



# Handbook for Erasmus-Students

-University of Applied Sciences for Public  
Administration and Legal Affairs in Bavaria-

Location: Hof



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# 1 Welcome in Germany/Bavaria/Upper Franconia/Hof

We are really happy to welcome you in our beautiful country Germany! Be sure that you will have some extraordinary, interesting and amazing months and moments here at our university and of course by travelling around in the whole country. Don't be shy, get to know your fellow students and discover new cultures and perspectives. Maybe the time here will shape and inspire you. We wish you just the best and a pleasant stay! And don't forget: **Enjoy all your life like on Erasmus!**

## 1.1 Germany

First of all, here is some information about your chosen home country for the next few months.

The correct name of our country is "Bundesrepublik Deutschland" what is translated like "Federal Republic of Germany". It has a total area of about 357.340 km<sup>2</sup> and a population of 81.426.434. The capital and largest city is "Berlin".

The form of government in Germany is, like the official name already says, a republic. We have a parliamentary democracy as regime.

The head of state is Federal President Frank-Walter Steinmeier. Our head of government is Federal Chancellor Angela Merkel.<sup>1</sup>

## 1.2 Bavaria

The Federal Republic consists of 16 federal states. The most beautiful federal state is – of course – "Freistaat Bayern" (Free State of Bavaria). It has a total area of about

70.550 km<sup>2</sup> and a population of 13.067.186.<sup>2</sup> The capital city is "München" (Munich). Head of government is Ministerpräsident (prime minister) Markus Söder.

## 1.3 Upper Franconia

Bavaria is divided into seven districts. One of them is called "Oberfranken" (Upper Franconia). It has a total area of about 7.231 km<sup>2</sup> and a population of 1.062.398. The four biggest cities are Bayreuth, Bamberg, Hof and Coburg. Bayreuth is the presidential residence of Regierungspräsidentin (district president) Heidrun Piwernetz.<sup>3</sup>



Figure No. 1: The Federal Republic of Germany with its 16 federal states

<sup>1</sup> <https://de.wikipedia.org/wiki/Deutschland>

<sup>2</sup> <https://de.wikipedia.org/wiki/Bayern>

<sup>3</sup> <https://de.wikipedia.org/wiki/Oberfranken>

If you love nature, you should not miss to visit the wonderful landscape of the Franconian Forest (Frankenwald) and the low mountain range "Fichtelgebirge", which are both located conveniently near to Hof. There are numerous places of interest and we recommend you to check out some of them. In the Franconian Forest you find many opportunities and above all great scenery both for hiking and mountain biking. There are more than 3.500 km of marked hiking and cycling trails! Popular destinations include for instance the "Höllental" (soon perfect for a nice Sunday afternoon walk over the biggest suspension bridge of the world), the "Rennsteig" (a very famous long-distance hiking trail) and the "Döbraberg" with its various trails for mountain biking. If you like to go inline skating, the fresh water reservoir "Ködeltalsperre" is worth checking out. There is a 10 km flat asphalt road around the lake which offers perfect conditions for an intensive work-out. A fun thing to do with a group of friends is raft riding on the river. Taking place on all Saturdays in summer, the ride starts in the village Schnappenhammer and will bring you to Wallenfels in the end. On this 45 minute ride, nobody will stay dry!<sup>4</sup> A registration is necessary. For more information visit this site: <http://wallenfels.de/flossfahrten.html>

Also fun means for sure canoeing. See for example this website: <http://www.fraenkische-schweiz.com/sport/kanu.html>

The "Fichtelgebirge" is situated between Bayreuth, Hof and Waldsassen. In Wunsiedel you will find something very special to visit - the Rock Labyrinth, a picturesque wooded hill with huge boulders where you have to find your way to a viewing platform offering a great view of the surroundings. A great day to visit Wunsiedel is the weekend before June 24th when more than 30 wells in the city are elaborately decorated with garlands of fresh flowers for the annual summer festival. Near the Rock Labyrinth, there is also a very special outdoor theater called "Luisenburg". The stage is embedded in the natural scenery of the rocky hill, and the performances are very lively due to the many possibilities that this unique stage offers. In winter, both the Franconian Forest and the Fichtelgebirge offer great opportunities for cross country skiing, especially at the Döbraberg and the Epprechtstein. For downhill skiing, the slopes on the Ochsenkopf and in Mehlmeisel are particularly popular.<sup>5</sup>

Also worth a visit are the other cities in Upper Franconia such as Bayreuth, Bamberg or Coburg, which are all within a radius of about 100 km. Furthermore, big cities like Leipzig (160 km away) and Dresden (180 km away) are highly recommended.

Of course there are also numerous possibilities in Upper Franconia to live out the climbing sport in all its variations.

From rock climbing to climbing gardens and climbing halls, there is something for everyone. Further information can be found at:

<https://www.regierung.oberfranken.bayern.de/umwelt/natur/erholung/kletterkonzepte.php>

If anyone is interested in German history, should definitely visit the "German-German Museum Mödlareuth". German history was lived here, namely that of a divided village, a divided country, even a divided world.

The Americans called it "Little Berlin", this village at the end of the world, which, like its big brother, became a symbol of German division. In Mödlareuth there was a wall, but no checkpoint. For more than 37 years, it was legally impossible to cross the border in order to get from one part to the other. Here was a restricted area on one side and a crowd of visitors on the other. Here it was forbidden to wave or greet from east to west.

Here you can get more information:

<http://moedlareuth.de>

## 1.4 Hof

Hof – the top of Bavaria – is situated in the centre of Europe, half way between Munich and Berlin respectively between Frankfurt and Prag. Hof is a pleasant town with 4.000 students studying at two different universities.<sup>6</sup> First of all our university – “Fachhochschule für öffentliche Verwaltung und Rechtspflege in Bayern” – and the University of Applied Sciences in our neighborhood.

The town itself has a population of 47.000 inhabitants and is situated in north-eastern Bavaria, near the border to the Czech Republic.<sup>7</sup> Hof is an urban municipality and is situated on the river Saale. The area is about 58,02 km<sup>2</sup>.

In comparison to metropolitan areas costs of living are low in Hof.<sup>8</sup>



**Figure No. 2: Map of Germany**

"Hof in Bavaria right at the top"...that's what the people in Hof like to say about their town. Whether you are looking for a farm on a map, the topographical height or in a figurative sense - you will always get the same result.

