



Hochschule Albstadt-Sigmaringen

Albstadt-Sigmaringen University



International Student Handbook

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Dr. Conny Bast

Welcome

Dear International Student

Welcome to Albstadt-Sigmaringen University! We are pleased that you have chosen to spend a part of your studies at our university. We wish you all the best and a most interesting stay. We will do our best to support you during your time at Albstadt-Sigmaringen University!

With this student handbook, we try to make your life as an international student at our university easier, more interesting and less lonely. You will find information about organizational matters before and after your arrival. We want to give you important information, organize excursions and help you to get into contact with other students.

To study abroad is undoubtedly one of the most impressive periods during your studies and will bring lots of new experiences and skills for your own and your vocational life. At the same time, it takes courage and a great deal of commitment, flexibility and patience. During the first few weeks in a foreign country with a foreign language, it is possible to get a little bit shocked by all the new experiences. There will be lots of things that are different to your home country – from the simplest to the most difficult. We are here to help with all questions!

If you need further information for your stay at Albstadt-Sigmaringen University, do not hesitate to get in contact with the International Office.

Kind regards,

Conny Bast

Useful Contact Details / Emergency Numbers

International Office

+49 (0) 7571 / 732-9205 (Albstadt)
+49 (0) 7571 / 732-8281 (Sigmaringen)

@ io@hs-albsig.de

Dialling code – Sigmaringen: 07571 dialling code – Albstadt: 07431

General practitioner (a doctor for general diseases)

Dr. med. Lennart Spengler
Sonnenstraße 29, ALB
☎ **07431 2031**

Sparkasse Albstadt (bank account)

Marktstraße 32, ALB
☎ **07433 13-0**

Sparkasse Sigmaringen (bank account)

Leopoldplatz 5, SIG
☎ **07571 103-0**

AOK Albstadt (health insurance)

Museumstraße 14, ALB
☎ **07431 1223131**

AOK Sigmaringen (health insurance)

Schwabstraße 14, SIG
☎ **07524 9939662**

Emergency Numbers
in Germany

☎ Police **110**

☎ Emergency (fire and health) **112**

Living in Germany

Albstadt

Albstadt is the largest city in the district of Zollernalbkreis in Baden-Württemberg, located between Stuttgart and Lake Constance.

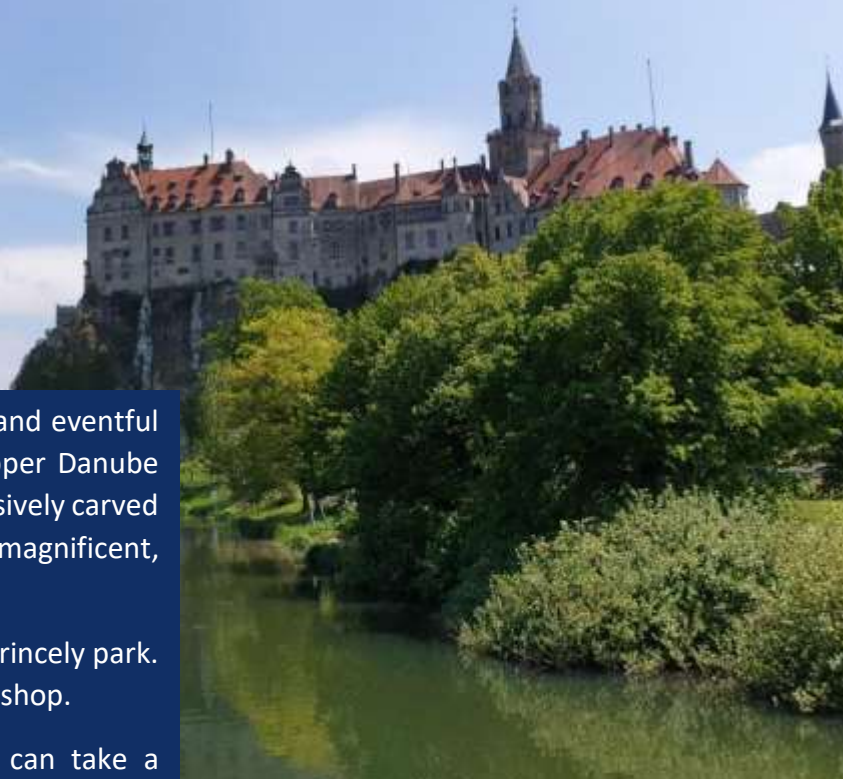
With its eaves, wide juniper heath and light-flooded forests, it offers the best scenic conditions for varied outdoor activities. The ten award-winning premium hiking trails *Traufgänge* impress hikers with fascinating views. Mountain bikers appreciate Albstadt for its exciting trails, the bike park and international events such as the annual UCI Mountain Bike World Cup or the Albstadt Bike Marathon.

For those who don't like sports activities, Albstadt of course has even more to offer: There are plenty of shopping opportunities in the beautiful city centre, many restaurants of all kinds, different bars and a discotheque.

Albstadt also has many different museums, indoor swimming pools, a thermal bath, fitness studios, a cinema where films are sometimes also shown in English, and many other places and activities worth visiting. More special activities, such as ice skating or bowling, can be pursued right next to Albstadt in Balingen.

Those who would like to visit other cities or want to travel have a good starting place. Cities that are close by and worth seeing are for example Stuttgart, Tübingen, Reutlingen, Ulm ... Our bus and train connections will take you everywhere.

Sigmaringen



Sigmaringen is a town with an interesting and eventful past. It is located in the middle of the Upper Danube Nature Park, where the Danube has impressively carved its way through mighty rocks and forests. A magnificent, world-famous castle rises from its centre.

You can walk through intact nature and a princely park. The lively old town invites you to stroll and shop.

Various museums can be visited or you can take a guided tour through the old chambers of the castle and learn about the history of Sigmaringen.

During summer, the large outdoor swimming pool invites you to swim and sunbathing. In the evening hours, there is a discotheque in Sigmaringen as well as numerous restaurants and bars.

