



**Hannover Medical School
Hannover Biomedical Research School**

International Student Guide

Academic Year 2023 / 2024

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Welcome to Hannover Medical School - MHH

A warm welcome to Hannover Medical School – *Medizinische Hochschule Hannover* or MHH -, which is the only free-standing medical university in Germany. It is also one of the six universities and colleges situated in the city of Hannover.

The campus of the MHH covers an area larger than 50 football fields – more than 400,000 square meters – bordering on *Karl-Wiechert-Allee* in the borough of *Gross-Buchholz*. In the centre of the campus you find the main hospital, surrounded by the Departments of Paediatrics, Gynaecology, Dental, Oral and Maxillofacial Surgery, the Transplant Research Centre, the Hans Borst Centre for Heart and Stem Cell Research, the Paediatric Research Centre, other research and teaching facilities, the library, child daycare centres, residential and administrative buildings, and sports facilities. The Department of Orthopaedics is permanently located in the *Annastift* hospital.

In the coming years, the MHH campus will see the biggest construction project in the School's history: The main hospital building, the central A&E unit and the surgical facilities, which are ageing, are to be rebuilt – at the *Stadtfelddamm*, with close physical links to the campus.

The MHH comprises 18 medical centers with 75 departments, and 12 supporting units. Every year, more than 63,000 inpatients are treated here, with over 460,000 outpatient treatment contacts: MHH is a full-service hospital offering 'supramaximal' care. In virtually no other university hospital in Germany are patients with such severe conditions treated as they are here. MHH is also a pioneer in transplant medicine and is one of the world's leading transplant centres.

Some 400 organ transplants are performed here annually, more than anywhere else in Germany, with more than 130 bone marrow transplants also handled every year. The School is the world leader in cochlear implantation, a procedure to fit an electronic device that stimulates the inner ear. It also enjoys an outstanding international reputation in the treatment of cancer, diseases of the lungs, heart and kidneys and metabolic disorders, as well as in surgery.

Interdisciplinary cooperation is a major priority at MHH. The School's *Claudia von Schilling* Centre for Oncology is Lower Saxony's largest certified oncological centre. Its aim is integrated, all-round care for each and every patient. Other facilities where specialists from various departments work together include the Allergy Centre and the Hearing Centre, as well as the interdisciplinary Centre for Facial Malformations and the Centre for Rare Diseases.

The aim at MHH is to give patients the best treatment possible – a goal to which the School’s scientists, and its physicians engaged in research, are also dedicated. They have made MHH the leading university medical institution nationwide in research terms. And they also ensure that these activities are closely integrated with healthcare provision, enabling scientific findings to be applied rapidly and effectively for prevention, diagnostics and treatment.

Scientists at MHH are involved in numerous research alliances aimed at optimally advancing research. They include the former REBIRTH Cluster of Excellence (focusing on regenerative medicine), Hearing4all (devoted to auditory research), the RESIST Cluster of Excellence (focusing on Infection and immunity), several Networks of Excellence (Kompetenznetze) and BREATH (the Hannover-based network of the German Center for Lung Research, DZL) and the German Centre for Infection Research (DZIF). The diverse research landscape also includes Collaborative Research Centres, Research Units and Research Training Groups, as well as hundreds of other projects.

For the purposes of pooling knowledge and integration, MHH collaborates with numerous partners, such as the Helmholtz Centre for Infection Research (HZI) In Braunschweig – both within TWINCORE and in the Centre for Individualized Infection Medicine (CCIM). The Lower Saxony Centre for Biomedical Engineering, Implant Research and Development (NIFE) is a joined centre with Leibniz University Hannover and the University of Veterinary Medicine Hannover (TiHo) on developing cutting-edge implants. And, within the Clinical Research Center (CRC), MHH is working together with ITEM (a Fraunhofer institute) and the HZI to ensure optimum quality and safety for patients in clinical studies.

To position themselves as attractive educational centres and employers, organizations must have a family-friendly set-up and a family-conscious culture, while ensuring equal opportunities for women and men in terms of both studies and work. MHH has had ‘family-friendly university audit’ certification (awarded by berufundfamilie GmbH) since 2005, and is continuing to enhance its family friendliness. The School is a signatory to the ‘Diversity Charter’. The Equality Office brings together the various measures and provides comprehensive, up-to-date information in printed form and online, and in both German and English.

The main focus of its family-friendliness policy is the wide range of childcare services. With almost 400 whole-day places for girls and boys aged from 8 weeks to 14 years and a wealth of flexible childcare options, MHH is a frontrunner nationwide among academic institutions in this regard. In consultations, in-service training and in the management of working hours, the growing problem of care for dependents is also being tackled.

The MHH offers courses of study in Medicine and Dentistry, MSc courses in Midwifery as well as Ergo- and Physiotherapy, an MPH and PhD course in Public Health & Healthcare Systems as well as several PhD courses in Hannover Biomedical Research School. Total number of students amounts to over 3.000.

The following Bachelor/Master programs are offered in collaboration with the Leibniz University of Hannover and the School of Veterinary Medicine Hannover: Biology, Biochemistry, Biomedicine and Biomedical Data Science. And there is the International Master program “Infectious Diseases and One Health” (IDOH).

From A as in Afghanistan to V as in Vietnam: people from almost 100 countries study, work and do research at MHH, making the School one of the most international workplaces in the capital of Lower Saxony.

MHH is internationally renowned for excellence in patient care, research and teaching. Students, physicians and scientists from all over the world are evidently keen to come to Hannover to study, work and conduct research. International cooperative agreements and networks are constantly being expanded with other universities and hospitals worldwide. Furthermore, MHH organizes internships and semesters studying abroad for its students. And it wishes to strengthen its international outlook still further: 2016 saw the School awarded ‘Internationalizing Higher Education’ certification by the German Rectors’ Conference.

