



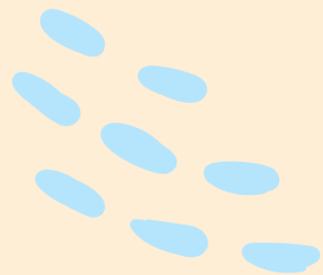
**Happy Studies
Happy Life**

WELCOME!



Eva Manetzgruber, Barbara Bauersachs, Valeria Ruiz Machado
International Support Services
istudicoach@uni-passau.de

We'd like to get to know you



Have you ever heard of the german word “Fettnäpfchen”?

Have you ever heard of the german word “Fettnäpfchen?”

A social blunder or awkward mistake, often made unintentionally, that causes embarrassment or offense. It usually refers to saying or doing something inappropriate in a given social or cultural context.

**We all see the world through
the lense of culture.**





KULTUR

But what is culture?

- **orientation system for members of nations, societies, organisations or ANY GROUP (family, friends sub cultures, research cultures, generations, youth cultures, teaching cultures etc.)**
- **influences perception, thinking, values, actions**
- **sub-conscious!**



Is there more than we perceive? The Iceberg Model

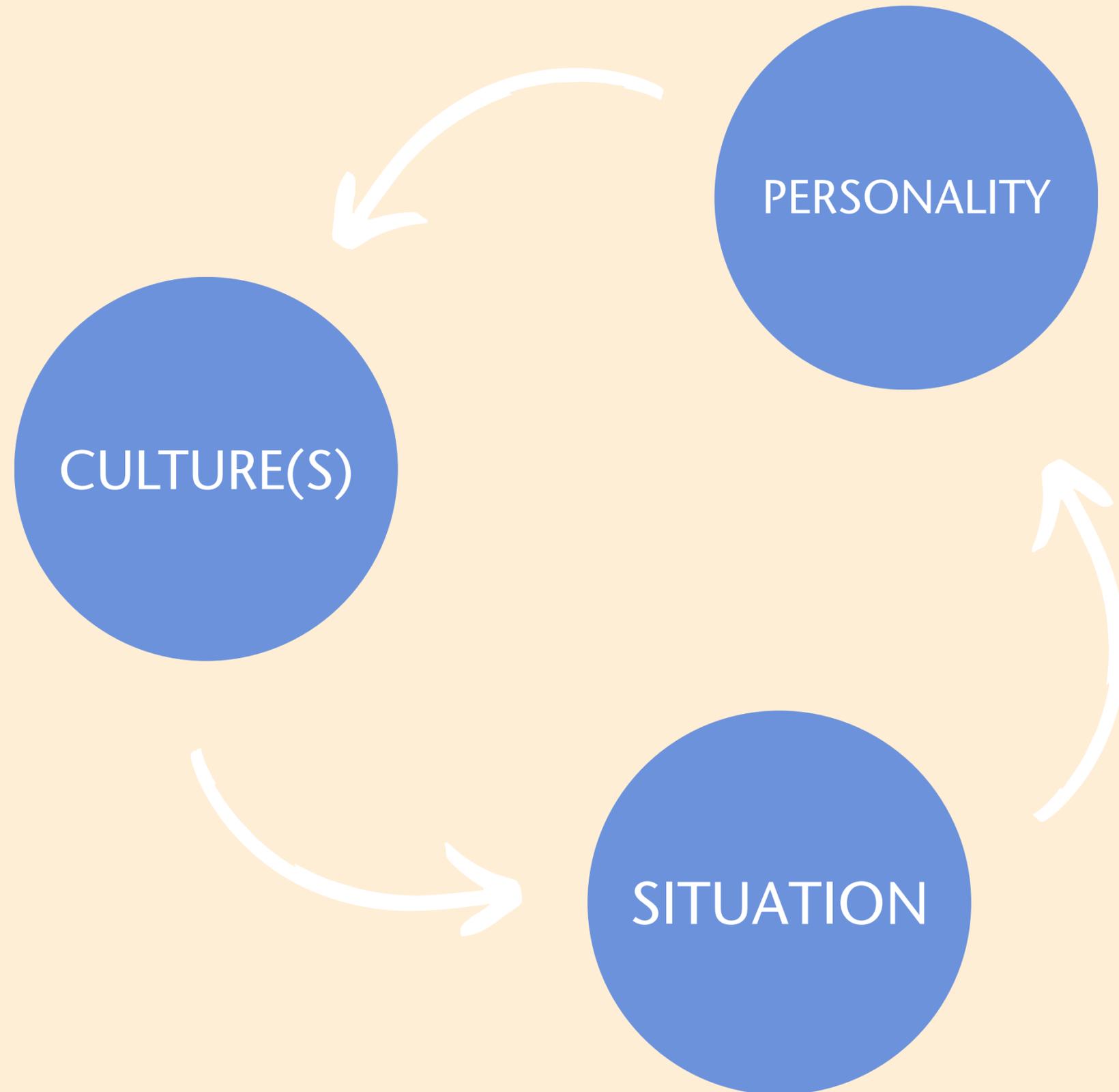


food, clothes, gestures,
language, rituals, music

beliefs
attitudes
concept of time
handling emotions
communication style
values
sense of self
motivation
normas
hierachy
family
respect
worldview
power distance
concept of succes

Cultural Dimensions - an approach

It should not be about stereotyping but about understanding and awareness of different approaches and perspectives. There's no right or wrong – no 'normal'



Cultural Dimensions

- Proxemics: personal space
- Time: monochronic or polychronic understanding of time
- Communication: high context vs. low context

(E.T. Hall)

- Power Distance
- Individualism vs. Collectivism
- Uncertainty Avoidance
- Long Term Orientation v. Short Term Orientation

(Geerd Hofstede)

Proxemics: Personal Space

Germany:

- low contact
- personal space is very important

Time orientation - monochronic vs. polychronic

Germany:

- monochronic
- schedules and planning are highly valued (even when meeting for a coffee ;))
- deadlines are taken seriously

Individualism vs. Collectivism

Germany:

- high individualistic
- personal responsibility, individual achievements
- work and private life are often separated

Communication Style: High context vs. low context

Germany:

- low context
- communication is direct, explicit and clear

Communication Style: High context vs. low context

Hello,

I hope you are doing fine.

I I have always dreamed about coming to Germany to study at your prestigious University, as I really admire your education system and Germany as a strong economy. I think Passau is a great place for me to proceed in my education path. In **** I studied the Bachelor of **** for three years and was among the top ten percent of the graduates in my year.

I would be very grateful, if you could help me, because I want to use my one opportunity to study at your University wisely. I am only starting to learn German and would like to improve my German language skills. Do I have to participate in a German course? Can you please tell me which German course I have to sign up for and how I can register for the course? I appreciate your time and consideration and thank you very much for your help.

Yours sincerely,

Dear,

Please refer to our website for the details:
<https://www.sprachenzentrum.uni-passau.de/en/language-courses/german-as-a-foreign-language/german-courses-for-intl-students/>

