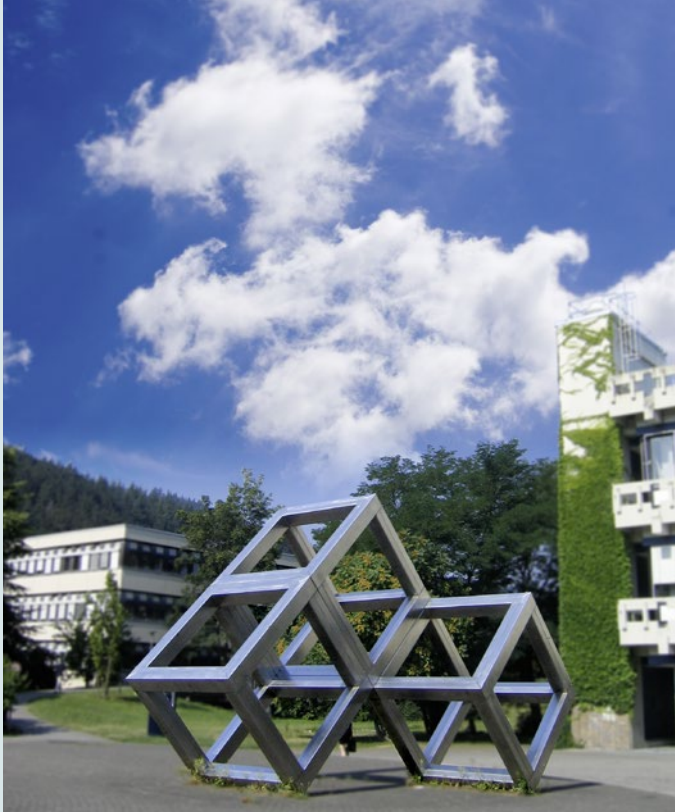




## Akademisches Auslandsamt – International Office



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# Welcome!

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Helpful information for your stay  
at the Pädagogische Hochschule Freiburg

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# 1 Welcome to the University of Education in Freiburg !

Dear guests,

On behalf of the University of Education Freiburg, the team of the International Office welcomes you on our campus!

We are looking forward to hosting you here and we hope that you will spend an exciting and successful time both at the Pädagogische Hochschule (PH) and in our lovely city of Freiburg.

We hope to offer you the support and help you need for an unforgettable and enriching time. This brochure is meant to help you find the most important information for your stay in Freiburg.

Enjoy your time here!

**Dr. Verena Bodenbender**  
**Director of the International Office**





## 1.1 University City Freiburg

Freiburg is located on the borders to France and Switzerland. Surrounded by the Black Forest and known for being one of the sunniest places in Germany, the medieval city is an attractive place for tourists.

Freiburg is not just known as the “Solar City” or “Green City”, but also for being a “Student City” - 30 000 out of 220 000 inhabitants are university students. In other words, every sixth person living here is a student. These students are enrolled at the Albert-Ludwigs-University, at the University of Music, at the Catholic and Protestant Universities of Applied Sciences and at the University of Education (PH Freiburg). For further information about the city of Freiburg, please contact the Tourist Information Centre (Rathausplatz 2-4, 79098 Freiburg; Tel. +49 (0) 761.38 81 88 0, [www.freiburg.de](http://www.freiburg.de)).

Also, there are plenty of different guided city tours in Freiburg, varying from culinary, cycling to theater tours. Depending on the tour, the prices deviate between 10 € - 40 €. For more information you can visit the following website <https://visit.freiburg.de/en/plan-your-trip/individual-and-group-tours> or you can call +49 (0) 761 3881 880.



## 1.2 About Pädagogische Hochschule Freiburg / University of Education



The University of Education (in German: Pädagogische Hochschule Freiburg or PH Freiburg) was founded in 1962 and reached academic university standards in 1971. The PH Freiburg is one of the largest of the overall six Universities of Education in Baden-Württemberg. About 5000 students are currently enrolled here.