But one should not be deceived by the romantic “Biedermeier” facades. Today they are historical backdrops for exciting cultural and sporting events, for cosy shopping and enjoyable hours with the delicacies from the kitchen and cellar.

The “International Hof Film Festival”, the “Hof Theatre” and the “Hof Symphony Orchestra” are the hallmarks of this city, but also the romantic and dreamy “Bürgerpark Theresienstein” - one of the most beautiful parks in Germany - has achieved a high reputation. (You can find more about it in point 8.4)

From here it is only a few steps to the lively pedestrian zone with its many shops and department stores, which lies on a hill above the river Saale and entices visitors and locals alike to shop and enjoy. As is well known, there are the very best types of sausage here, which one likes to pack - together with crispy bread - as food for one's way.

In the middle of the friendly shopping city you will also find the “Hofer Wärschtlamo”, a very special sausage seller, which is only available here. You can recognize him by his brass kettle and his smart and helpful manner. A visit to the “Hof Wärschtlamo” is a must during every stay in the city. The beer festivals, especially the “Schlappentag” are also very famous over the border of Hof. In the south of the city lies the wonderful blue “Untreusee”, a dream for all nature lovers and water sports enthusiasts. (You can find more about it in point 8.3)

A special attraction, next to the climbing park and labyrinth, is the beer garden directly on the shore.

<sup>4</sup> <http://www.hof-university.com/welcome/living-in-hof/survival-guide.html>

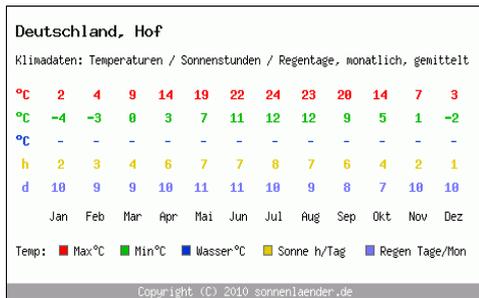
<sup>5</sup> <http://www.hof-university.com/welcome/living-in-hof/survival-guide.html>

<sup>6</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

<sup>7</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.htm>

<sup>8</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

<sup>9</sup> [https://www.hof.de/hof/hof\\_deu/hof-tourismus.html](https://www.hof.de/hof/hof_deu/hof-tourismus.html)



In the left chart there is shown the average temperature and rainfall. As you can see the maximum average temperature with 24°C isn't so high and especially in the winter months there can be a lot of snow.

**Figure No. 3: Average temperature and rainfall**

## 2 Arrival

There is no prescribed time for your arrival at FHVR, but the best time to arrive is on weekdays from 7.00 am or later.

There are several possibilities to arrive at FHVR in Hof...

### 2.1 ... by car

**Arrival via highway A9:** Exit Hof-West

**Arrival via highway A93:** Exit Hof-Süd/Hof-Zentrum

Follow the signposts „Fachhochschulen“ after arrival in Hof.

The parking areas around the „Fachhochschule“ are signposted as well.<sup>10</sup>

### 2.2 ... by train

Destination: Central railway station Hof<sup>11</sup>

Use this website to find your perfect train connection:

[http://www.bahn.de/p\\_en/view/index.shtml](http://www.bahn.de/p_en/view/index.shtml)

You might call a taxi (also see No. **6 Public transport**) to get to FHVR because it's quite far away to go by foot to the university. It will cost about 12,00 € for round about 3 kilometers.

<sup>10</sup> <http://www.fhvr-aiv.de/en/contact-us/means-of-arrival.html>

<sup>7</sup> <http://www.fhvr-aiv.de/en/contact-us/means-of-arrival.html>

## 2.3 ... connection via city-bus

**Bus line No. 6:** Klösterleinsweg

**Bus line No. 7:** Wirthstrasse<sup>12</sup>

## 2.4 ... by plane

If you arrive at Nuernberg (Nürnberg) airport, you will need about 2 to 3 hours by train.

If you arrive at the airport in Munich (München), you will need about 4 to 5 hours by train.

Either way arriving to go on by train the best ticket you can get is called "Bayern-Ticket". It costs 25,00 € per passenger + 7 € for each further passengers. It is valid all over Bavaria from Monday to Friday from 9.00 am to 3.00 am of the following day or on the weekend the whole day. But be careful: You are only allowed to use local passenger trains (not express trains like the ICE for example). This ticket also allows you to use commuter railway systems and busses. For more details please visit the following website:

[http://www.bahn.de/p\\_en/view/offers/national/regional/laender-tickets/bavaria-ticket.shtml](http://www.bahn.de/p_en/view/offers/national/regional/laender-tickets/bavaria-ticket.shtml)

## 3 Accommodation

Don't worry about your accommodation, because it is offered for guest students in the halls of residence. You will get a room that is equipped with a bunk bed, a desk, a wardrobe, some shelves, a small table, 2 chairs, a washbasin, a TV and free WiFi.

The bathroom (shower and toilet) and the kitchen are a few meters away from your room. The kitchen holds a microwave, a baking oven, cook tops, a sink and a refrigerator. You will have your own little box inside the refrigerator that is lockable.



**Figure No. 6: Wardrobe**



**Figure No. 5: Small table**



**Figure No. 4: Bunk bed**

<sup>12</sup> <http://www.fhvr-aiv.de/en/contact-us/means-of-arrival.html>



Figure No. 7: Desk



Figure No. 8: Desk and shelves



Figure No. 9: Washbasin

### 3.1 Equipment

You don't need to bring bed linen like a pillow slip, a duvet cover or a fitted sheet with you. Furthermore, you don't need to take cooking pots, pans, cutlery, cups or drinking glasses with you. It is all available locally.

But attention! If you need a hair-dryer, you should bring your own, because here is none.

Maybe you need a sleeping mask, because there is no roller shutter on the window, so it won't be really dark inside. Sometimes there are parties in the kitchen (that are actually not allowed) that evolve some noise. In that case, you are lucky, if you are also partying or you have brought some earplugs with you.

### 3.2 Costs

One room costs 160,00 € per month.<sup>13a</sup>

## 4 FHVR Hof

The FHVR Hof is your university for the next few months. It means "Fachhochschule für öffentliche Verwaltung und Rechtspflege" what is translated like "University of Applied Sciences for Public Administration and Legal Affairs".