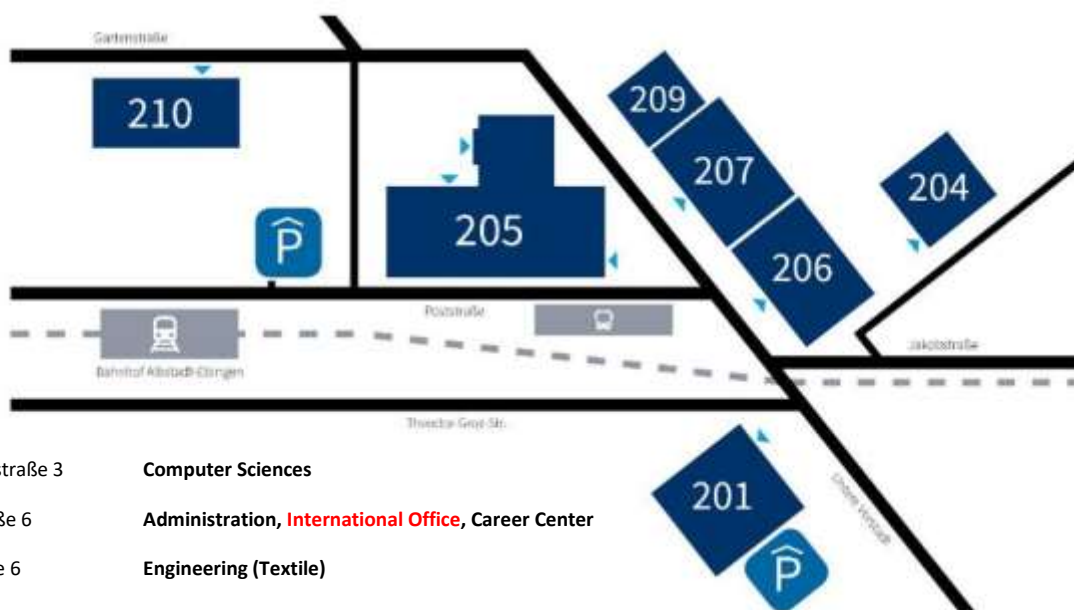
The proximity to the Black Forest, the Bavarian mountains and Lake Constance as well as the Alpine countries of Switzerland and Austria makes Sigmaringen the perfect starting point to travel around.



Albstadt-Sigmaringen University



Campus Albstadt



201 – Johannesstraße 3	Computer Sciences
204 – Jakobstraße 6	Administration, International Office , Career Center
205 – Poststraße 6	Engineering (Textile)
206 – Jakobstraße 1	Engineering, Library, Student restaurant
207 – Jakobstraße 1	Engineering
209 – Jakobstraße 1	Engineering
210 – Gartenstraße 15	Computer Sciences

