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STUDENT LIFE

FIRSTHAND INSIGHTS INTO
THE LIFE OF TU DRESDEN
STUDENTS

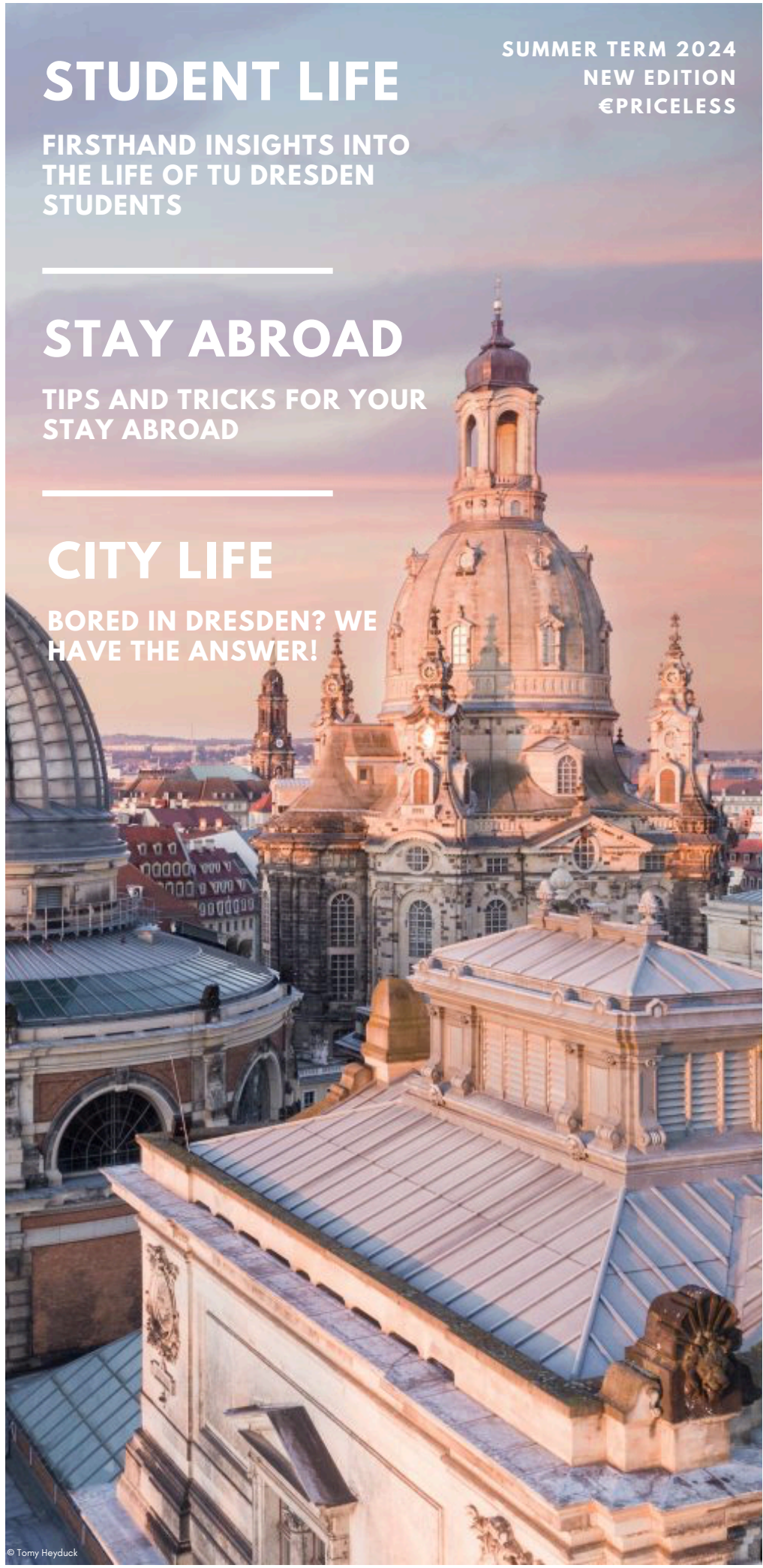
STAY ABROAD

TIPS AND TRICKS FOR YOUR
STAY ABROAD

CITY LIFE

BORED IN DRESDEN? WE
HAVE THE ANSWER!

SUMMER TERM 2024
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Lady Whistletup's **SOCIETY PAPERS**

EXCELLENT UNIVERSITY. EXCELLENT PEOPLE. EXCELLENT NEWS

THE TON'S SHINING SEASON

Dearest gentle reader, after various glorious seasons, speckled with rather many personal scandals and diamonds, the ton of the Dresden University of Technology awaits the arrangements this new and blooming season has to offer rather eagerly. The time has now come to place your bets on this year's sparkling diamond moments and critically fatal mishaps. This author is rather delighted to engage in some conversing over tea and would like to invite you on the journey at best your own future will wander on. However, the times have been littered with omens of reckless procrastination and hours spend gazing at the wrong occupations by the members of the ton, thus this author shall make haste to enlighten your day with the latest happenings.

Do not dare speak of this author as a mere gossipmonger, for I might be

amongst yourselves, listening in on your glimmering and head-turning stories. But be warned, for this author has a fable for atrocities. My name is Lady Whistletup. You might not know me, dearest reader, and rest assured, you likely never will, but be forewarned, I certainly know you.

This author shall put emphasis on your individual intellect and choice, to promenade alongside myself, to the measure of your own desire, though the various topics this paper shall touch upon are all equally remarkable. I shall briefly introduce them in the following paragraphs.

For those of the ton who seek a piece of mind and wish to promenade alongside fellow members in true student fashion, you might consider the wise expertise of Lady *Hannah Kleindienst*, who has an exquisite taste in the true spatial diamonds the ton's

locations have to offer. It has been said that they sparkle even brighter than our season's diamond itself and bring an astonishing calmness to the busy mind.

A rumour has engulfed this season's chatter that the poorly footed or the notably averse to exertion, who prefer leisure over labour, might soon be given a chance to ride on the newest technical invention the ton has yet to see. This author must name *Sir Joseph Kosak* as the man of knowledge in this case. In the same vain the spoken of members might be delighted to hear of the gallantly placed *Neue Mensa*, which is said to rebuild their space, for them to explore truly royal cuisine.

Those who might prefer labour over leisure should seek *Lady Bornhold's* marvellously written word and take note of her calendar of the most special balls and fests the ton has to offer. To our governing Lords and Ladyships' dismay, such frivolous parties come with their ill-smelling items, fit only to discard, the latter part often forgotten about in the festivities' members' enthusiasm. *Leonard Schiller* is directing the ton's attention away from the glimmering balls and directly to their own residences' ugly truths and shushed problems.

This author, however, must admit to the residences' charms, especially when adequate housing near the ton's premises has become a

privilege for only the wealthiest of the ton. *Ms. Marie Langer* enlightens the youthful soul caring to enter this privileged space with thoughtful gratuity on housing. For those of my readers who seek an alternate entrance into the ton's estate, who may strive to get close by governing themselves, *Lady Tara Bornhold* has explored the option to graciously offer their service to the TU Dresden without expectation of recompense.

In this author's humble opinion, ruling might be a strenuous obligation not fit for every individual, especially the humorously equipped. However, their talents should not go to waste, rather should the ton's attention on nonchalant words with graceful expressions of joyous mirth, accompanied by melodious sounds, be better located in the Stand-Up Comedy spaces introduced by *Leonard Schiller* the town has to offer. For those of the ton who might find this example of leisure foolish, this author suggests the classic and noble practice of theatre, which *Ms. Jenny Finke* gracefully introduces to the unknowing spectator.

Perhaps the ton's members prefer scandalous nightly social engagements away from the ton's strict eyes, such as described by *Lady Sophie Kontzog* and *Lady Hanna Gilge*. For the uneducated youngster often found swooning there after too much liquor, *Sir Robin Naumann* provides noble etiquette.

Although this author shall not be biased about the unchaperoned approaches of the ton's members, this nightly engagement might foster, *Ms. Marie Langer* makes a crucial point by educating the hormonal rakes to ways of preventing to become with child or to sire an heir, or other unwanted guests, too early. Especially the courting lords and ladies should pay attention to her word. This author might add that rules to unchaperoned approaches are also applicable to the colourful coterie, with more than one distinguished sexual classification, whose presence in the ton and demands have been recorded by *Lady Clara Kolbeckel*.

Lady Hannah Kleindienst and *Ms. Leonie Unglaube* have created a commendable space for the individual who experiences their monthly courses, to explore their needs during this special natural occurrence.

For those of the ton who might struggle with difficulties relating to the faculties of mind, especially during a phase of hardship in assessments, *Lady Hanna Gilge* offers some relief and valuable knowledge. This author might suggest to also take to time travelling and accompany *Ms. Jenny Finke* on her journey to the illness-stricken past, to speculate further on the cause of their despair. *Lady Sophie Kontzog* might give the

hopeless one, who possesses a penchant for delaying tasks, useful insight into their burdening behaviour. I suggest all still aimlessly lost and roaming about souls to take to *Lady Josie Schneller's* elegant words around the blessing of owning a furry companion amidst miserable times.

The ton's members even provide quick aid in case of financial despair and preventative measures that *Lady Marie-Isabel Beyer* specialises in, especially if the rumoured opening of *Neue Mensa* is displaying a rather lethargic pace and meals have to be cooked by the residences' personal chef.

This author can only applaud the generous courage and compassion the ton exemplifies towards its struggling members.

Lastly, the ton has been shattered by members leaving for foreign lands. This author has heard of various enchanting stories from returnees and the thought to search for happiness outside of the ton's secured walls might have crossed the minds of many before. Those who dare venture out into the world might find *Lady Josie Schneller* to be an admirable guide to newfound foreign pleasures and work. For the scholarly ladies and gentlemen, *Ms. Leonie Unglaube* has explored other tons and their governing universities of the world, whilst *Sir Robin Naumann* establishes the prestigious

alliance between our university's ton and the distinguished institution of Trinity College Dublin.

This author has heard of plentiful more rumours and whispers coming from the ton's members, albeit too many to express in a single issue. I shall keep my promise of haste and leave you, gentle reader, to pick a story, from the many I presented, to your own preference. Nevertheless, I commend you to read them all.

Yours Truly,

Lady Whistletup

STUDENT LIFE

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THE NEW NORMAL:

Student Life Amidst the Pandemic

Glitchy Zoom sessions, black screens with awkward silence and way too much screentime ... if this sounds familiar to you, you may have experienced online learning during COVID-19. But don't worry, you are not alone. The epidemic upended the world, forcing students like me to swap bustling hallways for the tranquility of our homes. Now, four years later, the echoes of those disruptions continue to shape our lives, redefining what it means to learn, socialize, and grow in a post-pandemic world. Looking back, it's time to reflect on how this crisis has not only challenged but also revolutionized the student experience. Welcome to the new normal: where resilience, adaptability, and innovation have become the core curriculum. This article revolves around student life during COVID, its impact on learners and the experiences of a German university student.

What seemed to be no more than an unknown disease in 2019, later turned out to be one of the greatest global disasters of recent times: the COVID-19 pandemic. Student life during that time was marked by many challenges and rapid adaptation. With the abrupt closure of campuses in early 2020, learners found themselves shoved into remote learning environments.



The shift to online education brought up technological issues such as varying access to reliable internet or devices (I'm sure at some point we all wanted to throw our laptops out of the window). They increased educational inequalities, leaving some students struggling to keep up. With the absence of in-person interactions, isolation became a constant companion, and the social life of most young adults was missing. Mental health became a central aspect, as many experienced anxiety, stress and depression due to loneliness and uncertainty about the future.

Students were seeking alternative ways to maintain (academic) well-being through online meetups or virtual study groups for example. Teachers and lecturers also played a crucial role, often bending over backwards to provide support and maintain engagement. All in all, it's safe to say that the epidemic has not only tested our limits but also redefined what it means to be a student in the modern world.

I interviewed a German student who shared his experiences with me and it gave me insight into the lockdown and how it influenced young peoples' lives:



How did the COVID-19 pandemic impact your daily routine as a student?

My daily routine was completely overturned and only took place at home. Student life ceased to exist from one day to the next and I suddenly only looked at black tiles on my PC. Social interactions changed and many of my friendships suffered. Also, there used to be countless events at the university, especially at the beginning of the semester, which were then cancelled.

How did TU Dresden handle the transition to online learning?

The beginning of digital teaching was a mixture of euphoria and excessive demands for me. The university tried to handle the transition well, but it was a rather arduous and slow process. Most of my lecturers weren't too well-versed in digital teaching, which was noticeable when switching to Opal or Zoom. A positive aspect is that the four online semesters do not count into the standard study time.

How did the isolation and lack of social interaction affect your mental health?

The lack of social contact and isolation really took a toll on me during that time. I was in contact with friends via WhatsApp or Discord regularly, but that could not replace real-life connections. I felt particularly bad during the winter and dropped out of almost all my courses because I had no energy left for anything. I only recovered from the pandemic about a year later, so the mental health problems were ongoing long after restrictions ended.

What strategies did you use to cope with stress and anxiety during the pandemic?

I didn't take care of myself enough at the beginning of the lockdown because of the pressure to 'function' somehow. Later I forced myself to go for a walk every day, even on bad days. I watched series and movies from my childhood because they brought me back to a more 'relaxed time'. I neglected university and commitments and focused a lot on myself.

How did you maintain connections with friends and classmates during the pandemic?

I had the most contact with friends through WhatsApp and Instagram. We also met up via Discord and played games together. Quite rarely we saw each other in small groups after testing, but this was rather the exception. Unfortunately, the meetings were often a bit "weird", as nothing exciting happened that we could talk about. However, without this minimum of contact, the whole time would have been much worse.

Looking back, is there anything you wish you had done differently during this period?

I wish I had worried a lot less about attendance in online seminars and admitted to myself and others that I was feeling bad at that time. As I really struggled with being productive, routines would have helped me get through all of this better. Also, I should have met up with my friends more often for outdoor activities, despite the restrictions and possible dangers.

"And now, what can we take from this experience?" you may wonder. I'm sure there was more to this COVID-thingy situation than just doing awful online assignments at home all day. Was it a nice experience? No. Was it straining? Absolutely. Were there good aspects for some people? Probably. As we all somehow just went back to normality, it's perhaps nice to have some kind of closure. When doing research, I came across an article which I found interesting about achieving resilience through meaning-giving. Whether this might be the case or not, our "new normal" is not just a temporary phase but a testament to the persistence of a generation ready to face the future, no matter how uncertain it may be.

In case you are struggling with mental health issues or simply want to reach out for help, scan this code:

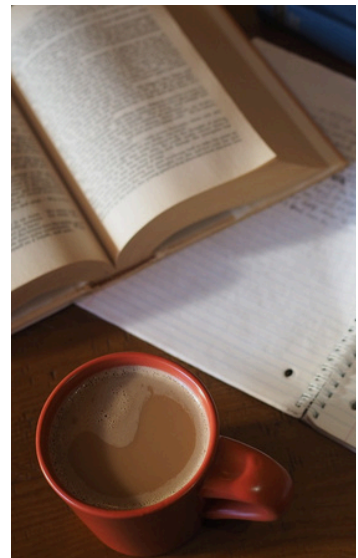
- Jenny Finke



STUDY HABITS:

From Cramming to Zenning

“If you fail to plan, you plan to fail”. While Taylor Swift does not necessarily talk about study habits in her song *Mastermind*, this line still resonates with a lot of students who find themselves cramming an entire semester's worth of content for their finals in the last minute, solely because they failed to plan out a productive study schedule throughout the year. But is cramming really as inefficient as traditional knowledge suggests, or could it possibly also have its benefits? This article aspires to find an answer to this dilemma. In case you are looking to quit last minute cramming and reach the ultimate state of academic zen, two alternative study methods will be introduced towards the end of the article.



