

# **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

Carolin Haas, Daniel Hys

### Departments of the Student Representation

Sustainability and communication:	Antonia Kaspar, Cornelia Pröls
Anti-discrimination:	Madeleine Schneider
Digitalisation:	Jakob Berg
Social issues:	Louisa Siemens
Networking and finances:	Simon Kotschate



Telephone: 0941 943-2243 / E-Mail: [asta@ur.de](mailto:asta@ur.de)

# 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](mailto:ak.divers.uni.rgb@gmail.com)

Instagram: @ak.divers.ur

# 1. Initiatives – for students from students

**Further initiatives and measures for students (for example):**

## **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](mailto:international.degree-student@ur.de)



Consultation hours: Mon-Fri, 9-12 a.m. (via telephone), Tue + Thu, 10-12 a.m. (personal / according arrangement)

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



Consultation hours: Mon-Fri, 9 a.m. to 12 p.m. (via telephone), Wed 2-3 p.m. (via zoom), Mon 1-3 p.m. (personal / according arrangement)

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

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

### Buddy for new international students



- 👍 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](mailto:international.startklar@ur.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

<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/>



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

- Follow us at Instagram

[https://www.instagram.com/ur\\_internationaloffice/](https://www.instagram.com/ur_internationaloffice/)





### 3. Family Service

Offers for students with child / children or care responsibility

- 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
- information in case of care responsibility
- further issues



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

## 3. Family Service

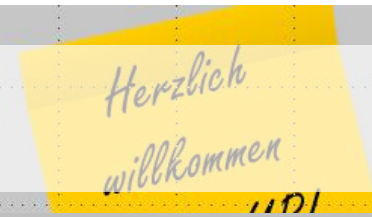
Offers for students with child / children

### Information event for students with child / children

Friday, 17.2.2023, 11:45 a.m., H4



## 4. Advisory Service



- 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](mailto: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](mailto: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 Eiwán, Email: [barbara.eiwan@ur.de](mailto: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](mailto: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.





## 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...





## 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
- Martina Nigl (Psych. M. Sc.), OTH, room V004  
Tel. 0941 943-340
- Lisa Treichl, (B.A.), OTH, room V002  
Tel. 0941 943-70234
- Johanna Zechmeister, Dipl. Psych. Univ., Psychological  
psychotherapist), OTH, room V003 , Tel. 0941 943-3270





### 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

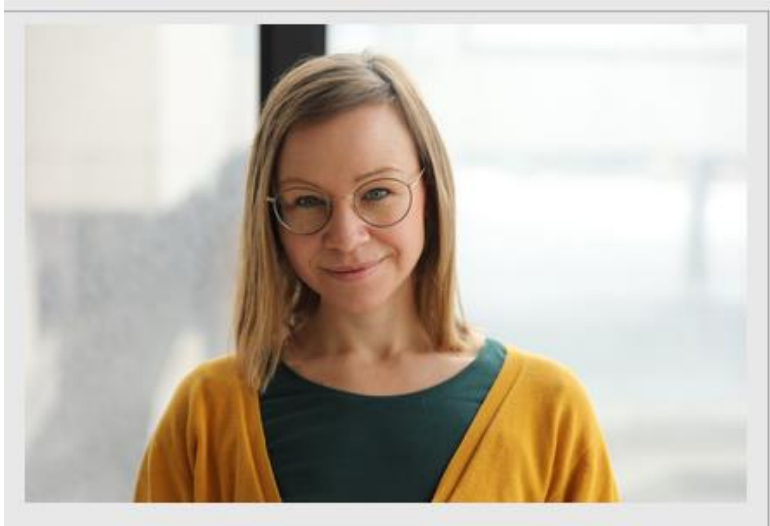
- anxiety and dejection
- issues conditioned by Corona
- issues with study
- issues and conflicts in private