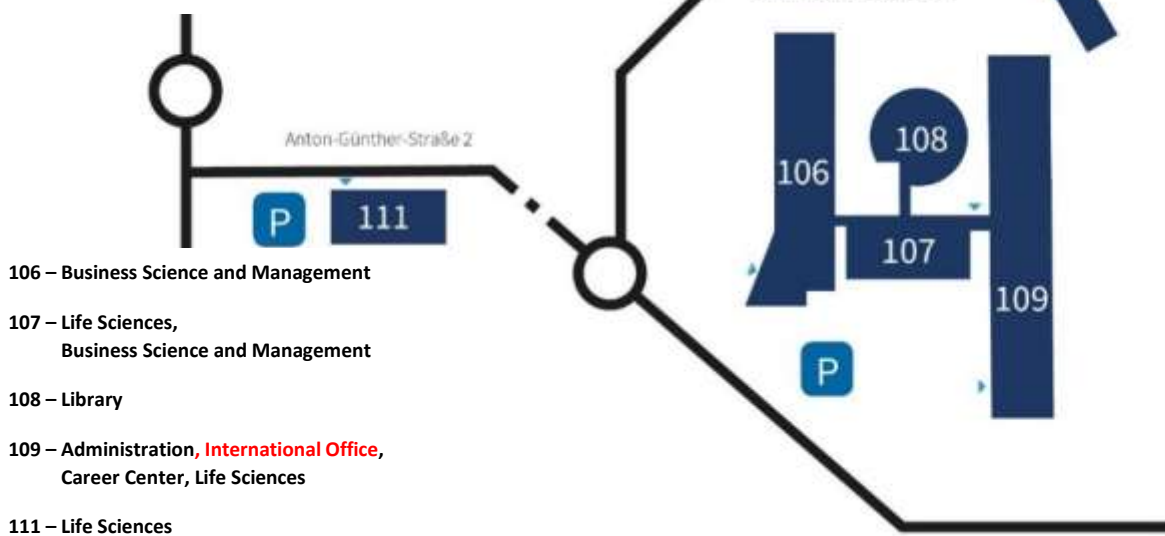
Campus Sigmaringen

101 – Administration, Student
restaurant

102 – Life Sciences

103 – Life Sciences

104 – Life Sciences



106 – Business Science and Management

107 – Life Sciences,
Business Science and Management

108 – Library

109 – Administration, **International Office**,
Career Center, Life Sciences

111 – Life Sciences



International Office

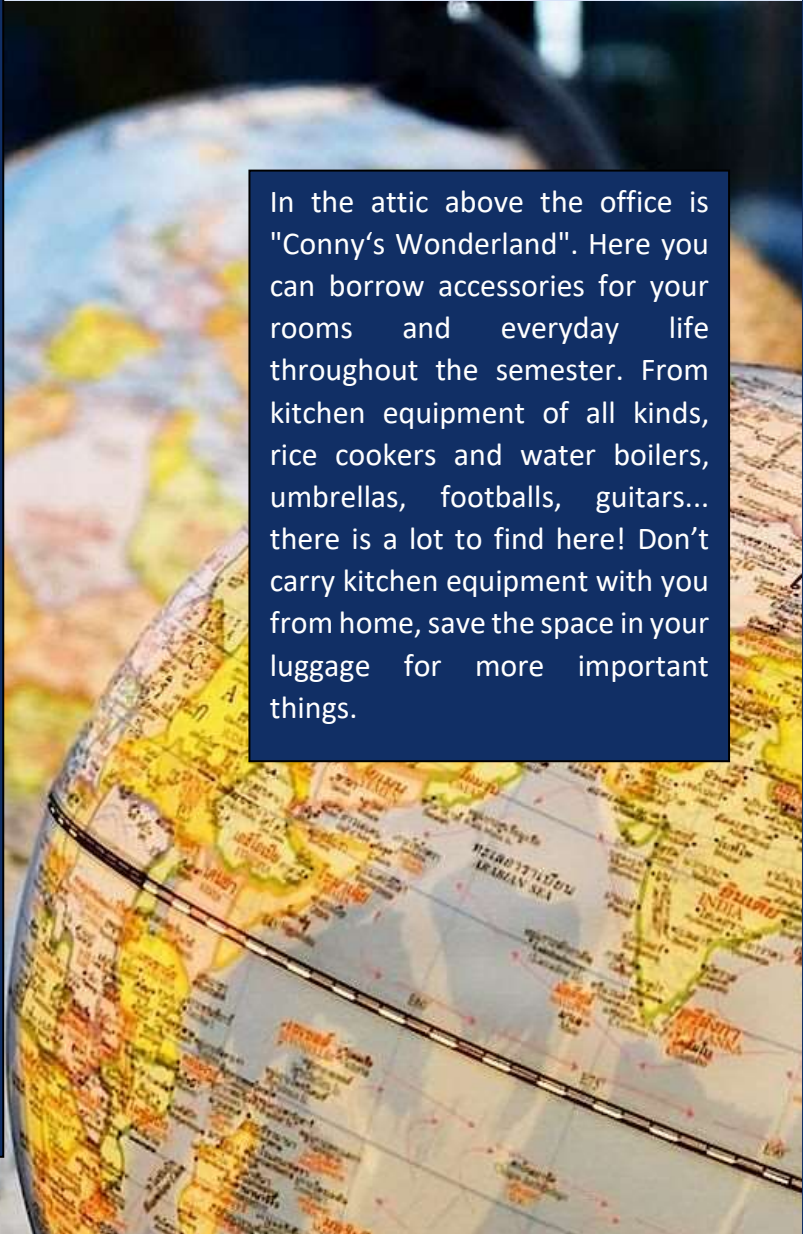
The International Office is the central point for all international students.

If you have any questions regarding studies, leisure time, accommodation or any other organizational issues, don't hesitate to ask.

The International Office shares office premises at both locations of the university (Albstadt, Sigmaringen) with the Career Center. We all work together, so don't hesitate to ask a colleague from the Career Center for help if the International Office is at the other campus location on that day. They can also advise and help you.

The International Office is also supported by students every semester. You will get to know some of your Student Buddies on the day of arrival. They are always available to give you advice and help. They will accompany you through the introductory weeks and take care of the planned activities on the weekends. Our Student Buddies usually come from different study courses, so they can also help with questions about study procedures.

In the attic above the office is "Conny's Wonderland". Here you can borrow accessories for your rooms and everyday life throughout the semester. From kitchen equipment of all kinds, rice cookers and water boilers, umbrellas, footballs, guitars... there is a lot to find here! Don't carry kitchen equipment with you from home, save the space in your luggage for more important things.



Albstadt			Sigmaringen		
Administrative building (204): room 211			Administrative building (109): room 943		
+49 (0) 7571 / 732-9205			+49 (0) 7571 / 732-8281		
Office hours:					
Mo	09:00-12:00	13:00-15:00	Tue	09:00-12:00	13:00-15:00
We	09:00-12:00	13:00-15:00	Thu	09:00-12:00	13:00-15:00
Fr	by appointment	closed			

University Library

Both university locations have their own library facilities. A regular courier service between Albstadt and Sigmaringen enables students to access all media.

In addition to a large number of reference books covering every course of study, the library offers a high level of digital stocks, which can be accessed at any time from home via VPN connection.

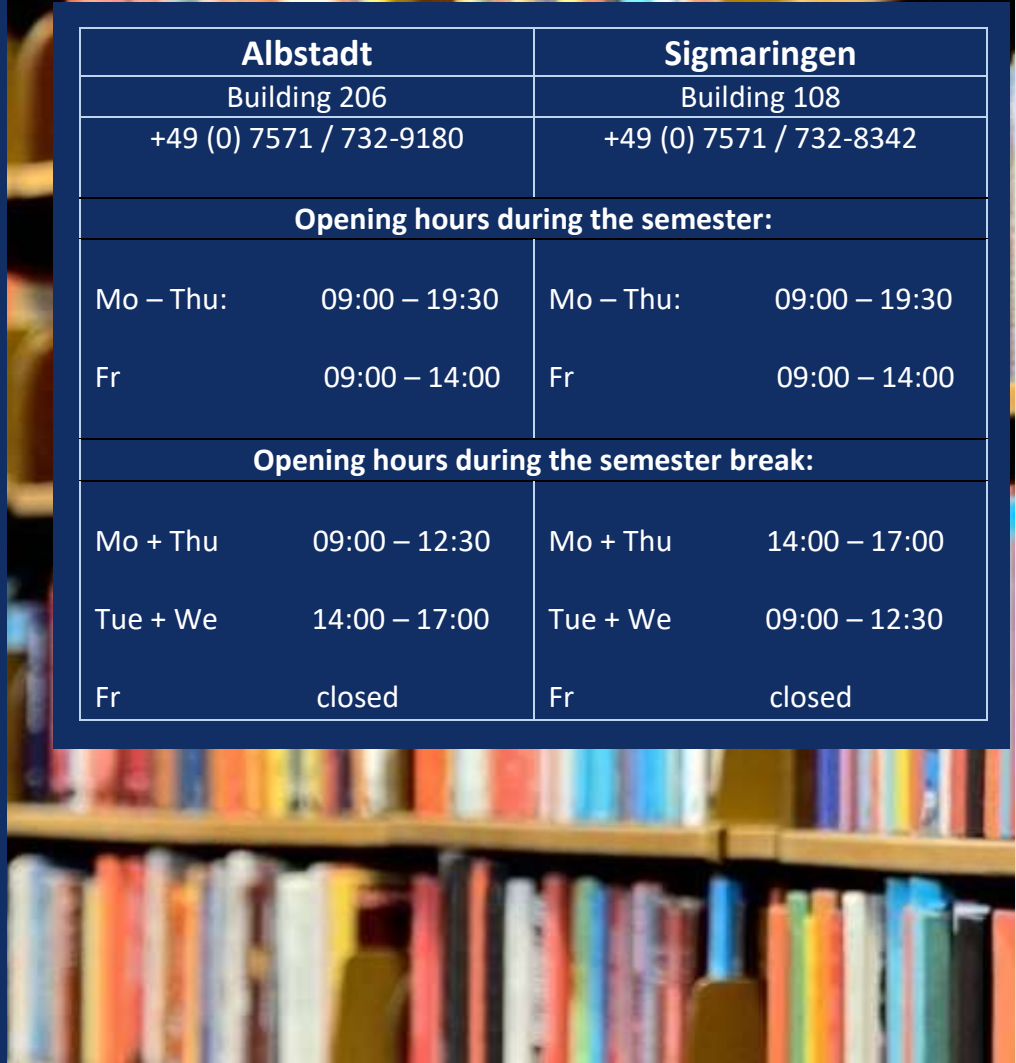
The library participates in the nationwide inter-library loan system. All external media can be ordered via this inter-library loan system.

