

Master of Science

Global Urban Health (MSc GUH)

universität freiburg



STUDENT GUIDE

Faculty of Medicine
Centre for Medicine and Society

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Wilujeng sumping
Karibu
أهلاً وسهلاً
Welcome
Afio mai
Hoan nghênh
Willkommen
Soo dhowow
جی آیان ٹوں / نی آہا آہا نی
Selamat datang
Dobrodoshli
ようこそ
ברוך הבא
Bienvenido
Bienvenue
歓迎
Bem-vindo

This guide was designed to help you with the process of your arrival in Freiburg, to settle at the university and to start your life here in Germany. We try to cover all aspects from finances and visa to accommodation and becoming “German“, to what you need to know as a student in Freiburg.

We hope it will provide all the information you need to make your transition and stay in Germany as smooth as possible so that you can enjoy your time here and your Master to the fullest!

IMPORTANT NOTE: If you are over 30 years old, some processes are a bit different. Make sure you check if you are eligible for services like public health insurance and students’ accommodation.

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Financing: How much will it all cost?

Studying abroad isn't cheap, but very much worth it! The Master course has a total tuition fees of 12.000 €. This covers tuition fees for all modules and excursions. It does not include the living costs and university semester fees (180 €).

If you apply on time and get a place in student residence, you can expect to pay about 300€ for monthly rent. If not, the average rent in Freiburg for a room in a shared flat is around 400€ a month which includes all utilities and heating. If you prefer your own apartment, you are looking at a minimum of 600-800 € per month, not including utilities and garbage costs.

The further away from the city centre, the cheaper it gets. But since the city is not very large, you may want to consider cycling as a mode of transport.

With your student card (see pg.12) you can get a travel card called *SemesterTicket* which will allow you to travel within the whole region for approximately 90 € for 6 months. This ticket even covers the way into the Black Forest!

Where can I find monetary aid?

Tuition Fees

Most of our students have managed to receive funding via their home countries. But here are some links that may help with finding scholarships:

- <https://mscglobalurbanhealth.uni-freiburg.de/how-to-apply/scholarships/>
- www.mystipendium.de
- www.stipendien-datenbank.de

Accommodation

It may also be possible to receive some money from the state for your rent. However, it is a lot of paperwork to fill out, so make sure to check the eligibility criteria beforehand!

<http://www.freiburg.de/pb/,Lde/229588.html>



Visa: When and How?

For a student visa, you will need to first have an official acceptance letter.

Students are advised to **apply for visa appointments as soon as they receive the acceptance letter from the online university platform, since the process can take several weeks or even months to complete!** For a list of German Embassies click [here](#).

Make sure you read all the information carefully and take what is necessary for your appointment! Each embassy has its own regulations on what is required to grant you a visa.

Once you have the visa for study purposes, it will only be valid for three to six months (depending on your country of origin). During this time, once you are in Germany, you need to register your place of residence with the Freiburg City Hall. Only then you can apply for and receive a residency permit (pg.9) which will then be valid as your visa for the rest of your stay here.

What do I need to get a Student Visa?

Note that each country might have its own specificities, however these are the basic documents you will need to get your student visa:

1. Proof of Health Insurance during your stay in Germany
2. Originals (or certified copies) of documents and certificates from previous studies
3. Your official acceptance letter from the University of Freiburg
4. Proof that you can finance your stay; you must show that you have approximately 12.000 € for the year in funding. This can be in the form of a bank statement, a security deposit in a blocked bank account, a banker's guarantee, a recognized scholarship, an individual person who plans to fund you (and their financial situation), etc.
5. Your valid passport



Health Insurance



One of the main things to take care of is your health insurance. This is required to get your visa and also to enroll at the university. For your visa, it may be possible to get short-term travel insurance, but for the university studies you must be fully insured for the whole year.

The public health insurance of some countries is accepted in Germany (EHIC). If you have a private health insurance valid for your studies in Germany, you still must have a public health insurance company in Freiburg certify that you are exempt from compulsory insurance. This also applies to DAAD scholarship holders who are insured over the DAAD. To do this, contact a public German health insurance company, either by e-mail or in person, and submit your insurance documents. Ask for electronic transmission ("Meldegrund 10") to the University of Freiburg. You will not receive a paper document; the health insurance company will send the information directly to the University of Freiburg.

The main two public health insurance companies in Freiburg used by students are [AOK](#) and [TK](#) (Techniker Krankenkasse). If you are already in Freiburg, you may want to visit them personally.