Dear Students,

Hannover Biomedical Research School (HBRS) has been the most international institution on MHH campus for more than 20 years. Approximately 700 to 800 students from all over the world are applying to our graduate school every year. After a tough selection process, about 70 students are accepted to the various PhD programs; and an additional 80 students are starting their master studies.

More than a half of our students are coming from abroad. Therefore, we decided to publish this international student guide in order to provide initial support.

Not only Hannover and its scientific institutions – in particular, Hannover Medical School and HBRS - are very attractive and internationally re-known, but also Hannover city itself has a lot to offer.

The guide will help you to easily arrive and settle down in our city and to get some insides in architectural, cultural and entertainment highlights.

I wish you a good start and of course later, a successful graduation in our graduate school.

Prof. Dr. Reinhold Förster, Acting Dean of HBRS

Contact Addresses

Hannover Biomedical Research School Building J4, level 1, room 1100

Acting Dean of HBRS Professor Dr. Reinhold Förster forester.reinhold@mh-hannover.de

Coordination of HBRS and MD/PhD program "Molecular Medicine":

Dr. Susanne Kruse and Birgit Müller
HBRS Office of the MHH
Präsidalamt, OE 9117
Carl-Neuberg-Str. 1, D-30625 Hannover
E-mail: hbrs@mh-hannover.de
Web: <https://www.mhh.de/hbrs> and <https://www.mhh.de/hbrs/mdphd>
Tel.: 0049-511-532-6011
Fax: 0049-511-532-2611

Coordination of PhD programs "Infection Biology" and "DEWIN":

Dr. Sabine Johann and Simone Zimmer
Zentrum für Infektionsbiologie – ZIB
Institut für Immunologie, OE 5240
Medizinische Hochschule Hannover, Carl-Neuberg-Str. 1, D-30625 Hannover
E-mail: zib@mh-hannover.de
Web: <https://www.mhh.de/hbrs/zib>
Tel.: 0049-511-532-9742
Fax: 0049-511-532-9722

Coordination of PhD program "Regenerative Sciences":

Gaby Froriep and Evrin Akdas
„REBIRTH“, OE 8880
Medizinische Hochschule Hannover, Carl-Neuberg-Str. 1, D-30625 Hannover
E-mail: phd-regsci@mh-hannover.de
Web: <http://www.rebirth-hannover.de/phd-program>
Tel.: 0049-511-532-5206
Fax: 0049-511-532-5205

Coordination of PhD program "Auditory Sciences":

Dr. Christine Baumhoff
HNO Clinics, OE 6500
Medizinische Hochschule Hannover, Carl-Neuberg Str. 1, D- 30625 Hannover
E-Mail: Baumhoff.Christine@mh-hannover.de
Tel.: 0049-511-532-7234

Coordination of PhD program "Biomedical Data Science":

Carolina Skowronek
TRAIN Academy, OE 9650
TwinCore, Feodor-Lynen-Straße 7, D- 30625 Hannover
E-Mail: biomedas@translationsallianz.de
Tel.: 0049-511- 220027 191

Coordination of PhD program "Epidemiology":

Dr. Berit Lange, Carolina Klett-Tammen, Sylvia Richter
Helmholtz Centre for Infection Research
Department of Epidemiology
Inhoffenstr. 7, D- 38124 Braunschweig
E-Mail: phd-epidemiology@helmholtz-hzi.de; joerdis.ott@helmholtz-hzi.de; stefanie.castell@helmholtz-hzi.de
Web: http://www.helmholtz-hzi.de/de/karriere/phd_studiengang_epidemiologie/ziele/
Tel.: 0049-531-6181-3115
Tel: 0049-531-6181-3104

International Office Library Building J1, Ground Floor (S), Rooms SO 1170, Auslandsamt@mh-hannover.de

Academic Calendar 2023 / 2024

Winter semester: October 1st, 2023 to March 31st, 2024 (enrolment period)
Summer semester: April 1st, 2024 to September 30th, 2024 (enrolment period)

Introduction weeks: October 4th till October 13th, 2023

Opening of term: October 9th, 2023

5 p.m. festive ceremony, lecture hall R

Lecture period:

