

Consulting Services for Students

Specifically for international Students

International office

If you have any requests regarding your stay or arrival, the [International Office](#) is your point of contact.

Application process

If you are thinking of applying to the GSU or you have questions regarding your application, you can find information [here](#).

Accommodation

Sometimes, especially in Cologne, it is hard to find a place to stay. Here are some useful links to help you find accommodation:

- [Living in Cologne](#)
- [Accommodation](#)
- [Student Dorms on Campus](#)

Visa & health insurance

[Here](#) you can find general information for visa and health insurance inquiries. Kathrin Hecker (k.hecker@dshs-koeln.de) from the International Office is your contact person if you have specific questions regarding your case.

Studying under special circumstances

Further below you will find more information regarding studying with children or studying with disability. [Here](#) you can find a summary of contact persons at the GSU.

Emergencies

If you find yourself in an emergency, you can find a quick guide [here](#).

Erasmus Student Network Cologne

If you want to join a network of international students studying all over cologne, visit the [Erasmus Student Network Cologne](#). They organize a variety of activities and events during the semester, and you can participate in trips all over Europe. With the [ESN Card](#), you can get discounts for restaurants or shops.

Cologne Student Union

If you have questions about your rights and obligations arising from your residence status, you can contact the Cologne Student Union (“Kölner Studierendenwerk”) [service for international students](#). They can also put you in touch with emergency assistance services or support you in dealing with the authorities.



Health Services

Psychological Counselling Service

The [Psychological Counselling Service](#) is available to you and offers professional counselling and support for study-related difficulties and personal concerns that affect your studies.

Basically, all Spoho students who would like to talk about their problems with experienced psychologists can turn to the psychological counselling.

Exemplary topics are:

- Exam nerves
- Work and learning difficulties
- Motivation problems
- Dealing with stress
- Acute crises
- Self-esteem problems
- Family stress
- Relationship problems
- Depressive moods, anxiety disorders, eating disorders, addiction problems, etc.
- Pain disorders
- Dealing with injuries
- Questions about psychotherapy

The Cologne Student Union (“Kölner Studierendenwerk”) also offers psychological counselling. You can find information about that [here](#).

Medical care

In case of an injury or other complaints, the [outpatient clinic](#) of the Sports University is your first port of call.

Note: The outpatient clinic is not a general or family practice, it is private and is to be used only in case of acute injuries etc. within the scope of study!

Where?: in the main building, “Ärztetrakt”

When?: current opening hours [here](#)

Shelter

In the cafeteria/bistro of the Sports University, the [Cologne Initiative against Sexualized Violence](#) with the campaign “[EDELGARD](#) protects” offers one of many [EDELGARD shelters](#) in Cologne, where women and girls can get uncomplicated and direct support in cases of harassment, threats and violence.

The opening hours for all EDELGARD shelters can be found on the [EDELGARD map](#).



Advice on addictive substances and problematic media use

If you have questions or would like advice on addictive substances or problematic media use, you can contact the youth addiction counselling center [Ansprechbar](#).

Appointments can be made there in person, by phone or via video counselling.

Who is the counselling for?

- Adolescents and young adults up to 27 years of age
- Relatives
- Professionals who are in contact with this target group

On which topics does the counselling take place?

- Legal substances (alcohol, nicotine, drugs, etc.)
- Illegal substances (cannabis, party drugs, etc.)
- Media consumption / addiction (here also beyond the age of 27)

The counselling is...

- Client-centered
- With a non-judgmental attitude towards the topics of consumption and addiction
- Confidential
- Sensitive
- Independent of authorities
- Open to targets
- Within the scope of confidentiality
- Free of charge
- Up to 10 meetings

More information and contact

www.ansprechbar-koeln.de

E-mail: ansprechbar@drogenhilfe.koeln

Phone: +49 221/91279710

Study healthy

The [Student Health Management](#) (SGM) offers a variety of information and offers to stay fit and healthy.

Stay physically fit

The [university sports department](#) ("UniSport", offer for all universities in Cologne) offers a wide range of courses from almost all sports areas. At the [AStA AGs](#) (Student Union, university internal) you will also find a divers offer, not only to move, but also to get creative.

Test anxiety

For exam stress, the student health management offers an exam anxiety workshop in cooperation with the Techniker Krankenkasse as part of the university continuing education program. Further information can be found [here](#). *However, this workshop is conducted only in German.*

If you have short-term questions about exam nerves, you can contact the [Psychological Counselling Service](#).



All around your studies

Discrimination/ sexual harassment

A first point of contact in cases of concrete harassment or suspected cases is the [Rectorate Representative for Anti-Discrimination](#).

In cases of discrimination or sexual harassment in your studies, the Equal Opportunity Office/Equal Opportunity Officer will help you. Further [information and contact](#).

the cafeteria/bistro of the Sports University, the [Cologne Initiative against Sexualized Violence](#) with the campaign [EDELGARD](#) protects offers one of many [EDELGARD shelters](#) in Cologne, where women and girls can get uncomplicated and direct support in cases of harassment, threats and violence.

The opening hours for all EDELGARD shelters can be found on the [EDELGARD map](#).

Students with disabilities

Information about barrier-free studies at the German Sport University can be found [here](#).