A few weeks before the exams, the opening hours of the library at both locations will be extended. Information on this will be provided in good time by e-mail and on our homepage.

Borrowing the media is free of charge, you only need to show your student card, which replaces a typical library card. Remember to return the media in due time.



Albstadt		Sigmaringen	
Building 206		Building 108	
+49 (0) 7571 / 732-9180		+49 (0) 7571 / 732-8342	
Opening hours during the semester:			
Mo – Thu:	09:00 – 19:30	Mo – Thu:	09:00 – 19:30
Fr	09:00 – 14:00	Fr	09:00 – 14:00
Opening hours during the semester break:			
Mo + Thu	09:00 – 12:30	Mo + Thu	14:00 – 17:00
Tue + We	14:00 – 17:00	Tue + We	09:00 – 12:30
Fr	closed	Fr	closed



Student cafeteria (Mensa)



Albstadt	
Lunch	Snacks
During the semester:	
Mo – Fr 12:00 – 13:45	Mo – Fr 07:45 – 08:15 09:15 – 09:45 11:15 – 14:00 15:30 – 15:45
During holidays: partially closed	

At both campus locations in Albstadt and Sigmaringen you can find a student cafeteria (“Mensa”) which is operated by the student welfare service, Studierendenwerk Tübingen-Hohenheim.

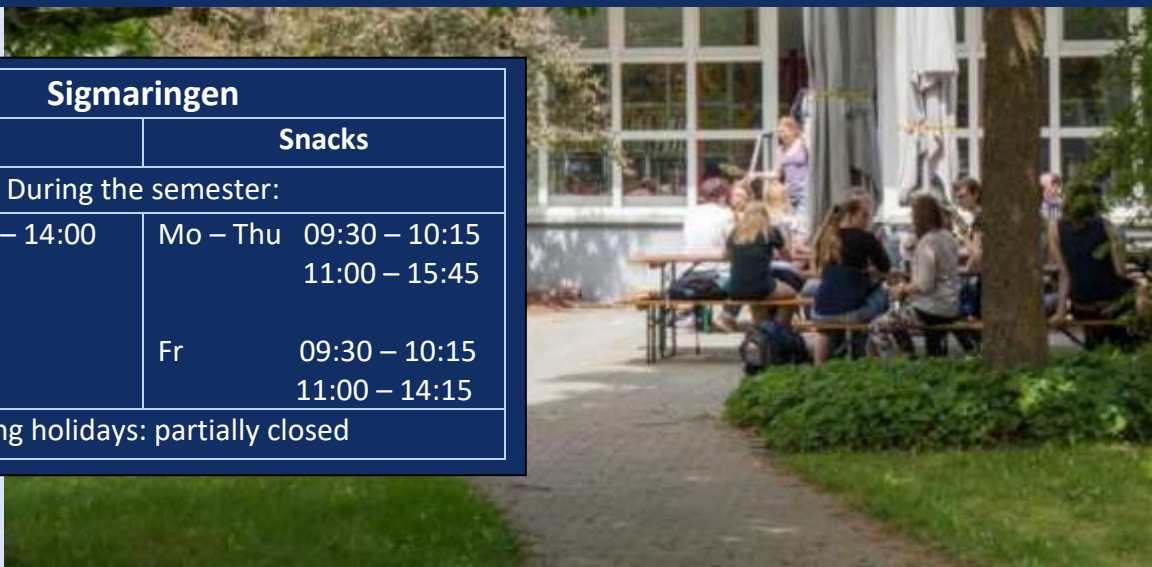
You can buy various meals and snacks for a cheap price, both vegetarian/halal or with meat. At the cafeteria, you can additionally obtain various coffees, pastries, sandwiches and ice cream. Furthermore, there is a microwave to heat up your own food.

The easiest (and cheapest) way to pay is with your student ID card. There is a machine directly in front of the cafeteria where you can load money onto your student card. During the introductory weeks, you will learn how this machine is used. You can also upload your card directly at the cash desk. If you pay with your card, you will be charged the subsidized student price, but if you pay cash, you must pay the regular price which is about double the student price.

The daily changing menus can be found on the following website:

<https://en.my-stuwe.de/refectory/refectory-albstadt/>

<https://www.my-stuwe.de/mensa/mensa-sigmaringen/>



Sigmaringen	
Lunch	Snacks
During the semester:	
Mo – Fr 11:30 – 14:00	Mo – Thu 09:30 – 10:15 11:00 – 15:45 Fr 09:30 – 10:15 11:00 – 14:15
During holidays: partially closed	

