

Student initiatives, consulting and service points at UR

Information for beginners and interested students



Universität Regensburg

1. Initiatives – for students, from students

Student Representation

Members of the Student Representation

Student Speakers

Speakers: Yannik Schaubele and Nele Graf

Departments of the Student Representation

Sustainability and ecology:	Bernhard Einsiedler
Anti-discrimination and social issues:	Tom Himmelrath
Politics at university and financial issues:	Sabrina Thomas
Digitalisation and modernisation:	



1. Initiatives – for students, from students

Student working groups

For example AK divers: for students who are interested in diversity issues
(contact: E-Mail ak.divers.uni.rgb@gmail.com Instagram: @ak.divers.ur)



For further topics and groups: <https://www.uni-regensburg.de/universitaet/sprecherrat/arbeitskreise/index.html>

1. Initiatives – *for students, from 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“
- Certificate „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

Information and advice for international applicants and students of the UR

Administration building room no 0.12

Phone +49 (0)941 943-2382

Fax +49 (0)941 943-3882

Consultation hours:

Monday – Friday, 9:00 a.m. –12:00 p.m.

E-Mail: international.degree-student@ur.de



Jhoana Palacio Pineda

Information and advice for international applicants and students of the UR

Administration building room no 0.12

Phone +49 (0)941 943-5863

Fax +49 (0)941 943-3882

Consultation hours:

Monday – Friday, 9:00 a.m. –12:00 p.m.

E-Mail: international.degree-student@ur.de

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

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

➤ Take part in our Buddy programme!



Please write a short e-mail with your name and study programme to:

international.startklar@ur.de

➤ Get in contact with the ISNR!



ISNR - International Student Network Regensburg

Web: isn-regensburg.de

Facebook: [@isnregensburg](https://www.facebook.com/isnregensburg)

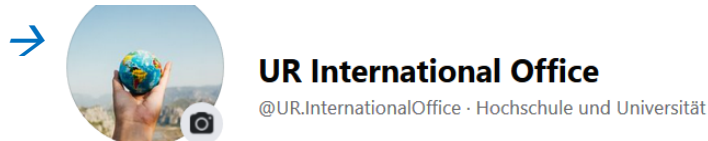
➤ Take part in the event programme of the IO (no offer during the pandemic, we are sorry...)

→ <https://www.uni-regensburg.de/ur-international/get-together/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



- 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

- 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/familie/studierende/index.html>

4. Advisory Service

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



4. Advisory Service

General advisory service

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

Advisory service – mental health issues (also intercultural)

- Regina Groß
- Dr. Hubert Hofmann
- N.N. (starting 01.05.)

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

Counseling Service for 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!

4. Advisory Service

Women and Parent-Specific Course Guidance

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.



4. Advisory Service

Counselling Service for 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).

e-mail kerstin.zimmermann@uni-regensburg.de

The "Open Learning Consultation Hour" takes place in the "Studentenhaus", room 1.31 every Thursday from 2 pm to 3 pm. You can drop by to make an appointment for or receive short information and tips on the subject "learning and exams".



Advisory service for social issues

Contact:

Michael Dutz

Tel: 0941/943 2250

Mail: dutz.m@stwno.de

Lisa Treichl

Tel: 0941/943 5861

Mail: treichl.l@stwno.de

Antja Leicht

Tel: 0941/943 2234

Mail: leicht.a@stwno.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...





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
Albertus-Magnus-Straße 4
93053 Regensburg
Office hours:
Monday 09.00-11.00
Tuesday 8.30-9.30
Thursday 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
Albertus-Magnus-Straße 4
93053 Regensburg
Office hours:
Tuesday 13.00-15.00
Wednesday 13.00-15.00
Thursday 10.00-12.00
Friday 10.30-12.00 and by arrangement
phone 0941/943 3140

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)

Telephone: 0941 / 943 - 2291

E-Mail: Stefanie.Feuerer@ur.de

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



7. Equal opportunity & Diversity

Antidiskriminierungsstelle | anti-discrimination point >

Aktuelles | news >

Diversity allgemein | diversity in general >

Behinderung & chronische Krankheiten | disability & chronic disea >

Ethnische & nationale Herkunft | ethnic & national origin >

Gender & sexuelle Identität | gender & sexual identity >

Soziale Herkunft & First Generation | social background & first ger >

Elternschaft | parenthood >

Alter | age >

Weltanschauung & Religion | philosophy & religion >

Diversity in Forschung & Lehre | diversity in research & teaching >

Archiv | archive >

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

8. Anti-discrimination point

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

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

Birgit Bockschweiger
Consultant for anti-discrimination &
Diversity

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

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