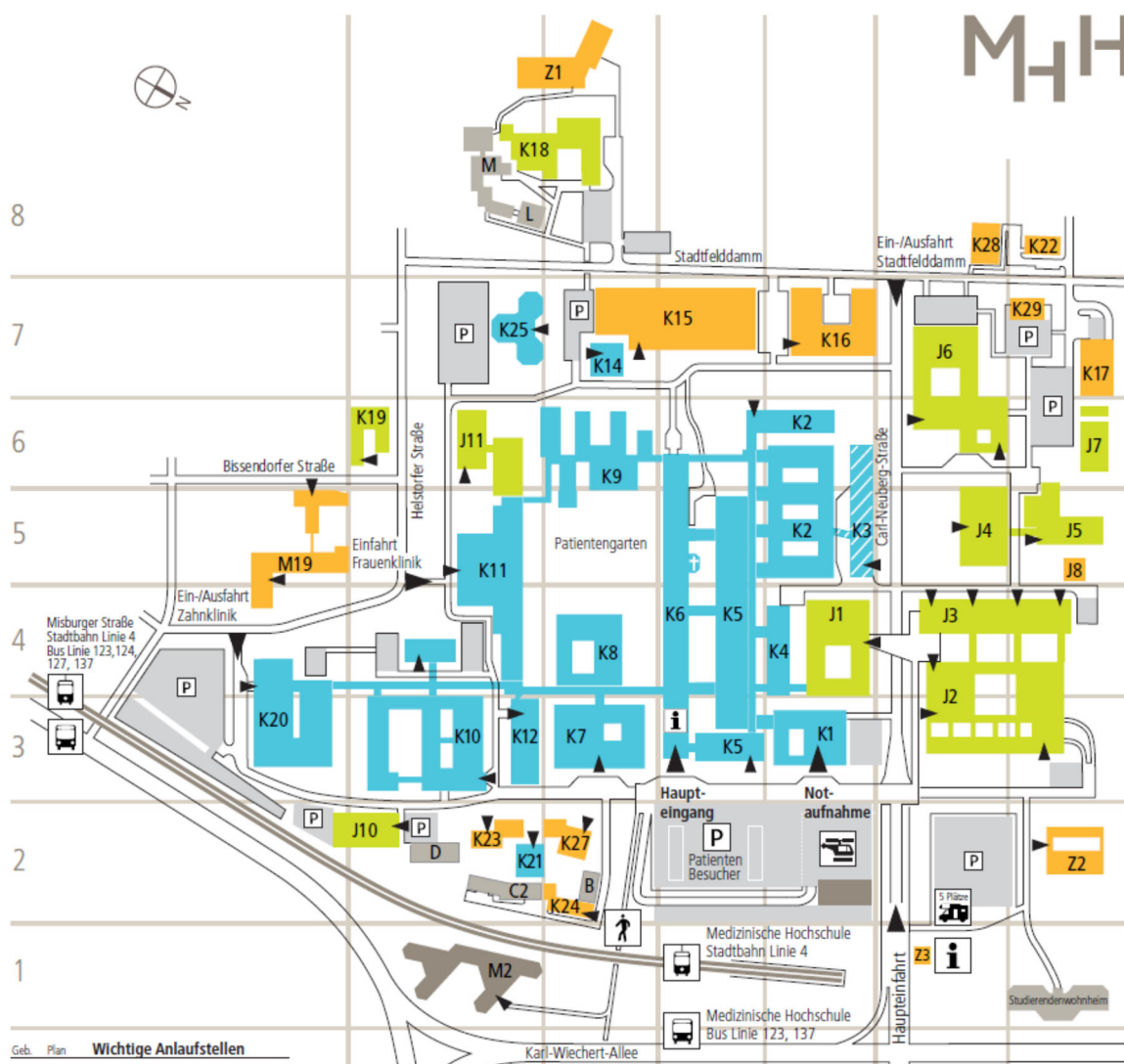
October 16th, 2023 to February 27th, 2024
April 8th, 2024 to July 12th, 2024



Arriving at the MHH

Hannover is easy to reach as is situated quite in the middle of the northern part of Germany, in the region called Lower Saxony (*Niedersachsen*). The airport has intercontinental as well as extensive European connections. A direct rail link (*S-Bahn*) connects the airport with the main railway station in the city center. Hannover is also well connected to numerous other European and German cities by rail and by bus.

From the main railway station you can easily reach the MHH by taking the underground line no. 1 direction *Messe* to the stop *Aegidientorplatz*, then changing there to the line no. 4 direction *Roderbruch*. It takes about 20 minutes to reach the stop *Medizinische Hochschule*.





Accommodation

HBRS has only 10 rooms available in one of the *Studentenwerk's* own dormitories. You will find more information at <http://www.studentenwerk-hannover.de/en-vor-wohnen.html> (English) or <http://www.studentenwerk-hannover.de/wohnen.html> (German).

Accommodation could be possible in the dormitory of the MHH "**Haus M**", which is located in the campus area. You will find it in the upper part of the MHH map, in the street *Stadtfelddamm*.

In the dormitory, you will share kitchen and bathroom facilities with other students living on the same floor. Internet connection via cable (no W-LAN!) is available for free. The rent of the room amounts to 250 € per month for the time being. A deposit of 200 € must be paid at the beginning; it will be returned to you when you move out.

A third alternative is to organize a private room by your own.

Please see: <http://www.studentenwerk-hannover.de/en-privathousing.html>.

You may rent a private room in a shared apartment (*Wohngemeinschaft* or *WG*). You should ensure that a written tenancy agreement is made once you have chosen a room or an apartment. When you rent a room in a „WG“, you are a subtenant (*Untermieter*), which does not have the same rights as the main tenant (*Hauptmieter*). Make sure to sign a subtenancy agreement before moving in. You will find numerous offers for free rooms on the bulletin boards in the MHH or in the local newspapers. Some outgoing students also rent their rooms temporarily to incomings.

Another platform:

<http://www.wg-gesucht.de/en/wg-zimmer-in-Hannover.57.0.1.0.html>

Health Insurance

We will deal with this in our orientation weeks.

If you are going to be employed (**contract** with MHH), you will best take **public health insurance**.

Recommendation for a private Health Insurance for foreign students with stipend: One provider is the "MAWISTA SCIENCE" by the MAWISTA Company. All information in English can be found here: <https://www.mawista.com/en/health-insurance-for-foreign-nationals-in-germany/health-insurance-for-scholarship/>

IMPORTANT: Please apply for the insurance for 60 months (the maximum), it is really difficult to extend if you have initially chosen a lesser amount. It is possible to cancel the insurance within a month in case you need to. You can choose STUDENT PRO CLASSIC or STUDENT PRO PREMIUM.

This insurance is relatively cheap and provides basic coverage for healthy people (unfortunately this is not available for Germans!). If you choose this option, please consider all information under b) as well! And please note that they do not cover everything when you already suffer from a chronic disease, get pregnant etc.

PLEASE NOTE: YOU WOULD HAVE TO REGISTER WITH PUBLIC HEALTH INSURANCE IN CASE OF ANY PRE-EXISTING DISEASES/CONDITIONS!