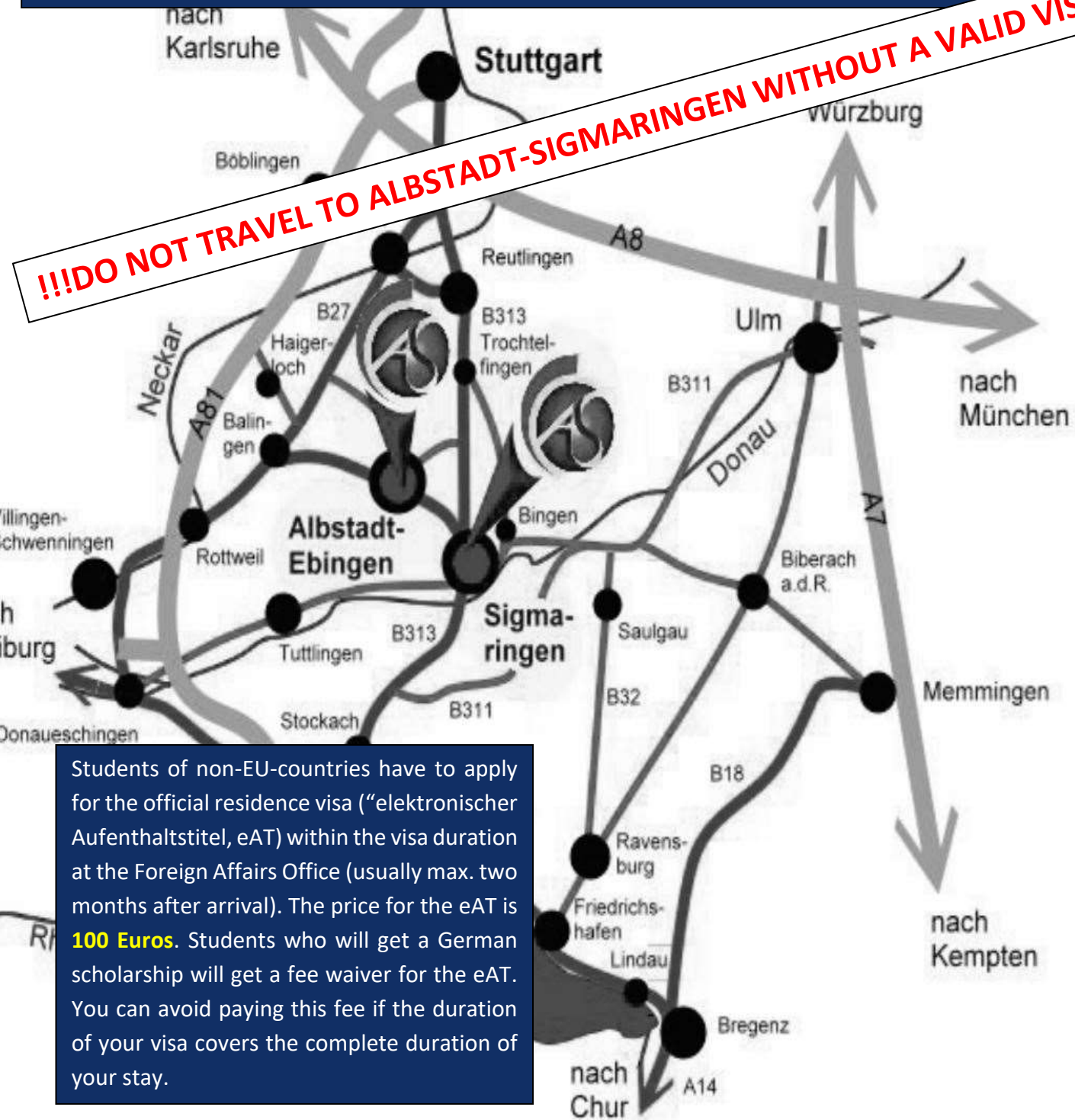
Preparing for your journey

Entry permit and residence permission

For EU-Members, no visa is required. Students of other nationalities have to contact the German Embassy or the German Consulate in their residence country. The authorization of visa can take several months, so please do not forget to apply early!

Please note that it is necessary to have a visa for educational purposes, otherwise you would have to return to your country after three months and re-apply!

!!!DO NOT TRAVEL TO ALBSTADT-SIGMARINGEN WITHOUT A VALID VISA!!!



Students of non-EU-countries have to apply for the official residence visa ("elektronischer Aufenthaltstitel, eAT) within the visa duration at the Foreign Affairs Office (usually max. two months after arrival). The price for the eAT is **100 Euros**. Students who will get a German scholarship will get a fee waiver for the eAT. You can avoid paying this fee if the duration of your visa covers the complete duration of your stay.

Check list

- ➔ Have you arranged your visa (if necessary)?
- ➔ Have you arranged your accomodation?
- ➔ Have you arranged your health insurance? (if not, you can take out a German student insurance during the introductory weeks)
- ➔ Have you arranged a German bank account? (if not, it can be opened in Albstadt / Sigmaringen during the introduction weeks)
- ➔ If necessary, have you had your money changed into Euros? (also possible at the airport, ATM machines available in Albstadt and Sigmaringen)
- ➔ Do you have a mobile phone without a SIM lock? (non-EU-students will buy a German mobile phone SIM card with us directly on the day of arrival, EU students can use their home SIM cards thanks to EU roaming)
- ➔ Is your identity card/passport still valid?
- ➔ Remember to bring clothing for cold and warm temperatures (no matter which semester you come, you will always experience several seasons)
- ➔ If you have to take important medication, you should bring a document from your doctor.
- ➔ Digitize important documents (passport, identity card, insurance papers...)
- ➔ Have you planned your journey from your home to Albstadt/Sigmaringen? Do you have your plane ticket/train ticket...?
- ➔ Did you pay your administration fee?



How to reach Albstadt-Sigmaringen University

Both university locations can easily be reached by train. Even before you arrive, you can get information on the homepage of Deutsche Bahn AG:

www.bahn.de

You can also buy online tickets which might be cheaper. Otherwise, you can buy your ticket from the vending machine or at the passenger counter of the station.

Please note that all the tickets need to be bought before departure. You have to pay a fine if you buy the ticket during your train ride!

Normally, the train service is limited in the evenings and stops during the night.


From Stuttgart Airport to Campus Albstadt-Ebingen/Sigmaringen

The cheapest and quickest option is to take a bus and a train. Directly outside the arrival hall in the airport you will see the signs to the bus stops.

If you don't have Internet on your mobile phone in Germany, find the appropriate connections before you leave or ask the International Office.

Of course you can always ask other people for help when you are on the road.

