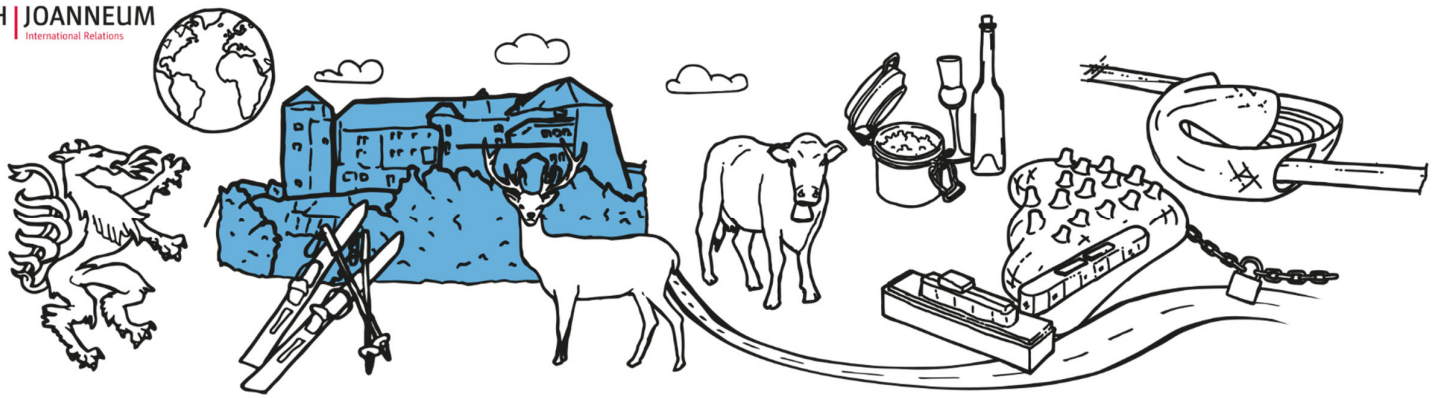




Dear international student,

internationalize
yourself 

We are happy to welcome you to FH JOANNEUM University of Applied Sciences!

Although we are only a young institution – founded in 1995 – we have become one of Austria's leading Universities of Applied Sciences. This was only possible due to our highly dedicated faculty and staff, our excellent contacts to local and international industry and our outstanding technical facilities.

Complementing the support and assistance provided by the team of International Relations, this survival guide for exchange students is designed to provide practical and useful information about the area and our campuses in Graz, Kapfenberg and Bad Gleichenberg.

We hope that your stay at FH JOANNEUM will be an enriching part of your academic studies and an overall memorable experience!

All the best,

The Team of *International Relations*

at FH JOANNEUM University of Applied Sciences



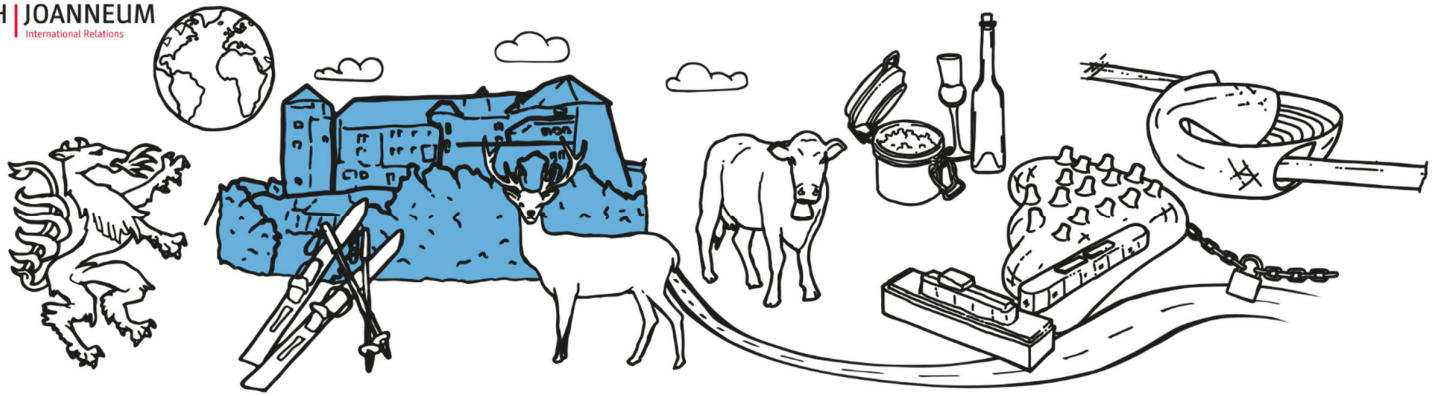
Get to know all of us!

Whenever you feel lost or need any assistance,
the International Relations team is happy to help!



INHALTSVERZEICHNIS

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WELCOME TO STYRIA AND OUR UNIVERSITY LOCATIONS!

Styria ("Steiermark") is the second largest province of Austria and known as Austria's "green heart". Forests cover about half the province, and grasslands and vineyards blanket another quarter. The region is recognized for its culinary scene known for regional specialties, such as pumpkin seed oil and wines. All three of our university locations are located in this area of Austria and have their own unique qualities. We want to give you a short overview of all three of them in the next paragraphs.

GRAZ is the vibrant capital of Styria and Austria's second largest city with about 300.000 inhabitants. As a prominent university city, Graz hosts a large student population which contribute to its lively, youthful atmosphere. Graz has earned a reputation for innovation and sustainability, holding titles such as a UNESCO City of Design (since 2011).

Known for its stunning blend of Renaissance, Baroque, and modern architecture, Graz's Old Town is also a UNESCO World Cultural Heritage Site (since 1999): A short walk through the Old Town, with a Mediterranean atmosphere, is like a stroll through the past. The city is compact and most important sights are within walking distance of the main square. More than any other provincial centre, Graz preserves the old café culture, where one can sit all day enjoying a leisurely coffee, watching the life of the city go by.

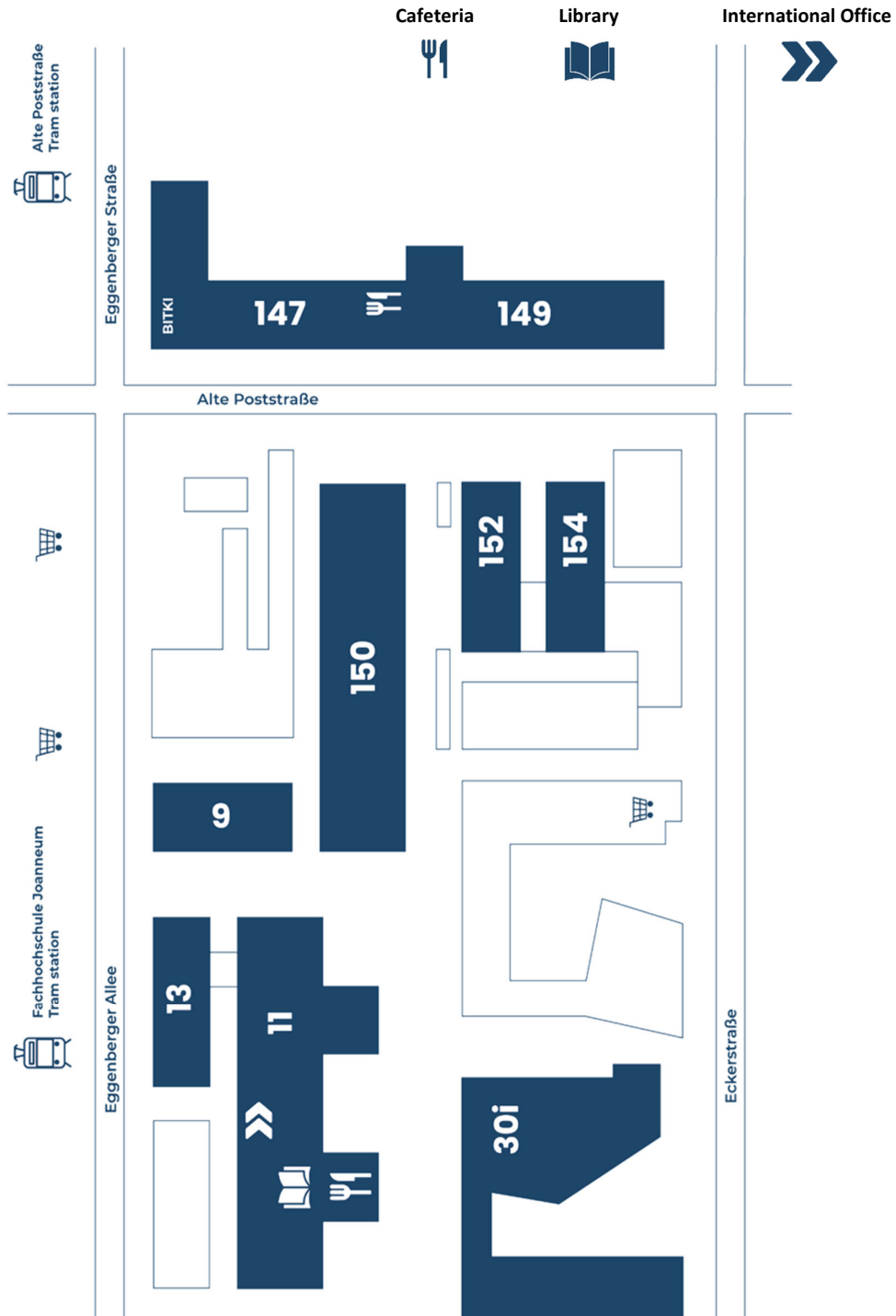
With a thriving arts scene, a variety of festivals, and a strong emphasis on green spaces and sustainable urban planning, Graz offers a dynamic mix of tradition and modernity, making it one of Austria's most exciting cities!

