



October 2023 Newsletter International Student Support

Dear All,

We are wishing you a great start to the semester and are happy to share the first issue of our newsletter for the Winter Semester 2023/2024.

We are a new team in the Center for Academic Advising and Psychological Counseling called International Student Support, or in German, Information und Beratung International. We look forward to supporting you during your studies at Freie Universität Berlin. In our monthly newsletter, we will share announcements about upcoming workshops and events as well as general information and advising services that are especially intended for international students.

For our first newsletter to kick off the new semester, we are excited to inform you about numerous upcoming workshops as well as more about services available on campus. Please find more information below.

You are also always welcome to contact us with any questions. For general inquiries, you are also welcome to contact the [Info-Service Studium](#), who are happy to assist with any questions you may have about your studies.

Wishing you a wonderful semester!

All the best,
Kristyna, from the International Student Support Team

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Allgemeine Studienberatung | General Academic Advising
Information und Beratung International | International Student Support

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Subscribing and unsubscribing from our newsletter

- Subscribe: You can subscribe to the mailing list via this [link](#).
- Unsubscribe: You can unsubscribe yourself via this [link](#) or send us an email with the subject "Unsubscribe."



NEWSLETTER

ONLINE TOOLS

- [Starting Your Study Program](#): From A for Academic Counselling to Z for ZEDAT – on this website you will find many helpful links as well as the online assistant [OSA](#) intended to provide additional guidance through the start of your studies.
- [Wiki Studying 101: A Simple Guide for Students](#): The goal of this wiki is to show techniques and strategies intended to support you during your studies, with sections on: planning and organization, self-care, reading, writing, public speaking, as well as workshops and psychological counseling.

ORGANIZATIONS AND STUDENT INITIATIVES

- The [Center for Academic Advising and Psychological Counseling](#) at Freie Universität Berlin: Offers [General Academic Advising](#) as well as [Psychological Counseling Services](#). Open to all students. We look forward to supporting you at the FU Berlin!
- [AStA FU](#): Provides many forms of counseling, support, as well as guidance regarding funding and financing your studies.
- [studierendenWERK BERLIN](#): Offers many different services and forms of support for students, such as writing workshops and [academic writing consultation](#); [psychotherapeutic counseling](#); and [advising services regarding financing your studies](#).
- [International Club](#)

WORKSHOPS

- The [Center for Academic Advising and Psychological Counseling](#) also regularly offers workshops and a complete list is available [online](#). Below, we have included our upcoming workshops and are happy to invite you to join!
 - [offene Gruppe - Neustart ins Studium](#)
 - Every Monday during the Winter Semester, starting October 16, 2023 until February 19, 2023
 - It is always possible to join – even later during the semester.
 - Online, conducted in German
 - [Studieren mit Lust und Methode](#)
 - Dates and times: October 30; November 6; November 13, 2023 (15:00-17:30)
 - Conducted in German
 - [Study Tips and Strategies](#)
 - Dates and times: November 1; November 15 (10:00-13:00)
 - Conducted in English
 - [Vom Aufschieben verabschieden. Ein Workshop gegen das Prokrastinieren.](#)
 - Wednesdays, from November 1 until November 29, 2023 (14:00-16:00)
 - Conducted in German

- [Selbstsicherheit und Kontakt](#)
 - Dates and times: November 3 (15:00-19:00); November 4 (10:00-16:00); November 17, 2023 (15:00-17:30)
 - Conducted in German
- [Aufschieben? Aufgeschoben!](#)
 - Dates and times: Wednesdays, from November 8 until December 6, 2023 (16:00-18:00)
 - Conducted in German
- [Mach ich's oder mach ich's nicht?](#)
 - Dates and times: Wednesdays, from November 8 until December 6, 2023 (16:00-18:00)
 - Conducted in German
- [Die richtige Psychotherapie finden - Informationen und Unterstützung zur Therapieplatzsuche](#)
 - Dates and times: November 16; November 30; December 14, 2023 (17:00 - 18:30)
 - Conducted in German
- [Joyful Stress Reduction & Wellness](#): Through meditation, yoga, and joyful exercises, students will learn a variety of approaches to reducing stress in mindful ways. This workshop is conducted in English and is open to all FU Students. No previous experience is required.
 - Dates and times: November 13; November 27; December 4; December 11, 2023 (15:00-17:30)
 - To register: Please send an email with your full name and the name of the workshop to Dr. Ayşe Dayi, Psychologist and Director, Orca Dreams: Platform for Mindful Living: ayse@orca-dreams.com
 - Conducted in English

→ The [Office of Diversity and Anti-Discrimination](#) at Freie Universität Berlin is offering empowerment workshops for FU students during the Winter Semester 2023/2024, including: [Empowerment-Workshop für queere Studierende \(for queer students\)](#) and [Empowerment für Erholung, Widerstand und Transformation \(for students who experience racism\)](#). A full list is available [online](#).

→ The [Career Service](#) at Freie Universität Berlin also regularly offers workshops, such as: [Successful Interviewing](#) and [Writing a Cover Letter](#). A full list of the workshops conducted in German and English is available [online](#).

EVENTS AND LECTURES

→ Winter Semester Lecture Series: [Vielfalt schafft Wissenschaft – Wissenschaft schafft Vielfalt. Gesellschaftliche Herausforderungen im Blick der Gender- und Diversityforschung in MINT](#)

- Dates: Winter Semester 2023/2024: Thursdays, starting October 26, 2023 (16:15-17:45)

→ [International Day of Action and Remembrance for the Elimination of Violence Against Women](#)

- Date: November 25, 2023

→ [Practicing Intersectionality in Research, Activism, and Politics](#): Conference and 5-year anniversary of the MA Program Gender, Intersectionality, and Politics.

- Dates: from November 30 until December 1, 2023
- [Online registration](#) is open.

JOB POSTINGS

- [Job Postings at the FU Berlin](#): For jobs posted in English as well as all positions available at the FU Berlin.

INTERESTED IN STUDYING ABROAD?

- [Studying Abroad](#) (Application deadlines vary depending on the program; the first upcoming deadline is November 7, 2023 for North America)
- [Erasmus+ Student Mobility & Swiss European Mobility Programme \(SEMP\)](#) (Application deadlines vary depending on the program; the first upcoming deadline is December 1, 2023)
- [Direct Exchange Programs](#)
- [PROMOS – A mobility program for undergraduate, postgraduate and PhD students](#): PROMOS funds studies, research, internships, language and academic courses, and group travel abroad. Students who organize their projects abroad independently can also apply for funding.

INTERESTED IN AN INTERNSHIP ABROAD?

- [Erasmus+ Internship Europe & worldwide](#) (Applications generally need to be submitted at least two months before the start of the internship)

INTERESTED IN SUBSCRIBING TO ADDITIONAL FU NEWSLETTERS?

- [studi-chancen-international – Internationale Angebote für FU Studierende](#) (published in German)
- [International Newsletter](#) (published in English)