Students generally fall into one of two categories. Those who take a more relaxed approach to the semester and start cramming all night in preparation for their finals, and those who have planned out their study schedule methodically before the semester even starts. These two perspectives, whether cramming works or not, are to be distinguished by an important key aspect, which is the issue of learning via short- or long-term memory. While intuition would suggest that cramming works for immediate results, the methodological planners perform better in the long run, students from both categories tend to pass and fail to equal amounts.

Research suggests a phenomenon called “the spacing effect,” which shows that learners who start their learning process further in advance and study in several separate sessions can memorize academic content better due to the amount of repetition the amount of study time allows. When cramming, there is no time for such repetitions, which leads to a loss of content and less stability in the exam.

While some researchers claim that students who cram suffer from a lack of motivation and organization, others state that it can also be seen as part of an adaptive study strategy. In some cases, students state that cramming is most effective when studying for multiple-choice tests but does not perform well in exams that require the learners to understand key concepts and apply creative thinking. Cramming can offer various benefits for students, like freeing up their time for other activities or helping catch up on lecture content.

There is no support for the hypothesis that crammers perform less well in the academic field than methodological planners. The main strong evidence and strong advice against cramming stems from the psychological point of view. Poor time management often leads to cramming, which in turn leads to stress and worsens the state of mental well-being. If you do not want to cram, I would like to introduce two strategies to help you get rid of that last-minute cramming stress and ace your exams. But first, it is necessary to state that learner types vary, and some of these tips might not work for everyone.

The first strategy to be introduced is “Spaced Repetition”. As we learned, students who space out their individual learning sessions do better in exams when it comes to a deep understanding of the lecture contents. This strategy makes use of the spacing effect by repeating the contents that need to be remembered and spacing them out over separate sessions. It is based on the thesis that the repetition of an item reminds the students of the contents that they previously studied about the item. This allows for a better recalling of these contents. Other than spacing your learning sessions in different time frames, try spacing your learning sessions via content. Study one item and then two others, and then repeat the first one in a sequence of “ABCABCABC” where each letter represents a topic or an item.

“Active Recall” is another highly praised study habit that led many students to academic success. This method turns traditional study sessions around. Rather than trying to put information into their brains and their memory, learners who apply this method try to retrieve the information from their brains. This can be achieved by taking the topic that needs to be understood and creating questions that are based on it. Then you start repeatedly asking yourself these questions, which also allows you to take note of the contents that need further study. You can track your learning process with this method by color-coding the questions that you got right and wrong. This can also be done digitally by using apps such as Quizlet or Anki. Rather than passively reading information, you are actively dealing with questions and solving them, which makes you significantly more likely to remember them in the long run.

These methods will ultimately require some planning and a head start on studying for exams in advance. However, they will help ease the stress and tension from last-minute cramming and lead to an ultimate state of safety and confidence in exams. It is important to remember that there are various facets to learner types, so try to stick to habits that benefit you, these methods are merely my suggestion for those still looking for helpful habits and strategies to apply.

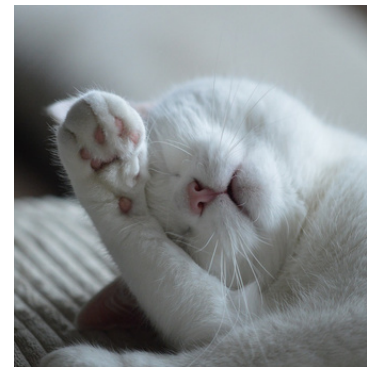
- Sophie Kontzog

THE PURRFECT PAWTNER FOR YOUR STUDIES

How Pets Can Help You Ace Exams

Have you ever dreamt about waking up in the middle of the night to the agitating noise of your pet vomiting? No? Then you should definitely consider getting used to it because pets could improve your performance as a student tremendously. At least if you are ready to commit to a life filled with love, cuddling, playing, and vacuum cleaning.

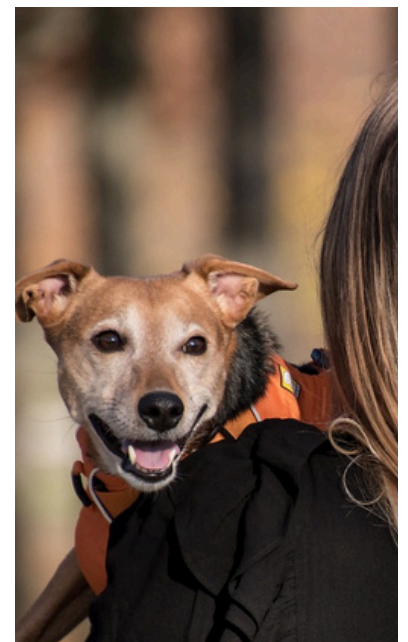
What might sound like a desperate advertisement from your local animal shelter has proven to be actually true: pets have far more benefits than you would expect. Dogs are not only (wo)men's best friends anymore but rather (wo)men's best therapists. Studies have shown that there are many benefits pets can have for our mental health, for example reducing anxiety and stress.



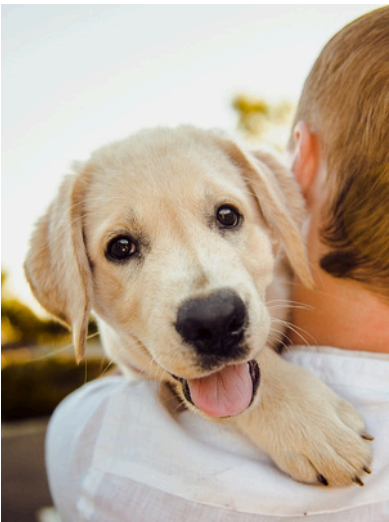
This is especially true for dogs and cats as they are very interactive. In some cases, pets can also alleviate depression and loneliness, adding even more value to their owner's mental health. Most people do not like to be lonely all the time and while your dog needing attention in the middle of the night might not always feel like a very happy moment, it reminds you that there is always someone who wants to be cuddled and loved by you. But let's not focus on cats and dogs too much, while they might be the most popular choice, even smaller pets can have positive effects. Just the presence of another living being and the routine you develop while feeding and caring for them boosts the mood of many pet owners. In summary, especially if you feel lonely sometimes and could use more interaction and affection in your life, chances are high that a pet has a positive impact on your mental health.

For us as students, there is one period each semester where these positive effects can be extra significant: the examination phase at the end of the semester, which often leaves many students thinking about just quitting university. Of course, you also need to keep in mind that you need to spend time with your pet in order to benefit from it. This means that a pet might be a good idea for you if you are the type of student who learns a lot from home and would love to spend the breaks with a furry friend. However, if you are the type of person who prefers spending all day in the library to study, there might be a different option for you: the “Aktive Lernpause mit Pfötchen” which the SLUB Dresden offers. Here, you can spend about 15 minutes with a dog (and its supervisor, of course), which has the potential to help you release the inner tension that builds up while studying for hours and of course reduce your stress. And let’s be honest, we all felt like crying in the SLUB at least once, so why not try cuddling a dog instead? If you are interested in this opportunity, you should frequently check the internet page of the SLUB as the dogs are obviously very popular and the slots are booked out very fast.

Additionally, not only does our mental health benefit from contact with pets but there are also huge advantages for our physical health. Some interesting studies show that pet owners have a better chance of surviving a heart attack than people who do not own pets. Of course, this is a very extreme outcome and the number of students who consider themselves prone to having a heart attack soon is probably very low. But epidemiologists have also pointed out that pet owners call in sick at work less and that they were overall fitter and slept better. However, these studies need to be viewed with a certain amount of scepticism as many complex aspects play a part in our physical health, and not all specialists agree that pets are necessarily the main factor for all these positive effects. After all, while we all share the same hatred for having to run from one seminar to the next, our fitness levels and health conditions are very different and not every benefit may really apply to you. But chances are that at least to a certain extent your physical health is positively affected by regularly interacting with an animal. And who knows, maybe if you get a dog now you will actually be able to make it to all your courses in time next semester although you only have twenty minutes to walk through half of Dresden.



Before you run to the next animal shelter now, please be considerate about the fact that all these positive effects highly depend on one factor: a real emotional connection and love between you and your furry friend. Not everyone is keen on giving everything for a little hairy ball that shows its love through actions like biting or licking. And if you do not feel like you can meet all the needs of an animal at the moment, there might be better options for you. Maybe you have a friend or family member who would let you sit their pet every once in a while. In this way, you could just give the pet back when you have the uncomfortable feeling that it is seeing things that no one else can see. Or you might consider asking local pet organizations for help. There are plenty of shelters near Dresden that are looking for volunteers to help with basic tasks like feeding, and cleaning but also just socialising the animals. If you are interested in helping and getting your regular contact with pets in this way, the websites of the pet shelters in Pirna and Freital for example give you information about how you could help them and who to contact. In this way, you are not only helping your own health but also a lot of animals in need.



After all, there are many advantages pets can have for people in general but especially for us students. Nevertheless, this article should in no way encourage you to go buy a dog without thinking about it. There are many more things you need to consider before committing to an animal as in the best case, you will have a partner but also a responsibility for many years to come. And do not forget one of the basic rules when looking for a new pet: "Adopt, don't shop"!

- Josephin Schnell

“DOES ANYONE CLEAN THAT UP?”

Living in a student residence

When I moved to Dresden in 2020 to study, I did not want to worry about looking for accommodation. The easiest way was to apply for a place in a student residence at the Studentenwerk. Several advantages speak in favour of dorms: proximity to campus, relatively cheap rents, and living with fellow students. Instead of casting roommates, you will be surprised with whom you will share your flat. The specific apartments and residences can be viewed online, so you might think you know what to expect. Yet, there are a few conditions I was not prepared for – and I will now tell you about them.



The house rules stipulate a night-time silence from 10 p.m. to 6 a.m. That is the theory. In reality, it happens often enough that people stand outside the residence hall at 2 a.m. and have loud conversations. Others stay inside and demonstrate the intensity of their bass speakers, which blast through the thin walls and floors. Some get down to work at 1.30 a.m. and start drilling. Those who enjoy partying anyway and staying up late or can simply fall asleep without any problems are not bothered. For insomniacs, there are earplugs. Alternatively, you could ask for quiet in the student residence WhatsApp group – in the hope that the respective people will read it and pay attention. The WhatsApp group,

which most of the inhabitants of the student residence are members of, is an interesting place. There, people not only discuss problems with memes, they also report on the status of the washing machines in the basement. When your laundry is done, you should hurry to get it out of the washing machine. Otherwise, someone else might do it for you – whether you allow it or not. Apart from that, the group is used to advertise events, sell old furniture, or find out who has left their traces on the staircase. After the aforementioned party nights, broken bottles, confetti, or leftover food are left behind from time to time. On weekends, the lovely smell of beer greets you in the lift. Home sweet home. Once a fire extinguisher was emptied and its contents scattered around the rooms in the basement. The excitement was great, but the responsible individuals have not been identified – a mystery.

However, the student residence where I have been living for over three years now, offered even more mysteries. These include bicycles disappearing from the bicycle cellar (my flatmate has been storing his in the flat's storeroom ever since), stolen handcarts, burnt tortellini outside the door, and a jar of pickled gherkins. These were not just any old pickles. No, it was a huge jar, measuring around 30 centimetres, which suddenly appeared and whose best-before date said "1993". At first, only pictures were taken to record where it was - sometimes in the lift, sometimes on the eighth floor. Unexpectedly, the group received a message to hurry up as the glass was almost empty - a picture of the half-empty jar. It seemed to have remained tasty. In any case, you cannot accuse students of being picky or lacking the will to experiment. It tastes best when it is free.



The convenient aspect of the student residences is the shared rooms, for which you simply have to get the keys from the corresponding tutors without having to pay anything extra. There is a fitness room with weights, a billiard room and a music room where you can practise your instruments alone or with friends without disturbance. You cannot find a cheaper venue for rehearsals. Additionally, you can save money by keeping an eye open for "for free" signs in the hallway. It is not just gherkins that can be found there, some people give away crockery, pots and pans, other household equipment, books or clothes so that these items can find a new owner.

One thing should have become apparent from these observations: It is not boring here. Anyone who is interested in such experiences and who does not need night-time silence and loves socialising can have a great time here - as long as you watch what you put in the hallway.

- Leonard Schiller

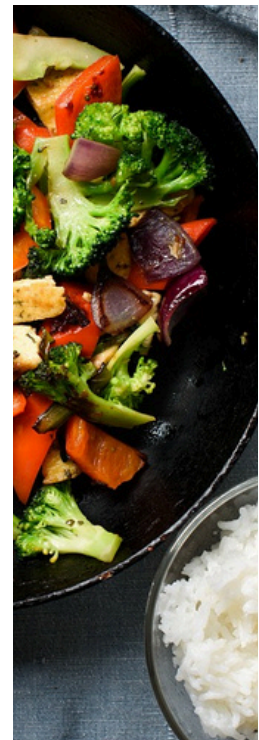
CASH COURSE: BETWEEN BOOKS AND BUDGETS

Saving money as a university student

Many of us can relate to the daily struggle. As a student, you often don't necessarily have a lot of money at your fingertips. Not all students can be financially supported by their parents and not all students receive BAföG. But it's frequently not quite easy to reconcile a balanced diet, travel, leisure activities, and much more with a lifestyle that doesn't involve spending much money. In the following article, I would like to present some tricks and hacks on how you can save money as a student without having to miss out on great experiences, healthy food, interesting books, or memorable trips.

Food

First of all, I would like to talk about a topic that is an integral part of my life: Food. Personally, a balanced diet is very important to me and to make things even more complicated, I live a vegan lifestyle. And, you've guessed it, this combination doesn't always make it particularly easy to save money. The good news is that most TU Dresden canteens offer at least one vegan option per day. The Mensa meals for students are subsidized by the state and the costs are usually between 2.30 and 4.00 euros. If you want to compare not only the prices between the individual canteens but also check out their daily offer, the "MensaPlus" app is a good way to keep up to date. And if you prefer to take your food home with you, you can borrow a Relevo box free of charge from almost all canteens, which you can then return within 14 days. However, it can be even cheaper to prepare your own food.



Above all, it can be useful to think roughly about what you want to eat within the next couple of days. This makes it easier to only buy what you actually need in the end. Good planning also helps you to make the best use of food for several dishes so that nothing goes off and has to be thrown away. This not only saves money but also makes an important contribution to preventing food waste. So-called "meal prepping" involves preparing one or more meals in larger quantities so that you have enough to eat for several days. This can also help you to eat a healthier and more balanced diet overall, as you won't eat fast food on impulse so often, for example. Of course, meal prepping also requires a certain amount of preparation and planning. You also need suitable containers to keep the food fresh for several days.