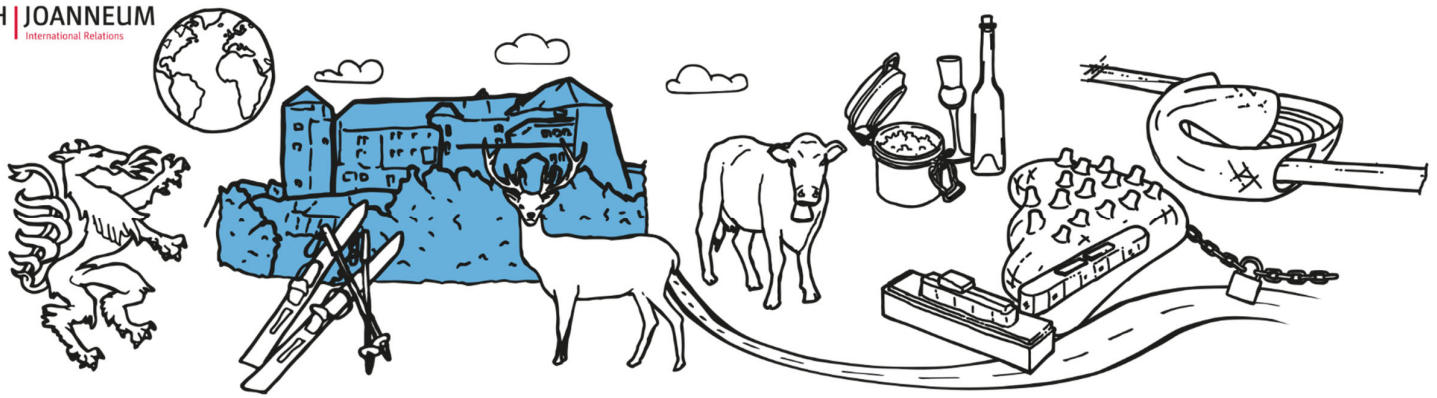


> www.graz.at



CAMPUS GRAZ





KAPFENBERG is a town located along the banks of the Mürz River in the foothills of the Alps. It is primarily known for its longstanding steel industry, which has been a major economic driver in the region and makes Kapfenberg a hub of engineering and craftsmanship. The town's industrial focus creates excellent opportunities for students to gain practical, hands-on experience, especially in engineering and manufacturing.

Beyond its industrial background, Kapfenberg also offers cultural attractions and sporting opportunities: The historic Burg Oberkapfenberg provides scenic views and hosts medieval festivals, while the surrounding mountains make the town a great place for outdoor enthusiasts. Hiking, skiing, and biking trails are all nearby, allowing to enjoy nature and take breaks in peaceful settings.

Kapfenberg is well-connected to other cities, including Graz and Vienna, by train and road. This accessibility makes it convenient to travel for weekend trips while enjoying the quieter pace of small-town life. Recent investments in sustainable development and community projects reflect Kapfenberg's modern spirit.