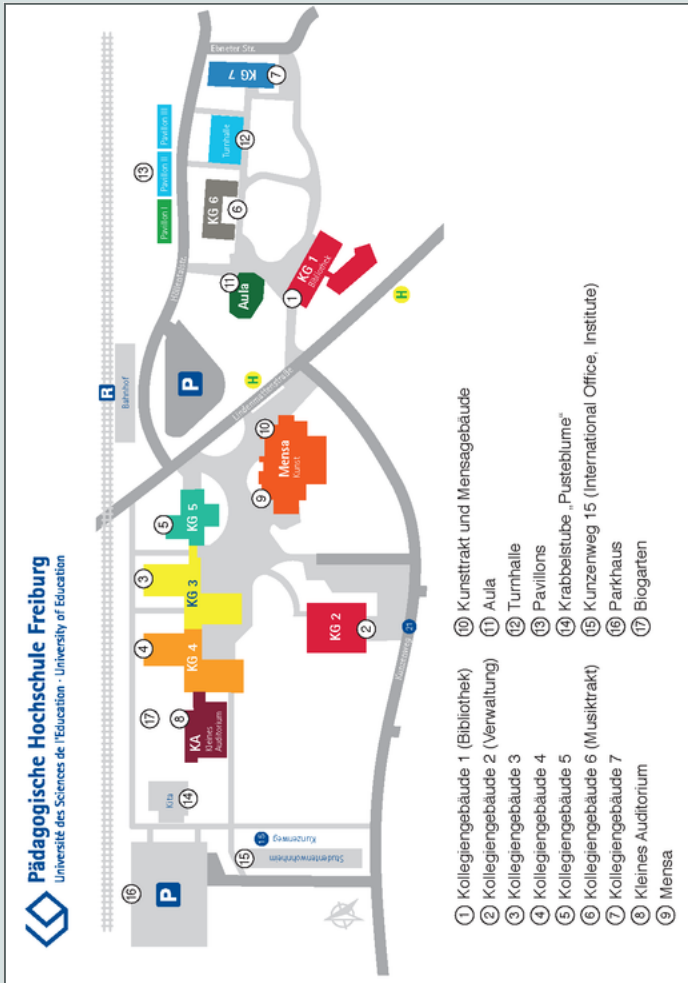
The PH Freiburg is divided into three different schools, has several departments and faculties and provides 26 different courses of studies: it offers not only teacher training courses for primary/lower secondary or intermediate secondary schools, but also programmes in German as a Foreign Language, Integrated Bilingual Studies and degrees in Educational Science such as Early Childhood and Adult Education. In addition, qualified students may enroll in M.A. programmes in a wide range of subjects, as well as in doctoral or postdoctoral degrees.

### The University of Education in Freiburg in numbers:

- ◆ About **5000** students
- ◆ About **150** international students
- ◆ About **100** international guest students a year
- ◆ **250** academic staff members
- ◆ **130** administrative and service staff



# Campus Map



## Campus Tours

The International Office offers guided campus tours by student assistants. If you are interested in attending one, please contact Elisabeth Ahner-Tudball (elisabeth.ahner-tudball@ph-freiburg.de).

## 2 Academics and Campus Life



### 2.1 Interested in Attending Lectures? - How you can find them:

The complete course list is available online at: <https://lsf.ph-freiburg.de> (in German and English).

### 2.2 Services and Support Provided for you

#### Computer Service Center (ZIK)

The computer center (“ZIK= Zentrum für Informations- und Kommunikationstechnologie“) is responsible for technology and your “PH-Account“. The ZIK also lends technical devices (notebooks, digital cameras, cassette recorders...). They may also help you with technical problems. You find the service point in KG 4, 035.

Office hours:


Mon-Thurs 8am-7:30pm

Fri 8am-3:30pm.