When it comes to grocery shopping, food prices can vary greatly depending on the supermarket, so it's worth comparing prices. Food is often cheaper in discount stores than in supermarkets, which often have a wider range of products. It is therefore usually worth buying the basics such as fruit, dried goods, etc. from cheaper discounters and going to REWE, for example, for more specialized products. Oriental or Asian markets also sell food that is often significantly cheaper and in larger packaging. In addition, you can often find food in these stores that is difficult to find elsewhere.

In many supermarkets, you will frequently find the cheapest products at the bottom or top of the shelf - where they are least likely to catch your eye. Another tip is to go shopping on Saturday or shortly before closing time. Many supermarkets then reduce their prices in order to get rid of the goods, especially those with a limited shelf life.

Additionally, it makes sense to buy regional and seasonal fruits and vegetables. If you pay attention to this, you are not only doing something good for the environment but also for your wallet. Fruit and vegetables that are in season are usually cheaper than those that have to be imported from abroad.

Groceries that have passed their best-before date can usually be eaten for some time longer without any concerns. Saving food that has been thrown away by supermarkets, is prohibited in Germany. But there are apps that help you to find food at a reduced price. One such app is "Too Good To Go". I've been testing the app myself for a while now and there are definitely more "Too Good To Go" - spots here in Dresden than in my hometown, which is rather small. Even if you follow a vegetarian diet, you can find quite a large range of choices on the app, especially of fruit, vegetables, and baked goods. Getting a purely vegan bag, however, is a bit more difficult.



Travel

As we all know, traveling can be quite expensive. Especially if you don't plan your journey properly. Thanks to the "Deutschlandticket", which is now included in the semester ticket, students can travel for free on public transport throughout Germany. While this is a great opportunity, public transport can quickly become very crowded, because many people make use of the "Deutschlandticket".



Therefore, it can be useful to find out well in advance when the trains will be at their busiest and to avoid these times. However, if you want to travel greater distances, going by IC or ICE trains may also be an option. Prices for those inter-city trains also fluctuate greatly. However, if you book your train a few days in advance and choose a less popular time slot, you can save money here as well. If you often travel on long-distance trains, a Bahncard 25/50 subscription may also be worthwhile. For example, you can get a ticket for an ICE journey from Dresden Central Station to Leipzig Central Station for as little as 11 euros if you book it a week in advance, without a Bahncard. If you want to travel across national borders, it is often advisable to take a Flixbus.



Now I'd like to talk about how you enjoy your stay while traveling. Especially when traveling, you often eat out and go shopping, and you generally spend a lot of money. But that doesn't have to be the case. The most expensive thing when traveling, apart from transportation costs, is, most often, accommodation. The prices depend very much on which country you want to travel to. It is worth mentioning that countries in Eastern Europe are often cheaper and simultaneously just as beautiful. For example, Prague, the Czech capital, offers a very wide range of cultural attractions and Slovakia has breathtaking landscapes that are perfect for hiking.

In general, it is advisable to compare offers from Airbnb and hostels to find the offer with the best price-performance ratio. If you are traveling together with several people, it not only makes your stay safer, but you can often get cheaper accommodation at a group price. There are also websites, such as "Couchsurfing", which I have not yet tested myself and which I would not necessarily recommend to women traveling alone due to safety reasons. Last but not least, I would like to draw your attention to the possibility of pet- or house-sitting. Here you look after pets or the homes of private individuals and can stay with them for free and in some cases even earn money. However, I would also like to emphasize on that note that your safety should always come first when traveling and that you should only contact pet- or housesitting partners via professional portals.

In general, it is worth buying food from the local supermarket when traveling. This saves you the money of always eating in restaurants. Many Airbnb's and hostels also have a small kitchen area. Many sights are open to the public and free of charge. Besides this, it's always worth approaching locals and asking them for their best tips for activities and places to see.

Leisure Activities

Now, let's talk about free time! I would like to experience a lot during my time at university and I would ideally want to do something fun with friends every day. And since I don't want to spend every afternoon in the SLUB studying, I did a lot of research and found some ideas on how to spend your free time in and around Dresden without spending the entirety of your life savings on it.



Parks and lakes

In summer, you can spend your free time in one of the many parks in Dresden. For example, "Großer Garten" or "Alaunpark" offer relaxing green areas to have a picnic or meet up with friends. Nature enthusiasts can also visit the TU Dresden botanical garden for just 0.50 euros. It displays more than 10,000 plant species on around 3.25 hectares. A personal highlight of mine is the Japanese Palace. Here you can listen to the bell chimes from the pavilion with a view of the Elbe and the historical town of Dresden.

If you need a cool down in summer, you can go swimming for free at the "Kiesgrube Leuben" or for 5 euros at the Naturbad Mockritz. There you can find a pier, a waterslide, clean sanitary rooms and you can even watch baby ducklings.



Live music

If you are a fan of music, there are numerous opportunities to enjoy live music in Dresden. Concerts are held regularly at the Kulturpalast. In addition to classical orchestral concerts, the Dresden Philharmonic Orchestra also organizes concerts with international stars from jazz and world music, such as musicals, pop, film music and many other genres. Tickets for students and young people usually cost around 15 euros, which is much cheaper than the regular price, which is usually priced at around 50 euros.

The Dresden City Festival in August, with its breathtaking final fireworks and the numerous festivals in the city districts, the Dixieland Festival on Prager Straße in May, and the Neustadt Festival in September also invite visitors to spend cheerful and fun-filled hours. There you can enjoy regional, national, or even international bands without any entrance fee.

If you like making music yourself, there are numerous university music groups in which you can participate, as mentioned above. The organization "Artsjam" also offers the opportunity to make music with other artists in well-equipped rehearsal rooms for just 7-10 euros per session. Furthermore, the Dresden City Library offers a very attractive service. A library card costs 20 euros a year. Here you can play musical instruments in the library, such as the piano, or even take instruments home with you. This is perfect if you are still unsure whether you want to buy a completely new instrument, save some money, or simply want to try something new.

Sport and exercise

If you are a sports enthusiast but don't like to exercise alone, you can also find great communities in Dresden for your particular sport. For example, there is an organization called "Nachtskaten" in Dresden. Here you can inline skate across Dresden at night in a large group. I would say that is definitely an experience you won't forget any time soon. If you don't own inline skates, you can hire them and protective equipment on-site.



If you like running but are still looking for the right running group, you can join the "pace killers" and run through the Neustadt every Tuesday evening with a group of motivated young people. And let's not forget the sports programs offered by the TU Dresden. You pay a certain fee per quarter and can then practice this sport with your fellow students. In addition to the more traditional sports, there are also more extravagant ones such as quidditch, acro-yoga, archery, capoeira, and very many more.

Clothes, Books, and More



I have to admit that I love fashion. With the clothes you wear, you show your personality to a certain extent, you can express yourself creatively and with every season, many of us think that we have to buy at least a few new items. But this is not only bad for your wallet, in the long term it is also harmful to our environment with its limited resources. There are already far more clothes in the world today than we could possibly wear. Of course, the most sustainable thing to do is to wear the clothes you already own. But buying second-hand clothes is also a good way to expand your personal style and get hold of unique fashion pieces. There are some cool vintage thrift stores in the Neustadt in particular. For example "Chicsaal", "Humana", or "Second Season". If you're looking for something special, I would recommend the app "Vinted", where you can buy and sell clothes without having to pay an extra fee.

But even when it comes to books and other media, you can often save a lot of money without having to sacrifice the experience. If I want to buy a particular book, I always look on Rebuy first to see if the book in question is also available second-hand at a cheaper price. I can once again recommend a library card from the Dresden City Library to everyone. You can find books ranging from non-fiction to novels or foreign language literature. If you need academic literature for your studies, the TU Dresden SLUB is of course always a good place to go. There are also several “book-telephone-boxes” distributed throughout the city of Dresden where you can either swap out books or just take some books with you. One of them is located in front of the Hörsaalzentrum. You can also find free literature in many university buildings. For example, books and magazines on the subjects of language, literature, and psychology are always available in the Seminargebäude 1 and 2.



Last but not least, I want to address the issue of how you can earn money. As I mentioned at the beginning, the most important thing is to make sure you have a reasonably regular income. Not everyone has the same privileges, possibilities, and the same opportunities, which means that for some students the study years are associated with much more mental load. However, if you want to focus on spending less money overall, it's best to follow the tips I've given you in the article to spend less and still experience just as much (if not more)!

- Marie-Isabel Beyer

TU DRESDEN

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THE CAMPUSLINIE AKA STADTBAHN 2020

Child of 2010, Class of 2030 (or later...)



The Campuslinie, hailed by the DVB as one of the most important projects for public transport in Dresden, is scheduled to commence tram traffic by 2030 on the track from Löbtau to Nürnberger Ei. None of us will be able to use the campus tram line (Campuslinie) in the near future. Not if we all aim to finish our studies before 2030 – a shoutout to the dedicated medicine students. And yes, you have read correctly, the track that is going to be finished in six years is only half of the way that the bus number 61 currently covers of the TU campus. This is going to be a report about the current status of the Campuslinie and an outlook on what is to come.

Estimates vary, but the number of passengers ranges from 27,000 to over 36,800 passengers a day. All observers including the DVB and 10,000 students every day, see the 61 at its absolute maximum capacity. With these numbers, the 61 is officially the most heavily used bus line in Dresden. Even the Mayor of Construction, Stephan Kühn, described the ‘vibe’ in the 61 at peak time as being like in “a tin of sardines”. Making use of additional bus rides at peak time already, thereby offering a ride every two to three minutes, an appropriate quality of transport would not be possible to maintain any longer if passenger numbers increased.

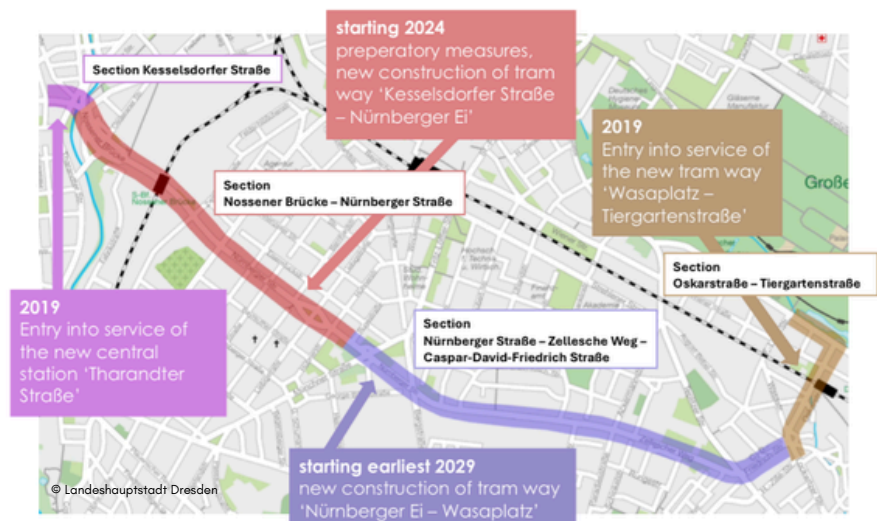
But help is certainly under way – slowly but steadily. Residents of Löbtau and Strehlen witnessed immense construction efforts in the years and months leading up to 2019. In early summer that year the new tram station at S-Bahnhof Strehlen was inaugurated with the central stop ‘Tharandter Straße’ following in September. The completion of these two construction sites provided not only better public transportation in general but also the first tangible progress on the project Stadtbahn 2020. However, this did not prevent the project from being rebranded to the not-so-stressful but rather deadline-friendly name Campuslinie after Stadtbahn 2020 occurred the last time in official documents as late as the summer of 2023.

The scope of this project reaches as far back as 2010 when the project was unassumingly titled 'Straßenbahn Löbtau-Südvorstadt (Nürnberger Str.)'. Planning developed, the route eventually expanded, and the current goal is to connect Löbtau from central station Tharandter Straße via tram directly with Strehlen at Wasaplatz and S-Bahn-Hof-Strehlen. By following Zellescher Weg and crossing through TU Dresden's campus, the extent of the project, worthy to call Campuslinie and to replace bus number 61 was thus reached. The plan for the Campuslinie divides the course of the tracks into four parts, two of which constitute Löbtau (No.1) and Strehlen (No.4). Section 2 will extend from Section 1 Tharandter Straße to Nürnberger Ei, where tram tracks are already laid and used by tram No. 8. Section 3, covering Zellescher Weg and Caspar-David-Friedrich-Straße to Wasaplatz will only be commenced after section 2. In dates, we are talking about the year 2029 for section 3. In terms of sections, one could be cheeky and claim that with the completion of sections 1 and 4 half of the Campuslinie were to be finished before 2020.



For those who own a bicycle or a car and use the Nossener Brücke regularly, there is limited need for concern. During construction, the bridge will remain traversable for cars, although there will only be one traffic lane per side. After construction, two traffic lanes per side are expected to handle the anticipated traffic volume.

In addition to the four traffic lanes and the two tram tracks, the cycle paths on each side will be expanded to a width of 2.5 meters. Overall, the bridge will be widened to ensure that despite the additional tramways it does not become narrower for bicycles and cars than it currently is.





Now, all is well in Zion as long as we do not talk about money. But rebuilding a bridge, laying tracks and connecting the tram stop with an elevator to an S-Bahn station is no cheap undertaking, especially if the completed project is supposed to last a bit. €324 million is the price tag for the 1.7 km long 'section 2' whose construction is commencing in its early stages this summer but is going to be in full construction from the end of 2025 onwards. And all those heavy duties need some meticulous planning beforehand. The council of the city of Dresden estimated some 300,000 € for planning the Stadtbahn 2020 - for every year, from 2014 to 2017 that is. But under the shadow of the 300 million for the construction, the planning budget is almost nitpicking.

It is understandable for ordinary citizens, who have little insight into the project, to become impatient and suspicious of these figures. An e-petition from 2022 aimed at speeding the process a little up with some audacious demands, but all the responsible office was able to do was assure the 93 signees of the petition (of whom 25 were the same person!) to provide them with more detailed information about the progress. Another e-petition from 2020, which aimed at speeding up construction at Wasaplatz received similarly meagre support: 24 supporters signed. Such little participation in those e-petitions leads one to suppose that the Dresden citizenry is either not very keen on the completion of major projects of public transport, or secondly, is very understanding and patient in regards to the complexities of such an undertaking, or as a third option, simply does not know the possibilities to exercise pressure on those in responsible positions.

After these insights into the world of construction and planning, one might view the progress as slow or recognize that we live in a time when significant resources can be focused on progress and innovation, rather than just maintaining and repairing the status quo. One can leave this discussion either frustrated and apathetic or humbled and thankful.

- Joseph Kosak

VOLUNTARY WORK AT UNIVERSITY

How to spice up your free time (successfully)

FSR? StuRa? What are you even talking about? – These sentences are often uttered when my friends and I tell other students about our free time. It is when this question is asked that we have to begin and explain that we volunteer at our university, plan events in our free time and help students organize their studies.