Other Insurances

To cover personal civil liability in your private life during your stay in Germany, please ask resp. insurance companies for more information. Personal liability insurance is highly recommended to all incoming students and **is a must for all students receiving a stipend! You have to make sure that the insurance covers your lab activities ("Teilnahme am fachpraktischen Unterricht")**. We can offer it to **international students in the process of opening the bank account**.



University Library

You will have free access to the library of the MHH. The opening hours are: Monday to Friday 9 a.m. – 10 p.m.; Saturday and Sunday 9 a.m. – 6 p.m.

Computer Facilities / Internet / E-mail

In the library of the Medical School there is a media room, where you will have free access to all computers and to the internet. You will receive detailed information in the orientation weeks.

You will receive a student Email address (student ID) as well as an MHH Email address organized by your department.



Sports Program

As a student you can join in a lot of sports activities for free, organized by **Leibniz University Hannover**. Some cost a little fee for the equipment, some want to have a list of the people who want to come to the courses.

Therefore you have to book your course at the

Zentrum für Hochschulsport

Am Moritzwinkel 6

30167 Hannover

Tel.: 0511 – 762 – 2192; Fax: 0511 – 762 – 4965

Email: mail@hochschulsport-hannover.de

For additional information about when and where, please take a look at the university sports program, which is updated every half a year or on the internet: www.hochschulsport-hannover.de

There is a sports hall behind house M, where a lot of courses take place!

MHH Gym

Registration at: ☎ 3955 or 5499; or directly in building K8, level S0, room 1320

Cost: 15 € per month

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------------------|-------------|--------------------------|-------------|-------------|
| Sports hall (building K8, level S0, room 1320) | | | | | |
| 6.30-08.00 | 6.30-08.00 | 6.30-08.00 | 6.30-08.00 | 6.30-08.00 | 10:00-16:00 |
| | | 18:30-22:00 | | 13:30-22:00 | |
| 18:30-22:00 | 18:30-22:00 | | 18:30-22:00 | | |
| Swimming pool (building K8, level S0, room 1060) | | | | | |
| | 07:00-09:00 | | 07:00-09:00 | | |
| | 18:30-19:40 Advanced | | 18:30-19:40 Advanced | | |
| | 19:40-20:50 Beginners | | 19:40-20:50 Beginners | | |
| | 20:50-22:00 course | | 20:50-22:00 course | | |

Swimming pools outside MHH

Indoor:

Anderter Bad

Since there are not many visitors the swimming pool is a quiet place. In this swimming pool you can also learn scuba diving at the TSV Anderten.

Eisteichweg 7-9, 30559 Hannover/ Anderten

Nordostbad

The Northeast Baths was burn down 1988 and built up new in 1992. It has a various number of swimming pool attractions like a different sauna types, modern water sports, hydroculture and much more.

Podbielskistraße 301, 30655 Hannover

aquaLaatzium

This is a so called "fun swimming parc", many attractions, including a large sauna area, also outdoor!

Hildesheimer Straße 118, 30880 Laatzen

Only outdoor:

Lake Maschsee, Strandbad

Rudolf-von-Bennigsen-Ufer 83, 30519 Hannover

Lister Bad

Am Lister Bad 1, 30179 Hannover

Kleefelder Bad (Annabad)

Haubergstr. 17, 30625 Hannover

Ricklinger Kiesteiche

Horst-Schweimler-Weg, 30459 Hannover

Wietzpark

Landwehrdamm 1, 30916 Isernhagen

Altwarmbüchener See

Altwarmbüchener See 1, 30916 Isernhagen



Settling Down in Hannover

"Hanover" is the traditional English spelling. The German spelling (with a double n) is becoming more popular in English; recent editions of encyclopaedias prefer the German spelling[3][4], and the local government uses the German spelling on English websites.[5] The English pronunciation /'hænoʊər/, with stress on the first syllable and a reduced second syllable, is applied to both the German and English spellings, which is different from German pronunciation [ha'no:fɐ], with stress on the second syllable and a long second vowel. The traditional English spelling is still used in historical contexts, especially when referring to the British House of Hanover.

Hanover or Hannover (/ 'hænoʊvər/; German: Hannover, pronounced [ha'no:fɐ]), on the River Leine, is the capital and largest city of the German state of Lower Saxony (Niedersachsen), and was once by personal union the family seat of the Hanoverian Kings of the United Kingdom of Great Britain and Ireland, under their title as the dukes of Brunswick-Lüneburg (later described as the Elector of Hanover). At the end of the Napoleonic Wars, the Electorate was enlarged to become a Kingdom with Hanover as its capital.

From 1868 to 1946 Hanover was the capital of the Prussian Province of Hanover and afterwards of the Hanover administrative region until that was abolished in 2005. It is now the capital of the Land of Lower Saxony. Since 2001 it has been part of the Hanover district (*Region Hannover*), which is a municipal body made up of the former district (*Landkreis Hannover*) and city of Hanover (note: although both *Region* and *Landkreis* are translated as district they are not the same).

With a population of 518,000, Hanover is a major centre of Northern Germany and the country's thirteenth largest city. Hanover hosts annual commercial trade fairs such as the Hanover Fair and the CeBIT. Every year, Hanover hosts the Schützenfest Hannover, the world's largest marksmen's festival, and the Oktoberfest Hannover, the second largest festival of its kind in Germany. In 2000, Hanover hosted the world fair Expo 2000. The Hanover fairground, due to numerous extensions, especially for the Expo 2000, is the largest in the world. Hanover is of national importance because of its universities and medical school, its international airport and its large zoo. The city is also a major crossing point of railway lines and highways (*Autobahnen*), connecting European main lines in both the east-west (Berlin–Ruhr area) and north-south (Hamburg–Munich, etc.) directions.

