



NEWSLETTER

INTERNATIONAL STUDENT SUPPORT

January 2025

Dear Subscribers,

For our January issue, we are happy to share exciting workshops and events as well as information and support services.

The Newsletter is available via our mailing list and on our website in [English](#) and [German](#).

We wish you a great start to 2025 and look forward to continuing to support your studies!

All the best,
International Student Support Team

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NEWSLETTER

Tip of the Month

UniSport at FU Berlin

Winter break program: 17.02.2025 to 20.04.2025



During the lecture-free period, UniSport is offering a wide range of fitness courses!

Whether solo or in a team - University Sports offers an extensive repertoire of sports courses, events and trips in the areas of sports games, fitness, dance, martial arts, ball games, winter sports, team sports and health sports.

- **The course preview of the Winter Break Program** will be available on 23.01.2025. [Further information](#).
- **Registration** begins on 27.01.2025! [Further information](#).

If you would like to find out more about the courses on offer, you can find an overview of all courses [here](#).

UniFit Fitness Studio

Are you interested in working out at the gym this year? Then take a look at what the FU Berlin has to offer: the [Unifit Fitness Studio](#)!

For more information about the gym and your discounted membership options as FU students, whether you are a (returning) beginner or an experienced athlete, for short or long-term use, you can find a range of options [here](#), as well as additional information on how to work with a trainer to develop and achieve your fitness goals!



EVENTS & WORKSHOPS

Mental Health Awareness Weeks

In January, the [support.points](#) is offering a series of events during our Mental Health Awareness Weeks (January 13-24, 2025). In a relaxed atmosphere, we want to talk about topics such as improving sleep, how to find psychotherapy in Berlin, time management during your studies, and offer networking events for students who are parents and for first generation students. All events and further information please find below.

- [Accessing psychotherapy](#). 14.01.2025. In English.
- [Stress vor der Prüfung](#) (Stress before the exam). 15.01.2025. In German.
- [Zeitmanagement](#) (Time management). 16.01.2025. In German.
- [Austauschtreffen Studieren mit Kind](#) (Sharing experiences: Studying with kids). 17.01.2025. In German.
- [Therapieplatzsuche](#) (Finding therapy appointments). 21.01.25. In German.
- [Austauschtreffen für First Generation Students](#) (Sharing experiences: For first generation students). 21.01.2025. In German.
- [Besser Schlafen](#) (Sleeping better). 21.01.2025. In German.

Further information on all events is available [here](#).

No registration is necessary. All events are open to all FU students from all departments

Center for Academic Advising and Psychological Counseling

In addition to [academic advising](#) and [psychological counseling](#), the Center for Academic Advising and Psychological Counseling regularly offers workshops. A complete list can be found [online](#).

- [Aufschieben? Aufgeschoben!](#) (Procrastinating? Not anymore!) Starts 16.01.2025. In German
- [Neustart ins Studium](#) (A fresh start to your studies). Open session. In German.

Career Service

The [Career Service](#) of the FU Berlin regularly organizes events, workshops and courses that focus on professional development to support you alongside your studies. Here you will find a selection of workshops offered by and in cooperation with the Career Service:

- Career Workshop Series: [KarriereImpulse für Praktikum, Bewerbung und Berufseinstieg](#) (Career Impulses for Internships, Applications, and Starting a Career), including:
 - [Go out! Wege ins Auslandspraktikum](#) (Go out! Paths to an internship abroad). 14.01.2025. In German.
 - [Female Career: Frauen in der Bewerbung Noch 134 Jahre bis zur beruflichen Gleichstellung](#) (Women in the job application process. Another 134 years until professional equality). 21.01.2025. In German.
 - [Berufseinstieg mit Behinderung oder chronischer Erkrankung - eine besondere Herausforderung](#) (Starting a career with a disability or chronic illness - a particular challenge). 23.01.2025. In German.
 - [Berufsorientierung & Bewerbung](#) (Career orientation & job applications) 30.01.2025. In German.
- [Karriere-Kompass: Mit Deinen Stärken den Weg in eine erfolgreiche Zukunft finden!](#) (Career compass: Using your strengths for a successful future!) 24.01.2025. In German.
- [In 5 Schritten zum Wunschjob – Jobsuche mit Social Media und Life/Work Planning](#) (5 steps to a dream job - job searching with social media & life/work planning). 29.01.2025. In German.

studierendenWERK BERLIN

The [studierendenWERK BERLIN](#) offers a range of services, including [counseling for financing your studies](#), [psychotherapeutic counseling](#), [counseling for barrier-free studies](#), as well as [writing tutoring](#). The [Centre for Student Refugees](#) is also located at studierendenWERK BERLIN, which provides prospective students and students with refugee backgrounds extensive information about studying in Germany as well as advise on asylum and residency, and much more. A full list of upcoming events is available [online](#). Here is a brief preview:

STW BERLIN: EVENTS & WORKSHOPS

- [Umgang mit der kritischen Stimme](#) (Addressing the critical voice). 14.01.2025. In German.
- [Concentration Skills](#). 14.01.2025. In German.
- [FLINTA* Empowerment: Self-Defense Workshop](#). 16.01.2025. In English.
- [Neurodiversität und Berufseinstieg](#) (Neurodiversity and Starting a Career). 15.-16.01.2025. In German.
- [How to Start Writing](#). 17.01.2025. In English.
- [Showcasing your Strengths](#). 17.01.2025. In German.
- [Self-Employment alongside your Studies](#). 20.01.2025. In German.
- [Textwerkstatt für wissenschaftliche Arbeiten](#) (Text Workshop for Academic Papers). Starting 21.01.2025. In German.
- [Studying successfully with ADHD](#). 25.01.2025. In German.
- [Bewerbungswerkstatt](#) (Job Application Workshop). 27.01.2025. In German..
- [Deutsch sprechen mit Selbstvertrauen](#) (Speaking German with Confidence). 28.01.2025. In German.
- [Time- and Self-Management](#). 29.01.2025. In German.
- [Centre for Student Refugees: SprachCafé Let's speak German!](#) 30.01.2025.
- [Neurodivergent Peer Empowerment](#). 31.01.2025. In English.
- Centre for Student Refugees: [Buddy Matching Event](#). 20.02.2025 (Registration starts) 30.01.2025). In English and German.

STW Berlin: Cultural Program

- [Lies los](#). 14.01.2025.
- [CultureTrip: Let's explore the cosmos at Borrowed Light!](#) 18.01.2025. In English.
- [Ballroom Session: The Wicked Practice Kiki Ball](#). 21.01.2025. In English and German.
- [CultureTrip: Opera Night, Macbeth on Stage](#). 25.01.2025. In English.
- [Musical Performance](#). 28.01.2025. In English and German.
- [CultureTrip: Queen Heaven](#). 01.02.2025 (Anmeldung ab dem 14.01.2025). In English.
- [CultureTrip: Laser Game](#). 08.02.2025 (Anmeldung ab dem 21.01.2025.). In English.
- [Zeig dich!](#) (Present yourself!). 10.02.2025. In German.