## 2.3 Libraries

### Library of the University of Education (KG1)

 Kunzenweg 21

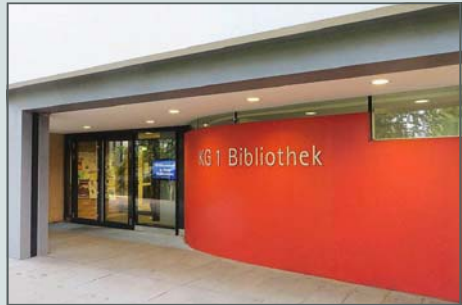
Tel.: +49 (0) 761 682-202; <http://www.ph-freiburg.de/bibliothek/startseite.html>

Opening hours:


Mon- Fri 8am –8pm

Sat, Sun 9am – 6pm

Closed on public holidays



### University Library (Universitätsbibliothek—UB)

 Platz der Universität 2

Tel.: +49 (0)761.2 03 39 18;  
[www.ub.uni-freiburg.de](http://www.ub.uni-freiburg.de)

Opening hours:

Mon–Fr 8am – 8pm

Sat 10am – 8pm



### Libraries of the University Departments

The libraries of the university departments (“Fachbereichsbibliotheken”) are reference libraries.

You will find them in each department of the university.



## 3 Your Stay in the Guest Apartment, PH Freiburg

Welcome to our guest apartment of the PH Freiburg. We hope that you will have a pleasant stay here and that you will enjoy your time.

Below, please find important information and guidelines to make your stay as easy and smooth as possible.

### 3.1 Arrival Information

#### by Train

Take the train from the central station (“Hauptbahnhof”) direction “Titisee-Neustadt“ or “Seebrugg“; get off at the second stop “Freiburg-Littenweiler“, and the station is next to the PH; the journey will take about 10 minutes.

#### by Tram

Take the tram (“Linie 1“) from the “Stadtbahnbrücke“ (bridge crossing the central station) towards “Lassbergstrasse / Littenweiler“. Get off at the very last stop (“Lassbergstrasse“) and turn right to “Lindenmattenstraße“. Walk the road for about 200 meters; you will see the University of Education directly after the train tracks; the journey will cost 2,40 € and takes about 20 minutes.

*You can buy tickets online, at the ticket machine or at the counter. Please find further information about the public transport system in section 4.*

#### by Taxi

Tell the taxi driver to take you to the “Pädagogische Hochschule, Kunzenweg 21, KG 7“. You will have to pay about 20-25 €.

## Keys

The key for the guest apartment is provided in the International Office (Kunzenweg 15, 79117 Freiburg) or at the PH library (Höllentalstraße 2, 79117 Freiburg). Please contact the International Office about when and where you can pick up the keys. The opening hours of the PH library are: Mo-Fr 8am - 8pm as well as Sat-Sun 9am - 6pm.

## **3.2 Waste Sorting**

Freiburg has a very strict system when it comes to waste sorting. We kindly ask you to meet the regulations that are provided in section 5.

Please take care that all bins have special bags inside them. Garbage bags are in the cupboard in the kitchen.

### **3.3 Cleaning**

The apartment is cleaned once a week (the exact day may vary, but you will be informed about it). Cleaning utensils (detergent etc.) can be found in the cupboard under the sink in the kitchen.

After your departure, there will be a major clean-up. However, we kindly ask you to leave the apartment tidy and remove all perishables from the fridge etc. The bed sheets won't be changed during your stay. If you want new sheets or towels, you can find them in the cupboards in the two bedrooms.

### **3.4 Laundry**

There is a washing machine in the apartment. You can find it in the kitchen. Also, we have provided laundry detergent in the cupboards of the kitchen. We kindly ask you to refill, in case it gets empty.

### **3.5 Provided objects**

Clean bed sheets, linen and towels are in the cupboards in the two bedrooms. Garbage bags, cleaning utensils and toilet paper are in the cupboard in the kitchen.

### **3.6 Parking**

You'll find a gravel parking lot opposite to the KG 7 building. You can park your vehicle there. Otherwise you can park it along the street.

### 3.7 Food

#### Cafeterias

The cafeterias (“Mensa”) offer hot lunch at a moderate price (about 5-7 €). You can only pay cash.