> www.kapfenberg.at



CAMPUS KAPFENBERG

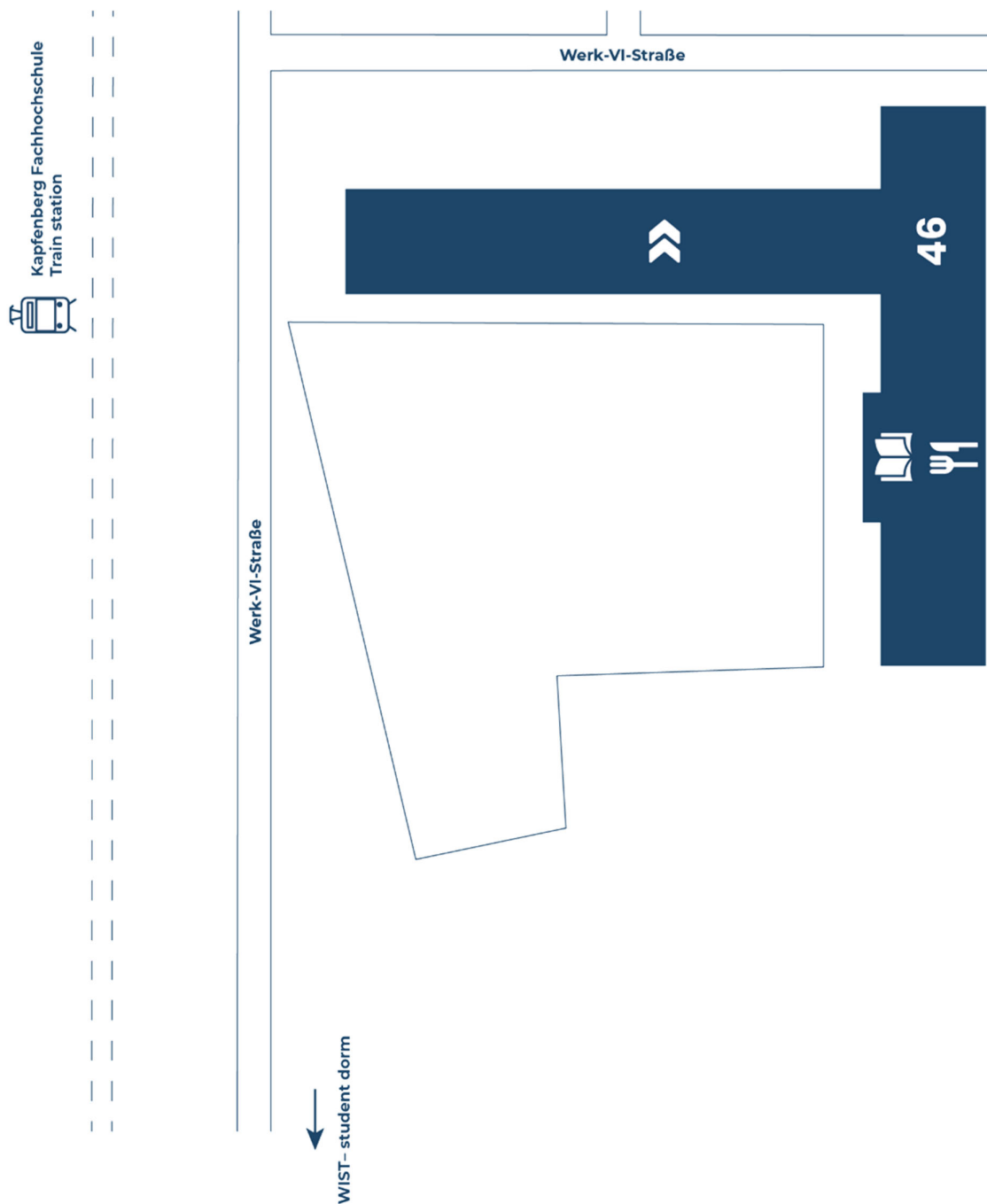
Cafeteria

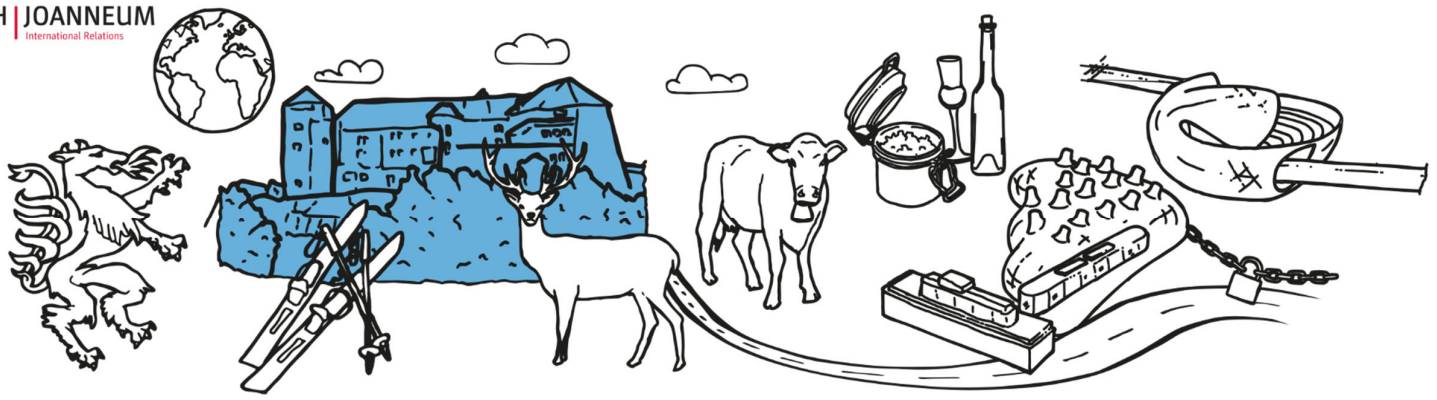


Library



International Office





BAD GLEICHENBERG is a spa town located in the south of Styria close to the Slovenian border, where the climate is mild and pleasant. The rolling hills make it ideal for walks, hikes, and bike tours through the surrounding vineyards.

In the area you can find numerous wineries and taverns (Bunschenschänken), where visitors can have a glass of local wine alongside with regional culinary specialities and enjoy the beautiful views over the vineyards. Around Bad Gleichenberg, you can also find several historical mills and food manufacturers that offer tours and insights into regional agriculture and craftsmanship.

The town itself is renowned for its natural mineral springs and the well-kept parks and gardens. Especially the Kurpark in Bad Gleichenberg provides a peaceful retreat and hosts cultural events throughout the year.

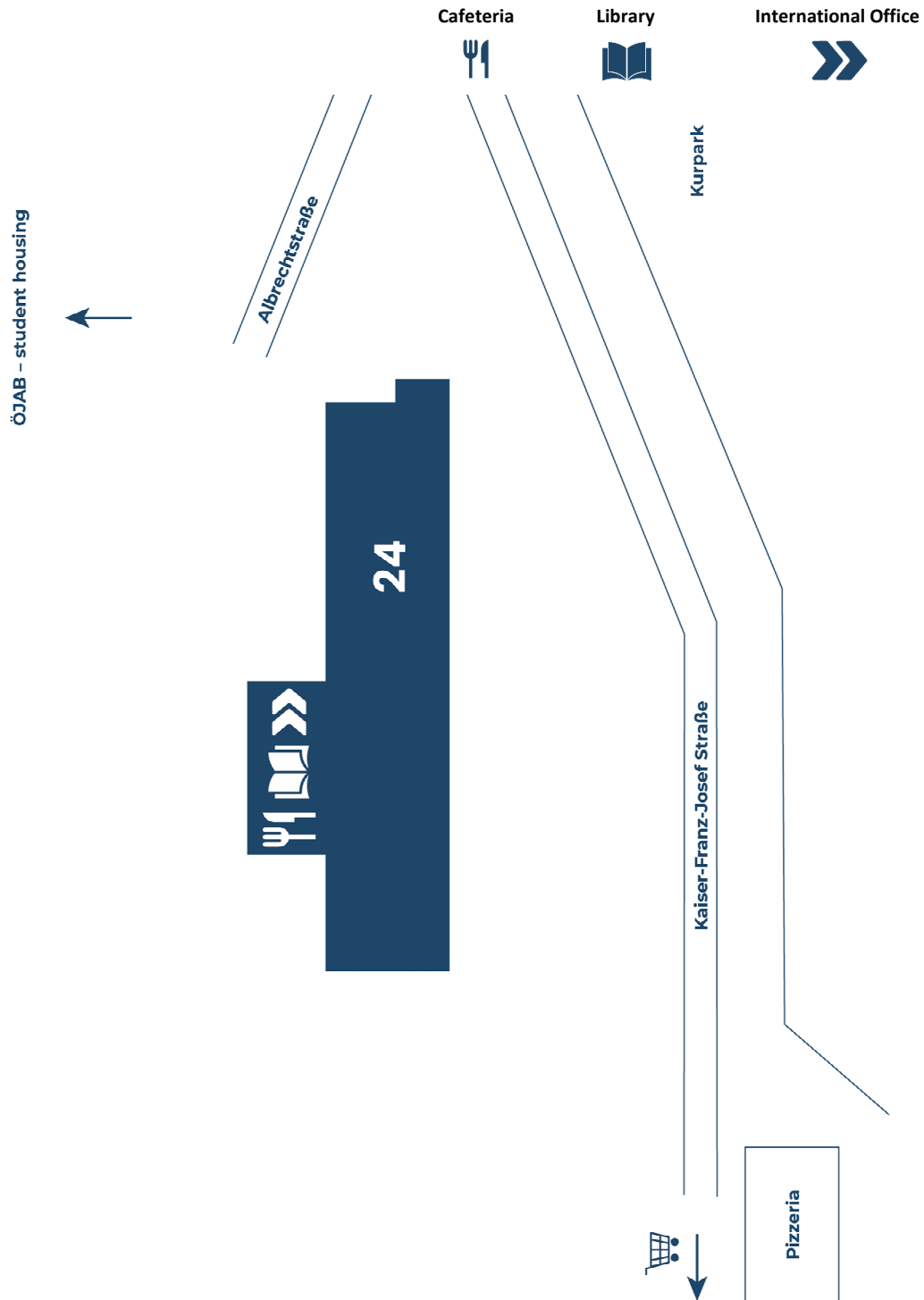
With its natural springs, scenic landscapes, and a strong focus on health and sustainable tourism, Bad Gleichenberg has a long tradition as a health and wellness destination. The town uniquely combines wellness, nature, education, and Styrian hospitality, which makes it an ideal location for the health sciences degree programmes of FH JOANNEUM.

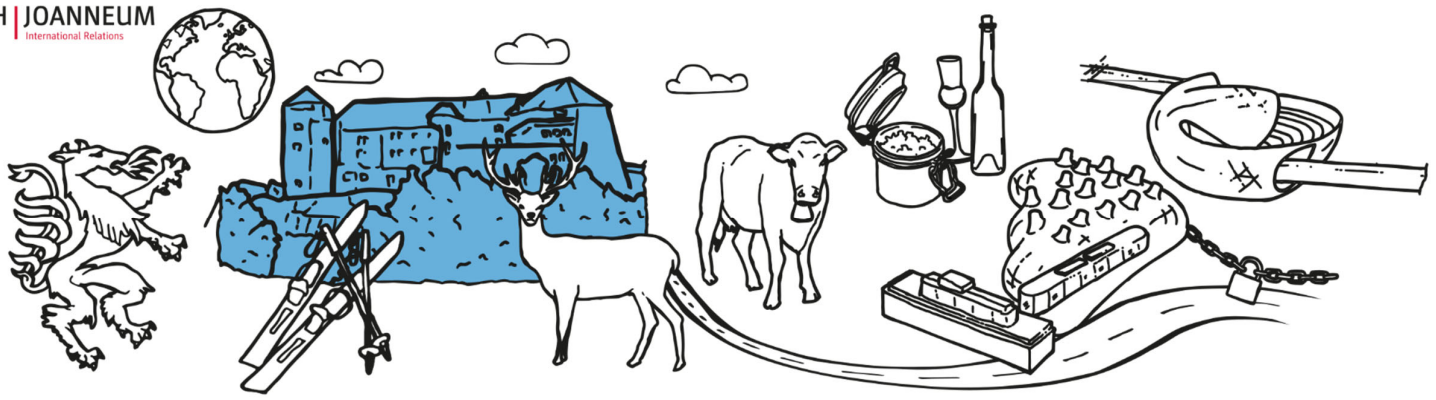


> www.bad-gleichenberg.at



CAMPUS BAD GLEICHENBERG





FESTIVALS

During your stay abroad with us, many holidays and celebrations will probably simply pass you by if no one tells you about them. To make sure you don't miss out on any occasions to celebrate, here's a short summary of the most exciting traditions you shouldn't miss:

September - Oktober

Autumn festivals in Styria celebrate tradition, culture and culinary delights. Highlights include the Aufsteirern in Graz as well as pumpkin festivals in south-eastern Styria. Along the Apple Route, festivals invite visitors to enjoy apple tastings and farmers' markets. The grape harvest festivals in southern Styria offer wine enjoyment and parades. These festivals combine tradition, enjoyment and Styrian lifestyle and make autumn a particularly atmospheric time. Don't forget to try a glass of Sturm (alcoholic)!