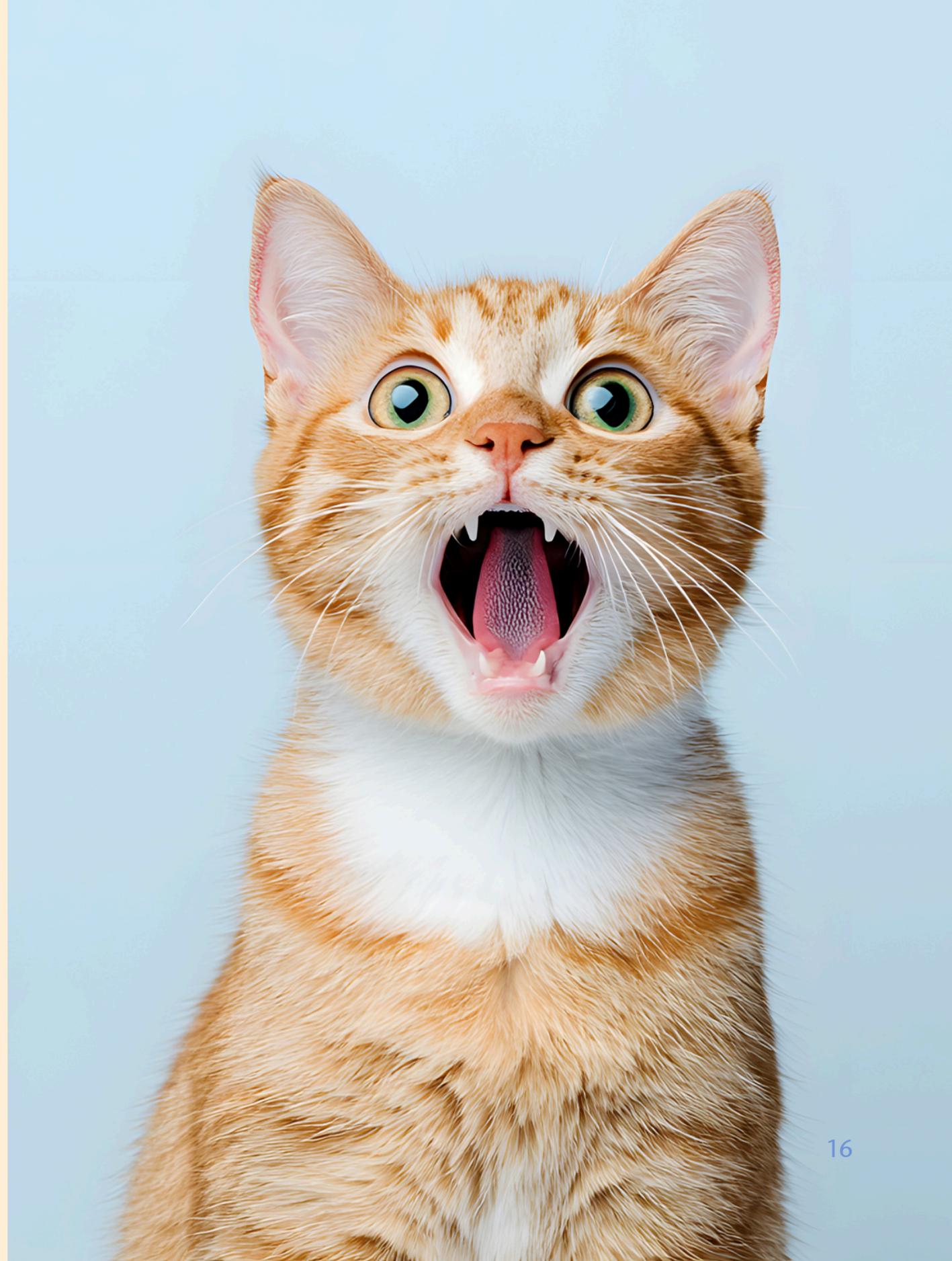
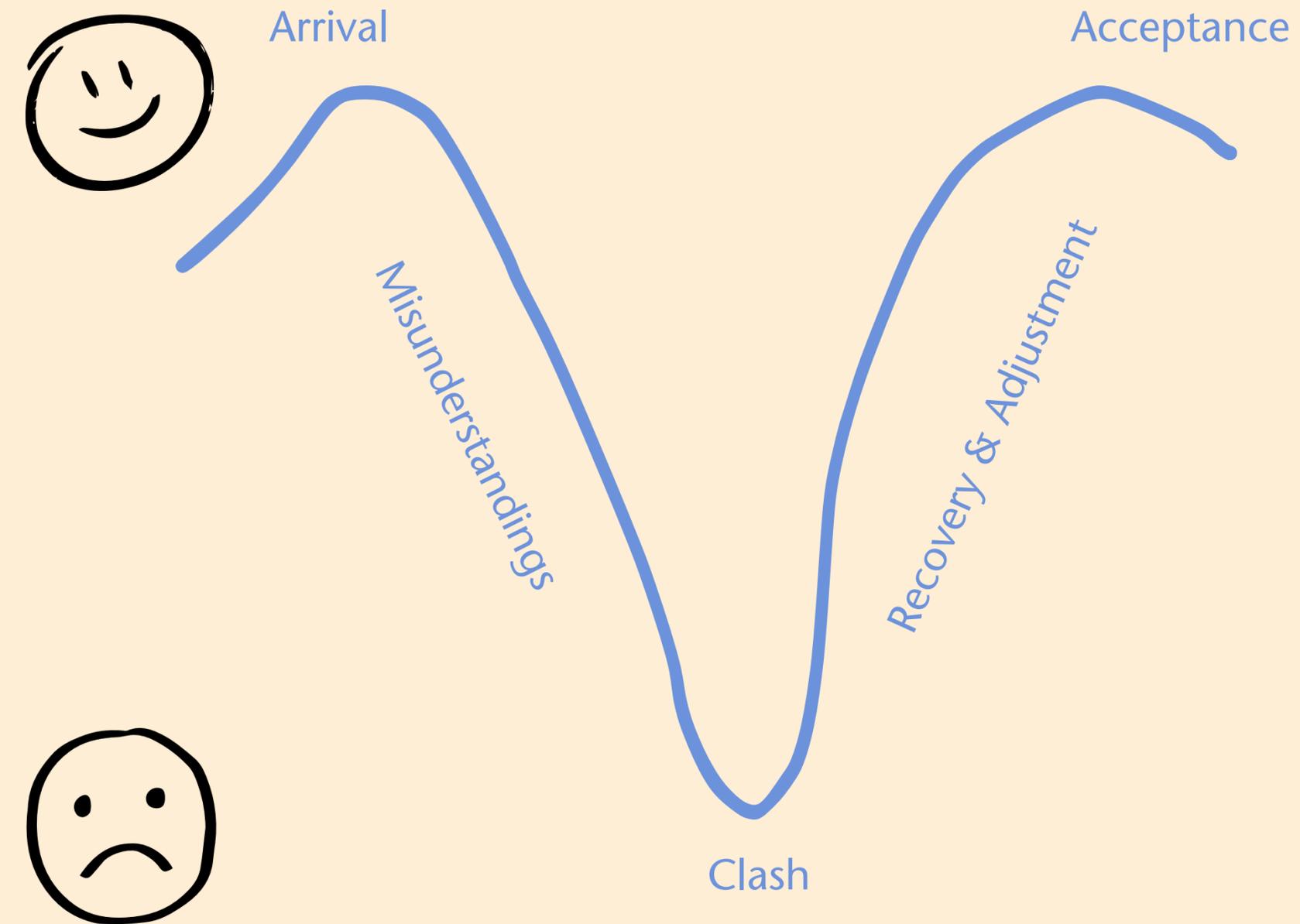
In case of further questions, let us know.