The FHVR offers a three-year graduate programme in public administration for state and municipal civil service. After having successfully graduated FHVR students get a diploma "Diplomverwaltungswirt (FH)", which enables them to work at middle management level or in specialized jobs in public authorities.<sup>13</sup>

The FHVR offers a graduate programme focusing on the practical demands of state- and local authorities. The essential subjects are law, economics, social sciences and computer sciences.<sup>14</sup>

Students have the status of civil servants of the Free State of Bavaria ("Freistaat Bayern") or of different local authorities. For that reason the number of students varies every year

<sup>13</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

<sup>14</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

<sup>13a</sup> Standard of knowledge: since course group 2019/2020

depending on the requirements of the public employers. In 2018 there have been 555 beginners and the number of students has been 1.868 in total.<sup>15</sup>

## 4.1 Opening hours

The opening hours of the **main building** (lecture halls, seminar- and computer rooms) are from Monday to Thursday from 7.30 am to 9.00 pm and on Fridays from 7.30 am to 3.00 pm.

The opening hours of the **information office** are from Monday to Thursday from 7.40 am to 5.00 pm and on Fridays from 7.40 am to 1.30 pm.

## 4.2 International office

The international office is the central place to go for students

who plan a stay abroad and for foreign guests as well. It is its business to give advice to the students and to coordinate all other international activities of the University of Applied Sciences.

You will get all necessary information from the international office and it also helps with application forms.

### Staff:

Karl Georg Haubelt, phone: +49(0)9281 409-267

Simone Rohner, phone: +49(0)9281 409-103

### Contact:

University of Applied Sciences for  
Public Administration and Legal Affairs  
Wirthstrasse 51  
D-95028 Hof<sup>16</sup>

For more information visit this site: <http://www.fhvr-aiv.de/en/international/international-office.html>

## 4.3 Living on the campus

The FHVR offers an attractive surrounding area with top equipment and an appealing architecture. Everything students want is on the campus as you can see on the following map: lecture halls (1), seminar- and computer rooms (1), a library (1), canteen (2), Italian restaurant (2) and cafeteria (3), pub (2), bowling alley (2), residential areas (4), gymnasium (5), tennis courts (6), beach volleyball fields (7), basketball/soccer fields (8) – all that very close to nature.<sup>17</sup> The building of the cafeteria belongs to the building of the other university (9) [University of Applied Sciences].



Figure No. 10: Mr. Haubelt (left) and Mrs Rohner

<sup>15</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

<sup>16</sup> <http://www.fhvr-aiv.de/en/international/international-office.html>

<sup>17</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

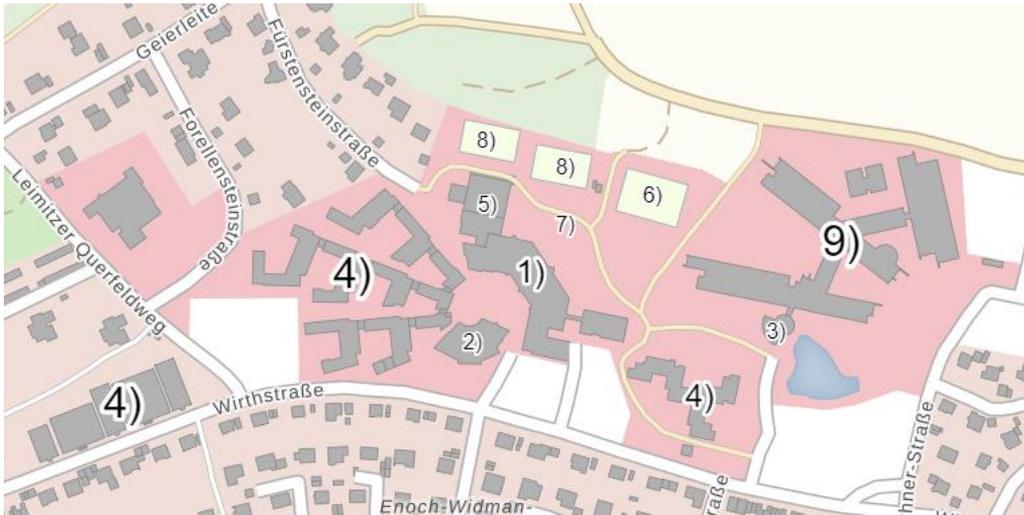


Figure No. 11: Map of the campus<sup>18</sup>

The FHVR offers individual- and team sports with a variety of sportive activities (e.g. aerobic, volleyball, soccer, hockey, tennis) and organizes sport contests. Students organize discos, parties and cinema.<sup>19</sup>

It is just a 20 - 25 minutes walk from the campus to the town centre. To get an itinerary you can use this website: <https://www.google.de/maps?hl=de&tab=wl>

just say your start is:	Wirthstraße 51, 95028 Hof
and your destination is (for example):	Altstadt 1, 95028 Hof

### 4.4 Library

The opening hours of the library are from Monday to Thursday from 8.00 am to 6.00 pm and on Fridays from 8.00 am to 1.00 pm.

If you have any questions please ask Mrs. Christine Löhner, phone: +49(0)9281 409-102.

### 4.5 Computer, printer & WiFi

The technical equipment fits perfectly to the specific requirements for education and training. The computers can be used for personal purposes during the opening hours of the university after classes have ended.<sup>20</sup>

<sup>18</sup> <https://geoportal.bayern.de/bayernatlas/?topic=ba&lang=de&catalogNodes=11,122&bgLayer=atkis&E=708898.35&N=5578827.78&zoom=12>

<sup>19</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

On campus students can use their login name to have access to the Internet via wireless lan, to the Intranet and to an own mail server.<sup>21</sup>

It is possible to use photocopiers, data processing printers and scanners by means of a credit on a chip card.<sup>22</sup> This card will be provided after your arrival. With this card you are able to print or copy some documents at the public printers (they are located in front of the library or at the main entrance for example).

One page (black and white) costs 0,06 €. Coloured pages cost 0,20 € per page and you have to chose "colour printing" when you order the print job on the computer. And don't forget to print the colour printing at a special printer. The only one which is able to print coloured pages is located on the other side of room 111.