Aufsteirern is a Styrian folk culture festival that is held in Graz every September. With over 130,000 visitors over three days, the festival is the largest folk culture event in Austria. The Aufsteirern Festival in Graz celebrates Styrian culture with traditional costume shows, crossover music, classical and folk performances by the Graz Philharmonic, and a city-wide Sunday festival featuring over 2,500 participants on multiple stages.

Lange Nacht der Museen is an annual event in Austria, where museums and cultural institutions across the country stay open late into the night, offering special programmes, exhibitions, and activities. In Graz, this event typically takes place in October, and it provides an opportunity for visitors to explore the city's rich cultural scene in a unique, evening setting. A single ticket provides access to multiple museums and venues.

Klanglicht is a renowned light and sound festival held in Graz, transforming the city into a dazzling stage of artistic installations. The festival takes place in iconic venues and public spaces like the Graz Opera House or Kunsthhaus. Buildings, streets, and parks are illuminated with stunning projections and interactive displays and unique sound art complements the visual experience. Klanglicht attracts thousands of visitors, celebrating innovation and creativity through a harmonious fusion of light and sound.

November - December

Christmas markets in Austria are a beloved tradition, offering festive charm and a warm atmosphere during the holiday season. These markets are known for their beautiful decorations, handmade crafts, seasonal treats, and holiday cheer. The Vienna Christmas Markets (e.g. at Schönbrunn Palace) are among the most famous (but also most expensive). The Graz Christmas Market as well as Christmas markets in smaller towns feature unique local products, food stalls, hot drinks and a cozy atmosphere.

Krampus is a popular figure in Austrian folklore, especially during the Advent season. While St. Nicholas rewards well-behaved children with gifts, Krampus, a fearsome creature that is part goat and part demon, punishes those who have been naughty. Krampusnacht (December 5) is when Krampus is said to roam the streets alongside St. Nicholas, chasing misbehaving children. For a Krampuslauf, people dress up in Krampus costumes with masks, fur, and bells, and parade through the streets, often scaring onlookers.



January – February

Ball Season in Austria is a cherished cultural tradition. It is a highlight of the social calendar, particularly in Vienna, where grand, elegant events take place in historic venues like the Hofburg Palace or the Vienna State Opera. Austria's ball season peaks in January and February, with highlights like the Vienna Opera Ball which is one of the most prestigious events, attracting international celebrities, political figures, and cultural icons. Also in Graz, ball season is a vibrant part of the city's cultural life, reflecting Austrian traditions of elegance and social gatherings. Highlights include the Styrian Farmers' Ball (Steirischer Bauernbundball) and various balls organized by universities in Graz.

Fasching in Austria is the traditional carnival season, celebrated with parades, costumes, and festive events before the start of Lent. During Fasching, people dress in elaborate costumes and masks, representing everything from humorous characters to folklore figures. In Graz, the carnival season is highlighted by events such as the Graz Faschingsumzug (Fasching Parade), which features elaborate floats, costumed participants, and marching bands and the whole city center turns into one big party. - Don't forget to eat a Faschingskrapfen!

March - April

Easter Markets, particularly in cities like Vienna, Salzburg, and Graz, feature local crafts and Easter-themed treats. The markets offer a festive atmosphere with stalls selling handmade goods, chocolates, and seasonal pastries like Osterbrot (Easter bread) or decorated eggs that are used in Easter egg hunts or given as gifts.

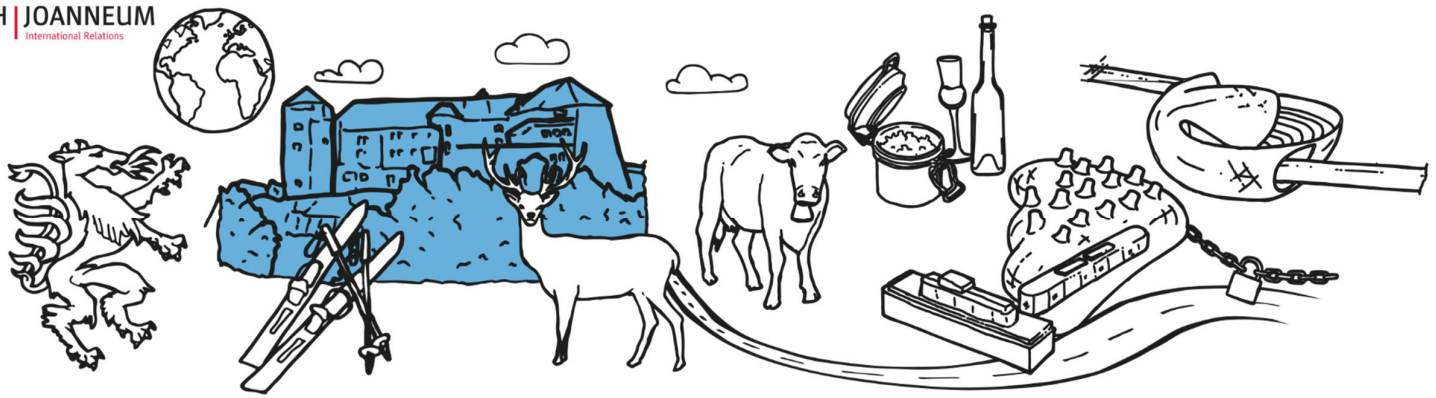
Easter fires are a common tradition, symbolizing the triumph of light over darkness. These bonfires are often lit on Holy Saturday, especially in rural regions. They represent both a religious and cultural celebration and create a festive and communal atmosphere.

The **Spring Fair** in Graz (Grazer Frühjahrsmesse) is a lively annual event held in Messe Graz, typically in April or May. It marks the arrival of spring with a mix of exhibitions, entertainment and culinary delights. It features an amusement park, traditional and international street food and live music. It's a fun mix of a trade fair and a carnival, making it a popular outing for visitors of all ages in Graz.

May - June

The Donauinselfest is one of Europe's largest free music festivals, held annually on the Danube Island in Vienna. Typically taking place in June, it attracts millions of visitors each year, making it a significant event in the city's cultural calendar. The festival features live performances across multiple stages, showcasing a diverse range of music genres, from rock and pop to electronic, hip-hop, and Austrian folk music. With free admission, the festival is accessible to everyone. In addition to music, you can enjoy food stalls, interactive exhibitions, and sports activities.

The USI Fest in Graz is an annual celebration organized by the University Sports Institute (USI) of Graz, bringing people together to celebrate sports, culture, and university life. Held typically in late spring, the event features a variety of activities, from sports competitions and demonstrations to live music, performances, and food stalls. As it's primarily a student-centered event, the festival is a great opportunity for socializing, meeting new people, and networking within the student and academic community. The USI Fest is a highlight of the student calendar in Graz.



SHOPPING in Austria

Whether you're stocking up on everyday essentials or exploring local delicacies, grocery shopping in Austria can be a delightful experience. From vibrant farmers' markets to well-stocked supermarkets, there's a strong focus on fresh, local, and high-quality products. However, you might be facing some challenges that can impact your shopping experience. The following paragraphs will give you a short overview on things to keep in mind when shopping in Austria.

Grocery shops are generally open Monday to Friday between 7:00 and 19:30 and Saturday between 7:00 and 18:00. Always check the opening hours of your desired supermarket online before instead of standing in front of closed doors!

Shops are closed on Sundays!

Shops are closed on public holidays!

PUBLIC HOLIDAYS IN AUSTRIA			
Neujahrstag New Year's Day	January 1		
Heilige Drei Könige Epiphany	January 6		
Ostersonntag Easter Sunday	March/April	Date differs every year!	
Ostermontag Easter Monday	March/April	Date differs every year!	
Staatsfeiertag National Holiday	May 1		
Christi Himmelfahrt Ascension Day	May	40 days after Easter - Date differs every year!	
Pfingstsonntag Pentecost Sunday	May / June	50 days after Easter - Date differs every year!	
Pfingstmontag Whit Monday	May / June	50 days after Easter - Date differs every year!	
Fronleichnam Corpus Christi	May/June	60 days after Easter - Date differs every year!	
Maria Himmelfahrt Assumption Day	August 15		
Nationalfeiertag National Holiday	October 26		
Allerheiligen All Saints Day	November 1		
Maria Empfängnis Assumption Day	December 8		
Christtag Christmas Day	December 25		
Stefanitag St. Stephen's Day	December 26		

Where to buy food outside the regular opening hours: If you urgently need something outside opening hours you can go to the gas stations, some oriental shops or to some supermarkets that have special opening times (e.g. Spar at Graz Hauptbahnhof).