#### Mensa Littenweiler (PH) (orange building)

Lunch: Mon- Fri 11:30am – 2pm  
Pasta- and salad buffet until 2:30pm

#### Mensa Rempartstraße 18 (city centre)

Lunch: Mon-Fri 11:30am – 2pm, Sat 11:45am -1:30pm  
Dinner: Mon-Fri 5:30pm-7:30pm

*Please note that grocery shops usually are open Mo-Sa 8-20h. They are closed on Sundays and on public holidays!*

#### Supermarkets/ grocery stores in Littenweiler:

- Mein Laden: Reinhold-Schneider-Str. 2
- Reformhaus: Lindenmattstr. 32
- Edeka Aktiv Markt Blatter: Kappler Str. 58
- Beckesepp: Hansjakob-Str. 158
- Zentrum Oberwiehre (ZO): Schwarzwaldstr. 78 (close to the University of Music), Here you will find a variety of shops: supermarkets (one is open until 22h), a pharmacy, a drugstore, and a bank.
- For “emergencies“: the supermarket at the main train station is open Monday-Sunday from 6 am until midnight.

## 3.8 Wifi

There are two options in order to use Wifi at the PH Freiburg:

### 1) **Wifi-network: Eduroam** (most convenient option)

If your home institution provides Eduroam (more information on [eduroam.org/where](https://eduroam.org/where)), use your university account (= user name) and password to log into the Eduroam Wifi-network.

### 2) **Wifi-network: wlan-phfr**

**A: Browse-in-browse function** (without installing a VPN client)

1. Connect to the wifi „wlan-phfr“ (don't worry if your device still shows "no internet").
2. Open the browser on your device and type in: <https://vpnc.ph-freiburg.de/>
3. Log in with your PH guest account.
4. For surfing, type any URL into the Browse-in-browse-bar, for example: [www.google.com](http://www.google.com)

## **B: Installation of VPN client** (for comfortable internet use)

Instruction for installing and using the Cisco AnyConnect VPN Client:

1. Connect to the wifi „wlan-phfr“ (don't worry if your device still shows "no internet"). Alternatively, any kind of internet access will do.
2. In your browser, type in the following address: <https://vpnc.ph-freiburg.de/>
3. Log in with your PH guest account.
4. Klick on „AnyConnect“ , then „Start AnyConnect“. Download the installer package.
5. Open the installer package and follow the instructions.
6. After the installation is completed, run the Cisco AnyConnect Client on your device.
7. Now enter the server adress into the Cisco AnyConnect Client: [vpnc.ph-freiburg.de](https://vpnc.ph-freiburg.de)
8. Connect and log in with your PH guest account.

Here you can find a useful video demonstration: <https://www.ph-freiburg.de/hochschule/zentrale-einrichtungen/zik/zik-service/servicepoint/vpn-installation/vpn-windows-8.html>

If you didn't succeed with any of these options, ask for some help from Ms Andris-Schelb at ZIK support, KG4, room -102 (basement). However, especially with tablets, devices from the US or other operating systems than windows, there might be unsolvable problems unfortunately.

If you have any questions or problems, please do not hesitate to contact us at the

International Office (Auslandsamt)  
Kunzenweg 15

Julia Salzmann  
0761-682250

## 4 Mobility and Leisure

### 4.1 Transport System



Getting around in Freiburg is very easy and convenient. We will show you all of the options that you have.

In general, there is a tram system that keeps all parts of the city well connected. Also, you can use trains and buses. There are no *uber* or *lyfts* in Germany.

“Single Ticket”: A single ride costs 2,40 €

“REGIO24 Ticket”: With the Regio 24 ticket you can travel with buses, trains and trams (2<sup>nd</sup> class, excluding ICE and IC/EC express trains.) in and around Freiburg. Depending on the distance that you want to go, the ticket costs between 6,70 € and 13,40 €. It is valid for 24 hours and is recommended for a day trip.

“REGIO Karte”: If your stay in Freiburg is longer than a week, you can think about purchasing the Regio Karte. It is valid for one month, costs about 62 € and has the same conditions as above.

Tickets can be purchased at the

- VAG Pluspunkt, Salzstraße 3 (close to the “Bertoldsbrunnen”); opening hours: Mon-Fri 8am-7pm and Sat 8:30am-4pm.
- At the ticket machines at Littenweiler train station or at every other tram stop

Please be aware that there are many ticket controls - make sure to have a valid ticket as fare dodging is expensive!

