# **SOCIAL LIFE**

# **Buddy Program**

The Buddy Program is designed to support you, our incoming exchange or visiting students. Designated ISM students, called Buddies, will help you to settle into your "German life". This means they will start getting in contact with you before your arrival. But that's not all! As a group, we will go on trips and spend evenings together so we can use a fun and interesting surrounding to get to know each other in a better way. For all trips and events you can sign in the ISM Net ("Participant Lists"). This procedure is explained to you during the IT orientation.

Please note that all events/activities of the Buddy program are private events/activities so that the university's coverage does not apply. It is not covered under the university's policy. Please make sure to have adequate insurances.

Feel free to contact your German buddy whenever you could need a little help or would like to meet with a local!





#### Student Clubs and Extracurricular Activities

ISM-students have founded a number of student clubs. Variety ranges from consulting (ConsultISM) and tourism (AK TourISM) to politics (PolitISM) and finance (AK Banking). You will find more information on these clubs and their activities on the ISM Net > Engagement > Working Groups. Please contact the spokesperson of each club if you are interested in joining for the time of your stay or participate in one of their activities.

Many ISM-students are notorious party animals. You will not miss any party as the party committee will put up announcements everywhere in the building. ISM parties are normally on Thursdays which does not mean that ISM students are not partying the other days as well. These parties are a great chance to meet local students and have good fun!

#### **Running Dinner**

The running dinner is one of the most popular events among students and takes place every semester. After the announcement (which again is very hard to miss) you sign up at the office of the student body and decide if you want to be a cook or a driver. As an example let us say you are a girl and a driver. This means you will be paired with a guy who will make his kitchen available for the two of you to cook the starter, the main dish or the desert (This will also be decided by the Studentenvertretung). For the dish you cook, two other "couples" will arrive. (But you do not know who!) For the other two dishes you drive to someone else's house where, again, two other "couples" will be.

It is a great chance to meet a lot of people and to talk to lecturers and staff in a different surrounding as they participate as well. Following the eating marathon there is always the best party of the semester and the next morning it is often seen that some students and even some lecturers go to the first class straight from the party. **So do not miss it!** 

#### Cafeteria and Vending Machines

There is a soda, a coffee and a candy vending machine at each ISM campus. These machines have proven live-saving when having a long day at the ISM. In Frankfurt, Munich and Hamburg you will also find microwaves for home cooked meals and a public fridge.

Dortmund: The ISM cafeteria is usually open between 8 am and 3 pm (lunch hours are 11:30 am to 2:30 pm). The lunch menu varies daily (the menu is available at www.ism.de > Service > Cafeteria)



- or directly in the Mensa for the respective week). A vegetarian dish is also available.
- Frankfurt: Close to ISM there are several lunch options:
   Bakeries (Eifler, Wiener Feinbäcker, Backwerk), Italian fast food, Thai fast food, McDonald's,
   Supermarket REWE or Alnatura, German Butchery Thoma with lunch specials (Textorstraße)
   special tip!, Turkish restaurant (Textorstraße)
- Munich: There are also a supermarket as well as several bakeries and restaurants in close proximity to the ISM. In case you have a longer lunch break you can either quickly head over to Central Station for your favorite treat of Burger King, Starbucks and Yormas's (Sandwiches etc), or throw in another five minutes of walking and find yourself at Karlsplatz, the beginning of the pedestrian zone in the city centre. There are also three cafeterias from the public universities in close distance to the ISM.
- Hamburg: During the semester a Turkish woman cooks for ISM students and you can buy a daily meal or sweets. And in the Hafencity you have a couple choices to get something to eat. The Schanzenbäcker next door is a good possibility for a snack. There you can get any kinds of rolls, pastries but also salads, pasta and other warm dishes. As an ISM student, you will get a 10 % discount on food and drinks. There is an Italian restaurant called "Rudolph's" right behind the ISM (www.rudolphs-hamburg.de). During lunch break you will have enough time to go to the Überseequartier or to the Europa Passage to have a quick lunch meal.
- Cologne: Due to ISM's location in the Mediapark it is very easy to get something to eat. The Mediapark offers a lot of fast-food shops as well as restaurants. For example you can enjoy nice Italian food at the Vapiano or enjoy a Burger at Hans-im-Glück. If you only feel like something small from the bakery that is really easy as well. Check out what else you can find in the Mediapark on the following website: <a href="mediapark.de/index.php?id=203">mediapark.de/index.php?id=203</a>.
- Berlin: The Berlin campus is located close to a neighborhood called "Akazienkiez". Right around the corner, you will find dining possibilities such as Indian, Thai or Italian restaurants that offer a great variety of lunch and dinner meals. In addition, don't miss the several Kebap-restaurants up and down Hauptstraße. Other places like the famous "Café Bilderbuch" will strike with its charming cozy atmosphere. However, if you rather feel like having a short lunch REWE and Edeka are supermarkets located right across the street from our university. You can use the fresh REWE Salad bar or stop by the little "Back Factory" at the corner for a quick stop of "Brötchen" or snacks.