There is a charging machine at the main entrance of FHVR (close to the information office) where you can put money into and recharge the chip card for printing.

You can recharge this chip card with a second credit for payment in canteen (see **5.1 Canteen („Mensa“)**).<sup>23</sup>

## 4.6 Bikes

It's possible for you to rent a bike. Ask our caretaker Mr. Pahlen. You will find him in room 016.

## 5 Eating on campus

You have four possibilities on campus to satisfy hunger. There is the canteen, the Italian restaurant, the cafeteria and last but not least the opportunity to cook by yourself in the kitchen in your hall of residence.

### 5.1 Canteen („Mensa“)

The canteen offers a great variety for your breakfast or for lunch. You can order vegetarian meals as well as meat or you can choose between two different pasta dishes. Moreover you can buy some fruits or salad. All meals are offered at a relatively low price. You get your food by self-service, which



**Figure No. 13: Canteen from the inside**

implies that you have to get a tray and utensils, line-up for the respective food counters and pick your choice of food and drinks. Before leaving, please do not forget to place your

tray on the conveyor belt or in the designated tray carts.



**Figure No. 12: Canteen from the outside**

<sup>20</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

<sup>21</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

<sup>22</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

<sup>23</sup> <http://www.fhvr-aiv.de/en/international/study-in-hof.html>

### 5.1.1 Which meals are offered?

You can find the current menu of each week and the prices as a notice in front of the canteen or on the following website:

[https://www.studentenwerk-oberfranken.de/index.php?id=91&tx\\_bwrkspeiseplan\\_speiseplanplugin\[showAction\]=week](https://www.studentenwerk-oberfranken.de/index.php?id=91&tx_bwrkspeiseplan_speiseplanplugin[showAction]=week)

### 5.1.2 How can I pay?

In canteen you pay with your chip card that you will get after your arrival. The chip card can be charged with banknotes of 5 €, 10 €, 20 € and 50 € at one of the charging machines in front of canteen. In order to charge the card, first place your card on the machine. Your current credit balance will appear on the display. Now you can charge your card by inserting a note into the machine.

**Be careful:** Payment by cash is not possible for students. So be sure that you have enough credit balance on your chip card.

In addition, it is now possible to make cashless payments.

As soon as your card balance falls below a predetermined amount, you can automatically upload your canteen card during the payment process at the checkout. This amount will then be debited from your account via SEPA Direct Debit.

To do this, you must first issue the “Studentenwerk Oberfranken” with a SEPA direct debit mandate.

You have to register online once. You will receive the access data at the cash desk of your cafeteria or refectory.

When registering, enter the IBAN and BIC of the account from which the amount to be revaluated is to be debited.

You also define the necessary parameters for the revaluations.

The link to register: <https://www.studentenwerk-oberfranken.de/essen/autoload.html>

### 5.1.3 Opening hours<sup>24</sup>:

Mon – Thu 07:00 – 14:15  
Fri 07:00 – 13:45

## 5.2 Pizzeria Angelo

Next to the canteen you find the pizzeria Angelo, where you get delicious Italian food like pizza, pasta and salads. Payment is here just cash. Your chip card cannot be used.

### Opening hours<sup>25</sup>:

Mon – Thu 11:00 – 24:00  
Fri 11:00 – 14:00

## 5.3 Cafeteria

The cafeteria is located near the other university, the University of Applied Sciences. So keep an eye out for a round building with a wooden terrace. They offer all kinds of snacks, hot and cold drinks and some seasonal offers. The payment in the cafeteria is also made with your chip card. It's the same principle like in canteen. Here is an insider tip: From 14:00 to 16:00 there is offered one coffee and one cake for only 1,80 €.

### Opening hours<sup>26</sup>:

Mon – Thu 07:45 – 18:00  
Fri 07:45 – 14:00  
Sat 09:30 – 13:30



**Figure No. 14: Cafeteria from the outside**

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<sup>24</sup> <http://www.fhvr-aiv.de/de/wir-ueber-uns/campus/verpflegung.html>

<sup>25</sup> <http://www.fhvr-aiv.de/de/wir-ueber-uns/campus/verpflegung.html>

<sup>26</sup> <http://www.hof-university.de/studierende/info-service/studentenwerk/mensa.html>

## 5.4 Cook by yourself

If you prefer to cook by yourself in the kitchen in your hall of residence, please keep in mind that the baking oven and the cook tops are provided with electricity only for 15 minutes after you have pressed the button next to the cooking area. So if your meal needs longer than this time, don't forget to press again (and again).

## 6 Public transport

### 6.1 Bus in Hof

In Hof are 31 busses on altogether 12 bus routes. Of course you can choose between different tariffs. It's possible to buy the tickets either in the bus or in advance at a local ticket agency (you can find the list of ticket agencies – called “Vorverkaufsstellen” – here: <https://www.stadtwerke-hof.de/oePNV/vorverkauf.html>)

The bus routes of the city of Hof are illustrated at the following or visit the website <https://www.stadtwerke-hof.de/oePNV/fahrplan-linien/linienubersicht.html> (here you have a better zoom option).

