information and advice on the subject "learning and exams". In one- on-one talks you will receive support and tips on:

- how to learn efficiently
- time scheduling and personal management
- how to boost your motivation and
- how to prepare for an exam

Appointments

For further information and in order to make an appointment, please contact Ms Zimmermann per e-mail (please leave your phone number so we can call you back).

Contact person: Kerstin Zimmermann

Email: kerstin.zimmermann@uni-regensburg.de

5. Student Union for Niederbayern/Oberpfalz

BERATUNG**STUDENTENWERK**
NIEDERBAYERN/OBERPFALZ

Advisory service for social issues

We provide information and offer advice concerning everything that is important to you while you study - from student housing, funding and counseling to recreational activities and child care.

The counseling is free of charge, anonym and low threshold.



5. Student Union for Niederbayern/Oberpfalz

BERATUNG**STUDENTENWERK**
NIEDERBAYERN/OBERPFALZ

Advisory service for social issues

We support you, if

- you probably study longer than the examination and study regulations require.
- your student health insurance ends.
- you have problems to pay your rent.
- you have mental health or social issues.
- you need information about financial support, loan, scholarship...



5. Student Union for Niederbayern/Oberpfalz

BERATUNG



STUDENTENWERK
NIEDERBAYERN/OBERPFALZ

Advisory service for social issues

Contact:

- Michael Dutz (Dipl. Päd.), Studentenhaus, room 2.19
Tel. 0941 943-2250
- Antje Leicht, (HP Psych.), Studentenhaus, room 2.17
Tel. 0941 943-2234
- Lisa Treichl, (B.A.), Studentenhaus, room 2.17
Tel. 0941 943-5861
- Kristin Weiherer (Päd. M.A.), Studentenhaus, room 2.17
Tel. 0941 943-1815
- Johanna Zechmeister, (Dipl. Psych. Univ., Psychological
psychotherapist)
Studentenhaus, room 2.15, Tel. 0941 943-3270



5. Student Union for Niederbayern/Oberpfalz

BERATUNG



STUDENTENWERK
NIEDERBAYERN/OBERPFALZ

Psychological counseling of the Student Union

It is our goal to support the students of the universities in Regensburg, Passau, Landshut, Deggendorf, Straubing, Pfarrkirchen

We support you with

- anxiety and dejection
- issues conditioned by Corona
- issues with study
- issues and conflicts in private

The counseling is free of charge, anonym and low threshold.

E-Mail: psychologische-beratung@stwno.de

5. Student Union Niederbayern/Oberpfalz



SCAN ME



Johanna Zechmeister

Diplompsychologin
Psychologische Psychotherapeutin



SCAN ME



Sofia Morogianni

Diplompsychologin
Psychologische Psychotherapeutin in Ausbildung

Psychological counseling
[Johanna Zechmeister](#) (Dipl. Psych. Univ., Psychological psychotherapist)
Studentenhaus, Room 2.15
Office hours: Mo 09.00-11.00, Tue 8.30-9.30, Thu 13.30-15.30 and by arrangement
phone 0941/943 3270
Mail: psychologische-beratung@stwno.de

Psychological counseling
[Sofia Morogianni](#) (Psychologist, Trainee in CBT)
Studentenhaus, Room 2.15
Office hours: Tue + We 13.00-15.00, Thu 10.00-12.00, Fr 10.30-12.00 and by arrangement
phone 0941/943 3140
Mail: psychologische-beratung@stwno.de

6. Students with disability

About 11% of all students have physical long-term and chronic illness, disability or partial performance disorder.

We support you to manage study and impairments.

Contact: Dipl. Psych. Stefanie Feuerer

Advisory and service for students with impairments

Studentenhaus, room 2.18 (3rd floor, elevator)

Internet: www.uni-regensburg.de/studium/handicap

Tel.: 0941 / 943 - 2291

E-Mail: Stefanie.Feuerer@ur.de



7. Equal opportunities & Diversity

Anti-discrimination point	>
News	>
Diversity in general	>
Disability & chronic diseases	>
National & ethnic origin	>
Gender & sexual identity	>
Social background & first generation	>
Parenthood	>
Age	>
Philosophy & religion	https://www.uni-regensburg.de/equal-opportunities/diversity/index.html
Diversity in reasearch & teaching	

8. Anti-discrimination point

Prof. Dr. Ursula Regener
Vice President for Internationalization &
Diversity

Contact: ursula.regener@ur.de
Telephone: 0941 943-3453

Dr. Birgit Bockschweiger
Consultant for Anti-discrimination &
Diversity

Contact: birgit.bockschweiger@ur.de
Telephone: 0941 943-2364

<https://www.uni-regensburg.de/equal-opportunities/diversity/index.html>