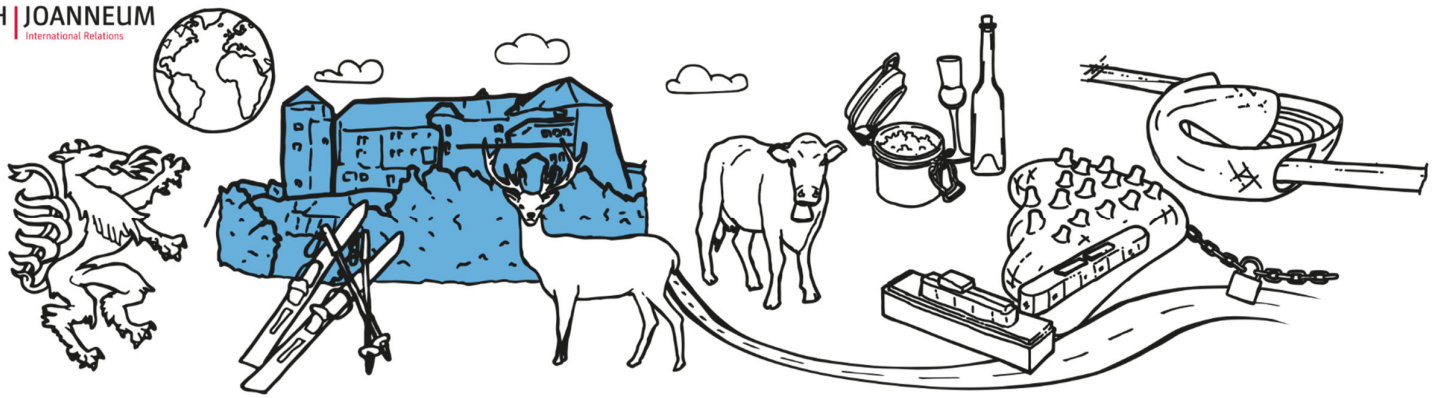
Farmers markets (“Bauernmärkte”) are very popular places to shop for local products. At the farmers market you can purchase **local food products** like fruits, vegetables and even homemade cakes and juices directly with the farmers. **For opening times, please check online!**

- Graz: many different options ([Bauernmärkte in Graz: Öffnungszeiten & Infos](#))
- Kapfenberg: “Altstadtmarkt” (Hauptplatz Kapfenberg)
- Bad Gleichenberg: „Vulkanlandmarkt“ (Hauptplatz Bad Gleichenberg)

2nd Hand Shops and apps: From vintage fashion and accessories to furniture, books, and kitchen utensils, second-hand stores offer a variety of different for low prices. In stores like *Carla* or *Vinzi Shop*, you can give items a second chance and save some money. Alternatively, you can also use apps like *Willhaben* or *Vinted*.



Cash is king: Make sure to always have some back up cash with you. There are still some small shops (and especially restaurants) where you cannot pay by card!



PUBLIC TRANSPORT

Public transportation in Austria is well-developed and includes various modes of transport such as trains, trams, buses, and subways. The public transport system is reliable and efficient. Ticketing is straightforward, and digital tools make it convenient to plan journeys and find the best connections.

TRAMS AND BUSES in the city: The Graz public transportation system consists of both buses and trams (“Bim”). Hourly tickets and 24-hour tickets for inside of the city are available on trams and buses and are valid for both means of transport! Tickets can also be purchased in the *Graz Mobil App*.



TRAINS: The ‘Österreichische Bundesbahnen’ (ÖBB) provide an efficient way of transportation by train with which you can reach most parts of the country and also surrounding countries. You can check schedules of trains, buses and trams all over Austria in the *ÖBB Scotty App*.



If you are under 26 years old, you can buy the *ÖBB VORTEILSCARD Jugend*, which grants you a reduction of 50% on almost all trains within Austria. The pass is valid for one year and costs about 20 Euros. If you are older, there is another option for a bit more money. You can purchase tickets and your *ÖBB Vorteils card* in the *ÖBB Tickets App*.



FLIXBUS: Alternatively, privately owned long-distance bus companies (e.g. Flixbus) take you to destinations all over Europe. You can purchase tickets and check bus schedules in the *Flixbus App*.



LONG TERM PUBLIC TRANSPORT TICKETS: If you are planning to travel a lot during your stay here in Austria, we recommend purchasing a long-term public transport ticket for all means of transport within Styria:

<i>Top Ticket Studierende</i> (valid for 6 months): only for students under 26 years!	~ 200 Euros
<i>Klimaticket Steiermark Jugend</i> (valid for 12 months): for everyone under 26 years	~ 400 Euros
<i>Klimaticket Steiermark Classic</i> (valid for 12 months): for everyone 26 years and above	~ 500 Euros

For both options of the Klimaticket, you can get a discount if you have your main seat of residence in Graz. Please make sure to use the correct form when ordering one of those options!

If you have your main seat of residence in Kapfenberg, you can get your Top Ticket partly refunded. Make sure to fill in an additional form and hand it in at the municipality before the deadline!

BICYCLES are an inexpensive and flexible way of transportation and a great alternative to public transport for shorter distances. If you spend the whole year in Austria, you may think about buying a used bike yourself (e.g. 2nd hand).



STUDYING AT FH JOANNEUM

FH JOANNEUM is a leading university of applied sciences offering a variety of bachelor's, master's, and postgraduate programmes. The university emphasizes practice-oriented education, collaborates internationally, and focuses on applied research in areas like sustainability and digital transformation. FH JOANNEUM offers a total of approximately 70 study programmes across the following six departments: Applied Computer Sciences, Engineering, Health Studies, Building, Energy & Society, Management, Media & Design.



Find your room: Finding the correct room can be hard at times when trying to identify the encrypted code in your timetable. To make sure you end up at the correct place, follow the explanation below.

X.XXxx.XXX – Campus.Address.Floor&Room
 G.EA11.106 – Graz.EggenbergerAlle11.Floor1Room06
 B.KF24.001 - BadGleichenberg.KaiserFranz-JosefStraße24.Floor0Room01
 K.WS46b.212 – Kapfenberg.Werk-VI-Straße46 Building B.Floor2Room12

Attention: in Austria **floor 0** is the ground floor and **floor 1** is the first floor above the ground floor!

Gender-neutral, barrier-free toilets are available in all FH JOANNEUM buildings. At least one barrier-free toilet in every building is equipped with free period products.



WIFI: In order to login, you need your FH username and password. We are also part of the **eduroam** network. If your home university is connected with eduroam as well you can log in with the e-mail and password, you have at your home university.

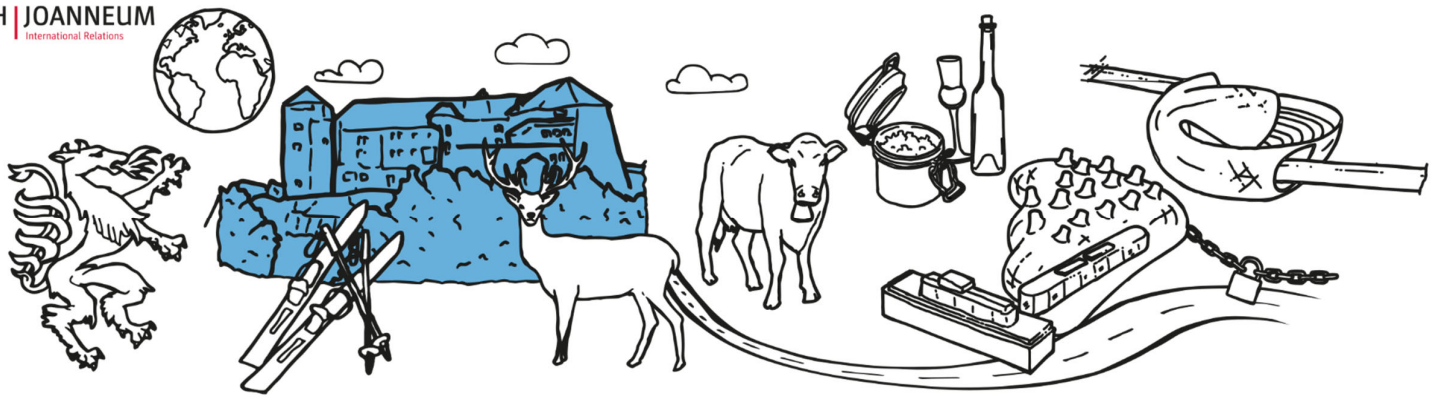
Joanneum Online & Studo: On *Joanneum Online* you can find enrolment documents, transcripts, as well as courses you are registered for and your timetable. This is one of the most important platforms used at FH JOANNEUM next to your email. Alternatively, you can also use the *STUDO App* for most of the actions.