Open this link: www.naldo.de:



The screenshot shows the Naldo website interface. At the top, there is a blue header with the text "Für Stadt, Land, Bus & Bahn" and a small "Verkehr" logo. Below the header is a navigation bar with a menu icon, "Fahrplan", "Tickets", and "Service". To the right of the navigation bar is a link for "Barrierefreiheit". Below the navigation bar is a search form with two input fields. The first field contains the text "Echterdingen airport" and the second field contains the text "Ebingen, Bahnhof". To the right of the input fields is a blue button with the text "Verbindung suchen".

Choose "Echterdingen airport" as starting point and "Ebingen, Bahnhof" (for Campus Albstadt) or "Sigmaringen" (for Campus Sigmaringen) as destination.

Then choose "Verbindung suchen".

The website will list several proposals in the mentioned period. When making your choice, pay attention to the interchanges, the travel time and the price.

Once you have chosen a connection, you can open it and you will receive a step by step guide.

Don't worry, bus station and train station are usually very close to each other. Press the small map on the right side to get an overview.

If you are on the train to Albstadt, please make sure that your last stop is Albstadt-Ebingen and **not** Albstadt-Ebingen West!

You will get the ticket from the bus driver when you enter the bus. Make sure to tell him that you want to have your ticket until Albstadt-Ebingen or Sigmaringen, not only until your interchange point. It's the same ticket for both the bus and the train. The travel time takes 2 – 3 hours.

The prices vary depending on the day of the week and time of day. Usually the price stays below 10 Euro.

Journeys						Send	Link	?
Earlier First journey						Print		
	Departure	Arrival	Duration	Interchanges	Price			
1. Journey	09:48	12:32	02:44	2x	k.A.*			
2. Journey	09:52	12:32	02:40	3x	k.A.*			
3. Journey	11:32	13:47	02:15	1x	8.80 €			
11:32	from Flughafen/Messe Bay 2							
	Buslinie X3							
	Direction Reutlingen Stadtmitte							
12:18	to Reutlingen Hbf/U.d.Linden							
	▶ Rolltreppe zu Gleis 1/2 (S-Bahn) außer Betrieb ▶ Rolltreppe zu Gleis 1/2 (S-Bahn) außer Betrieb ▶ Rolltreppe zu Gleis 1/2 (S-Bahn) außer Betrieb							
12:44	from Reutlingen U. d. Linden/Hbf							
	Footpath (about 6 minutes)							
12:50	to Reutlingen Hauptbahnhof 2							
12:50	from Reutlingen Hauptbahnhof 2							
	IRE 3257 InterRegioExpress							
	Direction Aulendorf Bahnhof							
13:47	to Ebingen Bahnhof 1							
	Fahrradmitnahme begrenzt möglich Fahrzeuggebundene Einstiegshilfe vorhanden Fahrzeuggebundene Einstiegshilfe am Zuganfang Vorderer Zugteil					▶ go to top		
4. Journey	11:38	13:47	02:09	3x	k.A.*			
5. Journey	11:48	14:32	02:44	2x	k.A.*			
6. Journey	11:52	14:32	02:40	3x	k.A.*			
Later Last journey						▶ go to top		

In Albstadt, the university campus is located directly around the train station. In Sigmaringen, on the other hand, it takes about 20 minutes on foot. It is important that you coordinate your arrival time with the International Office so that we can pick you up from the train station and take you to your dormitory. Afterwards, some documents will be processed in the office and then we will go to the supermarket together.

Accommodation



We recommend that you stay in our student houses. The renting contracts are always valid for 6 months (1.3. – 31.8. / 1.9. – 28/29.2.). Moving in and out of the student houses is only possible on weekdays (Monday – Friday) between 8 a.m. and 4 p.m., not in the evenings and not on weekends or public /religious holidays.

Application to all our student houses is done online at:

<https://en.my-stuwe.de/housing/online-application/>



Accommodation Albstadt: Poststraße 22/1 or 2



Directly beside the university you can find a relatively new student housing complex. Every room of this student's house is equipped with a bed and a mattress, a cupboard, desk and a bookcase. There are only single rooms, no shared rooms. Apartments have their own kitchen and bathroom; the other rooms share a kitchen unit and two bathrooms (maximum 6 rooms to one unit). The living area of the room is about 13-16 m² big equipped with internet access. Washer and tumbler have to be shared, usage is appr. 1.50 Euro/usage. The rent is about 275-320 € per month. For the apartments, there is an additional fee of 17,50 Euro per month for the German radio licence fee. The shared flats can split this fee monthly. The student's house is administrated by the Studierendenwerk in Tübingen. The contracts are normally limited for one semester and always start at the 1st of September or 1st of March and end after 6 months. High-speed internet by cable (no WLAN) is included, but you need to buy your own bedding.

Every international student will receive kitchen utensils from the International Office, so don't waste space in your luggage on bringing pots and pans or alike.