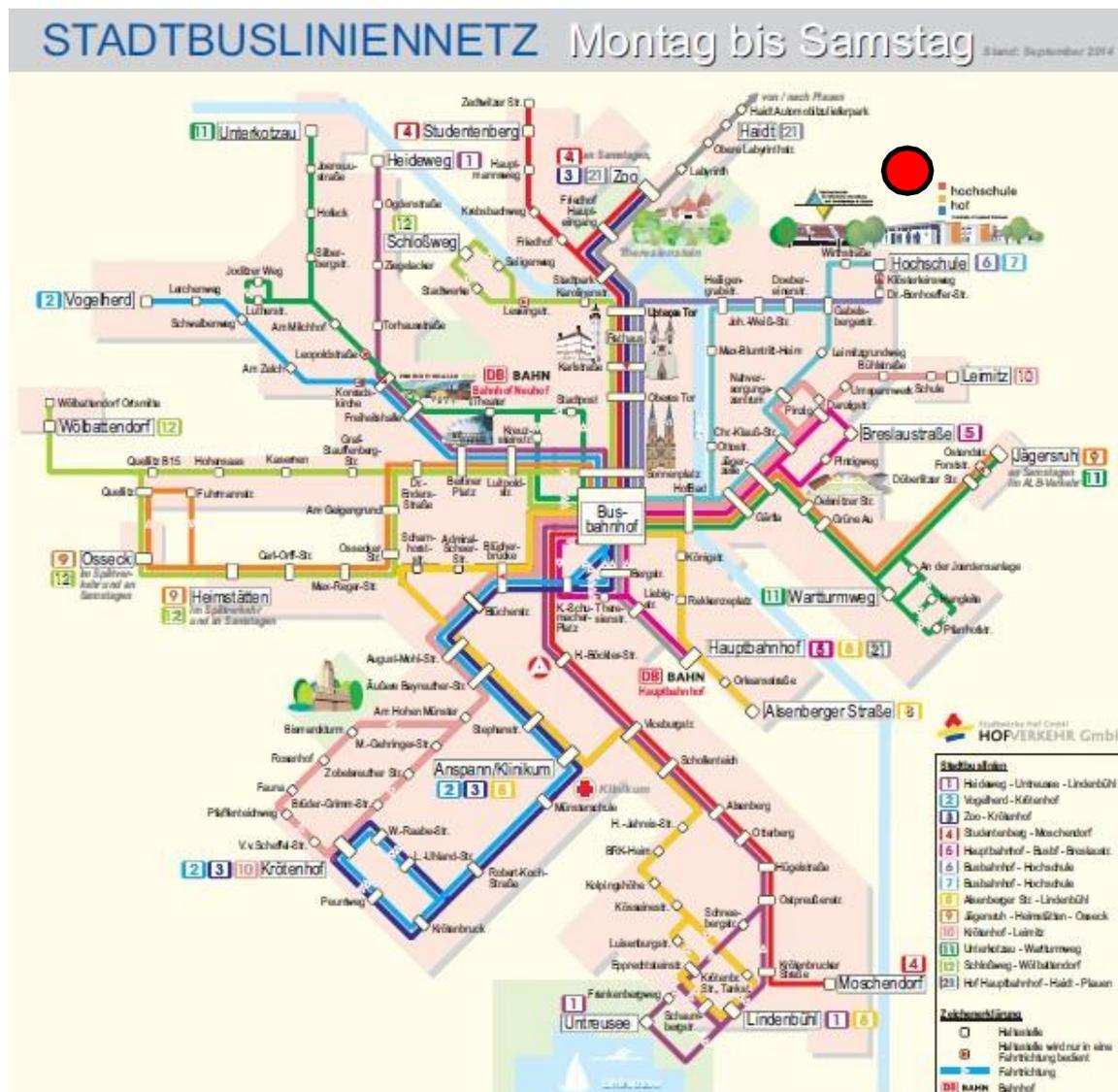


Figure No. 15: The route network of the city bus from Monday to Saturday

# STADTBUSLINIENNETZ Sonn- und Feiertage



Figure No. 16: The route network of the city bus on Sundays and on public holidays

Furthermore, you can choose between different tariffs:

- a one way ticket for adults costs 2,50 €
- a day ticket for adults costs 6,00 € (you have to buy your ticket on the same day you will use the bus)
- a 4-journey ticket for adults costs 7,00 €
- a monthly pass for adults costs 44,00 € (it is transferable and valid for 31 days)

You can get more information about the tariffs on <https://www.stadtwerke-hof.de/oepnv/tarife/bustarife.html>

If you want information about travel times, you can use the entry mask on <https://www.stadtwerke-hof.de/oepnv/fahrplan-auskunft.html>. There you can find the correct departure times.

## 6.2 Train

There is a main station in Hof. By these trains you can travel to all large cities in Germany. You can find information about timetables, routes and tickets on the general website of “Deutsche Bahn” in Germany: [http://www.bahn.de/p\\_en/view/index.shtml](http://www.bahn.de/p_en/view/index.shtml)

## 6.3 Taxi

You have also the opportunity to call a taxi. In the following we listed some taxi services in Hof, but it's only a small selection:

- |                              |                   |
|------------------------------|-------------------|
| ➤ Taxi Halil,                | +49(0)160/1562958 |
| ➤ Kapfhammer,                | +49(0)171/7231844 |
| ➤ Taxi-8088,                 | +49(0)9281/8088   |
| ➤ Taxi Puchta Elke,          | +49(0)9281/6999   |
| ➤ Taxi 3033, Klaus Herrmann, | +49(0)9281/3033   |
| ➤ Taxi Frisch,               | +49(0)9281/4866   |
| ➤ Taxi Tibljas,              | +49(0)9281/794111 |

With the information of the public transport we wish you a nice trip in Hof, Bavaria and in all other beautiful cities in Germany. Enjoy your excursions!

## 7 Shopping

Generally the opening hours are from Monday to Saturday from 8.00 am to 8.00 pm. The opening hours of clothing shops, bakeries and butchers often differ from the named times. Normally they are opened from Monday to Friday from 8.00 am to 6.00 pm and Saturdays from 8.00 am to 2.00 pm or 4.00 pm. By the way: Hof is known for its huge quantity of bakeries and butchers – and don't forget about the good quality you get there.

On Sundays and on bank holidays all shops are closed besides some petrol stations.

### 7.1 Supermarkets

Near the campus you can find the following supermarkets:

- **Aldi** Christoph-Klauß-Str. 15, 95028 Hof
- **Edeka** Christoph-Klauß-Str. 13, 95028 Hof
- **Lidl** Christoph-Klauß-Str. 11, 95028 Hof

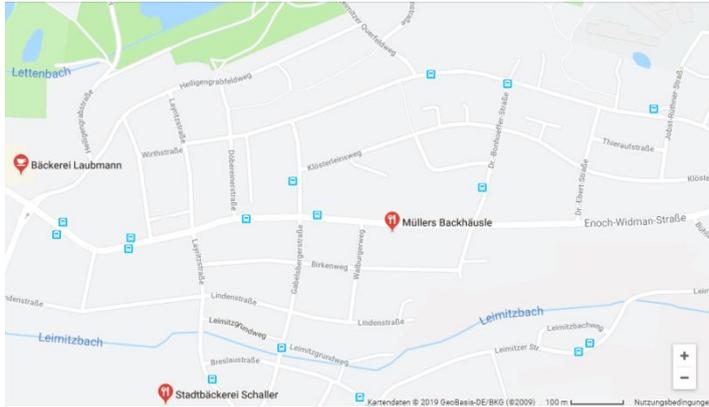
Practically they are located in one place. You will need about 20 minutes by foot for the way and way back. Take a bike and you will be with only 10 minutes really quick with your purchases.