The German Sport University Cologne is very concerned to provide students with disabilities or chronic illnesses with the smoothest possible start to their studies and to provide [advice and support](#) in all matters during their studies. The rectorate has appointed [Dr. Anke Raabe-Oetker](#) and [Prof. Dr. Thomas Abel](#) as representatives.

Study with family

If you are planning to study with a family, the University of Sport offers various assistance and [advice services](#). For example, as a student with a child, you have the opportunity to register for courses earlier than your fellow students, to apply for an extension of the deadline for your thesis, or to be exempt from exams.

In addition to internal offers and measures of the university, the [Family Service Office](#) also advises on federal legislation, such as the new Maternity Protection Act, which came into force on January 1, 2018. As a student, you will also have the opportunity to use the [breastfeeding room](#) (simply call the [Family Service Office](#) or drop by to find out how to use it).

Conflicts and disputes

If you have a dispute with a fellow student or lecturer, the ombudsperson (Dr. Wilhelm Kleine; wilhelm.kleine@qzs.uni-siegen.de) can help you.

The ombudsperson is responsible for particularly confidential matters of students or lecturers. Mediation between two parties in individual and interpersonal problem situations, especially in cases of conflict and dispute, is the focus of the work. The ombudsperson is subject to confidentiality. More detailed information can be found [here](#).



Challenging life situations

If you are faced with difficult and therefore challenging life situations, you can turn to the [Student Advisory Service](#).

The student advisory team provides initial guidance and, once the situation has been clarified, also offers further personal counselling. Close cooperation with specialized agencies (e.g. [Family Service Office](#), [Psychological Counselling](#), [Cologne Student Union](#)) also enables targeted referrals for special questions.

Some examples of situations where support can be helpful are

- problems with your partner or family,
- a difficult financial situation or
- challenges in planning and organizing your studies

If you would rather talk to students first, the [Department for Social Affairs](#) of the AStA (Student Union GSU) can also be a first point of contact. To do so, contact soziales@asta-spoho.de.

Course of study

If you are wondering which modules you should choose and when, or if you have general questions about the organization of your studies, the [Student Advisory Service](#) will help you.

If you are studying to become a teacher, the [Center for Physical Education Teacher Training](#) (ZfSb) will help you.

Are you interested in a stay abroad? You can get more information from the [International Office](#).

Career planning

Would you like to know what to do after graduation? Or do you already have a clear career goal and want to plan your next steps on the job market? Either way, the [Career Service](#) is just the right thing for you.

At the Career Service, you can also find [job offers and internships](#) or [extracurricular trainings](#).

P.S.: Don't miss the [Spoho Career Day](#)!

Learning and writing advice

Do you feel overwhelmed by the amount of material you have to memorize until the next exam? Is the next exam coming up soon and you still haven't started studying, even though you made up your mind last time not to put everything off until the end?

For situations like this, the [Cologne Student Union](#) ("Studierendenwerk") offers various workshops and learning coaching sessions.

The AStA (Student Union GSU) also offers a [free writing workshop](#) for those who have difficulties with their homework, as well as joint writing events where you can overcome your inner obstacle and work on your homework together with qualified writing consultants.

If you have exam nerves, you can find more information [here](#). If you have short-term questions about test anxiety, you can contact the [Psychological Counselling Service](#).



Exam organisation

If you have questions about exams and exam registration, you can contact the [examination office](#) or the [student advisory service](#). Teacher training students can also contact [the Center for Physical Education \(ZfSb\)](#).

If you have exam anxiety, you can find more information [here](#). If you have short-term questions about exam anxiety, you can contact the [Psychological Counselling Service](#).

Funding

For students, the start of their studies is a special situation and the beginning of a new phase in their lives. In addition, the topic of financing your studies often determines your everyday life. Here, too, there are contact points for you:

- AStA Department for Social Affairs: soziales@asta-spoho.de
- Financing your studies - [Student counselling](#)
- [Cologne Student Union](#) ("Kölner Studierendenwerk"): The staff of the Student Union will advise you on whether you are eligible for BAföG and, of course, on all general questions regarding BAföG, including the correct application process, which can often cause problems.

You can also find more information here:

- [Study Orientation NRW](#)
- [Federal Ministry of Education & Research](#)

Studies and educational loans

If you are not eligible for BAföG or need additional financial aid, you can find an overview of other financing options here:

- [Educational Loan Federal Ministry of Education & Research](#)
- [Study Orientation NRW](#)

In addition, you can get [free advice on loan financing](#) from the Studierendenwerk, a useful service before you take on a large amount of debt.

Change of career

You doubt whether you have chosen the right course of studies? Are you still lacking information and suggestions on what you can do now and how to approach a possible change of study program? Then sign up now for the next [change of program workshop](#) for Spoho students.

More helpful links

- [Overview "Help in case of emergency"](#)
- [Counselling & Contact Points Overview of Gender & Diversity Management](#)
- [Women's Emergency Hotline Cologne](#)
- [Nighline Cologne](#)

Living in Cologne

- <https://www.dshs-koeln.de/hochschule/campus-freizeit/wohnen-uebernachten/>
- <https://www.kstw.de/wohnen>

Last update: 06/06/2023