Helpdesk: In case you are facing any technical problems with computers, WIFI, printing, ... please contact helpdesk@fh-joanneum.at

ACADEMIC YEAR: Please scan the QR code to check the current academic calendar!





Printer: At every campus of FH JOANNEUM, printers are available. You can use the computer to print documents following the steps below:

1. Be sure you have money on your student ID card (charging: minimum amount €10,-)
2. Prepare your document to print:
 - Send your print job to **GR_Kopierer_SW** or **GR_Kopierer_Color** (from any FH computer) OR
 - Save your files on a USB stick (must be pdf format!)
3. Sign up with your student ID card at the printer and print your documents from your USB stick or the „Secure Print“queue.

You can also use the printers to scan documents: Select „*An eigene Adresse senden*“ on the printer so the pages are sent to your FH email address as pdf-files.

Library: With your student ID you can borrow books and media at the FH JOANNEUM library free of charge, but fines apply for overdue items - Please make sure to return everything you borrow on time! With your student ID you can also access the library facilities outside of opening hours (see website). You can find an online catalogue for your research here: www.fh-joanneum.at/bib

The **ÖH Joanneum** is the legal representation of students' interests at the FH Joanneum. The ÖH fee (approx. 25 euros per semester) is a mandatory fee for all students. The fee finances the work of the ÖH, which campaigns for students' rights, offers legal advice and organizes events and leisure activities. Students are automatically covered by liability and accident insurance (not health insurance!) via the ÖH fee. This insurance covers (almost) all accidents and damages that occur during your studies in Austria.

SERVICECENTER GRAZ



If you have any more questions, feel free to contact the ÖH team via info@oeh-joanneum.at or by simply passing by the service center at Alte Poststraße 152!

University Sports Institute (USI) at Karl Franzens-Universität Graz offers more than a hundred different courses (from aerobics to yoga) at a very low price. All courses can be found online at <http://sportinstitut.uni-graz.at>



COURSES OFFERED BY THE INTERNATIONAL RELATIONS OFFICE

FH JOANNEUM offers a variety of language courses as well as courses to gain intercultural competences. All courses are shortly introduced in the paragraphs below.

GERMAN AS A FOREIGN LANGUAGE: To understand and master the language of a country means to learn and understand something of the culture and the mentality. Therefore, we offer many different German courses during the semester: **Basic courses, Reading and writing competences / Listening and speaking competences** courses as well as **Special Courses** like German Language Film, Business German, Presenting / Writing in an academic context and a special ÖSD-Preparation Course. For all **German speakers from other countries** we also offer a special Austrian German course. **German Courses are free for exchange students (only the book has to be paid)!**



GERMAN AS A
FOREIGN LANGUAGE

OTHER LANGUAGE COURSES: For everyone interested in learning more than just German, we offer additional language courses like Spanish, French, Italian, Japanese, Chinese, Arabic, Russian, Norwegian and many more. **Not all courses are offered every semester!**



LANGUAGES

CULTURAL DIVERSITY @ FH JOANNEUM: During our **Cultural Evenings**, international students present their home countries. Each presentation includes a focus on specific aspects of the culture and often features interactive activities. All students are encouraged to participate highlighting the cultural diversity within the university community. These events provide opportunities for students to dive into different cultures, engage in discussions, and enhance their intercultural competencies.



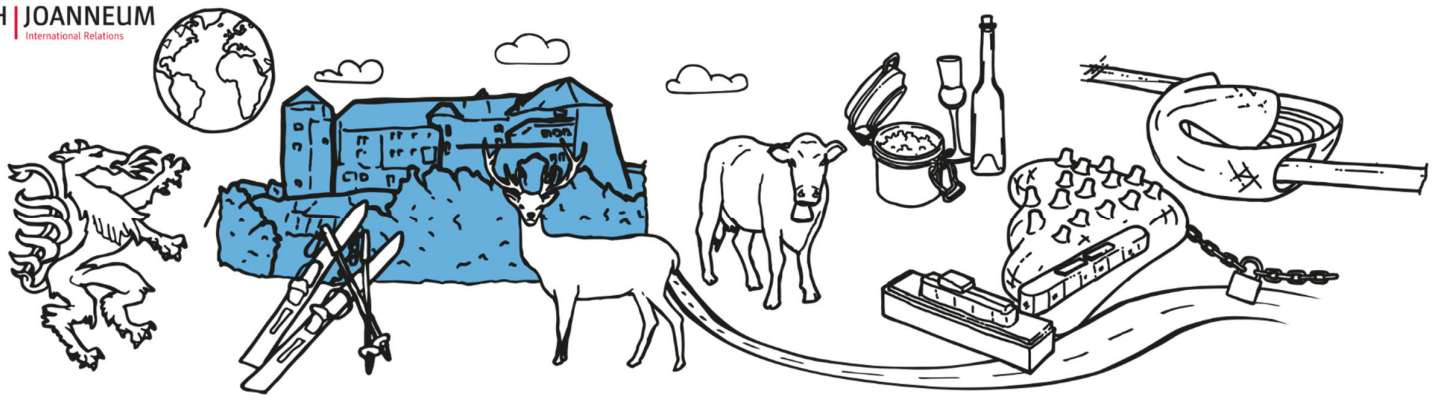
R.U.D.I.
RESPECTFUL • UNITED
DIVERSE • INTERCULTURAL

TANDEM PROGRAMME: The Tandem Programme at FH JOANNEUM brings together people from different cultures and different languages to facilitate the exchange of languages, experiences and cultures. The programme pairs students from different cultural backgrounds to engage in language exchange and cultural learning, fostering intercultural understanding in a relaxed and exciting atmosphere. In order to obtain the Tandem Certificate from FH JOANNEUM, you need to be an (exchange) student at FH JOANNEUM and complete activities from the **five Tandem Modules** within one semester.



TANDEM PROGRAMME

For more information about any of the courses, please check out our **website!**



PAPER, PAPER, PAPER ...

Going on student exchange includes a lot of paperwork. The following check list will help you to keep an overview on all the things you need to take care of at the beginning and end of your stay with us in Austria.

After Arriving:

- ☐ Pay your **student union fee** (*ÖH-Beitrag*) & get your **student ID** at the International Relations office
- ☐ Get your **certificate of arrival** signed (if needed from your home university)
- ☐ Make sure you have access to all **FH JOANNEUM systems** (*Joanneum Online*, ...)
- ☐ Download the **Studo App** to have easy access to all important FH JOANNEUM platforms on your phone
- ☐ Get an **Austrian SIM card** (if necessary): SIM cards can be bought at all supermarkets / *Spusu* (online)
- ☐ Get an **Austrian bank account** (in case you need it for receiving a grant, ...): Student account at Sparkasse
- ☐ Get **Austrian health insurance** (if you are a non-EU-citizen)
- ☐ Register your **residence in Austria** (*Meldezettel*)
- ☐ Take care of the **Anmeldebescheinigung** for EU citizens
- ☐ Get a **residence permit** (*Aufenthaltstitel für Studierende*) for non-EU-citizens (if you stay longer than 6 months)
- ☐ Get a **public transport ticket** for Styria
- ☐ Finish your **Learning Agreement**

Before Leaving:

- ☐ **Deregister your residence** in Austria (*Meldezettel*). Please note: If you don't deregister and come back to Austria again (e. g. for holidays, studying etc.) you could be fined!
- ☐ Download your **transcript of records** from Joanneum Online as soon as all the grades have been entered
- ☐ Get your **certificate of stay** signed (if needed from your home university) – pass by our office or upload on Mobility Online to get it signed
- ☐ **Cancel your health insurance, bank account and phone subscription!**