The concept of student councils has been around for a long time, however, there are often only small circles that know in detail what a membership in a council like this entails. Usually, the participants for the FSR, regardless of which faculty, are chosen carefully by FSR members. By trying to incorporate engaged students in events like the ESE week, the members predominantly look for students who like to study politics and think it best to be included in a group of other like-minded people. Of course, every person studying can run for the FSR, nevertheless, it is interesting to get to know the workings and people of the student council.

A chance to get to know the workings of the FSR better as a non-elected person is the Assoziierung (association) – you are not obligated to participate in any session but can come if you want to. For Assoziierte, nothing is a 'duty' – even the consultation hour does not have to be held. However, they also do not have a vote when decisions are being made as they merely can only give input.



What are the tasks of an elected student council? Well, let me list the typical workload of one week:

- 1 session that usually lasts about 3-4 hours,
- 1 consultation hour (90 min).

About 4-5 hours a week, depending on the various needs and topics, are spent with the FSR. Further, each member of the FSR is elected into one (or more) committees involving more sessions to participate in - depending on the committee and how often it meets, there are more hours spent in meetings.

It is important to know that the FSR SLK in which I am an elected member and other FSRs are not the same, as some councils do not hold a session once a week but sometimes only twice a month, depending on the statute set up by the members. Furthermore, those sessions do not have to be as long either as each council, depending on the faculty, works in a unique way.



DO YOU ONLY DRINK BEER? - Well, yes, but actually no. Sometimes it can get a bit heated up in our discussions, sometimes the next party is just around the corner, and the participants of the FSR need fuel to function - however, it is important to understand to not use stereotypes like this on volunteering people as this merely is a joke, especially among students. FSR representatives do not excessively drink during their sessions and the topics spoken about are taken seriously because they are aware that being elected as a member by students foremost puts them into the position of awareness and duty to represent the faculty and the students of it.

WHAT IS THERE TO KNOW ABOUT UNIVERSITY POLICY? - First and foremost, the student council of each faculty elects one or two people into the university student council (StuRa), the institute and faculty council, the study commission, and the appointments, doctoral and examination commissions. A lot of these councils and commissions give us students a vote, thus we are in the position to promote and defend student interests and more at our faculty.

The StuRa is altogether made up of one or two members of each student council. Not only do the participants in those sessions make the council what it is - there are people who work in different divisions, such as finance, education, culture, mobility and many more. The task of those members is to coordinate, as a current example, the usage of the Deutschlandticket in connection with our CampusCard.



As those meetings are held with members of the DVB, you can envision the workload that is put into this. And altogether, there is one thing to remember: this work is done voluntarily.

Of course, not only study politics but also other places offer voluntary work. We all love to visit student clubs in our free time; however, most people are not aware that clubs like Aquarium, Club11, Gutzkowclub and more are navigated by students who do it on a non-profit basis. You may ask yourself right now: Why would they? What is it I can get from those voluntary jobs?

The win-win situation consists mostly of contacts all around the campus - because the members of the student clubs also connect in a bigger council to talk about upcoming events, finances, and other strategies.

Voluntary work at university has the benefit of creating a group of people who become friends. As much time is spent together, the familiar feeling of this community outweighs the sometimes exhausting work. Moreover, it is special getting to see the fruits of your work at events, for example, the parties or during festivities with the faculty. Most importantly: the response from other students makes up so much as there is gratitude and appreciation that gets you going.

As you can see, voluntary work does not have to be seen as a waste of time. Benefits like meeting people, organizing events, talking to other individuals, and debating about huge decisions for you and your fellow students are what make this work valuable to anyone - so try it out!

- Tara Bornhold

FEAST ANEW IN THE CENTRE OF CAMPUS

The Neue Mensa ('new canteen') has struggled in the last decade to defend its name. Opened in times and style of the GDR in 1981, and shut down in 2014, almost all of the current students will have no recollection of life with an operating Neue Mensa. As of now, the 'Alte Mensa' ('old canteen'), only a few steps away, would deserve the name better. Nevertheless, the Neue Mensa has a rightful claim to the restoration of its newness.



Beate Diederichs from the 'Dresdner Universitätsjournal', the official publication organ of the TU Dresden, described the past role of the Neue Mensa in a 2021 article as the 'social and cultural heart of campus'. She commemorates in an almost nostalgic tone all the stories 'the walls of the building could talk about'. A list of activities, exceeding simple sit-down lunches, gives a frolicsome and gregarious impression of what student life looked like with the Neue Mensa: events such as comforting gatherings of nervous students before exams, jolly circles celebrating successful completions, or even hanging out in the Mensa's own club or beer parlour in the evening added a quality of (student) life, not many places could offer on campus. Students from past semesters could give similar accounts. Some are reported to call it tenderly 'Retro-Mensa' because of its persisting 80s charm. The head of the Neue Mensa in 2011 remembers one of his first encounters with this institution to be a concert at the Mensa's club, something rather unusual to imagine these days. An article from the Studentenwerk, not wholly unbiased, describes the Mensa as 'legendary'. As can be seen, the Neue Mensa has attracted some affection over the years of its operation.



For almost 30 years of uninterrupted operation, the shutdown in 2014 can be simply and expectably attributed to its age. Respectable as the Neue Mensa's GDR origins are, even socialist Plattenbau (prefabricated concrete slabs) wears down eventually – something the Seminargebäude on Zellescher Weg will need to realise as well sooner or later. But more concerning than the condition of the building were issues concerning fire safety, the state of electric cables, and outdated kitchen technology. On top of that, the aging establishment was put under monument protection in 2008 because of how well the Mensa managed to preserve its original look from three decades ago. As commendable as it is to preserve old buildings, reconstruction is by no means made easier with this. Now, as it is time to move on and give the old building the well-needed rejuvenation, it is touching to hear that Norbert Zimmermann, the son of the architect Ulf Zimmermann who originally constructed the building, is involved in the reconstruction planning at the head of his father's former architect's bureau.



Reconstruction, as necessary as it is, brings change. The Neue Mensa will certainly move into the future of canteen operation, but its roots will be kept in mind. Ten years ago, a 60-member staff administered the distribution of about 4,500 meals every day in five dining halls, on top of a food bar, a cafeteria with 142 seats, and a beer parlour. Even smaller multi-purpose rooms were used for presentations and other events. However, what was once celebrated in 2011 as innovation has become standard in many canteens on campus since: dishes other than the usual two main ones at a pasta and wok counter, a salad corner, a drink- as well as a soup bar ('Omega' – short for "without knife and fork in German"). Similar installations can today be found in Siedepunkt and Alte Mensa, for example.

Surprisingly, the looks of the Neue Mensa play quite an important role in the rebuilding process, something one would not guess with a glance at it from outside. Built in six years and finished in 1980, this type of building was used for ten other university canteens in the 70s and 80s in the GDR. Consequently, being far from a unique icon of architecture, various works of art were presented to make up for that and accentuate different parts of the building inside. Many will agree that those pieces give no common or boring impression. On top of that, the interior design aged well – characterised by fair-faced brickwork and dark wooden ceilings, it would create a charming atmosphere nowadays.



Due to the aforementioned monument protection, this look will very likely have its comeback. Even details such as the well-known 'Moki' ceilings, produced only by selected firms in the GDR, are part of the effort to rebuild the Neue Mensa authentically. Fascinatingly, the sharply-shaped and rather odd sculpture in front of the building few will recount but many remember upon seeing, was put up only three years after construction finished for the Neue Mensa. What seems to be two objects from different worlds was an intentionally created contrast for the sake of variation. On the one side the strictly horizontal building style of the canteen and on the other the spiky, uneven, tall sculpture in front of it.

The Studentenwerk is trying its best to make the Neue Mensa new again. With 850 seats, the Neue Mensa is going to be the largest canteen of the Studentenwerk after reopening. A 'generously spaced' terrace on a new extension to the building will offer additional seats outside. The beer parlour, the cafeteria and the lounge area will make their long-awaited comeback. Moreover, modernisations will include moving away from the previously used cafeteria system, where food was distributed via queues, and implementing the so-called free-flow system, where guests are not required to wait in a queue but can access the food point they want directly. The Studentenwerk estimates to be using eight counters to feed the expected 4,200 guests. Regarding the Zeltschlösschen Mensa, it has been decided that it will end operations so that the area can be used differently.



Other details are yet to be clarified, such as the menu plan, and whether the club will be reopened. However, one thing can be said for sure after these insights: the Neue Mensa will again be a key location for university members - not only because of its seat capacity, location, and design but also because of its 'legendary' legacy.

- Joseph Kosak

WE'RE HERE AND WE'RE QUEER!?

The TU Dresden's Queer Identity

The Technical University Dresden is using the term TIN*klusive to describe itself as a queer-friendly and protective space. However, questions arise in what way our university earned this title. Is our university rainbow-washing itself to improve its image?

A study from 2023 about the life situations of LSBTIQ* people in Saxony, relying on a data pool of 1.490 participants, found that about 84% of LSBTIQ* people in Saxony are predominantly satisfied with their experiences in educational institutions such as university or college. Although this percentage portrays a rather positive outlook on queer experiences at Saxon education facilities, only a minority of 26% of LSBTIQ* people felt safe in public spaces. One in two people even reported having experienced attacks since 2017 - a concerning result.



As a public education institution, TU Dresden is likewise affected by this duty to protect its employees and students from violence and discrimination of any kind. However, the questions remain: What does the TU Dresden do, to uphold this duty? Which systems are in place to especially protect and include LSBTIQ* students and employees?

On the official webpage named "TIN*klusive Hochschule", TU Dresden claims to be a TIN*klusive university, displaying "TU Dresden should be a place where TIN university members feel welcome and can develop freely." as their mission statement towards the top of the article. TIN* stands for Trans*, Inter* and Nonbinary, referring to different gender identities. The statement made by TU Dresden officials promises an inclusive and safe environment at first glance, but at a second glance, the provided information about how this "safe space" is realized seems rather avoidant of clear and proven facts, stating only three tangible actions the university follows to accommodate its queer members. The webpage merely names challenges of implementation, which according to their statement have utmost priority, and links to many general documents on the topic of TIN inclusivity, such as the TIN guidelines. Yet, it fails to provide adequate proof of their implementation in university politics.

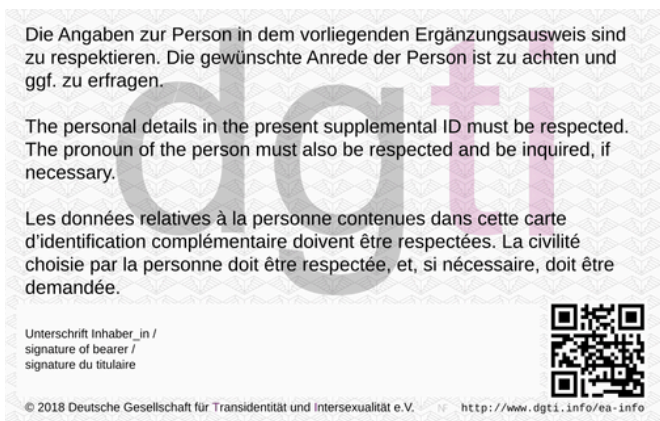
The TIN*clusive University Guidelines

The TIN*clusive approach proposes five principles that a university has to follow in order to be TIN*clusive:

1. Data protection and privacy (i.e., prohibiting the involuntary outing of closeted members)
2. Differentiation between self-disclosure and legal gender (self-disclosure)
3. Participation of university-affiliated TIN people in change processes
4. Development of an environment where addressing errors is encouraged and errors are responsibly handled
5. Inclusion of specific university strengths in change processes



To add to the five principles, the TIN*clusive guidelines propose many more requirements a university has to meet, such as TIN*clusive toilets, showers, and sanitary areas, TIN*clusive IT systems (e.g., for name changes); as well as TIN support programmes and service facilities.



The TU Dresden accomplishes principle one as well as the IT requirement by following nationwide law changes (which is expected) and acknowledging the “dgti-Ergänzungsausweis”, which allows for smooth changes of names and sex, as well as principle two by enforcing gender and diversity-sensitive language. Principles three to five are not verifiable by the statements the university makes on its webpage alone.

There is also no record of TIN*clusive sanitary areas listed on the webpage or at the “Campus Navigator”, the webpage for orientation around campus buildings. Although they introduce the option of “Queer Peer Counselling” as a queer support and service programme, an in-depth explanation of this programme is not provided, but rather vaguely dismissed by referring to the responsible person, Fay Uhlmann.

The Queer Peer Counselling

Fay Uhlmann, a non-binary trans*feminine and pansexual student, who oversees the Queer Peer Counseling, gave further insight into the university's approach to implementing the TIN guidelines. Queer Peer Counselling was established following numerous complaints about difficulties and an inability to name changes in university systems, filed by queer individuals in 2020. Uhlmann has been responsible for this programme since May 2022.

The Queer Peer Counselling programme offers a central contact point for queer university members and allows them to feel seen and heard by fellow queer students or employees. Predominantly, the counselling service offers support on issues such as discrimination, problems in everyday life, outings, transitions, sexuality, issue-specific concerns (e.g., queer-sensitive teaching), and more. "The topics of the counselling sessions themselves vary greatly - whether it's first-year students inquiring about the conditions for queer individuals at the university, university members wanting to know how the name and gender change process works at the university, or dealing with misgendering in everyday university life," says Uhlmann adding, "The client-centred counselling is the most important aspect to me." Most requests for counselling come from trans* people, according to Uhlmann; however, the service accommodates all people, regardless of their gender and sexual orientation. "If you have any questions regarding all things related to queerness at the university, or if you need assistance, feel free to contact me anytime at: queerpeer@tu-dresden.de", Uhlmann appeals.



In terms of university politics, Uhlmann states: "I am in good communication with the central equal opportunities officer, the complaints office for harassment, discrimination, and violence, the prorektor for university culture, and the diversity management team. I generally feel well integrated into most processes that affect queer people at the university." Nevertheless, Uhlmann clarifies that the service is not a complaint office and cannot enforce content or initiate sanctions, directing individuals to the official complaint office "Antidiskriminierungsbüro Sachsen".



Is the TU Dresden Rainbow-Washing their Image?

Based on the additional information, TU Dresden relies on Queer Peer Counselling as well as the involvement of TIN (or queer) individuals such as Fay Uhlmann e.g., via “Fachschaftratsrat”, to enforce university policies on queer visibility and inclusion. This creates a space for university-affiliated TIN people to participate in university politics as the TIN guidelines govern, and, in the same vain, the Queer Peer Counselling functions as a university strength that is concerned with solving errors.

Thus, following the basic principles of the TIN guidelines, TU Dresden can be rightfully called a TIN*clusive university. Although the transparency university officials provide leaves something to be desired, and the publications on their official webpage(s) should be revised to include more detailed descriptions of the actions taken to uphold this TIN*clusive status, Uhlmann seems content with TU Dresden’s efforts of queer inclusion: “We now have a well-functioning system for name and gender changes, and there are some gender-neutral toilets, with the promise that the goal is to have at least one in each building. On important days for the queer community, the progressive Pride flag is raised, for example, on IDAHOBIT. Since 2022, there have also been annual events on this day, such as the QueerScience Panel to present queer research projects, or TINA* self-assertion workshops. We also had a wonderful event series on queer parenthood, and there is a mandatory guide on gender-inclusive communication at the central level. The university indeed presents itself as queer as it is!”