## How to open a Bank Account

Several banks offer a student bank account free of charge: Sparkasse (not in Dortmund for free), Deutsche Bank, Commerzbank – to name the biggest three. You must bring the following documents with you: passport, student ID card and the residence permit/city registration confirmation. You should tell them that you are planning to stay for a year. Otherwise they won't help you, as they don't open an account for only 3 or 4 months. Obviously you can close the account anytime.

# **Electric Plugs**

Electrical outlets in Germany usually give 220/230 Volt alternating current (AC). This may be different from that in your country. Check the appliances you bring with you to be sure they will work at the above voltages. Appliance plugs might also be different from the ones you have in your country. Converters can be purchased that will adapt your appliance's plug to the German standard.

## Arriving by Car

If you decide to come to Germany by car please note that in Germany environmental zones have been introduced. It is therefore necessary for you to buy an environmental badge which is obligatory for driving in green zones in Germany. For more information please visit: <a href="umwelt-plakette.de">umwelt-plakette.de</a> - here you will be able to choose your native language for further information. Be aware that should you be driving without the badge in green zones and be stopped by the police – they will charge you a fine.

## Car Park at the ISM (only available at the ISM Dortmund)

In Dortmund we have a car park next to the ISM. The car park is secured by a gate which can be opened by using the student ID card. Please note that you have to park in the parking spaces. Unfortunately the car park is always very full and students use the middle lines. If you park behind other cars, please put your mobile number behind the windscreen, so that the other students can call you if they want to leave the car park (please use vibration alert during classes). If you forget to put your mobile number in your car, the car will be towed away (it costs approximately 100 Euro to get it back)! Additionally please do not park your car in front of the B-building and in the middle line in front of the Mensa.

#### **Medical Service**

If you are ill and you need medical service (general practitioner), please come to our office or call us and we are happy to help you! You can also have a look here:

- **Dortmund:** <u>kvwl.de/earzt</u> Please fill out the following parts:
  - PLZ/Ort: 44227 or 44137/Dortmund
  - Suche nach Hausarzt: please click on "Allgemeinmedizin"
  - Sprache: Please choose a language which the doctor should speak.
- **Frankfurt:** If you are ill and you need to see a doctor, then you can have a look at: arztsuchehessen.de
- **Munich:** There is also a list of English speaking practitioners to be found on the website of the British embassy in Germany:
  - webarchive.nationalarchives.gov.uk/20130217073211/http://ukingermany.fco.gov.uk/resources/en/pdf/4971486/4971706/munichdoctors.pdf
- Hamburg: www.aerztekammer-hamburg.de/patienten/hamb\_aerzte.htm
   Please click on "Allgemeinmedizin" in the second box and choose the district you live in
- **Cologne:** There are a lot of specialists and doctors in Cologne. You could just google a specialist you need, that is close to you or use this website: <a href="helios-haus.de">helios-haus.de</a>
- · Berlin: You can search for doctors through this link:

http://www.aerzte-berlin.de/ php/therapie30/fach.php. About the filtering: You can filter per language the doctor speaks, under "Sprache". If you search for a generalist, you should pick "Allgemeinmedizin" under "Fachrichtung". Under "Stadtbezirk" you can choose the area where you are searching. You will get a list of the doctors matching your criteria. Then you just call the doctor and make up an appointment. Other searching tool: http://doctorberlin.de/, for doctors speaking English.

#### **Sports Program**

Unfortunately, ISM has no own sports program but there are several options (in general be careful if you sign a contract with a gym, they often have year-contracts:

- · ISM x FitX: For students planning to dwell at least one year in Germany, a discounted membership amounting to 20€ per month (and a lump-sum registration fee of 29€) for the public fitness center FitX has been arranged. With 95 locations across all Germany, FitX is one of the country's leading fitness service providers and a popular spot for youngsters and students to work out. Further information can be found under <a href="https://www.fitx.de/">https://www.fitx.de/</a>.
- Dortmund: ISM students can also participate in the sports program of the public university of Dortmund. This sports program offers several courses (Fitness, soccer, dancing, danceaerobic, bodyforming, beach volleyball, capoeira, boxing, hiphop, hockey, jazz dance, taekwondo, diving, salsa, softball, tennis, ...) where students can participate. Only a few courses have a limited number of participants. For these courses you have to register. The public university has different semester dates:
  - holiday program: mid February until mid April and beginning of August until beginning of October
  - semester program: mid April until mid July and mid October until beginning of February

The price for ISM students for the holiday program is  $9 \in$ , the price for the semester program is  $15 \in$  (if you buy the semester ticket, the holiday program is already included).