Important Addresses

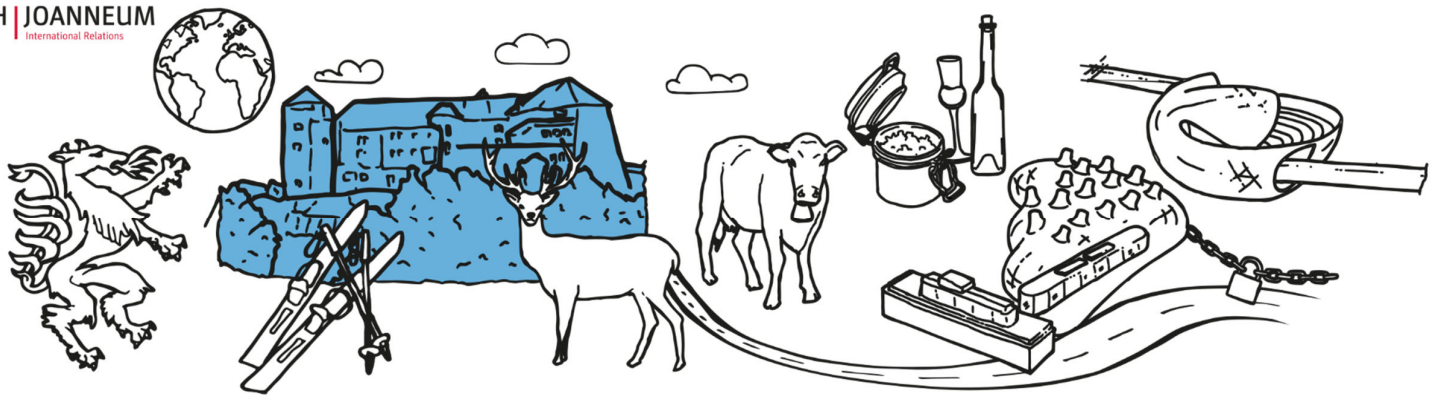
International Relations Office		
Eggenberger Allee 11 rooms 314 8020 Graz international@fh-joanneum.at	Werk-VI-Straße 46 main building Room 36b 8605 Kapfenberg international-kbg@fh-joanneum.at	Kaiser-Franz-Josef-Straße 24 room 221 8344 Bad Gleichenberg international-bgb@fh-joanneum.at
Meldeamt, Bürgerbüro Registration Office		
Bahnhofgürtel 85 - make an appointment! 8020 Graz servicestelle@stadt.graz.at	Koloman-Wallisch-Platz 1 8605 Kapfenberg qde@kapfenberg.gv.at	Kaiser-Franz-Josef Straße 1 8344 Bad Gleichenberg qde@bad-gleichenberg.gv.at
Österreichische Gebietskrankenkasse (ÖGK) Health Insurance		
Josef-Pongratz-Platz 1 8010 Graz www.oegk.at	Dr.-Theodor-Körner-Straße 25 8600 Bruck an der Mur bruck@oegk.at	Ringstraße 25 8330 Feldbach feldbach@oegk.at
Bezirkshauptmannschaft Administrative office of the Provincial Government		
Bahnhofgürtel 85 8020 Graz bhgu@stmk.gv.at	Dr. -Theodor-Körner-Straße 34 8600 Bruck an der Mur bhbm@stmk.gv.at	Bismarckstraße 11-13 8330 Feldbach bhso@stmk.gv.at
Public Transport Office		
Hauptbahnhof Graz Europaplatz 4 8020 Graz	MVG-Servicecenter Wiener Straße 42 8605 Kapfenberg	Bahnhof Feldbach Bahnhofstraße 3 8330 Feldbach

EMERGENCY PHONE NUMBERS

Find some of the most important emergency numbers in Austria in the table below – make sure to save them on your phone!

Euro-Emergency Service*	112
Emergency Service for Pharmacies	1455
Emergency Medical Service (doctors available at night, weekends,...)	141
Emergency Service for Poisoning	01 406 43 43
Mountain Rescue	140
"PsyNot" (psychiatric 24-hour crisis hotline in Styria)	0800 449933

*This emergency number works in the entire European Union, the other emergency numbers only work in Austria



PHYSICAL AND MENTAL HEALTH

We strongly recommend to all international students, especially those from Non-EU countries to register for a health insurance in Austria. Please keep in mind that having a valid health insurance is your own responsibility!

Health Insurance with “ÖGK Steiermark”: The Austrian ÖGK insurance (*Selbstversicherung in der Krankenversicherung für Studierende*) covers medical expenses of any kind. On the reverse of the e-card is the European Health Insurance Card (EHIC). If you need medical treatment outside of Austria, you will need to request a “holiday illness certificate” at the ÖGK office.

These are the steps to obtain the insurance:

- Fill in the insurance application and take it to ÖGK Steiermark together with a copy of your passport, your “Meldezettel” and enrolment documents.
- After about a week you should get a confirmation letter with your insurance number. The letter comes with invoices which you need to pay at the beginning of each following month!
- After about three weeks the insurance will send you your European insurance card. When going to the doctor, just show them your European insurance card. They will charge the insurance directly.

Before your departure we have to unregister you from the insurance. These are the steps:

- You have to de-register your residence in Austria (ATTENTION: The day you deregister is also the VERY LAST day of your ÖGK insurance coverage. Therefore, you should deregister at the last possible moment.
- Take a copy of the de-registration confirmation to the insurance company.

Health Insurance with “FeelSafe” from Uniq: FeelSafe is the private alternative to the public insurance and **also 100% accepted by the government** for your stay in Austria and valid for your visa and residence permit process. With FeelSafe you are fully privately insured – meaning it covers medical expenses of any kind and you have access to **all public AND private doctors**.

It's very easy to obtain the insurance:

- Register at www.feelsafe.at and buy **fully online** in less than 5 minutes in English.
- You need to have an address in Austria and a European bank account.
- You will get the insurance confirmation via e-mail within **1 working day**!
- You can cancel the insurance when you finish your studies.

PSYCHOLOGICAL COUNSELLING SERVICE: The service is available to students at universities and universities of applied sciences. It provides free and confidential advice and support, and is anonymous. For more information or to make an appointment contact psych.ber@uni-graz.at or check out the website: www.studierendenberatung.at



RECOMMENDED DOCTORS

All doctors mentioned below were contacted by FH JOANNEUM's Department *International Relations* and asked if they speak other languages. All of them are pleased to welcome exchange students in their practices.

GRAZ

General Practitioner

Dr. Christine Angkawidjaja (female)
Neubaugasse 130, 8020 Graz
Tel: +43 (0)316 719669

Homeopath, General Practitioner

Dr. Karin Fuchs (female)
Popelkaring 33, 8045 Graz
Tel: 0676 4255882

Dentist

Dr. Bernd Matschy (male)
Murgasse 4, 8010 Graz
Tel: 0316 823491

Eye specialist

Dr. Martin Eckhardt (male)
Plüddemanngasse 104, 8042 Graz
Tel: 0316 8262130

Gynaecologist

Dr. Gerhard Wallner (male)
Schillerstraße 27a, 8010 Graz
Tel: 0316 324380

AIDS-Hilfe Steiermark

Hans-Sachsg-Gasse 3
8010 Graz
Tel: 0316 81 50 50
<http://www.aids-hilfe.at>

Information, counselling, support and anonymous testing!

General Practitioner

Dr. Karin Triebel (female)
Burggasse 17, 8010 Graz
Tel: 0316 835143

Ear, nose and throat specialist

Dr. Thomas Deutsch (male)
Bergmannngasse 8, 8010 Graz
Tel: 0316 322560

Physiotherapist

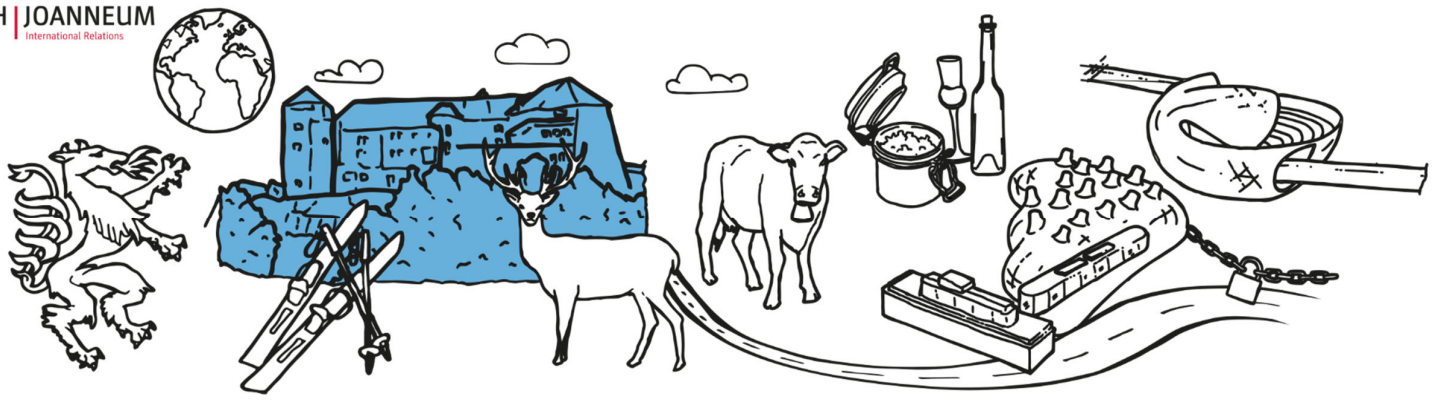
Nina Temmel (female)
Hasnerplatz 4, 8010 Graz
Tel: 0680 3009657