Hannover's geographical location offers great opportunities to organize weekend excursions to Hamburg, Bremen, Berlin, the Hartz Mountains or even to the North Sea or the Baltic Sea. But Hannover has also a lot of nice and interesting places in town. It is one of the greenest German cities, having several parks, green alleys, a big lake in the city center, a city forest in Eilenriede, one of the nicest zoos in Europe and unique baroque gardens in Herrenhausen. Moreover, it offers a great variety of cultural activities, like concerts (music for every taste), 40 theatres, a State Opera House and numerous museums. Hannover is UNESCO CITY OF MUSIC.

How to Register with German Authorities (might slightly differ due to Corona)

After settling down in Hannover your first stop as a EU member should be a **Bürgeramt**, the Residents' Registration Office (usually you need to do apply for an online appointment. You can go to Bürgeramt "Aegi" or "Podbi-Park" without appointment, but will have to wait). You will have to register your permanent address **within two weeks** after your arrival. Please bring the proof of residency by your landlord. If you happen to move during your stay in Hannover, you will have to register your new address in the Bürgeramt within one week.

Students coming from a non-EU country will also first have to go to the **Bürgeramt**, the Residents' Registration Office (see above, please don't forget the proof of residency by your landlord/-lady).

After that they have to go to the Foreigners' Registration Office - *Ausländerbehörde (Ausländerstelle, Ausländeramt, Sachgebiet für Ausländerangelegenheiten der Stadt Hannover)*. The office can be found at **Am Schützenplatz 1** (next underground stop is WATERLOO).

They will also have to give notice about their financial background during their stay.

To get the residence permit non-EU students must present the following documents:

- completed application form
- valid passport or identity card
- proof of health insurance
- copy of registration at Bürgeramt
- two passport-sized photos
- proof of financing (also possible to receive by PhD office)

Opening a Bank Account

(We usually deal with this in the orientation weeks)

A clearing account (*Girokonto*) is very useful in Germany, because money transactions (e.g. rents) are mostly settled through direct transfers. With a German EC-card you can also collect funds free-of-charge from a cash dispenser (*Geldautomat*).

You need a German bank account in order for MHH to transfer your stipend or salary every month!

In general, students need not pay any account fees. To open an account, please take along your passport or national identity card, the letter of acceptance of the MHH or your enrolment certificate as well as your registration document, which you will obtain at the *Bürgeramt*. Please note that you may not overdraw your bank account except in cases specially allowed by the bank.

! Of course, you may open an online German bank account (e.g. N26), which might be a little less bureaucratic. You may collect funds from the cash dispensers in Germany with your bank card or credit card.

Cost of Living

A minimum of app. 800 – 900 € per month is required to live on and come up for the following necessities (all costs are estimated):

- rent: between 300 € and 500 €
- food: lunch is available for app. 2.40 € – 4.30 € in the canteen of the MHH (Mensa), which is open on weekdays from 12 p.m. to 2 p.m.
- health insurance: (if not provided by the resp. national insurance): app. 80 € per month
- semester fee (app. 400 €), payable at the beginning of each semester



News

Hannoversche Allgemeine Zeitung (www.haz.de) and Neue Presse (www.neuepresse.de) are the two biggest Hannover-based daily newspapers. In the magazines Der Heiße Draht (www.dhd.de), Schädelspalter (www.schaedelspalter.de), Magascene (www.magascene.de), Hannover geht aus you will find information on events and restaurants, bars, cafés, concert halls, etc. in Hannover.

Commercial German Courses

HBRS provides only 2-hour German classes once a week for beginners (A1) and advanced (A2/B1).

If you want to learn more:

German language courses are provided by various commercial language schools in Hannover. The following private schools offer courses at a special price for students:

Bildungsverein

Wedekindstr. 14

30161 Hannover www.bildungsverein.de

Institut für Sprachen und Kommunikation

Lützwowstr. 7

30159 Hannover www.isk-hannover.de

Mobile Phones

In Germany, there are many mobile phone service providers with just as many rate plans. You may ask your fellow students about the cheapest providers and tariffs available. There are special offers for students.

Important German Telephone Numbers:

110 -- Police Emergency

112 -- Fire Emergency or Ambulance Call

Shopping

It is impossible to generalize about products found on Germany's sprawling retail landscape. Product prices and quality vary enormously and comparison shopping is a wise idea. Department stores (*Kaufhäuser*) have just about every imaginable product in stock. In the specialty shops, the prices are usually higher but you get a better service.

There are several supermarkets: "Edeka", "Rewe" and "Marktkauf" are a little more expensive, but offer great varieties of food. Every price-conscious shopper in Germany knows names like "Aldi," "Lidl", "Penny", "NP" etc.. They opt for a warehouse-like atmosphere and sell their products from the crates they were shipped in. In any event, a little comparison shopping goes a long way wherever you decide to buy.

There are many local street/farmer markets in the different parts of Hannover. Please ask someone.

You could best buy cosmetics and some medical products in "dm", "Rossmann" or "Müller". Most of the medical drugs you could only purchase in the pharmacies, called "*Apotheke*".

Nowadays, you can pay almost anywhere with check cards, such as the EC card. However, many stores still refuse to take credit cards. When buying expensive items, remember to keep your receipt, since the product guarantee is only valid if you can present your original proof of purchase.