*On Friday and Saturday nights the trams run every half an hour.*

*Please note that on Mon-Thur trams just run until midnight.*



## Trains: Deutsche Bahn

“Baden- Württemberg Ticket”: The Baden- Württemberg ticket is valid for all short distance services in Baden- Württemberg (it only applies to RB and RE trains). It costs about 24 € for one person (“Single- Ticket”) or 48 € for max. 5 persons. If you book in advance (at least 3 days ahead of time), you may also receive reductions up to 50%.

You also find information online at <http://www.bahn.de>

## Buses

Long-distance buses are often the best and cheapest way of travelling. They connect many European cities.

- FlixBus: [www.flixbus.de/](http://www.flixbus.de/)
- search machine: [www.busliniensuche.de](http://www.busliniensuche.de)

## Lifts - “Mitfahrgelegenheit“

A lift with other travellers is a very cheap way of travelling.

Further information and offers are available online at:

- [www.mitfahrzentrale.de](http://www.mitfahrzentrale.de)
- [www.blablacar.de](http://www.blablacar.de)

## Bicycle

- “Frelos”: there are different bike stations provided by the VAG with various bikes to hire. Just download the VAG App and follow the instructions.
- “Radstation Freiburg”: you can hire bikes at the Radstation Freiburg (Wentzingerstraße 15), visit the website for more information or contact [info@radstation-freiburg.de](mailto:info@radstation-freiburg.de)

## 4.2 Sports & Leisure



Swimming: All in all, there are eight indoor swimming pools and three outdoor swimming pools in Freiburg. The closest indoor swimming pool to the PH is the “Faulerbad” (Faulerstraße 1), the closest outdoor swimming pool is the “Strandbad” (Schwarzwaldstr. 195). Admission is about 5€.

Sports- and Leisure Clubs: Further information on sports- and leisure clubs of the city of Freiburg is available online at: [www.freiburg.de/pb/Lde/231059.html](http://www.freiburg.de/pb/Lde/231059.html) or [www.sportportal.freiburg.de/](http://www.sportportal.freiburg.de/).

More information about cultural events and a calendar is available online at: [www.badische-zeitung.de/freizeit/](http://www.badische-zeitung.de/freizeit/), <http://www.24-fair.com/de/freiburg-kino.htm> and <http://fudder.de/kalender>

## 4.3 Cinemas

### Cinemas showing original versions:

- Friedrichsbau, Kaiser-Joseph- Straße 268
- Kandelhof, Kandelstraße 27

### Other Cinemas

- Cinemaxx, Bertoldstraße 50
- Harmonie, Gründwälderstraße 14-16

The idyllic inner courtyard of the 'Schwarzes Kloster' offers movies in August, where audiences sit beneath a starry sky to re-watch the best awarded films. It's called the 'summer night cinema'.

## 4.4 Churches, Synagogues and Mosques

- Protestant and Catholic (in Littenweiler): [http://www.fr-littenweiler.de/kirchengemeinden\\_und\\_friedhoefe.php](http://www.fr-littenweiler.de/kirchengemeinden_und_friedhoefe.php)
- Protestant Student Community: [www.esg-fr.de](http://www.esg-fr.de)
- Catholic Student Community: [www.khg-freiburg.de](http://www.khg-freiburg.de)
- Anglican Church (English speaking) <http://freiburganglicanchurch.wordpress.com/>
- Calvary Chapel (German, English and Russian): <http://www.ccfreiburg.de>
- Jewish Community: [www.jg-fr.de](http://www.jg-fr.de)
- Islamic: [www.moscheesuuche.de/moschee/stadt/Freiburg\\_im\\_Breisgau/6195](http://www.moscheesuuche.de/moschee/stadt/Freiburg_im_Breisgau/6195)

## 5 Waste Sorting

Waste sorting is very important in Germany! To make it easier for you, the most important facts about waste sorting in Germany are provided below:

### Deposit System for Cans and Bottles



On most bottles and cans, you automatically pay an extra deposit when purchasing. When empty, you can return them in the vending machines which can be found in the supermarket. You will receive a ticket with the amount of deposit that you have paid and you can use it for paying your groceries.

Yellow Bag (Gelber Sack): all plastics with a green symbol are allowed in the yellow bin. Packages should be as clean as possible. Please put into the yellow bag: plastic bags, synthetic materials, juice packages, cans.