Recent developments in the university’s involvement during this summer semester 2024, such as the first Pride Week organised by the FSR ABS and FSR SozPäd, or the student group “Radical Rainbows” who create a space for queer individuals to meet and engage in conversation, affirm Uhlmann’s perception of the progression of queer visibility and inclusion at TU Dresden, additionally shining a light on a promising future for queer individuals at our institution, primarily led by united efforts of personnel and students.

Nevertheless, Uhlmann appeals to university officials: “I believe there is still much to be done. We need more queer representation in the curriculum, and as a university, we must build a culture that does not tolerate the discrimination of queer people or discrimination in general.” Although TU Dresden might meet the baseline requirements a TIN*clusive University has to implement, only future development and efforts in queer inclusion can show the true extent to which TU Dresden deserves the title TIN*clusive.

- Clara Kolbeckel

(HIDDEN) GEMS ON CAMPUS

When studying at the TU Dresden students spend a big amount of their time on campus, which can also be visited by people who are not studying at the TUD. Therefore, the university created places of retreat which are accessible to all students and are spread across campus. To check if these places are worth a visit, I explored the campus, searching for (hidden) gems and this is what I found:



1. The first (hidden) gem I encountered is located in the yard of the “Barkhausen Bau”. This area is abundantly planted with various trees and hedges and incorporates an artificial pond, seating areas and illuminated paths. You can reach this hidden gem by leaving the “Alte Mensa” through the “Bärengarten” and keeping straight for about 50 meters.

2. Inside the “Fritz-Foerster-Bau”, the newest gem can be found, which was just opened in May 2024. This is a room called “Retreat”, where you can pause, gather strength, meditate or pray in complete silence to retreat from the hustle and bustle of everyday life. The “Retreat” is located in room E78 and can be visited during the opening hours of the ServiceCenterStudium. This gem is barrier-free, free of charge and can be used by up to three people.



3. If you feel like moving after relaxing in the “Retreat”, the next place I explored will be perfect for you. Behind the HSZ yard and the Fritz-Foerster-Bau you can find the “Highway TU Health”, which is a collection of four pieces of sports equipment.



It was built after the idea of students and supported by the sports center of the university. The “Highway TU Health” helps you to stay fit between 90 minutes of sitting in classes, with equipment for push-ups, pull-ups and training your balance.

4. The fourth gem is quite literally hidden, located in the biology building behind the “Seminargebäude”. There you can find a plentifully planted staircase in the foyer, which invites visitors to rest on the included seating areas. Besides the planted staircase, visitors can also marvel at the installed sculptures, both wooden and plastic, which contribute to the utopian feeling the biology foyer mediates.



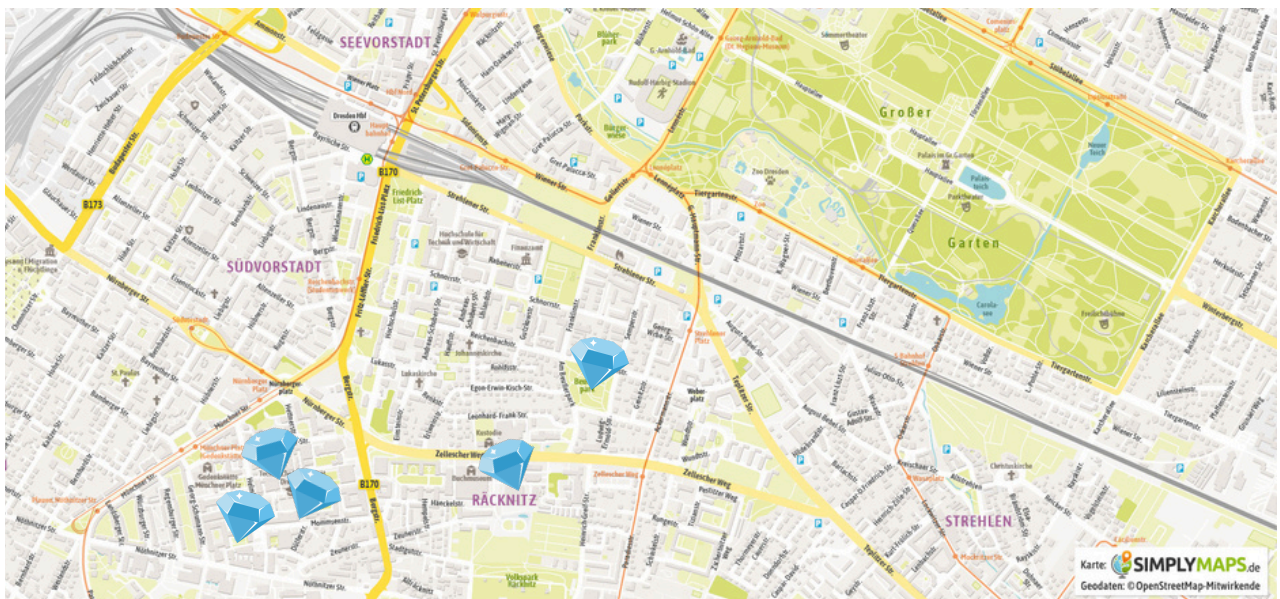
5. The last place on campus I want to recommend is one you can find more easily since it’s located between the “Zellescher Weg” and the “Strehleener Straße”. The gem I am talking about is the “Beutlerpark”, that can be found by walking down the street right before the EMF copy shop.

The park invites visitors to linger on the multiple benches, walk around the various paths and relax on the lawn. This gem also includes a beer garden and a playground, making it attractive for all age groups.



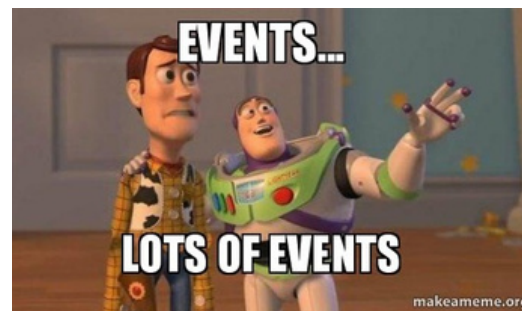
All the presented, more or less hidden gems I found on campus are retreats, which invite students and visitors of the TU Dresden to escape their stressful weekdays and recharge. To help you locate all the gems, you can take a look at the provided map, where the gems are labeled with the associated symbol.

- Hannah Sue Kleindienst



EVENTS ON CAMPUS

Throughout the year, each student probably visits three or more events related to university life. Everyone would like to keep their schedules free, nevertheless, often an overview is missing which shows exactly when to keep your weekends free.



Dear reader, don't be frustrated, I got you. This sort-of-but-not-really calendar will list some events that typically occur each year (without guarantee!) and are of special interest to most students on campus.

Starting with the beginning of each winter semester, we have the popular Bockbieranstich. Is the name giving cues? Yes, it's about beer! The *Bockbieranstich* is famously known among students because it connects Freibier (free beer) and other (non) alcoholic drinks - it fascinates almost everyone. Every year, usually in October and April, Club11 and Feldschlößchen have held this event at Hochschulstraße for one day - and this for the past 20 years. With up to 2,000+ visitors, it is known to be a beloved event that holds tradition.



As summer semesters are better for outdoor activities, this is the time of the year you really have to take care of your calendar. Starting with April, of course, the *Bockbieranstich* shouldn't be missed. In May we have another interesting event: the *Bierathlon*. The... Bierathlon??? Yes, it's a marathon with beer. Thirsty students with a spectacular sportsmanship can test their ability of combined drinking and running across the campus. In total, ten clubs participate in this event. The goal? Drink one beer at each club and get to the finish line as fast as you can.

You would like to start something with less alcohol? Got you. In June, there are several events that involve other experiences as well. The *Lange Nacht der Wissenschaften* (long night of science) combines knowledge and fun as you can visit many faculties of our university and get to know their projects, experience science firsthand, and listen to lectures by well-educated people.

In the same month is also *Teachermania*, an event organized for students of teaching. You can connect with schools from Dresden and Saxony, have a talk with the state office for education, and get into touch with other organizations revolving around teaching. The whole day involves a program designed for amusement and information.

Most importantly, one day should not be forgotten: the *dies academicus*. This day is solely for university members to enjoy as it represents an internal free day of the TU Dresden. Including many festivities at each faculty, you can visit and participate in the Crime Campus as well. No, you are not expected to do crime, however, you are expected to solve one. This type of scavenger hunt is organized by students and includes a different quiz each year which always promises to be a lot of fun.



Of course, the last event is the *Campus Festival*. It is probably the biggest concert on campus and involves many well-known artists; the line-up changes every year.



Pro-tip from my side: if you would like to attend the festival, make sure to buy your tickets early as the prices in the first few weeks are lower and increase with time.

Altogether these events are not the only ones to experience on campus in your study life, nor are they the ones you must attend. Always remember to have a look at the calendar of your faculty and of course, the one of the TU Dresden.

Stay safe and have a good time!

- Tara Bornhold

STAY ABROAD

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HOW TO ERASMUS?

A Short Guide for Studying Abroad

Studying abroad is very popular nowadays. And why wouldn't it be? You get to know a different culture, language, and - hopefully - new friends. Furthermore, it looks impressive on a CV. For some study programs, such as international relations and the teaching program for English, a stay abroad is even a requirement. However, applying for and planning an exchange term can sometimes be tiring, and it is easy to lose focus. There are so many options and possibilities that need to be considered beforehand. Nevertheless, organizing an exchange term is not impossible. This article offers a quick overview of the most important aspects.

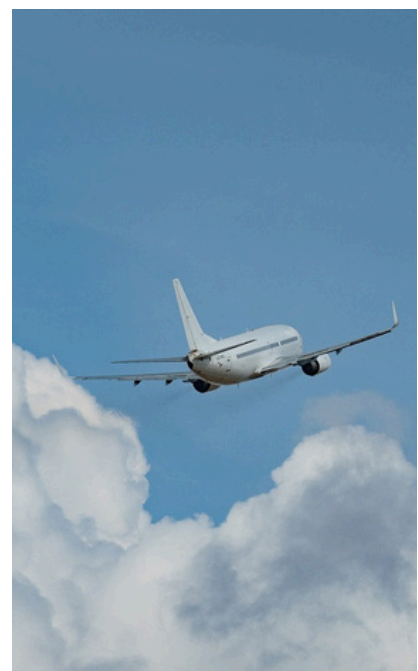


Which exchange programs are there?

The probably best-known program is Erasmus+, which is financed by the European Union. It is often promoted during lectures by very enthusiastic students, and it is hard to walk around campus without stumbling across one of their advertising posters. However, Erasmus+ is not the only possibility for students to go abroad. TU Dresden has its own exchange program, TUDworldwide, which offers enrolled students the opportunity to study at a different partner university for free. Furthermore, most faculties at TU Dresden arrange additional student exchanges. These International Faculty Cooperations allow students to continue their regular studies abroad. It is even possible to complete an internship in another country.

Where can I study?

In a nutshell, you can study almost anywhere you want to. TUDworldwide offers university places on six continents - Australia, Africa, Asia, Europe, and North and South America. However, they do not cover every country on each continent, and some universities specialize only in one or two study programs. Some more options are offered by the International Faculty Cooperations; however, this highly depends on the institute organizing the exchange. Erasmus+ mainly offers university places in Europe, but they also arrange a few stays in North America, Asia, Africa, and Australia. Where you can study depends mainly on your study program and your language skills.



What is required of me?

Applying for a stay abroad requires you to be enrolled at TU Dresden, obviously. In an undergraduate program, you should have completed at least one year of study, and for a master's program, one completed semester is often required. Furthermore, you have an advantage in applying if you have good academic performance, even though there is no defined grade requirement. Frequently, good language skills are requested; especially English skills are often mandatory.

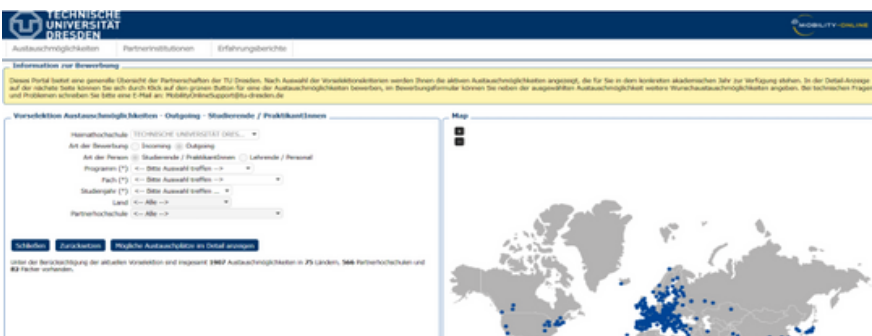
What does it cost?

Even though this question is probably the most important for many students, it is not easy to answer. The greatest advantage of these exchange programs is probably the waiver of the tuition fees abroad. However, studying in another country can still be expensive. Depending on your choice of country, the living costs might be higher than in Saxony – or Dresden in particular. Some of the living costs can be covered by grants; for example, Erasmus+ usually supports students with monthly funding of around 500 euros depending on the destination country, which might also include a travel allowance. However, some universities require a special language test, which can also cost some money. Furthermore, it might be necessary to purchase a visa and vaccinations if your destination country is not a member of the EU. Normally, these additional expenses are not covered by grants.

Where and how can I apply?

For all programs, it is necessary to apply via Mobility Online, an online portal of TU Dresden, where you can choose your study program to find all suitable universities around the world. For your application, all exchange programs require a CV, an overview of your grades, a certificate of matriculation, and a language certificate. TUDworldwide always requests English on a B2 level and, depending on the destination country, an additional language. In addition, they also need a description of the planned study project.

If you are feeling even more overwhelmed right now, it might be helpful to check out Mobility Online. A lot more information can also be found on the website of TU Dresden, or you can get in touch with the exchange coordinators.



The screenshot shows the 'Vorschau Austauschmöglichkeiten' (Preview Exchange Opportunities) page on the TU Dresden Mobility Online portal. The page features a search filter section on the left with dropdown menus for 'Hochschule' (TU Dresden), 'Art der Bewertung' (Bewertung), 'Art der Person' (Studierende / Praktikanten / Lehrende / Personal), 'Programme' (with a '0' count), 'Fächer' (with a '0' count), 'Studiengänge' (with a '0' count), 'Land', and 'Partnerhochschule'. Below the filters, there are buttons for 'Suchen', 'Filter zurücksetzen', and 'Mögliche Austauschländer in Detail anzeigen'. A world map on the right side of the page displays numerous blue dots representing available exchange partner universities across various continents.

- Leonie Unglaube

WORKING AROUND THE GLOBE:

Tips for Planning your Workaway Adventure

“The world is a book, and those who do not travel read only one page”. (Saint Augustine)

Like many other students, I have been confronted with this or similar sentences all throughout my studies and like many other students I had no idea how to organise a stay abroad. After procrastinating on these questions for the longest time, I realised last year that I must spend a certain time abroad to finish my studies. I did not know the first thing about how to organise three months in a different country and due to many different factors the most popular possibility -Erasmus- was not working for me. Panic-stricken I researched my options for days only to find out that most of them were simply too expensive and my grades not outstanding enough to get any kind of financial help. Thus, I resorted to the last option I could find on the internet: a platform called Workaway. A year later I can tell you that this last resort changed my life and that I would recommend everyone to try it out.