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

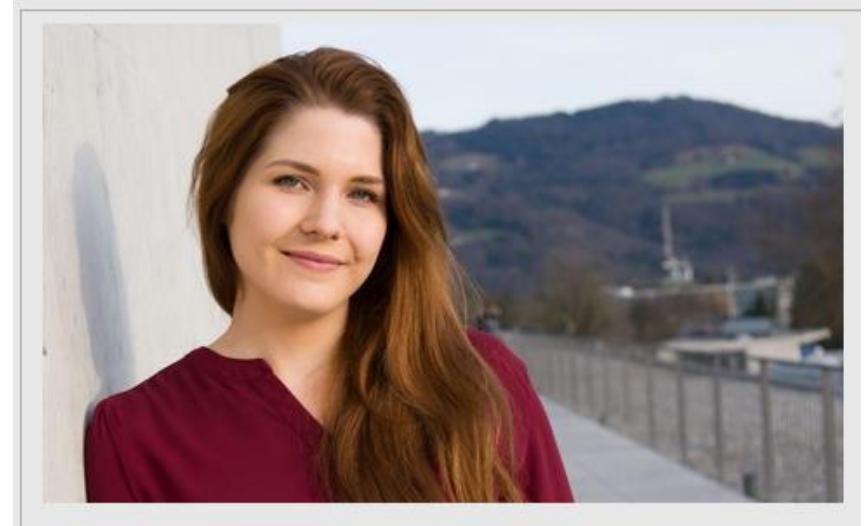
E-Mail: [psychologische-beratung@stwno.de](mailto:psychologische-beratung@stwno.de)

## 5. Student Union Niederbayern/Oberpfalz

### Psychological counseling of the Student Union



Psychological counseling  
[Johanna Zechmeister](#) (Dipl. Psych. Univ., Psychological  
psychotherapist)  
OTH, room V003  
Office hours: Mo 10:30 to 11:30, Tue 8.30-9.30,  
Thu 13.30-15.30 and by arrangement  
phone 0941/943 3270  
Mail: [psychologische-beratung@stwno.de](mailto:psychologische-beratung@stwno.de)



Psychological counseling  
Martina Nigl (M. Sc.)  
OTH, room V003  
Office hours: Tue 13.30-14:30, Thu 11-14, Fr  
10-12 and by arrangement  
phone 0941/943 3140  
Mail: [psychologische-beratung@stwno.de](mailto: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**

Studentenhaus, room 2.18 (3rd floor, elevator)

Tel.: 0941 / 943 - 2291

E-Mail: [Stefanie.Feuerer@ur.de](mailto:Stefanie.Feuerer@ur.de)

Internet: [www.uni-regensburg.de/studium/handicap](http://www.uni-regensburg.de/studium/handicap)

#### **Christine Betzner**

Administration Building, room 0.23A

Tel: +49 (0) 941 943-2306

E-Mail: [Christine.Betzner@ur.de](mailto:Christine.Betzner@ur.de)

Further information for students with special needs: <https://www.uni-regensburg.de/ur-international/incomings/living-in-regensburg/ur-for-everyone/index.html>

## 7. Equal opportunities

### Our Team

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University Women's Representative and Her Deputies >

Faculty Women's Representatives and Their Deputies >

**Equal Opportunities Coordination Office** v

The **Equal Opportunities Coordination Office** is made up of university women's representative employees.

Please feel free to contact us if you have any questions or concerns relating to equal opportunities.

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

## 8. Contact person for sexual harassment and sexualized violence

As a contact person in cases of sexual harassment and sexualized violence, you are welcome to contact me at any time. You have the opportunity for a confidential conversation in which you can tell what happened to you and what your concerns are. You can ask questions and agree on the further procedure while remaining anonymous.



Dr. Birgit Bockschweiger  
Consultant for anti-discrimination & diversity and  
contact person for sexual harassment and  
sexualized violence

E-Mail: [antidiskriminierung@ur.de](mailto:antidiskriminierung@ur.de) or  
[birgit.bockschweiger@ur.de](mailto:birgit.bockschweiger@ur.de)

Phone: 0941 943-2364



## 9. Anti-discrimination point

The anti-discrimination point is a contact point for advice and support on all dimensions of discrimination:

Disability & chronic diseases



National & ethnic origin



Gender & sexual identity



Social background & first generation



Parenthood



Age



Philosophy & religion



<https://www.uni-regensburg.de/diversity-anti-discrimination/home/index.html>

## 9. Anti-discrimination point

The anti-discrimination point offers awareness workshops in the summer semester 2023:

**Gender Awareness for students**

**Diversity Awareness for students**

**Racism Awareness for students**

The workshop series are in German. Please send an e-mail ([birgit.bockschweiger@ur.de](mailto:birgit.bockschweiger@ur.de)), if you are interested in the workshop in English.

## 9. Anti-discrimination point

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

Contact: [ursula.regener@ur.de](mailto:ursula.regener@ur.de)  
Telephone: 0941 943-3453

Dr. Birgit Bockschweiger  
Consultant for anti-discrimination &  
diversity and contact person for sexual  
harassment and sexualized violence

Contact: [birgit.bockschweiger@ur.de](mailto:birgit.bockschweiger@ur.de)  
Telephone: 0941 943-2364

<https://www.uni-regensburg.de/diversity-anti-discrimination/anti-discrimination-point/index.html>