Psychological counselling centre for students

Dreihackengasse 1, 8020 Graz
Tel: 0316 814748
<https://www.studierendenberatung.at/en/>

Hospital for all kinds of emergencies, 24/7 walk-in clinics:

Landeskrankenhaus Graz – St. Leonhard
www.klinikum-graz.at



KAPFENBERG

General Practitioner

Dr. Petra Wagner
Wiener Straße 31, 8605 Kapfenberg
Tel: 03862/227750

Landeskrankenhaus Bruck/Mur (Hospital)

Tragößerstraße 1, 8600 Bruck/Mur
Tel: 03862/8950

Dentist ÖGK Kapfenberg

Friedrich-Böhlerstraße 11, 8605 Kapfenberg
Tel: +43 50766/157950

Eye specialist

Dr. Rainer Trieb
Wienerstraße 28, 8605 Kapfenberg
Tel: 03862/23 93 3

Gynaecologist

Dr. Ilse Nürnberger
Mariazeller Straße 1a, 8605 Kapfenberg
Tel: 03862/210571

Dermatologist

Dr. Christoph Niederecker
Siegfried-Marcusstraße 7, 8605 Kapfenberg
Tel: 03862/22 24 20

Ear, nose and throat specialist

Dr. Stefan Karathanassis
Wiener Straße 57, 8605 Kapfenberg
Tel: 03862/21 36 2

BAD GLEICHENBERG

General Practitioner:

Dr. Alf-Torbjörn Matschiner
Kaiser-Franz-Josef-Str 4, 8344 Bad Gleichenberg
Tel: +43 3159 2703

Dentist

Dr. Volker Mödritscher
Kaiser-Franz-Josef-Straße 3/Top 3, 8344 Bad Gleichenberg
Tel: +43 03159 2337

Landeskrankenhaus Feldbach (Hospital)

Ottokar-Kernstock-Str 18, 8330 Feldbach
Tel: +43 3152 8990
www.lkh-feldbach.at



RELIGIOUS AND CULTURAL COMMUNITIES

Jüdische Gemeinde Graz

(Jewish Community Graz)

David Herzog Platz 1, 8020 Graz

office@judischegemeindegraz.at

Islamische Religionsgemeinschaft Graz

(Islamic Faith Community)

Josef Hubergasse 28, 8020 Graz

office@stmk.derislam.at

<http://www.derislam.at/iggo/>

Buddhistisches Zentrum „She Drup Ling“

(Buddhist Centre)

Grießgasse 2, 8020 Graz

Tel: 0699 12151291

office@shedrupling.at

www.shedrupling.at

Evangelische Pfarrgemeinde Graz-Heilandskirche

(Protestant Church Graz)

Kaiser-Josef-Platz 9, 8010 Graz

www.heilandskirche.at

Koptisch-Orthodoxe Kirche Graz

(Coptic-Orthodox Church)

St. Johannes der Täufer Kirche

Wienerstraße 246b, 8051 Graz

<https://www.kopten-graz.at/>

For a list of cultural, ethnic and religious communities in Graz, please refer to this website which includes contact information:

https://www.graz.at/cms/beitrag/10023093/7771507/MigrantInnenvereine_und_Beratungseinrichtungen.html

Catholic Church Services in German and Foreign Languages

Katholische Stadtkirche Graz

Herrengasse 23, 8010 Graz

www.kath-kirche-graz.at

stadtkirchegraz@graz-seckau.at

Religious Counselling Hotline: 142

African Catholic Community / English Holy Mass

Every Sunday at 12:00 at St. Andrä Church

Kernstockgasse 9, 8020 Graz

Comunidad Latina Católica Parroquia St. Andrä Church

Spanish Mass: every second Sunday 16:00

Dominikus Kapelle at St. Andrä Church

Kernstockgasse 9 8020 Graz

Holy Mass in Hungarian

Kalvarienbergkirche, Sunday: 17.00 Uhr

Kalvarienbergstraße 155, 8020 Graz

Tel: 0316 682124

Santa Messa in Italiano

Italian Mass: every second Sunday, 10:30

Jakobi-Kapelle, Franziskanerplatz 14, 8010 Graz

Holy Mass in Slovenian

Schatzkammer Kapelle, every Sunday 9:00

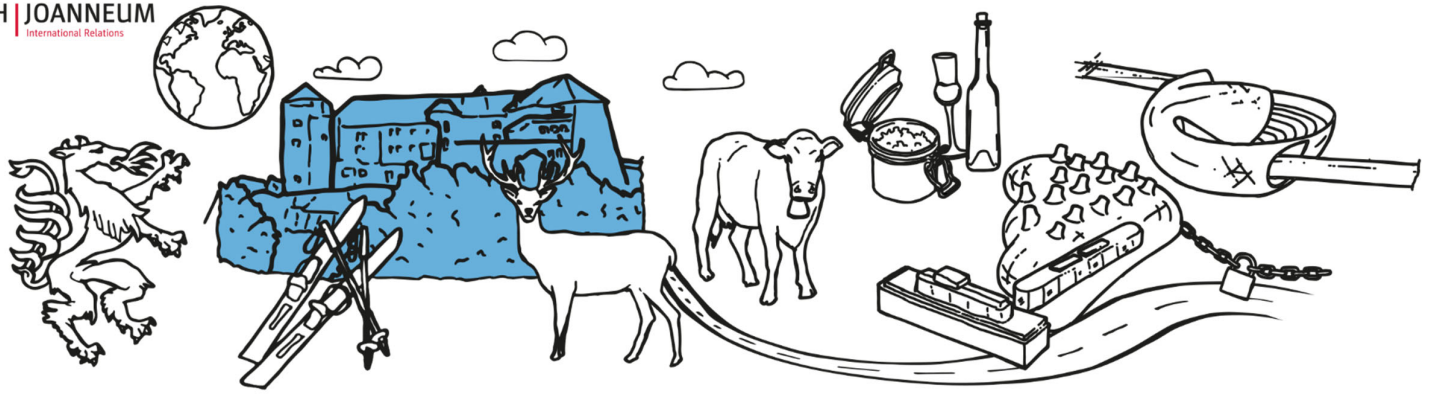
Mariahilferplatz 3, 8020 Graz



STYRIA BUCKET LIST

With a mix of nature, history, wine, food, and quirky fun, Styria offers something for everyone. Enjoy checking off this list and making your way through Austria's green heart!

- ☐ Climb the Schlossberg in Graz – Take the funicular or hike up for stunning views of the city.
- ☐ Visit one or more of the museums in Graz and learn about the traditions and history of the region.
- ☐ Buy some traditional foods and drinks at a farmers' market.
- ☐ Order a Wiener Schnitzel.
- ☐ Go to a traditional restaurant and order something else than a Schnitzel (preferably in German).
- ☐ Visit at least three different castles – Austria has tons of castles!
- ☐ Get Lost in Austria's Kaffeehaus Culture – Have a coffee and cake at five different cafés in Graz and ask for "Kaffee und Kuchen". Even if you're not hungry, you must insist on both a coffee and a cake.
- ☐ Ski Down a Mountain in Style – Even if you can't ski, grab the most extravagant ski outfit you can find and learn how to ski or race down a black slope with the locals. Extra points for dramatic falls!
- ☐ Have a hot chocolate and some Kaiserschmarrn afterwards for a well-deserved break.
- ☐ Wear Lederhosen or Dirndl and wander around Graz (also counts if you just try it on in a store).
- ☐ Visit the Styrian Wine Region – Taste some wine (or grape juice) and local food in a Buschenschank (wine tavern) and enjoying the scenery.
- ☐ Try the region's beloved pumpkin seed oil!
- ☐ Explore the Thermal Spas – Unwind in one of Styria's relaxing thermal spas.
- ☐ Take a Boat Trip on a lake in Styria – Whether kayaking or taking a boat tour, enjoy!
- ☐ Pretend to Be a local hiker – Say "Grüß Gott!" to all strangers you come across while hiking and take a picture in front of the cross of the summit.
- ☐ Yodel on the Alps – shout "Yodely-hee-hoo!" and see if you get a mountain echo or a confused cow.
- ☐ Master the Waltz.
- ☐ Experience a Traditional Styrian Ball – Put on your Dirndl or Lederhosen and join in a waltz. If you can't dance, save some money and just stand outside of the ball and admire people's outfits!
- ☐ Visit Admont Abbey to admire the largest monastic library in the world.
- ☐ Roll down a hill and race your friends. The loser has to pay the next "Spritzer".



ENJOY YOUR EXCHANGE SEMESTER AT FH JOANNEUM!