Please note that if you want to buy the ticket online (<a href="https://hs.tu-dortmund.de">hs.tu-dortmund.de</a> > Sportkarte) you need a German bank account (payment is made by automatic debit transfer system) and a printer because you have to print the ticket after the registration. You can also buy the ticket at the office of the university sport programme (address: Universität Dortmund Campus Nord, EF 61, room: U 03). In that case you will need a cash card (no credit card) to do the payment. Cash will not be accepted.

Frankfurt: You can join the sports program of the Goethe University as an external member.
 As the website is only available in German I recommend visiting their office in Bockenheim:
 Zentrum für Hochschulsport der Johann Wolfgang Goethe-Universität, Ginnheimer
 Landstraße 39, 60487 Frankfurt am Main, E-Mail: <a href="mailto:zfh@em.uni-frankfurt.de">zfh@em.uni-frankfurt.de</a>
 Website for sports courses and online registration: <a href="web.uni-frankfurt.de/hochschulsport/index.html">web.uni-frankfurt.de/hochschulsport/index.html</a>

The gym chain McFit has studios in Frankfurt and Offenbach. You are required to sign a contract for a year (20 € per month + registration fee 20 €), but you can cancel any time when leaving the country. The international office can issue such a "leaving" certificate, so that you only have to pay for the months you are in Frankfurt.

The sports club TG-Bornheim has a fee of 9 € per month and offers a variety of sports courses. You can only cancel the contract in November for the current year, so I only recommend this option for fall semester students. Spring semester students must calculate with a total fee of 90€ (March–December). This is their website: <a href="tel:tgbornheim.de">tgbornheim.de</a>

• Munich: ISM students are allowed to use Munich's huge sports campus of Technische Universität for a very small fee (starting at 12,50 € for half a year). Since the description of how to enlist is only available in German on the official homepage www.zhs-muenchen.de, again do not hesitate to ask your Buddies or the International Office for help and guidance.

- For those that just want to visit a regular gym, there are a couple of chains that offer contingent tickets that give permission to visit the respective gym a fixed sum of times, starting at 150 €. Prominent chains to look for are Fitness First, Elixia and McFit.
- o For swimming and sauna facilities check: muenchen.de/Stadtleben/Sport/M Baeder/4074/index.html
- Last but not least there are occasional football or basketball matches organized by and for ISM students, please get in touch with the international office for further information.
- Hamburg: ISM is part of the Hamburg Hochschulsport which offers a high variety of different sport programs only for students. There are several possibilities to strengthen your body, stay in shape or just relax during a good work out. You can sign up for Hamburg Hochschulsport at the beginning or during the semester. The Sportscard costs 30 € and you can participate in more than 200 sport courses and 80 kinds of fitness, endurance, ball, health, dance or fight offers. If you are interested, check out the website or look for the flyers at the entrance of ISM. Of course, Hamburg offers more sport programs than just one. Also check Fitness First, Mc Fit, Sport Spass (similar to Hamburg Hochschulsport, only 9 € per month).
- Cologne: Cologne offers a lot of sports. The Mediapark includes a few fitness studios. You can check out on their website. McFit is all over Cologne as well and only costs 19,90 € a month, which is fairly cheap. If you are more of a teamplayer just check out Hochschulsport-koeln.de, Campussport-koeln.de. They often offer good team sports for cheap prices. All in all Cologne just offers a high variety of sports programs of all kind.
- Berlin: Berlin is one of Germanys' larger cities where a lot of recreational activities can be used as part of the so called "Urban Sports Programme": <a href="https://urbansportsclub.com/de/berlin1?gclid=EAIaIQobChMIrOmP1Ib25QIVxeN3Ch20yQW">https://urbansportsclub.com/de/berlin1?gclid=EAIaIQobChMIrOmP1Ib25QIVxeN3Ch20yQW</a>
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For only 29,00€ you can check in 4-times a month at 323 locations all across Berlin (Cancellation after three months). For an unlimited access to 1011 locations in Berlin you can get the M-Pass which will cost 59,00€ a month (monthly cancellation).

Another opportunity would be the FitX-gym. They are located wide across the city and cost 20,00€ per month. One of their locations is also right across the street from our campus (monthly cancellation might be possible, however for concrete answers to your situation a direct approach would be advisable).

#### Social Media

Each semester we open a Facebook group for each campus and invite you to enter the group so that you can see who will also join the next semester and can already get in touch with your future fellow students. You will get an invitation for the group via email.

In addition you are more than welcome to join our Alumni group "ISM - international group - exchange your experiences!" to meet the "old" students, to exchange experiences, to ask questions and to get information and news from ISM.

Of course ISM has also an official Facebook page which you can like:

facebook.com/ISM.Hochschule