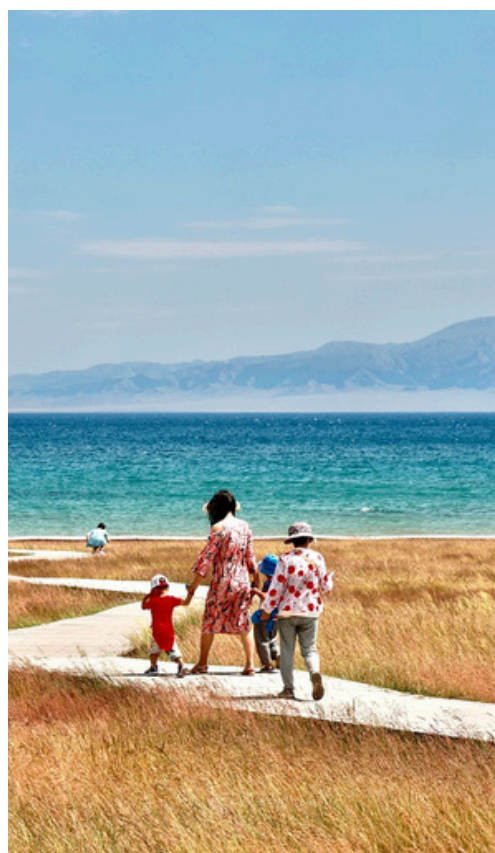


But what is Workaway? The concept is quite easy: people who look for a place to stay get in contact with people who have space but are in need of some kind of help. This help has many different faces, it can range from renovation works to childcare or helping out in family businesses. Depending on what you bring to the table, what your skills are, or in which fields you want to learn more you can get in contact with many different hosts. Some live in rural areas, some in big cities. Some are families and others are singles who love to be surrounded by new people. You can find people all over the world, read their profiles, contact them and in the end decide to visit them. The only thing you need to be aware of is the fact that Workaway is not free. To join as a workawayer you have to pay €49 per year. You can also create a couple account for €59. Here you can look for host families together with your friend, partner or designated travel buddy, which is a great option if you do not like the idea of travelling all alone.

When I first started looking for host families on Workaway, I was overwhelmed with the number of profiles I saw and if you do not have hundreds of hours to look at every host family in the world, I highly recommend using the filters- and using them a lot. You can not only select the country you are looking for but also what kind of activities you are interested in, what your preferred amount of time staying abroad is and if you want to work remotely for your “real” job while staying there (which is completely fine as long as you are still able to make time for the tasks of your host family). Be precise here so you do not have to spend days searching for hosts you might potentially like, as I did in the beginning.

Most host families are very detailed in their descriptions about how and where they live, who they are, and what they would ask of their workawayer. So far, I have rarely seen profiles with only a few sentences and I personally would not contact these families. After all, you do want to know who you are staying with and nobody likes bad surprises. Additionally, I would recommend only taking profiles into consideration that clearly state how many hours a week they would like your help and what they offer you in return. From what I saw, most hosts look for someone who works for 20-25 hours a week and pay for your whole accommodation and food. If you like social contacts it might be extra nice for you if the hosts state that they would love to show people around their country and spend time with them. You will see that many people on Workaway do not only want you for help but also to get in touch with people from all around the globe.

All of this sounded great at the beginning and I was extremely excited when I picked out and contacted my first host family - just to receive no answer. It might seem wrong while doing it but I highly recommend contacting several hosts at once because from my experience at least a third never contact you back, and another third are very spontaneous and will ask you if you want to come next week already as they do not plan far ahead, and only the last third will really answer to your message and the dates you are interested in. It is important to be as precise as possible in your first chat with a host: say who you are, where you are from, why you are interested in the host family, and when you would like to stay with them. Do not just send the same text to everyone but try to show the hosts that you actually had a look at their profile. And most of all, be patient. It might take some time until someone finally shows interest in you, especially if you are planning more than two months ahead.



If you have found a promising host, make sure to have a short video chat with them before you start your travels. Most hosts will ask for that themselves as they too have an interest in getting to know you and reassuring themselves that you are a real person. And if all parties are happy with what they see, you might find yourself finding new friends all around the globe soon. For me, Workaway was a once-in-a-lifetime opportunity to explore Ireland and spend three months with a wonderful family. I mostly helped with pet- and childcare for a couple of hours a day and in return was shown around Dublin, got taken to several horse-riding competitions, and had some of the best food cooked by my amazing hosts. And the best feeling of all might be knowing that I always have a beautiful place to stay in Ireland, as we all cannot wait to see each other again. I promise you, as scary as it might seem at first, staying abroad really helps you develop and everybody I've met via Workaway so far was very open-minded and open-hearted. So, what are you waiting for?

<https://www.workaway.info>

- Josephin Schneller



YOUR PERSONAL TRINITY PROJECT ON THE EMERALD ISLAND

An Overview of Trinity College Dublin

You've probably decided to go abroad and explore the world while studying. What a great idea! But you're still uncertain where you want to go exactly? Well, let me give you an idea of where you could potentially go: Trinity College in Dublin. If you love Ireland and study at the TU Dresden, the TCD (Trinity College Dublin) might be an amazing choice for you and let me explain why. First of all, what even is the TCD and what makes it so special?

The TCD is one of Ireland's oldest universities, being founded in 1592 after the models of Cambridge and Oxford. It offers a variety of historic monuments and places such as the Long Room (the library), the chapel and many others. Currently, 17,500 students are studying at Trinity and 2,676 people are employed there. You can access their website at www.tcd.ie for further information surrounding Trinity.



Now that you know Trinity a little bit it is important to answer the question of why you should go and study there. The first reason is, that if you are studying at the Institute of English and American Studies at the TU Dresden, your chances of getting nominated are quite high (I will later explain what being nominated means). Secondly, it offers a very high education in a lot of fields, many of which you can use for your studies. Which courses and modules you can use exactly is based on your field of study and how far advanced you are in your studies. Lastly, TCD is based (as the name implies) in the beautiful Irish capital of Dublin, which itself is worth an article on its own, just take note that it offers a huge variety of culture, free time activities and natural beauty.

I just talked about the different fields of study, but what exactly are they? The TCD offers a lot of courses for visiting students spread throughout three faculties. The Faculty of Arts, Humanities and Social Sciences where you can study things like history, economics, religion, psychology, etc. Secondly, there is the Faculty of Engineering, Mathematics and Science, which offers subjects like Physics, Biology or Zoology and lastly, there is the Faculty of Health Sciences where you can study Nursery and Midwifery. So, you have a lot of academic options, which can help you during your studies.

Let's now talk about some potential downsides to studying at the TCD. The largest concern of many students is their financial resources and how much studying abroad might cost. Accommodation, food, and transportation can be quite expensive compared to other destinations. Additionally, while financial aid options are available, they are highly competitive. Moreover, the weather in Dublin can be quite unpredictable and rainy, which, however, is to be expected from a country in the British Isles. Lastly, being far from home can lead to homesickness and cultural adjustment challenges.



Still convinced that the TCD is the perfect choice for you? Let me show you what you need before applying. Firstly, as mentioned before, you need to be nominated by the TU in order to be eligible for a semester abroad. You can be nominated via the student administration. Secondly, you need to check the modules you want to take during your stay abroad. The TCD also requires an excellent command of the English language both written and verbal. When you are ready and choose to apply contact the student administration for a nomination and further details regarding the application.



Do you want to know more about the TCD? Maybe some student experiences? Here are some helpful resources to consider. Firstly, the website (www.tcd.ie), where you can find everything around the university (less about but still including studying abroad), moreover you can check the website <https://www.tcd.ie/study/study-abroad/inbound/apply/index.php> to find additional information for your application. Lastly, get in touch with the "FSR ABS" they will have more information regarding studying abroad and the TCD.

- Robin Naumann

CITY LIFE

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WHAT ARE YOU LAUGHING AT?

Stand-up Comedy in Dresden

Have you ever made plans at the beginning of the year? Like “new year – new me”? In January 2023, a thought crossed my mind: “Is there an open mic in Dresden?” Through quick research, I found Comedy im Rausch, a show that gives newcomers the chance to test their jokes. Coincidentally, a friend of mine sent me an Instagram reel of this very show and, thus, I wrote a message to the host saying that I would like to participate in February. In my school days, I watched comedians on YouTube and created little sets, but I did not show them to anyone. I still had no actual material for my seven minutes of stage time. How much would I have to write for that? I had no idea. The day before the event, I put together a few jokes. On the way to the location, I asked myself why I was putting myself through this adrenaline rush. The driving force was my curiosity with a pinch of self-confidence: I wanted to know if I could write jokes that would make other people laugh. Luckily, friends came along – emotional support. To my relief, both the audience and the other comedians were nice and encouraged me to continue. That was my debut in the comedy scene of Dresden. I am going to describe this subculture in the following.

What happens at an open mic? Generally, each comedian is given seven minutes on stage – known as a ‘spot’. Payment comes in the form of free drinks. To avoid jumping in at the deep end, a host gets the audience energised. During this introduction, the procedure is explained and some people from the audience are approached. They are asked why they are there, what they hope to experience during the evening, and what kind of job or degree they have. If you do not feel like being interviewed, you can hide in the back rows and observe. A few jokes are packed into the opening sequence and the maximum applause intensity is tested.



How does it feel to be on stage? As there is often no backstage, the comedians are usually in a corner of the room. They try to stand there as relaxed as possible. My body tends to think that transpiring in the palms of my hands helps to calm me down, which is quite wrong. I am always slightly nervous since I never know whether other people find my ideas as funny as I did when I wrote them down. However, I rarely feel as flattered as when I am announced and step onto the stage to a round of applause.



Depending on the material – something new or older jokes – you either speak freely or use notes. Where else can you cheat so charmingly? Some of the comedians make voice recordings of their performances so that they can later hear which parts worked and which did not. While they are talking, they cannot notice every reaction or have to think about the next joke already. And they do not want to forget pauses for possible laughs. Hopefully, they will occur. The sets keep evolving. A brilliant punchline could be missing, analogies or comparisons could be expanded, or an acting component could be added.

What are the comedians like? Before I started doing comedy in Dresden, I did not know what kind of humour to expect. I was pleasantly surprised to find out that the other comedians are mostly in their twenties or thirties and oppose right-wing positions. The sense of humour and the specific style of performance depends on the individual stand-up artist. A common problem in the comedy scene is the dominance of cis-men and this is the same in Dresden. Fortunately, more female comedians are joining the growing scene. We talk about dating failures and other strange encounters, travelling experiences, misunderstandings with parents, or working in retail. Now and again, life writes the best stories, and you just need to copy and refine them.

Which shows are there in Dresden? There are currently three regular open mics in Dresden (and more to come). Comedy im Rausch takes place on the first Friday of the month at Likör Manufaktur (Südvorstadt) and charges five euros for admission. Open Mic Tyson is organised every two weeks at Hebedas (Neustadt) on Wednesdays. Hechtcomedy also happens on Tuesdays in a two-week rhythm at Drägg'scher Löffel (Neustadt). Both shows are based on donations and entry is free. While Comedy im Rausch is more like a closed event, the other open mics are part of the bar business and therefore require less commitment from the audience. At Hebedas or Drägg'scher Löffel, you can join the crowd or leave it again as you wish. It should be noted here that the latter is a GDR-style smokers' bar and may not be the most pleasant option for non-smokers – my lungs had started to rebel. Everywhere, the audience is a mixture of ages and mostly keen to have a good laugh. Information about the events can be found on Instagram. Moreover, anyone who wants to participate can request a spot via the social media platform. Whatever you consider to be amusing, you might have an entertaining evening at an open mic – and if you prefer, you can even contribute to it.

SHARING IS CARING

the functional shared apartment in Dresden

Studying in a city like Dresden with its amazing cultural institutions, renowned art collections, fascinating history, and active nightlife scene presents an enticing opportunity for students from all over Germany and even abroad. The Technische Universität Dresden itself offers a wide range of academic programs across 17 faculties and has been able to maintain its status as one of 11 National Universities of Excellence since 2012 turning the city of Dresden into a real hotspot for upcoming generations of young scholars. We could go on to enumerate endless reasons that highlight Dresden as a wonderful location for pursuing higher education, but there is one major detail which causes students migraines – apart from the examination period: The housing market.



While it is possible to commute to the university on a daily basis using the public transport system or even your own car, realistically, most students prefer to live and study in the same place for reasons of time efficiency and convenience. Especially for international students or students from different federal states within the country, it is thus a necessity to find affordable housing in the city. The TU website recognizes this deciding factor for potential new students and states the comparatively low rents in Dresden as an advantage over other large cities in Germany. Additionally, the Studentenwerk system can help provide dorm rooms at a relatively low cost for students who have just arrived in the city. So far, so affordable. However, student dorms are not typically known as peaceful, quiet retreats of tranquility and the cradle of prodigious academic feats. Instead, we are convinced that every student at the TU knows at least one personal anecdote of the sometimes funny, sometimes annoying, and occasionally downright scandalous affairs that unfold behind those thin walls separating randomly selected roommates from each other.

Although it is possible and in some cases an almost honorable achievement to love your neighbor, students might still be dissatisfied with the spatial reality of the student dorms. You will be provided with your own room, but in the course of your studies (especially when you're exceeding your standard period of study), you may realize what your heart truly desires: a mold-free fridge and a shower drain not clogged by somebody else's hair. It is time to spread your wings and leave the nest provided to you at a subsidized monthly rate, but don't hit your head on the harsh concrete wall that is the housing market. Literally.

You thought you knew nightmares? Well finding an apartment as a busy student with presumably little experience and an even smaller budget is the stuff that nightmares are truly made of. If on top of that, you also lack the ever-so-important benefit of vitamin C – connections – and you don't know anybody who knows someone who's looking for a roommate, well, you might soon be at your wit's end. In reality, the housing market in Dresden is not quite the repository of cheap and easy renting opportunities the university website is making it out to be. Instead, renting prices are rising steadily, and especially at the start of a new semester, the competition for the most comfortable rooms in the trendiest areas might escalate your stress level to the extreme. So unless you can flaunt your splendid fencing skills to secure yourself a spot in a fraternity, you better brace yourself to face the competitive housing market with courage and a smile that nobody can resist.



There is one group of young courageous individuals in the heart of the hip and trendy Neustadt in Dresden, who are tired of the pressures and constraints of capitalism regarding their housing situation. They have concocted a cohabitation strategy that allows them to indulge in the luxuries of an office, a dressing room, and a room designated for band practice and parties, all on top of a kitchen, a bathroom, and a bedroom. Does that not sound all too magical? Well, read that sentence again. Now you've noticed it. A bedroom, as in one singular bedroom for the entire apartment shared by six people. Oof.