Opening Hours

Most stores close no later than 8 p.m, some at 9 or 10 p.m. On Saturdays, small shops close at 1 or 2 p.m., although in the city center most stay open until 6 or 8 p.m. **Shops are usually closed on Sundays!**

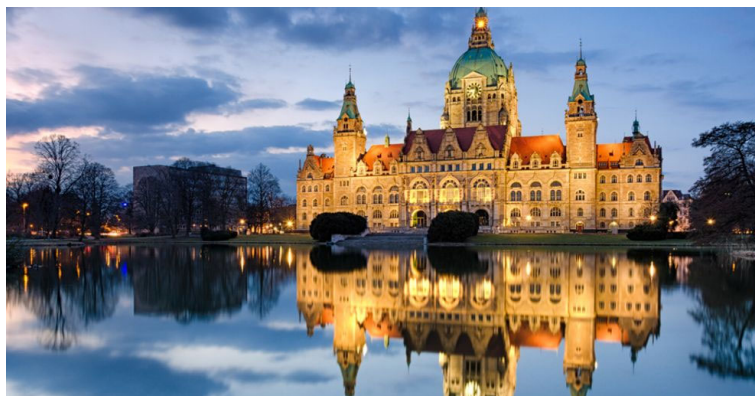
On the four Saturdays before Christmas, you can allow yourself a little more time, since some retail shops keep their doors open until 8 p.m.

The LIDL in Hannover main train station is open daily from 6.00 a.m. to 10 p.m. (Sundays from 8 a.m.). Other shops in this train station are also open on Sundays.

Discounts for students

For students, there is usually some sort of discount everywhere. Museums and other cultural institutions such as theaters and concert halls offer special student rates. And with the MHH multcard, you are entitled to discounts while using the public transport system in Hannover as well as the local trains in Lower Saxony. Also at sport centers and swimming pools, students may qualify for a discount. When in doubt, ask – it costs nothing. Travel is also somewhat cheaper for students. The International Student Identity Card (ISIC) is always helpful in this case. It costs around 9 euro and can easily be obtained from the student services associations. The only requirements are a photo and your student registration card. The ISIC allows discounts on package tours, flights and sometimes on accommodation. If you are under 26, travelling by train is also cheaper. You can obtain information on rates from rail travel counters or on the internet. Anyone who likes travelling will also find a youth hostel pass helpful. This allows you to stay overnight in youth hostels both at home and abroad for a minimal price.

You will also find lots of information about studying in Germany at www.study-in.de/.



Around the City Sightseeing

Apart from our sightseeing tour in the orientation weeks, you could do the following:

Big Sightseeing Tour

In two and half hours you get to see the heart of Hannover, the old and new city hall, the Leine Castle, the Market Church, the Opera, the Leibniz House, many public parks and grounds, and the funny designer bus stops. And sure enough you also get to see the big lake Maschsee and the Herrenhäuser Gardens.

Meeting at:
Hannover Tourismus Service Ernst-August-Platz 2
30159 Hannover

Approach: all city tramlines to the station Hauptbahnhof
If you are standing in front of the central station and looking into town, go to the left, you can't miss it!

Art Walking Tour

If you want to take a walk through the Hannover city centre, you may follow the route of the "Red Line". This is a red line which leads you to many big and little works of art in the city centre. At the Hannover Tourismus Service you can get an information booklet about the route. It leads you to places between the city hall and the lake Maschsee, to the city park, to the Georgengarten and to the Eilenriede, our big city forest.

Lake Maschsee

This is a big lake where you can do water sports like sailing. It is also very nice in summer to just walk around the lake. You can take a ride with a few Maschsee boats of the Üstra. They take you from one stop to another or you can take a ride over the whole Maschsee ending where you started from.

Approach: bus line 120 to the bus stop Rathaus/ Osterstraße, bus line 132, 250 to the bus stop Bleichenstraße

City Hall

Inside the new city hall (Neues Rathaus) you can find city models of Hannover at four different times: in the 1689's, in 1939, after the destruction in 1945 and today.

A peculiarity of the city hall is the 85 years old elevator, which is not going vertical, but sloping! It takes you to a platform with a beautiful sight over Hannover.

Trammplatz 2, 30159 Hannover

Herrenhäuser Gardens and Castle

This is a huge baroque park which is taken good care of. It is a private park so that the visitors have to pay admission fee, but here are also many events like firework competitions and days with many actors, who dance and act around the visitors. In July, a kind of masquerade, the "Little Festival in the Big Garden" takes place every year. The newly-built Herrenhäuser castle was opened in 2013.

Museums

The Veterinärmedizinhistorisches Museum und Hochschularchiv - TiHo Hannover

<https://www.tiho-hannover.de/universitaet/bibliothek/bibliothek/museum-und-hochschularchiv>

Niedersächsisches Landesmuseum Hannover

There are three areas in this museum. The first one has a lot of sculptures and picture galleries from famous painters like Rembrandt, Rubens and Albrecht Dürer in it, from the Romantic to the Impressionism. In the second area are things and scenes from the Middle Ages, and the third area theme is natural history, there is a dinosaur skeleton and a huge aquarium. Chinese, Japanese and Indonesian cultures are also represented.

Willy-Brandt-Allee 5, 30169 Hannover

Sprengel Museum

In the Sprengel museum you can get an insight into the 20th century in Modern Art. The museum came into being from a private collection. There are pictures and works of art from the German Expressionism, the French Kubism, abstract art and much more.

Kurt-Schwitters-Platz, 30169 Hannover

Veterinarian Medical Museum of the "Tiermedizinische Hochschule"

Here one can see historic equipment for diagnostics, operations on animals etc.
Bischofsholer Damm 15, 30173 Hannover

Parks

City Park (Stadtpark)

The City Park belongs to one of the nicest parks in Hannover. Here you can find various water plants in the water grounds and a rose garden with 140 different kinds of roses, which bloom in June and July. You may also find rhododendrons in May and perennial herbs from August till September.

A highlight in the city park is the Japanese tea garden, where sometimes tea-ceremonies take place.
Clausewitzstraße, 30175 Hannover

Eilenriede

This is a big city forest with a good path system, big meadows and pond-like water grounds. Here, you can also find several playgrounds.

Tiergarten

You still can find free living animals in the animal garden like deer and wild boars, but don't panic! There are some very old trees which are up to two hundred years old.