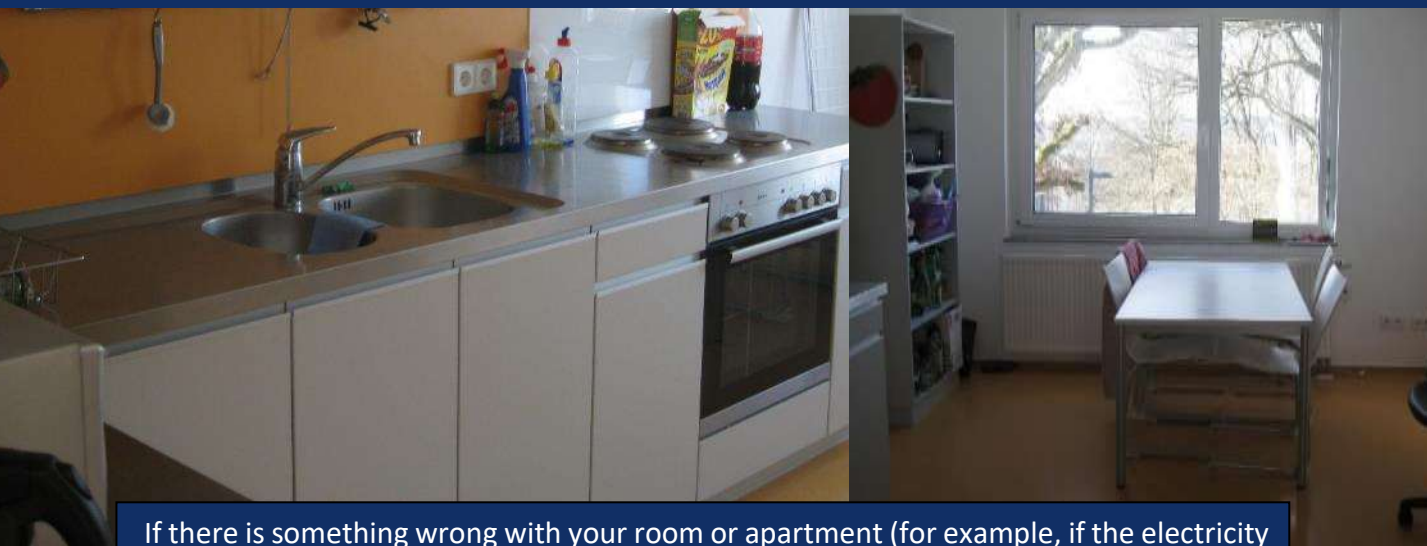


Accommodation Sigmaringen: Schäferweg 30



This house belongs to the student welfare service and is 2 minutes away from campus. We offer apartments with small kitchen and own bathroom (320 Euros / months) as well as single rooms in shared apartments where 5 people share kitchen and bathrooms (300 Euros / month. For the apartments there is an additional fee of 17,50 Euro per month for the German radio licence fee. The shared flats can split this fee monthly. High-speed internet by cable (no WLAN) is included, but you need to buy your own bedding. Washing machines and dryers are in the house, usage is approx. 1.50 Euro/usage.

Here again, every international student receives kitchen utensils from the International Office.



If there is something wrong with your room or apartment (for example, if the electricity goes out or something is broken), it is best to contact the International Office team first.

Dormitory administration

Frau Abinante Fina

phone: 07071/9697-29

mail: bettina.abinantefina@sw-tuebingen-hohenheim.de

The current contact details of the caretaker are always posted in the dormitory.

Formalities

Registration in the city

Every student has to register his/her residence at the town hall (Rathaus) within one week. There you have to fill out a form and show your passport.

Please do not forget to de-register when you finished your studies in Germany and you leave.

Registration and de-registration always takes place in the town hall of the city where you live.

You do not have to do this task alone, but in cooperation with the International Office.

Work permit

If you are a citizen of an EU country, you can work without restrictions.

As an international non-EU student, you are entitled to work 120 days a year full time or 240 days part-time per year. In your residence permit there will be an entry like the following: "Employment possible up to 120 days or 240 part-time days a year as well as working as a student assistant."

Should an employer for EU nationals require a certificate of free movement ("Freizügigkeitsbescheinigung"), it can be issued at the Immigration Office.

Health insurance

The university requires a certificate of health insurance. If your country belongs to one of the Contracting States (EU plus Iceland, Liechtenstein, Norway, Turkey and Switzerland), you can use the health insurance of your home country. Otherwise, you need to register for a health insurance in Germany.

Information on the insurance can be found at <https://www.iamexpat.de/expat-info/german-health-insurance/statutory-health-insurance-germany>.

With a health insurance of a contracting state, you can go to the doctors with your "European Health Insurance Card" (EHIC) without any additional costs or bureaucracy. The regular fees will normally be covered by the public health insurance. Please note that the insured person will be treated by valid law according to the country of residence. That means that there may be additional payments to the doctor. Special services like a return transport to your home country are not included in the German health insurance. This is why it is important (especially for non-contracting states) to get an additional health insurance in your home country. Please seek information from your health insurance.

Except for DAAD insurance, we longer accept any other private insurances (Mawista/Dr. Klemmer/Dr. Walther or alike is not accepted).

Driving License

If your home driving licence was issued in an EU or EEA state, you may drive motor vehicles in Germany (§ 28 FeV). Your home driving licence is recognised and you do not have to have it converted into a German document.

Any restrictions or conditions that apply to you in the country of issue are also legally binding here (e.g. "Only vehicles with automatic transmission"). Please note that your home driving licence is not valid here if you have not yet reached the minimum age prescribed in Germany for the vehicle category in question. If you exceed your entitlements, you will be liable to prosecution under German law in accordance with § 21 StVG.

If you are resident in Germany and your home driving licence was issued in a non-EU/EEA country, your driving licence is valid in Germany for a period of six months. After this period it is no longer recognised.

In case you are not going to reside in Germany for longer than 12 months and can prove this, you can apply to the driving licence authority for an extension of validity. The driving licence authority can extend the period by a further six months (§ 29 Paragraph 1 FeV).

If you want to rent a car on occasion, make sure that sufficient insurance is provided (for example fully comprehensive insurance)!

Financial topics

Bank account

We recommend that you open a bank account with us in Germany, as it has become apparent in recent semesters that some international bank accounts are not accepted by the machine that loads your student ID card. **Of course you can also open your own online account! Make sure that the corresponding IBAN bank account number starts with DE, it won't work if your account is from another country.**

We have been working together with Sparkasse in Albstadt and Sigmaringen for a long time. You will get a contact person with whom you can also talk in English.

You can pay directly with your bank card or pick up cash free of charge at the cash machine. You will also have an online banking access with which you can manage your bank transfers.

During the introductory weeks there will be an appointment at Sparkasse, where you will be accompanied by a member of the International Office. You will not have to set up your online banking on your own. To establish a bank account, you have to show your passport and your certificate of matriculation to the bank.

Please note, if your parents want to transfer money from a non-EU country, they need the following information from your bank account: IBAN, BIC and the address of your local Sparkasse.

Sparkasse Zollernalb
Marktstr. 32
72458 Albstadt-Ebingen

Phone: 07433/13-0

Kreissparkasse Sigmaringen
Leopoldplatz 5
72488 Sigmaringen

Phone: 07571/103-0

Although the Sparkassen bank account is not completely free of charge (about 3,50 Euro/month), you will always have a local contact person.