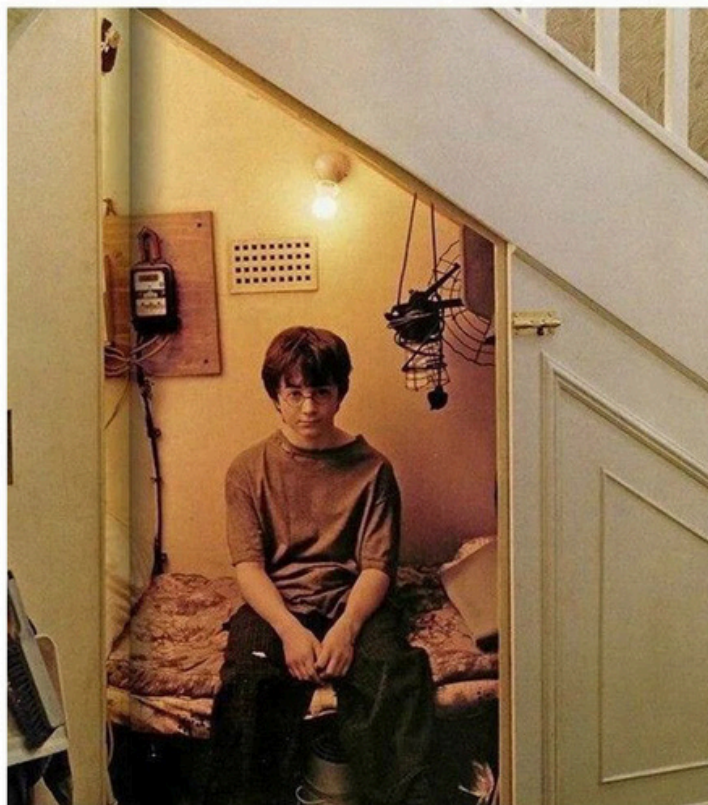
Let's take a closer look at this alien concept called "functional cohabitation". In an online documentary for funk, Lilian is taking us on a room tour, and we are granted a glimpse into the life inside the functional shared apartment. She and her five roommates inhabit 135m² which are accessible to all of them equally. But this strategy is not limited to the spatial amenities of the living arrangement. It also applies to every object inside the apartment. Clothes (yes, this includes underwear), food, water, and an account for a pornographic streaming website are all shared amongst those people who are so much more than just regular roommates. The concept of personal property and personal space are a price worth paying in order to gain different comforts, apparently. At least Lilian and her roommates would agree that dividing the space by function rather than per individual allows for new and inventive ways of maximizing the potential for creative self-expansion while keeping the costs for rent and personal necessities low. If you ever do need some privacy, the functional shared apartment has an easy fix for those very special moments where more participants do not necessarily make you happier.

One room in the apartment is equipped with a DIY-access signal, indicating whether the person inside wants to be disturbed or not by a color code: red meaning do not intrude. When asked if this room functions as the unofficial sex chamber, Lilian simply answered that the term official sex chamber was much more adequate.

So, if you are extroverted enough to engage in family-style meals with group reading sessions before every dinner as well as mandatory weekly review meetings before you fall into bed with all of your roommates, functional cohabitation may just be the insider's tip you needed for apartment-hunting in Dresden.

- Marie Langer

**WG-Suche be like:
Geräumiges helles Zimmer,
5 qm, 720 Euro warm**



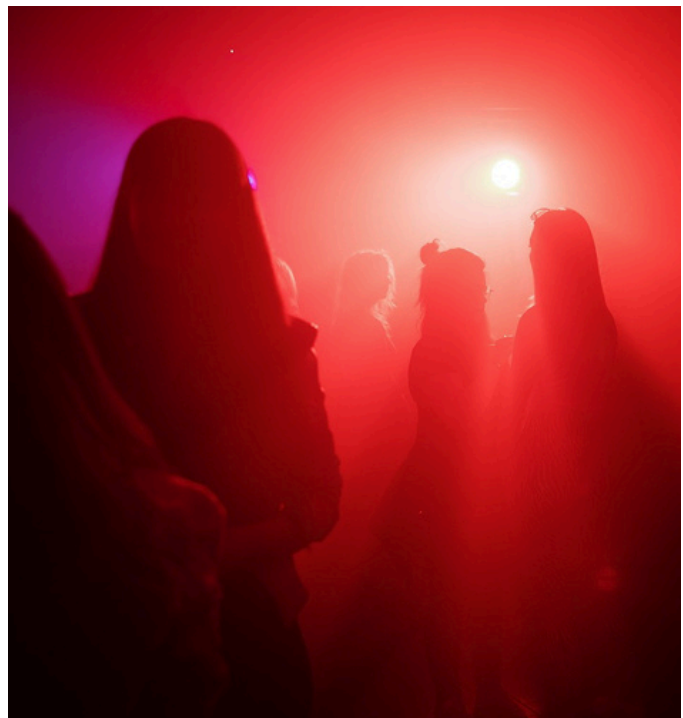
© Keke Memes

A GUIDE FOR SAFE PARTYING IN THE NEUSTADT - DOS AND DONTS

We all like going out with friends, partying, and trying out new things. Luckily the Neustadt in Dresden offers exactly that. For someone who is new in Dresden and doesn't know the Neustadt, its people and opportunities everything might be a bit overwhelming and too much. These dos and don'ts will help you get around in the Neustadt when it comes to safe partying. Note that some points might be helpful for partying in general and are therefore not limited to the Neustadt only.

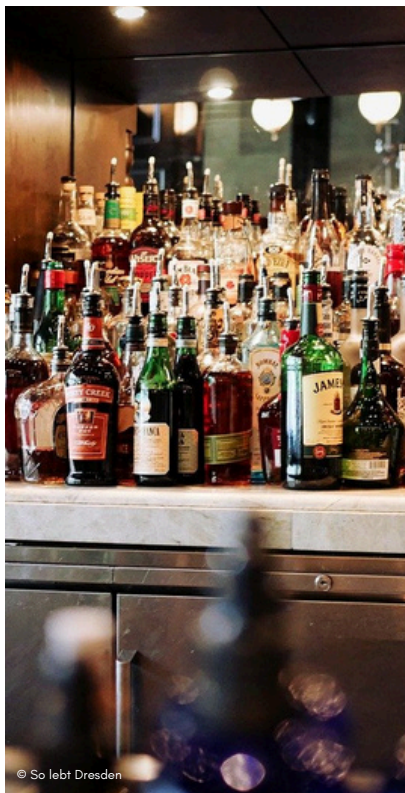
Now let's see what you should and shouldn't do while staying in the beautiful Dresdner Neustadt. Firstly, since there are a lot of clubs in the area one of your (brilliant) ideas might be to go out clubbing and when you're going for this especially beautiful activity, DO check the dress code for where you're going. A lot of people's nights will be over even before they start. So be aware of the location's dress code. (Small tip: the Downtown (for some reason) absolutely despises sweatpants. I once went there with a friend, and we got declined entry because he had short sweatpants on.)

At last, you've made your choice, dressed appropriately, and went inside of whatever location you chose. You surely packed some of your stuff with you. Be sure to always have a look on it as theft is a very common thing in the Neustadt. Secure your most important belongings and leave them as close to you as you can and make sure to leave expensive and unnecessary things at home. Don't brag about your belongings as you might get targeted by people who will try to steal your items.



Now let's get you something to drink. When you have your beverage of choice make sure to firstly, not leave your drink unsupervised as some people spike drinks with substances and sadly take advantage of unsuspecting partygoers. If you want to be on the safer side: you can buy some GHB (the most common substance people put in drinks) test stripes to test your drink. And of course, if in doubt, don't drink it.

Well as the night goes on you will probably meet new people and talk to them. One thing you should remember is to be aware of your surroundings and the people close to you simply because everything moves fast, and a lot of different situations can occur at a moment's notice. If you feel unsafe or threatened by the situation or by other people you should immediately either leave, go to your group or to the awareness team (a group at a party/location helping victims of harassment etc. usually wearing a neon-colored vest), so you can ensure your safety and wellbeing. Speaking of going to your group, it is always helpful to have someone who is familiar with the location or the people around and they usually know some people who are there, you'd be surprised how many people know someone from the Neustadt.



As the night progresses you will probably have met some new people. Good for you! Just remember to keep your conversations civil. One thing you should keep in mind is to avoid talking about politics, as the Neustadt is a very political district with many opposing views. And with people losing up with the magical help of alcohol a normal discussion can turn into a shouting match, which in all honesty is no good for either side of the conflict. Speaking of conflict right now, you might see people arguing or even fighting. Your first idea might be to go in between them and defuse the conflict. That's a bad idea, however, because firstly, you don't know the conflict in general (or only parts of it) and secondly you put yourself in danger of catching a stray. Always keep away from violent conflicts and inform staff or security if you notice or find yourself in a dangerous situation.

What a night wasn't it? Now let's get you home safely! It's been a long night and you're surely tired, lucky for you the trams from the DVB are usually available throughout the entire night. Make sure you remember which tram you need and avoid dark alleys on your way home! On the map provided in this journal I have marked important stops for different tram lines scattered around the Neustadt. Make sure to find the nearest stop from your location and check when your tram will arrive and be there approximately 5 minutes beforehand! You can use the DVB app or go to dvb.de to check which trams you need to use. And when you're at your stop you'll typically find other partygoers waiting for the tram to arrive as well. If you don't want to take the tram for any reason, taxis are always a safe and fast option to get you home safely and additionally, you can always preorder a taxi to a location at a certain time.

I hope you have had an amazing night in the Neustadt without any inconveniences! At the end I will give you some additional information you should keep in mind while being in the Neustadt. Firstly, you should avoid the Alaunpark on weeknights as incidents of violence are on the rise, where people get robbed. I know people who lost their belongings to masked people while being in the Alaunpark on weeknights. Secondly, you should treat everyone with respect no matter who you are talking to or getting to know. Know your boundaries and treat the people how you'd like to be treated yourself. Put in a nutshell: don't be a prick and be nice.

If you have missed any of the above-mentioned points I have a little TL:DR ready right below this article. Now go and make some experiences, new friends, and memories. Live a life you will remember!

Do

- Check the dress code
- Be aware of your surroundings.
- Carry some test stripes for GHB
- Check how and when you get home.
- Respect the people around you.

Don't

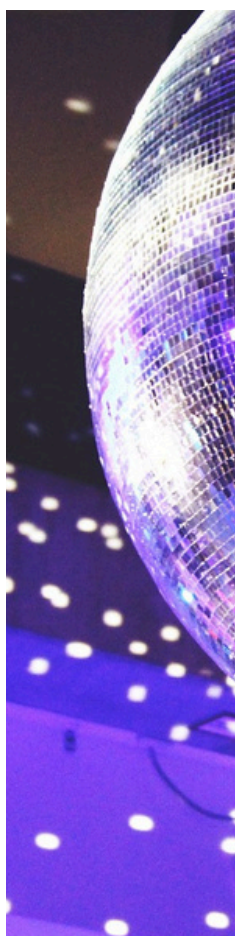
- Leave your drink/belongings unsupervised.
- Try to involve yourself in the conflicts of others.
- Get too political.

- Robin Naumann

NEVER-ENDING NEUSTADT NIGHTLIFE

Have you moved to Dresden for your studies recently or during the pandemic and are still unsure of where to spend your free time and meet people? Look no further, because we've got the answers for you!

Amidst academic pressure and university deadlines, students in Dresden have found their party oasis in the Neustadt. This district is similar to what the melting pot metaphor is trying to describe. University students with diverse cultural backgrounds come here to make memories and have fun nights out together. The sound of laughter mingles with diverse music genres (but also a lot of techno), and the smells of various restaurants fill the air, creating an unmatched atmosphere that is inclusive and offers the possibility for a well-needed escape from the study grind.



The Neustadt is located on the right bank of the river Elbe, its nightlife pulse being in the areas around Albertplatz, Alaunstraße and Alaunpark. As with any other scene-quarter in various cities, it has its positive and negative sides. As mentioned, it is a place where many different people come together to spend their nights eating, drinking and partying. While that is fun for everyone participating, it can take a toll on the inhabitants of the district. There have been many complaints about noise. Living in the Neustadt comes with its own set of struggles, so if you are someone who struggles with fear of missing out, I would not recommend moving there, as the Neustadt is home to most clubs, bars, and discotheques. There are areas where even public transportation has issues passing, like the newly named "Schiefe-Ecke" where trams sometimes struggle because people are spending their time partying on the street. Now there have been regulations put in place to try and prevent this from happening. Since 2021 for example, "NachtschLichter" have been encouraging more tolerance, consideration, and respect. They work in teams of two or four to handle conflicts, mediate disputes, and promote positive cooperation.

For this article, we decided to try and find out more about partying in the Neustadt. Therefore, we heroically made it upon ourselves to get into the bustle of its streets and have some drinks and a (very) professional field research study where we interviewed other people who were partying on their takes of the best places and ways to spend time in Neustadt. Our mission was to dive into the nightlife of Neustadt and figure out which bars and clubs are the best – or at least the most popular.



After talking to some locals and students, we found that the top mentions for bars were *Hebedas*, *BBC*, and *Barneby's*. Each of these places has its unique vibe that keeps people coming back. *Hebedas* for example is known for its laid-back atmosphere, making it perfect for those who want to enjoy a relaxed night out with friends. *El Cubanito* with cocktails, Cuban food and music and *Thuy's Durstlöscher* were also mentioned and deserve a shoutout. *Thuy's Durstlöscher* isn't your typical bar; it's more like a window where you can buy drinks and hang out outside. Despite its unconventional setup, it's famous for its unbeatable price-performance ratio, offering some impressively strong cocktails for just €5. It's a must-visit for anyone looking to enjoy good drinks without breaking the bank. If you're looking for more than just drinks, *Grüner Salon* is highly recommended for billiards and darts, providing a fun and interactive way to spend your evening. For those who enjoy board games, *Barneby's* is the place to be. It offers a cozy environment where you can play your favorite games while enjoying a drink or two. In addition to bars, there are also lots of Spätis (corner shops) where you can get drinks when supermarkets are already closed.

Safety is always a concern when going out, and most people we interviewed felt safe while enjoying the nightlife in Neustadt, especially when sticking to groups. Interestingly, some guys mentioned they felt comfortable going out alone and letting the night unfold as it may. This isn't for everyone and you need to be pretty outgoing, but you can totally meet new people on your own. The guys we talked to felt safe, though they understood why women might feel differently.

On the other hand, the women we interviewed said they prefer going out in groups to feel secure all night. A typical evening in the Neustadt usually starts at a bar and ends at a club, which seems to be the go-to routine for a lot of locals and students. If clubbing isn't your thing, grabbing drinks to take away and chilling at spots like "Schiefe Ecke" or Alaunpark was another popular option. These areas offer a relaxed and social atmosphere where you can enjoy your drinks in the open air, making them perfect for a more laid-back night out. When it comes to the best clubs in the Neustadt, *Koralle*, *LOBO*, *der Lude* and *Downtown* were frequently mentioned. Each club offers a different music style, so your choice might depend on your musical preferences. These clubs can get pretty packed, so if you're looking for larger venues, *Paula*, *Sektor*, and *OKA* are just a 20-minute tram ride away. These bigger clubs are known for their techno music and are celebrated for their multicultural and tolerant environments.



So, whether you're in the mood for a chill night at a bar, an energetic clubbing experience, or something in between, the Neustadt has something to offer for everyone. Just remember to stay safe and enjoy the night!