Tiergartenstraße, 30559 Hannover

Zoo

The Hannover Zoo offers a lot of fun for kids and for adults. There are adventure sites, which are very nicely created like the Gorilla Mountain, the Alaska Area, the Jungle Palace or the farm Meyer's Yard. There is also an African landscape called Sambesi, with a hippopotamus underwater world.

You can take a ride with the Sambesi boat to see the old hippopotamus Zora and flamingos, pelicans and a lot more animals. At the Sambesi Lodge you can see the lion grounds and right next to them the giraffes. Shows are included like the elephants' show or the reptile show.

Adenauerallee 3, 30175 Hannover www.zoo-hannover.de

Opera and Theatre Hannover State Opera

Every year there is a new opera plan which you can look up on the website www.staatstheater-hannover.de.

Opernplatz 1, Tel.: 0511-9999-1111

MHH students can get free tickets for the theater, ballet, opera, etc in Hannover. You just need to register in the following link https://staatstheater-hannover.de/de_DE/theaterflatrate with the MHH student email and you can get free tickets 4 days before the play.

HCC Hannover Congress Centrum

Here you can listen to a lot of quality symphony orchestra concerts in the dome hall with over 3500 seats or to chamber music in the Beethoven hall with about 800 seats. In the other halls, Eilenriede hall with 4000 seats, Niedersachsen hall with 1800 seats, Glas hall with 1000 seats, you can listen to various kinds of musicians, included modern ones.

Theodor-Heuss-Platz 1-3, Zooviertel

Ballhof 1

In the old town you can find a half-timbered house where theatre is played. It is a chamber theatre, where one can find all sorts of plays, concerts, song nights, author readings and more.

Ballhofstraße 5, Old town

Ballhof 2

This little rehearsal stage is transformed into a public mini-stage where one can find some interesting experimental modern plays.

Knochenhauerstraße 28, Old town

Schauspielhaus

Here plays the "official" theatre company of the Land Niedersachsen (Lower Saxony). It offers modern and classic theatre for 630 visitors.

Prinzenstraße 9, City center

Theater am Aegi

Here one can find a lot of guest performances, like musicals (Buddy, Rocky Horror Show), concerts, ballets and theatre.

Aegidientorplatz 2, City center

City Library

Information Centre Special Areas Music Library

Here you can find about 680.000 books, videos, cassettes, DVD's, CD's and CD-ROMs from all areas, and then there are still 2000 magazines waiting for you. Here also are books for all kinds of areas; an information center, historic books and a collection of books on special areas. Author readings often take place in the library in the evening hours.

Hildesheimer Straße 12, 30169 Hannover

Cinemas

Astor

10 cinemas

Nikolaistraße 8, City center

Cinemaxx 2

10 cinemas

Raschplatz 6, City center

Kino am Raschplatz (Program Cinemas)

Raschplatz 7g, City Center Tel.: 0511- 317802

Hochhaus

Goseriede 9, Steintor, City center

Apollo

Limmerstraße 50, Linden

Kommunales Kino

Künstlerhaus, Sophienstraße 2

Bars, Restaurants, Cafés, Clubs

There is a great variety of bars, restaurants and cafes in Hannover. Depending in which part of Hannover you are living, there are many possibilities. Here we only list some of the locations, which we like very much!

Bars/Cafes:

Cafe & Bar Celona (Old town opposite market church and a second one in List; Mediterranean food)
Knochenhauerstraße; Lister Meile 15

Café Mezzo (Oststadt, not far from main station, backside; nice all day long)
Lister Meile 4, 30161 Hannover

Dublin Inn/ Jack the Ripper (Old town next to Market church, Irish Pub with karaoke)
Am Markte 13, 30159 Hannover

Extra Blatt (both for food and drinks, very mainstream)
five locations: Friesenstrasse 14; Georgsplatz 3; Altenbekener Damm 9, Grupenstraße 2; Königsworther Str. 2

Extrakt (Nordstadt, decent prices for good food)
Hahnenstraße 3, 30167 Hannover

Glüxxkind (Südstadt, nice cakes)
Marienstraße 47, 30171 Hannover

Goldfisch (Südstadt, bar)
Sallstraße 48, 30171 Hannover

Henry's (City center, nice burgers,)
Georgstraße 50, 30159 Hannover

Klein Kröpcke (Nordstadt, beer garden)
Callinstraße 2, 30167 Hannover

Lister Turm (List, Greek restaurant and beer garden in summer under the trees)
Walderseestraße 100, 30177, Hannover

Lulu (List)
In der Steinriede 12, 30161 Hannover

Piccoli's road house (City center, American bar, you can play pool and Fussball, good food)
Nikolaistraße 2-4, 30159 Hannover

Roof-top bar: Schöne Aussichten 360° (City center, beach club, view towards market church)
Röselstr. 7, 30159 Hannover

Teestübchen (Old town, cosy atmosphere for your tea, nice in summer to sit outside)
Ballhofplatz 2, 30159 Hannover

The Harp (Linden, Irish pub, good burgers)
Schwarzer Bär 1, 30449 Hannover

Restaurants:

Francesca Fratelli (Italian food)

Three locations: Seilwinderstrasse 2; Engelbosteler Damm 13; Limmer Strasse 47

Koh-I-Noor Dhaba (Südstadt, Indian food)

Hildesheimer Str. 85, 30169, Hannover

L'Osteria (City center, Italian food)

Lavesstraße 1-2, 30159 Hannover

Loving Hut (City Center, vegan food)

Calenberger Str. 11, 30169 Hannover

Lucky Luke Grill (Vahrenwald, Burgers)

Melanchthonstraße 56, 30165 Hannover

Mangal's Kitchen (List, near Lister Platz, Indian food)