Paper: (Container in front of Kunzenweg 15): newspapers, magazines, cardboard. In case the paper is stained with color, it is not recyclable any longer and belongs into the residual waste bin.

Organic Waste: all organic waste, food, plants, coffee or tea bags. Please don't put ashes in this bin!

Residual Waste: vacuum cleaner bags, diapers, female hygiene articles, used pens, porcelain, glass. Please don't put any electronic devices in this bin!

Old Clothes and Shoes: Please find a container for your old clothes and shoes. There is one in front of Kunzenweg 15.

## 6 Glossary

GERMAN TERM	ENGLISH TERM	EXPLANATION
<b>Akademisches Auslandsamt (AAA)</b>	International Office	Located at Kunzenweg 15, third floor
<b>Bertoldsbrunnen</b>	Bertoldsbrunnen	Large statue in town center at junction of Kaiser-Joseph-Straße (main street) and Bertoldsstraße; all trams go through this junction.
<b>Bibliothek</b>	Library	On the PH campus, KG 1
<b>Bürgeramt</b>	Registration Office	Issues residence permit
<b>Gesetzliche Krankenkasse</b>	State-run health insurance	Issues health insurance certificate
<b>Hauptbahnhof (Hbf)</b>	Main Train Station	
<b>KG (Kollegiengebäude) 4</b>	University building 4	Building number indicated, see directions, maps on website
<b>Krankenversicherung</b>	Health insurance	
<b>Mensa</b>	Cafeteria/ Student restaurant	You can only pay cash at any of the three student cafeterias

GERMAN TERM	ENGLISH TERM	EXPLANATION
<b>Pädagogische Hochschule</b>	University of Education	“PH” for short (“Hochschule” is not translated as “high school” but is an institute of higher education, college or university)
<b>Regiokarte</b>	Regional public transport pass (monthly)	Valid 24h a day for one month, costs about 62 €
<b>Sprechstunde</b>	Office hour	Specific times to see staff, posted on departmental notice boards and websites, office doors, announced in classes,
<b>Vorlesungsverzeichnis</b>	Course directory	Available on PH website – look for “Hochschulportal LSF”

## International Office

### **Dr. Verena Bodenbender**

Phone.: +49 (0)761 682-565

Email: [verena.bodenbender@ph-freiburg.de](mailto:verena.bodenbender@ph-freiburg.de)

- Head of International Office

### **Julia Salzmann**

Phone.: +49 (0)761 682-250

Email: [julia.salzmann@ph-freiburg.de](mailto:julia.salzmann@ph-freiburg.de)

- Contact Person: Guest Apartment

### **Elisabeth Ahner-Tudball**

Phone: +49 (0)761/682-152

Email: [elisabeth.ahner-tudball@ph-freiburg.de](mailto:elisabeth.ahner-tudball@ph-freiburg.de)

- Contact Person: Campus Tours



## Emergency Contacts

### Doctor close to the PH:

Dr. med. Wolfgang Pohle, doctor for general medicine

Sonnenbergstraße 15

Phone: +49 (0)761 64 949

### Universitätsklinikum

#### Medical Practice in case of Emergency

Phone: + 49 (0)761. 80 99 800

Augenklinik Killianstraße 5  
Ophthalmic Hospital

Phone.: + 49 (0)761 270 40 01

Chirurgische Klinik Hugstetter Straße 55  
Surgery

Phone.: + 49 (0)761 270 24 01

Frauenklinik Hugstetter Straße 55  
(Gynaecology)

Phone: + 49 (0)761 270 30 01

Hospital specialized in Ear, Nose, Throat  
Hugstetter Str. 55

Phone: + 49 (0)761 270 42 01

Hautklinik Hauptstraße 7  
Dermatology

Phone: + 49 (0)761 270 67 01

Zahnklinik Hugstetter Straße 55  
Dental Hospital

Phone: + 49 (0)761 270 47 01

#### European Emergency Number

Phone: 112

Information on Poison Control

Phone: + 49 (0)761 49 33 33

Crisis Hotline

Phone: + 49 (0)800 111 0 111