There is generally a deposit on bottles (e.g. for one-way bottles you have to pay a deposit of 0,25 €; for beer bottles a deposit of 0,08 €), so bring them back and in return you get the money back.

## 7.2 Bakeries

Here are only a few of the huge number of bakeries which are located in Hof:

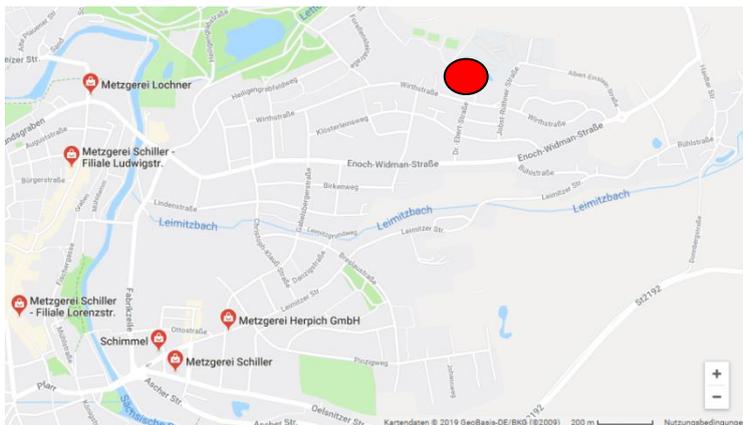
- **Bäckerei Laubmann** An der Michaelisbrücke 2, 95028 Hof
- **Müllers Backhäusle** Enoch-Widman-Straße 62, 95028 Hof
- **Stadt Bäckerei Schaller** Christoph-Klauß-Str. 16, 95028 Hof



## 7.3 Butchers

Here is a small selection of butchers in Hof. By discovering the city be sure to find many more butchers.

- **Metzgerei Herpich** Gabelsbergerstraße 22, 95028 Hof
- **Metzgerei Schimmel** Leimitzer Straße 15, 95028 Hof
- **Metzgerei Schiller** Ludwigstraße 28, 95028 Hof



## 7.4 Drugstores

- **Müller Drogerie** Lorenzstraße 25 – 29, 95028 Hof
- **Rossmann** Altstadt 6 – 8, 95028 Hof
- **dm-drogerie markt** Hans-Böckler-Straße 23, 95028 Hof

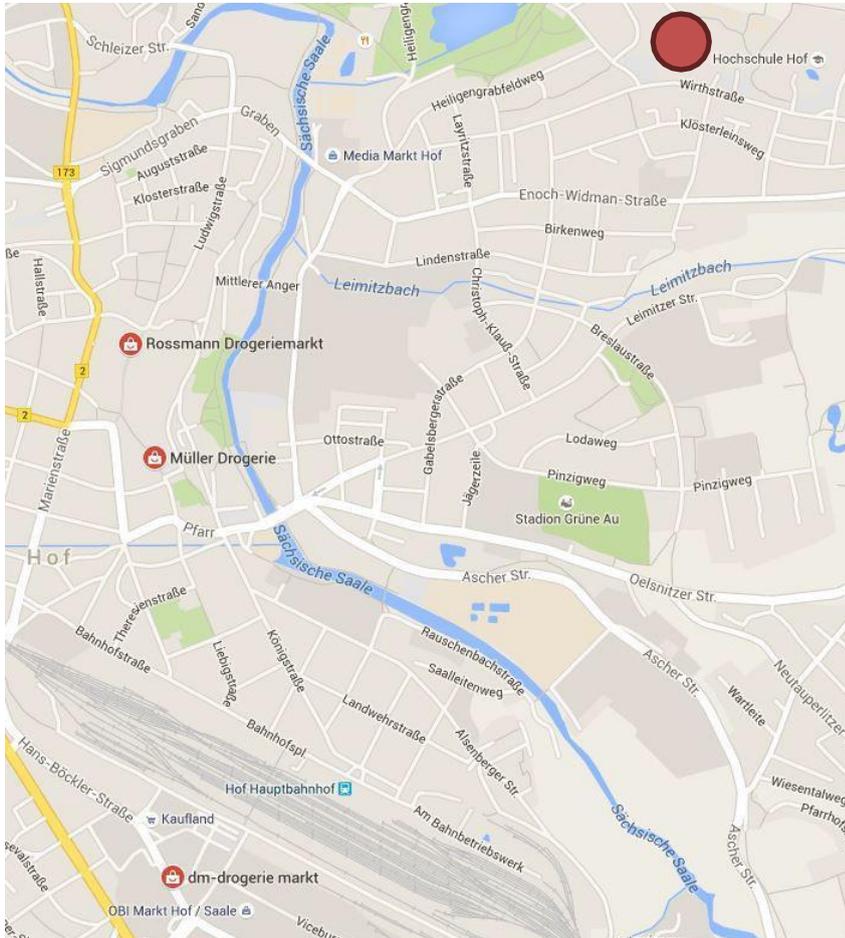


Figure No. 17: Map of drugstores in Hof

## 7.5 Clothing stores

You can find a good selection of shops near the historic center (“Altstadt”). Look for streets called “Lorenzstraße”, “Altstadt” or “Ludwigstraße”. Here you can find for example the shoe shop “Deichmann” and the clothing shops “H&M”, “C&A”, “Orsay” and many others.

In the street called “Altstadt” is also a cinema located (to see the schedule click here: <http://www.kino-hof.de/>).

## 8 Free time

### 8.1 Sports on campus

The HföD provides a wide range of leisure sports, offering diversification, fun and the opportunity to create balance in the demanding lives of students. Furthermore, athletics is a great way to meet new people<sup>27</sup>. You can choose between individual- and team sports. The HföD organizes also sport contests and sport events, e.g. the summer biathlon.



**Figure No. 18: Beach volleyball field**

All excellent sport activities are free-of-charge!

Sports facilities like a double-size gym, tennis court, all-weather pitch, bowling alleys, a beach volleyball court, a fitness training room and fitness equipment can be used by all students. You can find the location under point “**4.3 Living on the campus**”.