Kind regards,



The Culture Shock

The Culture Shock



according to Prof. J. Bolten

How can a cultural shock feel?

- Confusion
- Homesickness
- Frustration or Anger
- Loneliness and Isolation
- Self Doubt
- Physical Symptoms (e.g. headaches, sleeping problems)

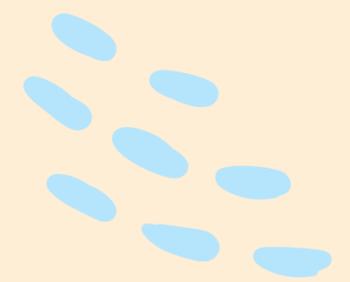
What can help?

- Connecting with others in a similar situation
- Staying open to new experiences, while also accepting limits
- Giving yourself time – intentionally and without pressure
- Not devaluing, idealizing or rejectiong your or the new cultural background
- Creating safe spaces where you can relax and recharge



! TIME FOR A !

• BREAK •



We'd love to know

**What helps you feel comfortable and settled
in a new environment?**





INSIDER TIPS & LIFE HACKS



Where and how to make friends – especially German friends?

- **Live in a WG:** Great for meeting people, but avoid a Zweck-WG.
- Join **student groups** (Hochschulgruppen): Info Event: **October 15, 14:00–16:30** in front of Mensa.
- Join **AllYouCanDo**, the volunteer program, **sign up until October 19**
- Join **AEGEE events**, Whats App Group
- Join **Buddy Programs**
- Join **local clubs** (Vereine)
- **Uni parties, bars & nightlife** - where students love to go: Shamrock (Karaoke, Pub Quiz), Kowalski, Proli, Rio Bar, Colors (Billiard, Dart), Studio 12 (DJs, Concerts) , Theatercafé (Games), Die Küche, Venedewaas, Journeys (Cocktails), Cafe Bar, Night Clubs: Soda, Cubana, Zauberberg, Institut

How can I stay physically and mentally fit?