Living costs

In general, the living costs in Germany are affordable. Approximately, you need about 700 € for accommodation, food, health insurance, transport and leisure time as well as personal things per month. The German radio fees must be paid monthly, but you can share the 17,50 Euro in the shared flats. The apartments, however, have to bear the costs alone.

Students must pay an administration fee of 152,80 € per semester (as of 06/2023) which goes to the student welfare service, not to the university. The money is used to provide cheap accommodation in our student houses, subsidized food in the cafeteria, share of the student train ticket and much more, and must be paid by every student, German and international students alike (also by ERASMUS students) and is no tuition fee.

You also have to pay a key deposit for your room at the beginning of tenancy. The key deposit is a signed liability for the landlord. He can fall back to the key deposit when your rent or compensation obligations are not fulfilled. After termination of tenancy, the key deposit will be returned to the tenant if there are no rent or compensation obligations left. For rooms in our student houses the key deposit is 600 Euros and the money must be transferred together with the first rent once you receive your renting contract. It will be returned 2 – 3 months after the renting period is over. This is due to the fact that all bills from maintenance crews must be collected first, then checked for the rooms and then billed to the respective rooms. Only when this is done, the housing office will transfer the key deposit back.

Studying

Academic year

The academic year is divided into two semesters.

It consists of:

- a winter semester (WS) which starts on 1st of September and
- a summer semester (SS) which starts at the 1st of March.

The date on which the semester starts is not consistent with the date for the beginning of the courses.

The exact dates for the beginning of the courses, about holidays, vacations or the examination registration period are announced on the homepage of the university.

<https://www.hs-albsig.de/studieninfos/im-studium/studentische-abteilung/semestertermine>



Matriculation

At the beginning of studies, you have to be enrolled to your degree programme. All the important dates can be found in your certificate of registration.

The International Office will help you to fill in the forms for matriculation.
Here you have to prove that you:

- have paid the administration fee
- hold a valid health insurance
- hold a valid visa status for Germany.

You can verify the payment by a bank statement or an evidence of payment.

When you are matriculated, you will get a **student's card**. This chip card also serves as a library card, as identification for the printers, for paying in the cafeteria and at vending machines in the university building. One of the Student Buddys will explain and show you the functions in detail. The machine for loading money onto the student card is located in front of the cafeteria and on the 3rd floor of the Haux building.

In addition you will get a university **e-mail address**.

!!! Please have a constant look at your e-mails. All official mails of the university will only be sent to your university e-mail address!!!

Courses

The course content of Albstadt-Sigmaringen University is presented in different forms.

There are:

- lessons
- seminars
- internships
- exercises and
- different projects.

The timetable for the courses is called “Vorlesungsplan” and is accessible through Webuntis. We will explain the use of this software during the introduction week.

If you have selected your courses from different degree programmes, the International Office will help you to set up the timetable.

The time units of the courses are structured as follows:

1 st lesson	8.00 am - 9.30 am
2 nd lesson	9.45 am - 11.15 am
3 rd lesson	11.30 am - 1.00 pm
Lunch Break	
4 th lesson	2.00 pm - 3.30 pm
5 th lesson	3.45 pm - 5.15 pm
6 th lesson	5.30 pm - 7.00 pm

You can get a maximum of 30 ECTS-credits in one semester. More information about credits can be found in the examination rules and study regulations (StuPo). This is given to every student at the beginning of studies and can be found on the homepage, too.

Language courses

Language courses for different languages are offered in the context of “Mehr Wissen”.

The class on German as a foreign language is compulsory for every incoming student and is normally offered on different levels (beginners and advanced).

Leisure time



International Team Activities

Look forward to many great activities, which the International Team will organize for you! The activities are guided by our Student Buddies and are free of charge as long as you register in time. The registration deadline for each weekend activity is the previous Thursday night at midnight. You are also welcome to bring your friends from the university. To do so, leave a +1 in our MS Teams group before the registration deadline (the number will vary depending on the students you want to bring). Many exciting activities to join!

Sports

In addition to numerous fee-based sports clubs in Albstadt and Sigmaringen, both university locations also offer university sports. These include football, volleyball, yoga, dancing...

Check your university emails regularly, all information about the various offers will be announced here shortly after lectures start.

If you still prefer to go to a paid gym, please do not register alone! Usually the contracts here go over two years. With the support of our Student Buddies, we can negotiate the right contract with student discount for you.

More useful information

Public Transport (Naldo-Ticket for students)

Every student who is enrolled at Albstadt-Sigmaringen University can buy a reduced ticket for public transportation (bus, train).

With the “naldo-Semesterticket” you can use every train (excluded ICE) and bus in the whole *Naldo*-region free of charge 24/7 for a complete semester. Information on the range of the ticket can be found at:

www.naldo.de

The ticket is valid for the complete semester. You can get it at the train station in Sigmaringen and in Albstadt. There you have to show your certificate of matriculation and your German student ID card. The ticket is 127,30 € (as of 06/2023).

If you only want to travel during the weekend or in the evening after 7 p.m. during weekdays, then you can use your student ID as ticket in our region without buying an extra “Semesterticket”.

Student discounts

If you are travelling without the International Office team, look out for student discounts. These are available in museums, cinemas, swimming pools, gyms, etc.

Always have your student card with you.

No student card – no discount!



Mini dictionary

Deutsch

Hallo!

Guten Morgen!

Gute Nacht!

Auf Wiedersehen! / Tschüß!

Bitte

Danke

Entschuldigung

Ja

Nein

Sprechen Sie Englisch?

Wie heißt du?

Ich heiße ... und du?

Woher kommst du?

Ich bin aus ...

Wie geht es dir?

Ich verstehe nicht.

Ich möchte...

Wo sind die Toiletten?

Wie viel kostet das?

Englisch

Hello!

Good morning!

Good night!

Goodbye!

You're welcome

Thank you

Excuse me

Yes

No

Do you speak English?

What's your name?

My name is ... and your name is?

Where are you from?

I'm from ...

How are you?

I don't understand.

I'd like to have...

Where are the toilets?

How much does it cost?

Willkommen an der Hochschule Albstadt-Sigmaringen!
Welcome to Albstadt-Sigmaringen University!