If you are under 30, it is recommended that you are insured through the public health insurance in Germany. You can apply for the Health Insurance as soon as you receive your acceptance letter and will later have to send them a copy of your certificate of enrollment. Public health insurance costs around 90 € per month; this covers not only health insurance, but also care and additional insurance. Unlike private insurance, they cover everything without limit. If you do decide to be privately insured, it is not possible to switch back to public health insurance later on.

If you are over 30, you most likely cannot be covered by public health insurance as a student and you will need to find a private insurance. Most student have used [Mawista](#) Health Insurance or [Provisit Educare24](#). Again, if you are privately insured, in order to enroll at the University of Freiburg you will still need to go to the AOK or TK office with a letter stating that you are privately insured!

Watch this [video](#) to get a better overview about the health insurance process in Germany.



Photo: iesabroad.org



Bank Account

The process of opening a bank account in Germany might be long, so it is a good idea to start as soon as you get your acceptance letter! Here are a few banks to choose from, and some offer special accounts for students, free of charge. Online banks, such as N26 and ING-DiBa, are great for international students and have easier procedures. Click on the images for more information.



Follow the procedure for opening a new account and follow-up on the process regularly. The banks above are only suggestions, you can look also for other alternatives.

Once you have arrived to Germany, the first thing you will need to do is register your residence and make a copy of the document you receive (pg. 12)! The bank will require this document to verify your account so that you can actually use it. As this may take a couple of weeks, you should bring at least 1.000 € cash with you so that you can survive the first weeks, if your account is not activated.

After you have filled out the necessary forms, take these with your passport and a copy of your acceptance letter to your local German embassy and they will verify it for you. If you have a branch of a local German bank near you, going to them directly will save you both time and money. Make sure you have all required documents; if any are missing, this may really delay the process. If you don't transfer money once your account is open, it will automatically be closed after two months.

What do I need to verify one?

1. Copy of your registration of your residence
2. Some money to put in your account
→ (This process takes about 2 weeks)

What do I need to apply?

1. Completed application form
2. Valid Passport
3. Copy of your official acceptance letter
4. Money for the fees



Photo: Ed. Züblin AG



Freiburg: How To Arrive?

Located in the South-Western state of Baden-Württemberg, Freiburg doesn't have its own airport so you will have to fly to one of the four listed and linked below and take a train or a bus to get to Freiburg.

1. **Frankfurt-am-Main**: This is the largest airport in Germany with many international flights. Trains to Freiburg run every hour and a direct train every 2 hrs (journey takes around 2hrs).
2. **Zürich**: This is the largest airport in Switzerland located just over 2 hrs by train from Freiburg.
3. **Stuttgart**: Probably only a good idea if you find a cheap flight to here as it is the most difficult to reach. About every hour a train goes from the Stuttgart Airport to Freiburg, but you will have to change trains twice. Travel time is around 3 hrs.
4. **Basel (EuroAirport)**: The closest of the four and an international airport. There are no trains directly from the EuroAirport, but there is a direct bus to Freiburg which takes around 1 hour and can be seen in the links below:
<https://www.freiburger-reisedienst.de/index.php>
<https://www.flixbus.com/bus-routes/bus-basel-euroairport-freiburg>

Areas to live in Freiburg, in order of niceness and distance:

1. Altstadt
2. Herdern
3. Stühlinger
4. Wiehre
5. Vauban
6. Betzenhausen
7. Zähringen
8. Littenweiler
9. Landwasser
10. Haslach

Germany: How To Get Around?

The best place to look for trains around Germany is with the [Deutsche Bahn](https://www.deutschebahn.com) website.

You can simply search for where you would like to go. You can also use the function Offers / "Saver Fare" which will let you look for cheap trains. If you book the cheapest fare "(Super) Sparpreis", your ticket will be bound to the chosen train. If you book the flexible fare "Flexpreis", you can use any train going to your final location at any time on that day.

All tickets can be easily booked online and paid for by credit card, PayPal, or once you have a German account, "giropay".

Germans often have a "Bahncard" that makes train travel cheaper. These come as "25" (25% off) or "50" (50% off). <https://www.bahn.com/en/offers/bahncard>

If you are under 27 you may be in luck. Sometimes they will offer the Bahncard 50 for only 75 €!
<https://www.bahn.de/micro/view/mybahncard/>

Germans also like buses as they are usually cheaper. For example: <https://www.flixbus.com/>

Or you can catch a ride with someone and help them pay their gas (so-called "Mitfahrgelegenheit"):
<https://www.blablacar.de/>



Photo: <https://karriere.deutschebahn.com/karriere-de>



Housing in Freiburg

Finding accommodation could be a challenge as the housing market is relatively expensive and there are a lot of students looking for a place to stay. Regardless, you should apply for student accommodation, but the system in Germany does not guarantee you a spot, so do not rely solely upon this!