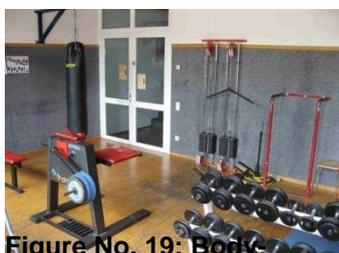
The outdoor sports fields (e.g. tennis or beach volleyball) can be used all week until 10 pm.

The gymnasium can be divided into two separate halls.

There are markings for badminton, basketball, volleyball and indoor soccer courts.

The fitness room offers various opportunities: three cross-trainers, three treadmills, two rowing machines and cycle machines for getting a better fitness<sup>28</sup>. Furthermore, the gymnasium includes a room where you can go for bodybuilding. Here you can work out for example with barbells, pull-ups or any other of the numerous facilities offered.

Moreover, you can visit the training programs in the gymnasium like dancing, Zumba, aerobics and gymnastics, which are daily changing. Everybody is welcome!



**Figure No. 19: Body building room**

The exact program and the booking schedule can be found online. Please click on the following link to be redirected to the booking schedule:

<https://sport.aiv.hfoed.de/>

For more information or to make a reservation you can also ask the sports supervisor, Mr. Ried.

#### **Contact:**

Mr. Gerhard Ried

Room: S 003

Phone: +49(0)9281 / 409 226

E-mail:

gerhard.ried@aiv.hfoed.de



**Figure No. 20: Sports equipment**

<sup>27</sup> <http://www.hof-university.com/services/athletics.html>

<sup>28</sup> <http://www.fhvr-aiv.de/de/wir-ueber-uns/campus/freizeit.html>

## 8.2 Swimming pool

For relaxing or to keep your body fit you can also use an indoor swimming pool with sauna (called HofBad and HofSauna) or an open air pool in Hof.

Here are the addresses of the swimming pools:

- **HofBad and HofSauna:** Oberer Anger 4, 95028 Hof  
Phone: +49(0)9281 / 812-440
- **FreiBad:** Ascher Straße 32, 95028 Hof  
Phone: +49(0)9281 / 812-450

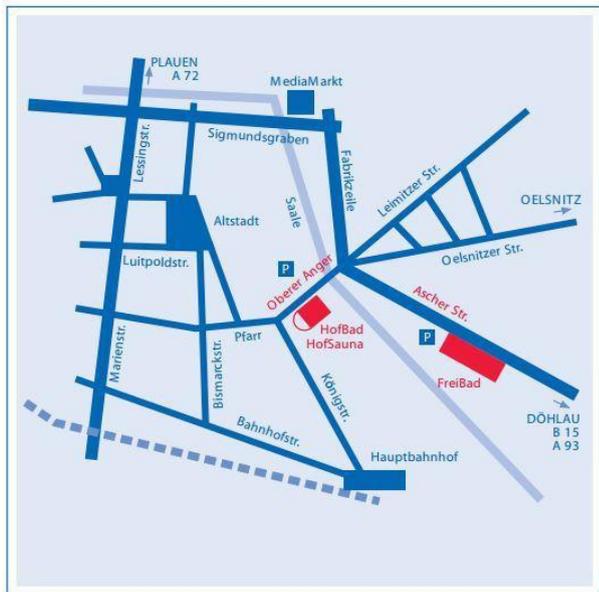


Figure No. 21: Location of HofBad, HofSauna and the open air pool (FreiBad)

### 8.2.1 Indoor swimming pool

Beside a lot of basins for young and old you can find for example a water slide, a steam bath, whirlpool, lawn or the HofBad-Café. You can see the structure of the indoor swimming pool in the following image:



Figure No. 22: Attractions of HofBad

The admission prices for students are<sup>29</sup>:

- Single admission (for 2 hours), student: 5,90 €, 4,50 €
- Season ticket (for 16 hours), student: 26,00 €, 24,50 €
- "Saving ticket" (for 35 hours), student: 69,00 €, 48,00 €

Furthermore, you can take part in some fitness courses like "aquapower", "aquajogging" or aqua gymnastics. You can find more information about the appointed time and the prices of each course on the online-shop [http://www.hofbad-shop.de/?cPath=21\\_39\\_43](http://www.hofbad-shop.de/?cPath=21_39_43).

In the following pictures you can see some impressions of HofBad:



Figure No. 23: Basin



Figure No. 24: Water slide (1)



Figure No. 25: Water slide (2)

## 8.2.2 HofSauna

A good place for regeneration is HofSauna next to the indoor swimming pool. It includes a lot of different saunas, rest areas, wellness areas and much more. So let's try it and relax for a while.

The admission prices for students are<sup>30</sup>:

- Single admission (for 4 hours), student: 17,00 €, 12,00 €
- Day ticket, student: 19,00 €, 14,00 €
- Season ticket (for 40 hours), student: 140,00 €, 97,00 €

(These admission prices include also the access to HofBad.)



Figure No. 26: HofSauna (1)



Figure No. 27: HofSauna (2)

## 8.2.3 Open air pool (FreiBad)

The open air pool has opened from May to September from 7.30 am. to 8 pm. With 2.700 m<sup>2</sup> expanses of water (for example a swimmer and non-swimmer pool or a diving pool), a water temperature of 24 degrees and an area of 48.500 m<sup>2</sup> you will have a lot of fun with other students of Erasmus or your German friends.

<sup>29</sup> <http://www.stadtwerke-hof.de/baeder/hofbad/preise.html>

<sup>30</sup> <http://www.stadtwerke-hof.de/baeder/hofsauna/preise.html>

Moreover the open air pool has a lot of table tennis tables, a children's playground, two 100 m long water slides as well as diving boards (1 m till 10 m). If you are hungry a bistro offers different dishes. Enjoy your sunny day with a cocktail and an ice cream in the open air pool in Hof ☺.

The admission prices for students are<sup>31</sup>:

- Day ticket, student: 4,00 €, 2,50 €
- Ticket for 10 entries, student: 34,00 €, 19,00 €

(But pay attention and don't forget your students ID-card.)