Ferdinand-Wallbrecht-Straße 6/8, 30163 Hannover

Shalimar (City center, Indian food)

Lange Laube 13, 30159, Hannover

Sushi-Do (City center, Sushi)

Thielenplatz 3, 30159, Hannover

Tanara (Kleefeld near Kantplatz, Cyprics food, decent prices)

Scheidestraße 20, 30625 Hannover

Urfa Palace (Vahrenwald, Turkish food)

Melanchthonstraße 57, 30165 Hannover

Vapiano (City center, Italian food)

Heiligerstraße 3, 30159 Hannover; and at main train station: Ernst-August Platz 1

Clubs:

Faust (near Leibniz University, Rock and Charts and Theme Parties)

Zur Bettfedernfabrik 3, 30451 Hannover

Funpark (Tram 6 towards Messe Ost, 20 min away from Kröpcke, house and R'n'B)

Expo Plaza 9, 30539 Hannover

Havana (City center, near "Steintor", dance club, Latin American music)

Scholvinststraße 4 30159 Hannover

Ludwig (City center, near train station, two areas with chart, house music and Volksmusik and a smoking area)

Rundestraße 6, 30161 Hannover

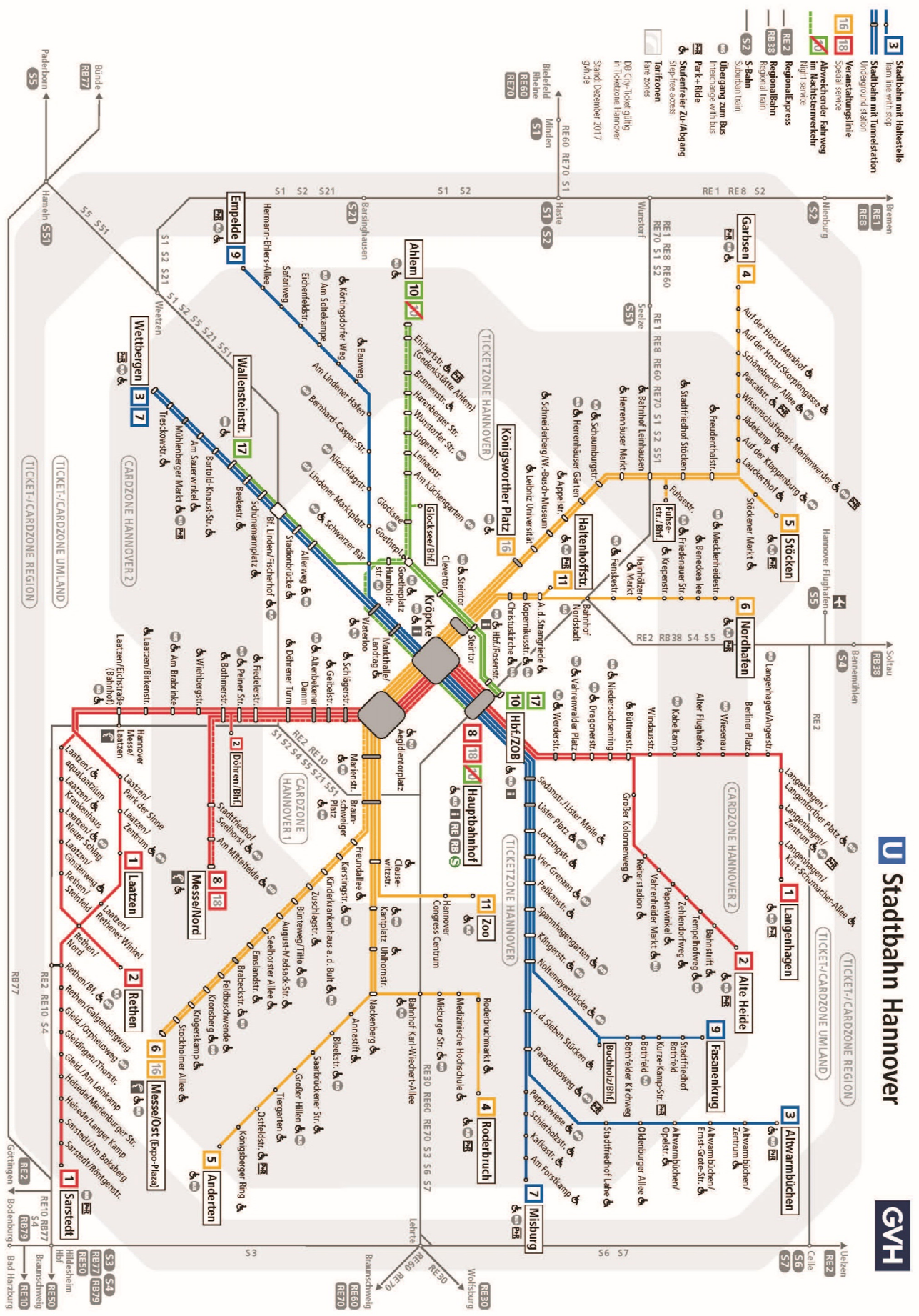
Osho, Palo Palo and ZAZA (City center, dance clubs, backside of main station, Latin, charts, house, R'n'B)

Raschplatz 7L, Raschplatz 8A and Hamburger Allee 4A, 30161 Hannover

Rockhouse (City center, Hard Rock, Metal music)

Kurt-Schumacher-Straße 23, 30159 Hannover

Transportation System



Stadtbahn Hannover



Useful links

- Hannover, city of Science <https://wissen.hannover.de/en/Services>
You find some videos on <https://wissen.hannover.de/en/Institutions/Studentenwerk-Hannover-Student-Services/New-in-Hannover-Starting-University>
- Info about Germany <https://www.make-it-in-germany.com/en/>



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