The first thing to decide is if you would like an apartment or a shared flat. Room in a shared flat is cheaper but often more difficult to get as your potential flatmates often want to meet you beforehand to conduct an “interview”.

As soon as you get your official acceptance letter, you should look into finding accommodation. The timeline is often tight and the Studierendenwerk (SWFR) providing student housing has strict deadlines by which you must apply. You will need to upload your visa during the application process. If you arrive to Freiburg early, it could be useful to talk to the SWFR to explore your options.

When applying for accommodation, you need to prepare a longer email (in German or English) in which you introduce yourself and mention what you will be doing in Germany.

If you plan on applying for a shared apartment, you should mention also your hobbies, personality, how you will be as a flatmate (quiet, cooking, tidy, talkative, or similar).



Contacts for Student Housing:

Studierendenwerk (SWFR)

- <https://www.swfr.de/wohnen/wohneinheime/in-freiburg>
- wohnen@swfr.de

International Office:

- +49 (761) 203 – 4267
- student-dorms@zv.uni-freiburg.de

Welcome Guide (Uni Freiburg):

- <https://www.studium.uni-freiburg.de/en/counseling/welcome-guide-for-international-students/housing-where-can-i-live>

On the next page you will find a list with links to services and websites that will help your search for accommodation in Freiburg!



Photo: <https://www.badische-zeitung.de/neubau-in-der-studie-entlastet-den-freiburger-wohnungsmarkt--177180292.html>



How To Find Accommodation

The SWFR offers various housing options for students. Our students often get room offers in one of the student dormitories in Freiburg, however as the demand is high, you should not rely on this. Also, dormitory rooms can only be offered to students living there alone. If your partner/family does accompany you to Freiburg, you will certainly need to look into another option.

We encourage students to look for private housing options using the links below. Additionally, here is a [link](#) to a document with tips for students looking for flats in Freiburg!

WG (Wohngemeinschaft) = shared flat
Kaltmiete = cold rent

zzgl. NK (zuzüglich Nebenkosten) = plus extra costs
Warmmiete = warm rent (cold rent incl. extra cost)

1. [Student Residence](#)
→ Shared flats only available to university students
→ Application (via SWFR): <https://www.swfr.de/ipack3/ipack3/#admission>
2. [International Office Apartment Database](#) → shared flats for international students only
3. Websites for shared flats but also apartments (posts from people in Freiburg)
 - a. [WG Gesucht](#)
 - b. [Immobilien Scout 24](#)
 - c. [Ebay Kleinanzeigen](#)
 - d. [Easy Roommate](#)
 - e. [Studenten Wohnung](#)
4. [Integrated Living Communities](#) → people with and without disabilities living together
5. Online Newspapers → websites with postings of available apartments or rooms for rent
 - a. [Zyppresse](#) (under “Kleinanzeigen”/ Rubrik: “Mieten und Vermieten”)
 - b. [Immowelt](#)
 - c. [Schnapp](#)
6. Short Notice Stays (Temporary Housing)
 - a. [Black Forest Hostel](#) → hostel in Freiburg
 - b. [SWFR Emergency Housing](#) → temporary housing for students for up to 10 days
 - c. [Jugendherberge](#) → youth international hostel with beds in shared rooms
7. Dormitories funded by religious organizations
 - a. [St. Alban Haus](#) → sponsored by the Catholic Church, open to students of all religions
 - b. [Thomas-Morus-Burse](#) → catholic student residence in Littenweiler
 - c. [Collegium Sapientiae](#) → website with links to many catholic communities in Freiburg
8. Facebook Groups → groups on Facebook where people post if they are looking for flatmates or subleasing their apartment
 - a. <https://www.facebook.com/groups/1538409486421945/>
 - b. <https://www.facebook.com/groups/wohneninfreiburg/>



After Arrival Procedures

The first thing you need to do is go to the citizen office (“Bürgeramt”) and register as an official resident of Freiburg within 10 days after your arrival. You need to book an appointment at the “Bürgeramt” in Freiburg online via <https://www.freiburg.de/pb/1412149.html>. You will need to bring your passport and a document stating your address in Freiburg which you wish to register (i.e. rental agreement). If you change your address, you will have to visit the office again and register your new address. Before you leave Germany, you may have to go back again and officially un-register so that you don't have to continue to pay residence fees.