Figure No. 28: Diving boards



Figure No. 29: Open air pool (FreiBad) in Hof

### 8.3 Untreusee (lake)

In the south of Hof you can find the recreation area "Untreusee". It is very beautiful for swimming, sailing, surfing and fishing or just for relaxing. There you can also go for a walk while enjoying the quietness and the beautiful landscape. You can choose between two different routes: The first track is about 6 kilometers and goes all the way around the lake. But you can also shorten the walk around the lake to 4,4 kilometers by taking bridges.



Figure No. 30: Untreusee

Lake Untreusee, which gets its water and its name from the creek "Untreubach", was built in the years

1976 to 1979 primarily to provide an area for leisure and recreation. A side effect is that it serves to raise the level of the water in the river Saale in late autumn and to prevent flooding in the winter months. At "Untreusee" there is also a restaurant (for more information: <http://www.untreusee.net/start.html>) which is open during summertime and where you can rent pedalos. For those of you who like climbing the climbing park ("Klettergarten") is a must-see. A large selection of climbing frames, ladders, nets, tunnels and tarzan-like jumps



Figure No. 31: Labyrinth

provide a lot of fun. For more details and pictures about this climbing park click here: <http://www.kletterpark-untreusee.de/>

Other leisure activities are the labyrinth (<http://www.labyrinth-untreusee.de/>) next to the lake, adventure playgrounds or beach volleyball places.

<sup>31</sup> <http://www.stadtwerke-hof.de/baeder/freibad/preise.html>

## 8.4 Park Theresienstein

The Theresienstein is the oldest **public park** in Germany and was voted as Germany's most beautiful park in 2003.

The public park is not far from the FHVR Hof and includes a zoo, a botanical garden and a restaurant and beer garden. In the map on the right you can see three different ways to get to the public park.

The **zoo** (address: Alte Plauener Straße 40, 95028 Hof) was founded in 1954. The price for students with a student ID amounts to 3,00 €.

The address of the **botanical garden** is: Alte Plauener Str. 16

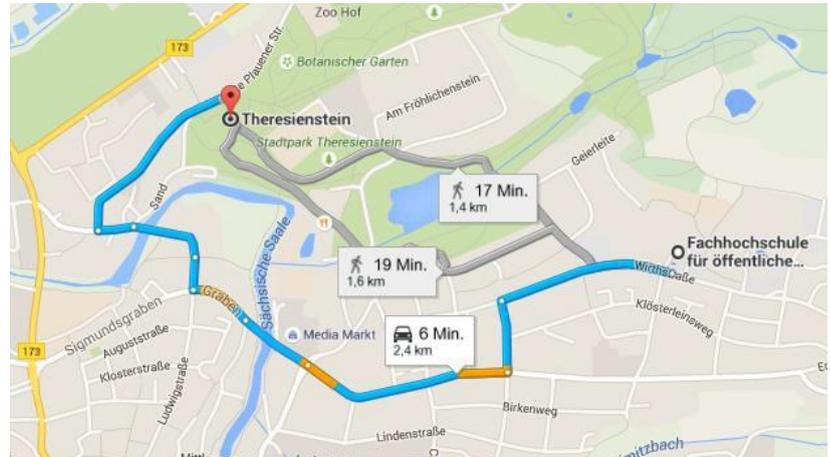


Figure No. 32: Directions to the public park Theresienstein

in 95028 Hof. You can find more information, especially regarding opening hours, here: <http://www.botanischer-garten-hof.de/>.



Figure No. 33: Public park Theresienstein

## 8.5 Party on campus

Almost every week is an event directly on the campus called "Beamtendisco" (short form: "BD"). These parties are organized by students from FHVR. They mostly take place in the pub (basement of the Italian restaurant) or in canteen. You receive an invitation for the event by e-mail or you can see the exact times and the motto on posters that are all around the building of FHVR; and of course you can ask the other students. The entrance fee is regularly 4,00 €. A DJ puts on the latest's songs, the best oldies and music to your taste.

So take the chance to meet new students. You are very welcome to celebrate with us!

Furthermore, in the city of Hof there are numerous places for clubbing or eating out, offering anything from bistro food to traditional dishes, from motto parties to live concerts. Some cafés and restaurants also offer special discounts for students. So be sure that you always have your student card with you.

## 9 In case of emergency

### 9.1 Emergency

The most important phone numbers are:

<b>110</b>	<b>Police</b>
<b>112</b>	<b>Fire brigade</b>
<b>112</b>	<b>Emergency medical assistance</b>

### 9.2 Hospital

The address of the hospital in Hof is:

**Sana Klinikum Hof GmbH**

Eppenreuther Straße 9

95032 Hof

Phone: +49(0)9281 98-0

### 9.3 General practitioners

Here is a small selection of general practitioners:

<b>Doctor</b>	<b>Address</b>	<b>Phone</b>	<b>E-mail</b>
Dr. med. Klaus Schrader	Enoch-Widman-Straße 18, 95028 Hof	+49(0)9281/7373-0	post@gefaesszentrum-hof.de
Dr. med. Stephan Kudlich	Kirchplatz 1, 95028 Hof	+49(0)9281/85855	info@stephan-kudlich.de
Gemeinschaftspraxis Dr. med. Angela Rödel und Dr. med. Eberhard Rödel	Karlstraße 2, 95028 Hof	+49(0)9281/2213	-

## 9.4 Dentists

Here is a small selection of dentists:

Doctor	Address	Phone	E-mail
Katja Sommer und Jörg Sommer	Enoch-Widman- Straße 80, 95028 Hof	+49(0)9281/44343	-
Dr. med. dent. Frank Müller	Kirchpl. 2, 95028 Hof	+49(0)9281/3232	-
Dr. med. dent. Ulrich Reiss	Jägerzeile 52, 95028 Hof	+49(0)9281/44840	-

## 9.5 Pharmacies

There are several pharmacies in Hof, but the nearest ones to the campus are the following:

- **easyApotheke**, Christoph-Klauß-Straße 13, 95028 Hof
- **Michaelis Apotheke**, Enoch-Widman-Straße 3, 95028 Hof

Either way going you need 12 minutes by foot for one way.

## 10 Radio frequencies

Of course you have the choice between many radio stations in Hof, but here is a selection of radiofrequencies for you:

- **Radio Galaxy** → 94,0 MHz
- **Antenne Bayern** → 103,2 MHz
- **Bayern 3** → 99,4 MHz