Sports & Fitness:

- [University Sports Centre](#) / Gym
- **PEB:** public pool (student discount)
- Hikes in and around Passau
- **Public gyms and sports clubs:** John Reed / Easy Fit / google Sportvereine

Winter tips

- **Get outside** & soak up sunlight – even in the cold.
- Take a **vitamin D supplement**
- Stay active – try winter sports.
- **Dress warmly** – layers, hats, scarves, gloves.
- Stay social

Mental Health Resources:

- Feeling lonely or depressed? Contact the **University Psychology Service**.
- Need someone to talk to? **Nightline** Passau – student-run, also in English.
- **Experiencing discrimination?** Support is available at the university.

We're here for you:

istudicoach@uni-passau.de

How do I get through university life in Germany smoothly?

- **Study and research independently; attend a library tour.**
- **Best off-peak times for the library: Beginning of the semester**
- **ONLY ONE exam at the end!**→ Start learning early!
- **Review each lecture/seminar** at home.
- **Use old exams** (e.g., Studydrive, Fachschaft).
- **Find study groups**, for example on Stud.IP or in WhatsApp groups.
- **Ask questions** – go to your professor or lecturer. Initiative is expected.

How can I survive on a student budget ?

Clothes

- Thrift stores in Altstadt
- Fleamarket alongside Inn River every second saturday morning
- “Kleidertausch” on Uni Campus

Discount Resources:

- Travel: FlixBus, BlaBlaCar, [Deutschlandticket](#) (for students)
- Apps: Vinted, KaufDa, eBay Kleinanzeigen, UNiDays (student discounts)
- Student Marketplace (StudIP, WhatsApp, cutlery/clothes exchange)<https://>
- [Student Discounts](#) in museums, gym, cinema

Grocery Shopping:

- Discounters:: Aldi, Lidl, Netto, Penny
- International Grocery Stores
- Grünaustraße & Nibelungenstraße
- On campus, there is a "Fairteiler" in the Nikolakloster (NK)

No Uber in Passau

... but you can rent a bike

What are typical opening hours and rest days?

Sundays are rest days (Ruhetag) – most shops are closed, but gas stations and some bakeries are open.

Public holidays until Christmas in Bavaria:

- All Saints' Day – Saturday, 1 November 2025
- Christmas Days – 24./25./ 26. 12: Shops are closed, 24.12. they close at 12

Opening Hours:

- Shopping centre & Old Town shops: 7 p.m. and 6 p.m.
- Supermarkets: Open daily until 8 p.m., Restaurants: Usually open until 12–1 a.m., Bars: Open until 3 a.m. max.

Quiet hours:

- Nighttime: 10:00 p.m. – 6:00 a.m. – avoid loud noise.
- Sundays & public holidays: all day – keep noise to a minimum.
- No loud music, lawn mowing, or construction work

What do I do if I'm sick?

I go to my general practitioner (Hausarzt), who can refer me to a specialist (Facharzt) if needed.

General Medical contacts:

- 116 117 – On-call doctor service (non-emergency)
- Klinikum Passau – On-call practice
- 112 – Emergency number

Pharmacy help:

- Google: “Notdienst Apotheke Passau”
- Or visit: www.aponet.de
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Please note

Antibiotics are only available with a prescription from a doctor.

How to survive winter in Passau?

- **Visit the Christmas Market** (Christkindlmarkt) in December – enjoy the festive atmosphere.
- **Visit the World Wide Wintermarket** at Uni Passau, 15. December
- Stroll through the **beautifully decorated Old Town** in December.
- Join university parties – meet new people and have fun.
- **Try snow sports** – ski, snowboard, or Snowshoeing equipment can be rented at local sports shops.
- **Take a trip to the Alps** – day trips or weekend trips for skiing or hiking.
- Relax in a sauna, e.g., at the PEB.
- Visit social meet-ups – **Generationencafé, Sprachcafé, or Lykkelig** to connect with others.

Bonus tips

- **Receiving packages:** Use DHL Packstation – book via the DHL app.
- **Phone contract:** Prepaid SIM cards are common; SIM usually arrives by post.
- **Save your physical mail:** Important documents (bank, university, government) come by post – keep them safe. Put your name on the letter box!
- **Tap water is safe to drink.**
- **Cash is often still needed** – some places do not accept cards.
- **Police/civil officers:** You may be checked on the street – always carry ID and tickets. 😊

Wrap Up



Thank you for
participating!