In Germany, we have a fee for television and radio known as “GEZ” or “Rundfunkbeitrag”. Each household has to pay around 18 € a month. As soon as you register your residence, you will receive a letter from the GEZ. If you live in shared accommodation, it is very probable that your flatmates already have a GEZ number and pay for it. If so, your household is already covered and you only need to enter the GEZ number on the form. If you live alone or nobody in your apartment pays, you will have to fill out the form and pay yourself. More info can be found [here](#). Germans also pay for their trash disposal, so if you live alone, have a look [here](#) for more details.



Your Residency Permit

Once you have a confirmation letter that you have registered your residency, you will need to apply for a residency permit. To do so, you will need to make an appointment with the Immigration Office in Freiburg (“Ausländerbehörde”) via email. The email addresses are available on the [Ausländerbehörde homepage](#).

Your residency permit is also your full student visa!

To apply you will need to bring:

1. Your passport
2. Your entry visa
3. 2 passport photos
4. Confirmation of health insurance
5. Administrative fee (around 100 €)
6. Registration of your residency
7. Certificate of Enrollment (see pg.10)
8. Proof of financing (i.e. scholarship letter, recent bank statement, German bank account number, etc.)

Bürgeramt Freiburg:

Address: Fehrenbachallee 12, 79106 Freiburg
Phone: +49 761 201 0

[Link to opening hours & appointments](#)

Ausländerbehörde Freiburg:

Address: Berliner Allee 1, 79114 Freiburg
Phone: +49 761 201 6470

[Link to opening hours & appointments](#)

University Registration

You will need to register and get enrolled at the university as soon as possible. Once you do so, you will have access to online learning platforms, the university WiFi, student cafeteria ("Mensa") and many student discounts in Freiburg!

The registry office (*Service Center Studium – International Admissions and Services*) is usually open for international students from mid-September until the first week of October. Make sure you have all the required documents and have paid your fees!

Service Center Studium: International Admissions and Services

+49 761 203 4246
Sedanstraße 6, 79098 Freiburg

Opening hours can be found [here](#).

[International Admissions - Contact Persons](#)

Enrollment Process

This process will be explained to you in detail later but remember that all of the required documents must be submitted to the Master team in the first week of the Master program.

If you wish to enroll earlier, you can find all information [here](#) (under "Matriculation for International Students")

Checklist of required documents:

1) Application Form

- fill in by hand: form for [international](#) students or [German](#) students, or
- fill in online at <https://campus.uni-freiburg.de/> (username and password from your acceptance letter) + print final PDF

2) Letter of Acceptance / *Zulassungsbescheid*

3) Proof of [German](#) Health Insurance

4) Proof of Payment for Tuition & Semester Fee*

5) All original academic documents (diplomas, transcripts, EN language certificate if necessary)

6) For non-EU students: copy of passport with visum**

*DAAD EPOS students: proof of payment for semester fee & DAAD Letter of Award

Online University Services

MyAccount:

Once you enroll and get your student ID (your initials + 3 numbers), you will have your own university account in which you can find your university mailbox and you can also set your password for the [eduroam WiFi](#).

ILIAS:

ILIAS is the online learning platform of the university where you can access all important documents for your studies. You will find there all your modules with dates and times of the lectures together with materials related to that session.

You will receive your login and initial password from the Master team during the first week of the program.

HiSinOne:

This is the online campus management website for the university. Here you can find your Certificate of Enrollment, payment information and you can also check your grades from the exams.



International Student Life

The SWFR has an International Club where you can meet other international students, take part in lots of activities and go on trips to other cities. You can find more info [here](#).

If you want to get to know Freiburg a bit more or need help with university matters, the SWFR offers a buddy program which pairs you with a local student who will show you around and help you! More information can be found [here](#).

The university also provides an official guide for international students (beware, it is long!) where you can find some additional information and important dates. Click [here](#) to access the guide!



Studierenwerk Freiburg (SWFR)

Whether it is financing, health insurance or accommodation, the [SWFR](#) is the place to go! Like a Students' Union, it provides help for students in all aspects.

International Club

Homepage: <https://www.swfr.de/ic>

FB Page:

www.facebook.com/internationalclub.freiburg

Welcome Days

The university itself offers Welcome Days for international students. These include tips and tricks for living in Freiburg, information on cultural and leisure program around here and much more.

To find out when the welcome days are and to sign up, you can look [here](#).

They also offer a tour of the administrative offices where they will help you get health insurance, register your place of residence and open a bank account. The introductory events are published under this link:

<https://www.studium.uni-freiburg.de/en/student-services/beginning-students>

Being a Student in Freiburg

One of the first things you should do after enrollment is to activate your [UniCard](#) (student ID). To do this, simply stick it into one of the machines either in the Mensa or the Registry Office. This card will also allow you to get various student discounts (cinema, theatre, museum).

The other two important things are the Mensa and the Library. You will have a tour of both when you arrive, and both require having the Unicaard. The Mensa closest to our building is the "[Mensa Institutsviertel](#)" which is open always open from 11:30 to 14:00 (Mo - Fri) and the main dishes cost around 3 € for students.

University of Freiburg has its own gym and sport courses you can take for a very fair price. You can find the program at the homepage of [Hochschulsport Uni Freiburg](#).

If you want to get around easily and cheap, you should consider purchasing the "[SemesterTicket](#)" which will allow you to use all trams, trains and buses in the [RVF region](#) for around 90 € per semester (6 months). It will even take you to the Black Forest! You need to be enrolled to purchase this ticket.

Students in Freiburg (with a valid Certificate of Enrollment) can get a free ticket to travel in the [RVF region](#) every day after 19:00 and on Sundays and public holidays. More information is available under <https://vag-onlineticket.de/product/93/show>

There is a special ticket to travel around the whole federal state called [Baden-Württemberg-Ticket](#) for just 25 € for the first person, and 7 € additional for up to 4 more people for 24hrs!

If you would like to visit Europa-Park (Germany's largest theme park), then you can get a train ticket combo [here](#).

There are also combo-tickets are available for visiting the Island of Mainau, which you can find [here](#). There is also a train you can take directly to Paris, which only takes 3 hours!

Other nice places to visit are Basel in Switzerland and the city of Colmar in France which has gorgeous old houses and waterways. You will also be close to the Kaiserstuhl and the Black Forest, which can be reached for free if you have the SemesterTicket. The Black Forest is the place to go if you love hiking and the outdoors and is the closest place for skiing in the winter as well!



The Black Forest, Germany



Colmar, France



Basel, Switzerland



Useful Resources and Master Checklist

Medical Health Resources

- For emergency doctors, rescue services and the fire department, call 112
- For the police, call 110 or 112
- For the university health service and Uniklinik you can find more information [here](#)

Mental Health Resources

- The university offers psychological counseling for anyone who may need it. You can find more information [here](#).
- The university also provides counseling on more academic matters, which can be found [here](#).
- The Uniklinik offers psychiatry and psychotherapy for mental health treatment. More information can be found [here](#).

Religious Resources

- Islamic Centre in Stühlinger
- Mosque on Habsburger Straße
- Catholic and Protestant Churches all over town
- Anglican church with services in English



Master Checklist

Here is a useful checklist of To-Do's before and during your Master:

1. Look for financing
2. Apply for visa
3. Open a bank account
4. Find accommodation in Freiburg
5. Register your place of residence
6. Find the best health insurance for you
7. Get enrolled at the university
8. Get a residency permit
9. Transfer money to your German bank
10. Purchase a VAG transportation ticket if you wish!

A Little About Us

Air pollution, fast food and stress: The health burden is enormous in cities. With increasing urbanization, transmittable and chronic diseases, psychological problems and violence are becoming increasingly important.

For us, it is important that the students not only learn the theory but also get to practice it. For this reason, theoretical lectures in the morning need to be used to complete the afternoon projects. More practical insights are provided by guest lectures and excursions. The topics of the Master thesis range from refugees on site, to dengue fever in the Dominican Republic or Colombia.

This Master will open ways into the international and regional level, in development cooperation, medicine, politics, city planning or education, including the UN system which requires a relevant international Master degree. Graduates can then apply the acquired expertise directly in their countries and cities.

"Global Urban Health" is a unique study course worldwide. The Master's fresh focus is on how to improve the health situation especially in cities, with a priority in developing countries. Nevertheless, it is important to us to look at the problems globally. Chronic diseases in poor and rich countries are also similar: since there is fast food, cigarettes and television everywhere, heart attacks, cancer and diabetes are also omnipresent. Students learn how to recognize and quantify problems and develop solutions.

Freiburg is the ideal location for this due to the short distance to UN organizations, green approach to urban life (including urban horticulture) and the active lifestyle of the population. No matter what approach you take to health risks: there is everything in Freiburg. In addition to the theoretical knowledge an empirical analysis methods, students also learn how to deal with the press and political actors.

For us it is important to teach and train students to look at the problems globally to find solutions. In addition, the internationality of our students allows a great amount of peer education and perspectives not just from all over the globe but also from different disciplines. Interdisciplinarity is the only way to improve the health situation in the most affected areas.



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Visit our **Master GUH homepage!**

www.mscclobalurbanhealth.uni-freiburg.de



Map of Freiburg