Bars

- BBC - cheap drinks, happy hour until 8 pm
- Hebedas - cozy atmosphere, vintage
- Zapfanstalt - huge selection of different beers, beer tastings
- El Cubanito - cocktails, Cuban music and food
- Grüner Salon - billiards and darts
- Barneby's - card, board, and all other sorts of games
- Thuys Durstlöscher - cheapest drinks, sitting outside

Clubs

- Koralle - basement club, smokers lounge, electronic music
- LOBO - urban & party hits
- Der Lude - various music and dance events all night long
- Downtown - hip-hop, electro music, 80's and 90's on three floors
- Sektor, OKA, Paula - bigger clubs about 20 min away, techno

- Hanna Gilge and Sophie Kontzog

BEHIND THE CURTAIN: THEATRE UNVEILED

As the lights dim and people get quiet, an old tradition comes to life. What I'm talking about? Well, not your nightly sleeping routine, but theatre. What is often said to be 'not exciting enough' to maintain Gen Z's short attention span, has indeed been entertaining audiences for a very long time. From ancient amphitheatres in Greece to Shakespearean plays at the Globe Theatre, the art of live performance has continuously evolved. As a dynamic form of storytelling, theatre invites people to dive into different worlds and to witness the unfiltered expression of human experience. Take a look behind the scenes in this article and get to know theatre through the eyes of an experienced instructor. Also, stay tuned for some nice theatre offers in Dresden!



Marc Lalonde, a native Canadian with a profound passion for theatre, currently works as a research assistant and instructor for English language practice at the TU Dresden. He offers theatre workshops for English students ("Tudors") and puts on plays at the end of every semester. With a diverse background that blends cultural insights and academic expertise, he brings a unique perspective to his work and his love for the performing arts:



Can you tell us about your journey into the world of theatre? How did you get started? I got started at the beginning of the 90s when I was working in a Canadian university. We had extracurricular activities and I suggested doing a theatre workshop which went really well, so I continued. Later I became a high school teacher and did theatre with my students. When I came to Germany, I did a few plays at a small private university, and in 2013, I finally got the full-time position here at the institute. At that time, Sandra Erdmann was doing this theatre workshop. In 2016, she asked me if I want to take over and I responded: "Yes I'd love to". So, no formal training in theatre whatsoever, just a lot of experience by now.

What do you find most rewarding about teaching theatre at university? I'm always amazed by the students because we don't have a lot of time to put on a full play. The greatest satisfaction I have is that we've put on about 30 plays so far and they've all been very successful. We did not have a disaster once, although every semester I'm afraid that it could happen. Out of all the plays that we put on, there are two that I wrote myself: "Train of Life" based on the film and "Last Stop Clausnitz" which is based on my experience with refugees. That was even more special because I was also the writer and not just the director, and both those plays were performed in England and Poland, so that was a highlight in my career.



How do you think theatre can contribute to the personal and professional development of (teacher training) students? We strongly encourage students who want to become teachers to take the theatre shop (of course everyone is welcome). Although acting and teaching are definitely not the same, in both cases you're on stage in front of an audience, so the more confident you are in front of a group the more you'll feel confident in front of pupils when you're teaching. Some students also might go on to become actors and the theatre workshop could help people discover hidden talents. Sometimes, I have students who are very shy, and it really helps them to be on stage.

What do you hope your students take away from your workshops? If it helps them in their careers as teachers or in other careers. That's always great and otherwise, they also get to appreciate theatre. It's one thing to go to theatre once a year or every now and then, but when you understand all the work that's behind it, I think that you appreciate it even more. Also, once students start teaching, they often have the Theater AG in school where they continue to do workshops with their own pupils, and some of them come to our performances with their students, so that's always fun.



After gaining insightful perspectives into the world of theatre, I hope I have sparked your interest in watching a play yourself. If that's the case, I got you. May I present to you:

Theatre and opera offers for students in Dresden:

Where?	What?
Semperoper Dresden	Put together your own individual package (4 tickets for €30) for the Semperoper, Semper Zwei and other venues. Choose four performances from different categories (ballet, opera, concert, extra).
Staatsschauspiel Dresden	Student tickets can be purchased for €10 from 30 minutes before the start of the performance (premieres, guest performances, third-party events, special events, and exclusive events are excluded). Every Tuesday (11:00-14:30) special tickets can be bought for €5 in the "Zeltschlösschen" canteen. First-semester students can get tickets for all repertoire performances for €5, and students in higher semesters can buy reduced tickets from €8.
Boulevardtheater Dresden	There is a 20% discount on in-house productions for the categories A, B and C.
Die Buehne Dresden	Reduced pricing on "Stücke und B-Seiten" (€5), "Specials und A-Versuche" (€3), "Improtheater" (€5).
Comödie Dresden	Get a 5€ discount on tickets. Not included are guest performances, dress rehearsals as well as performances on Theater Days and New Year's Eve. Only one discount possible at a time.
Mimen Studio Dresden	Reduced pricing for tickets in the advance sale (15€) and evening box-office (17€).

Now having provided insight into the perspectives of an experienced theatre instructor and having shared an overview of the best theatre offers in Dresden, the final curtain falls. It's clear that theatre remains a special form of cultural expression: beyond its role in entertainment, it serves as a platform for storytelling, reflection and communal experience. It invites us to train our attention span (of course) and to encounter the world through different perspectives. Whether you're a sophisticated visitor or a curious newcomer, the stage awaits you. So, take a seat and give it a try! In a world that's constantly changing, it's nice to enjoy the timeless escape and feeling of togetherness that theatre offers.

- Jenny Finke

HEALTH

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THE STUDENT DILEMMA: Grades or Sanity?



Keeping up with your studies, getting good grades, staying informed regarding politics and the economy, earning money, saving money, investing money, staying fit, exercising, eating healthily, keeping in touch with friends and family, relationships, self-reflection, becoming the best version of yourself, ... The list goes on. Are you feeling stressed now? So do I.

Possible solutions: lavender, baths, drinking tea, yoga, meditation, exercise, meeting friends, new hobbies, self-care, breathing exercises every day for 20 minutes... Well, I guess now we're even more stressed. That's why it is time for a brief overview. What even is stress? Do we need it? How should we deal with it?

Stress can be considered an alarm reaction and manifests as increased activity in parts of our nervous system and some organs. The body reacts to stress by activating certain systems that prepare it to handle challenging situations, often called the "fight or flight" response. Heart rate, breathing, and muscle tension increase, for us to fight or flee from dangers. Also, the release of hormones like adrenaline, a rise in blood pressure, and elevated blood sugar levels put our bodies into a state of emergency. Digestion and sexual functions on the other hand are reduced to save energy and resources. This reaction is normal and necessary and helps us handle life-threatening situations. Yet, it's problematic when these stress responses are triggered frequently and over a long time. This mostly happens because our bodies respond similarly to stressful, but not life-threatening situations in our daily lives. Therefore, we react the same way to an immediate threat (meeting a bear while hiking) and an imagined one (for example failing your studies or not getting a job in the future). These imagined threats and pressures we experience academically, socially, or mentally, trigger tension. It's this excess tension that threatens our body's well-being since it's experienced as unpleasant, threatening, or overwhelming, and leads to long-term changes in the body's metabolism. These changes occur, as our bodies react to prolonged stressful situations and tension. Common physical symptoms of long-term stress hence include headaches, backaches, insomnia, or indigestion.

But also psychologically, studies show a strong link between daily stress and poor mental health, including symptoms like depressive moods and anxiety. Prolonged, unresolved stress can therefore lead to serious mental and physical health problems.

But cutting out stress completely from our lives would not be a solution – and nearly impossible. Rather than trying to get rid of it, we can as well use stress to our advantage. Many researchers have recognized the concept of “eustress”, or positive stress. It is associated with feelings of hope and manageability and can be considered a positive response to the challenges one faces. Research suggests that even in distressing situations or periods, individuals can achieve positive outcomes, as stress drives us and can make us more productive. In books about stress management, it is thus often mentioned that one should simply turn stressful events into opportunities for growth and embrace them as challenges that improve character and coping. So, when writing your term paper at night, simply think to yourself “Wow, how lucky I am to become stronger with this exact challenge”. Well, thanks.

Yet, this approach is not wrong. If we change the way we look at stress, we can improve our ability to cope with it. Taking a step back and analysing it objectively can help with reflecting on situations, identifying what is stressing you out, and therefore taking back control over these situations. In our daily lives as students, for example, we could have a look at the things we need to do and structure them into manageable to-do lists. These can help with structuring thoughts and tasks and allow working through them step by step. Especially when feeling overwhelmed, these may provide a feeling of self-efficacy, which is the belief in our ability to handle difficult situations and is crucial for managing stress. Being convinced that you can manage your tasks and believing in your capability therefore enables you to manage the stress you experience.



What can also help is setting clear boundaries beforehand. Whether it is about how many courses you take during the semester, how many hours you work, or how much you do for others. Especially nowadays, our phones make us available for new information and tasks all the time. Yet, it is not our job to react to every message directly or take up every task. Even if the people pleaser inside you is hyperventilating – try saying “no” more often and take some time for yourself. Whether it is exercise, reading a good book, watching a show, or just doing something that is fun to you, your mind and body will thank you.

"You look stressed"

Me: Thanks, it's probably all the stress..."



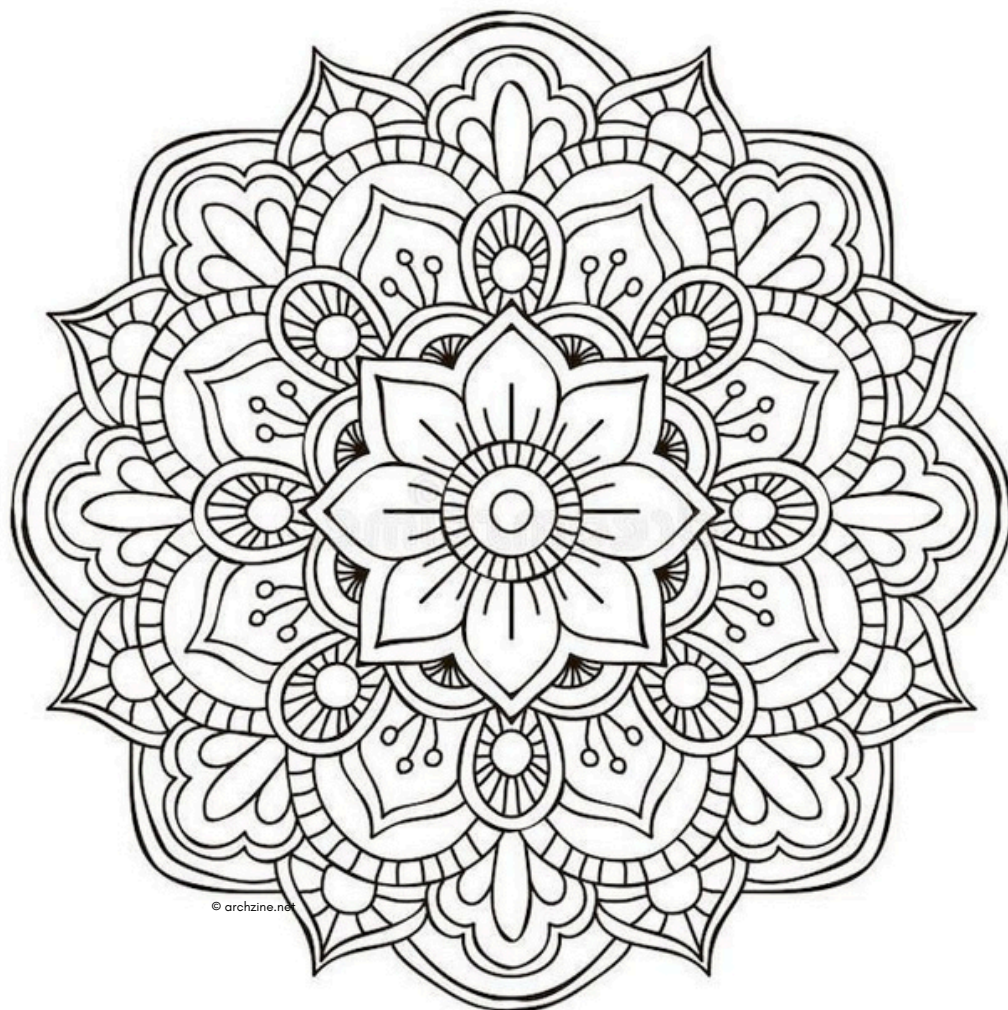
© Redbubble

In the end, we're all striving to excel academically, stay informed, maintain relationships, and pursue personal growth, which often leaves us overwhelmed and stressed. Stress may be a natural response to challenges, but it becomes problematic when it's constant and unrelenting. By recognizing stress as a potential ally, embracing it as a motivator, and maintaining a balance through periods of stress reduction, we can manage it much more effectively. :)

So, next time you're swamped with assignments or social obligations, take a deep breath, step back, and tackle each task one at a time.

- Hanna Gilge

Why not start your stress relief by coloring this mandala?



© archzine.net

GET TO KNOW YOUR FLOW!

The menstrual cycle is a fundamental aspect of human biology, yet it often remains shrouded in secrecy and misinformation for many. Looking back at Biology class and sex education, many of us only learned that menstruation is the reason for a girl's monthly bleeding and signifies the absence of a pregnancy. Although this is true, there is much more to learn about the cycle, for both people with and without a period.

Since menstrual complaints can have a major impact on studies and, in the worst-case scenario, lead to women studying more slowly, getting poorer grades and having more difficult opportunities, this article aims to help the affected. By giving insights on the genesis of menstrual complaints, methods for pain relief, the connection between the cycle and nutrition and supportive tips for non-menstruating people, we want to provide knowledge to help destigmatize the menstrual cycle.

What exactly is a period? How is it related to the cycle?

We all know what the period is, right? It is a totally normal, biological process that all women experience monthly in the years between puberty and menopause. It is the "Lady business"; "that time of the month" when menstrual blood flows out of the vagina. However, menstruation is far more complicated than that. In a nutshell, the period is the dismantling of the uterine lining through bleeding if no egg has been fertilized throughout the last weeks. Therefore, the menstrual blood contains blood as well as mucus and cells from the uterus lining.



Menstruation is only one important phase of the cycle, which prepares the body for a potential pregnancy. On average, a cycle lasts for about twenty-eight days. That is what most kids are taught in school. However, only thirteen per cent of all menstruating people have a cycle which is twenty-eight days long. The timeframe of the period depends highly on the person. Mental stress and illnesses can also delay the period.

The cycle consists of four phases. The first phase is the period, also called menses, in which the lining of the uterus is shed through the vagina if a pregnancy has not occurred. To achieve the shedding, the muscles of the uterus contract and relax in turn which often causes pain during the period. Normally the bleeding can last from three to seven days. During that time, losing between twenty to ninety milliliters of blood is normal. Even though every person bleeds differently, the quantity can indicate the health of the menstruating person. The color of the menstrual blood might also give some information about well-being. Contrary to the widespread belief, people who menstruate can get pregnant during their period if the ovulation date occurs early, even if that is rather uncommon.

After the period, the follicular phase of the cycle begins. During this phase, the uterine lining grows and thickens. The uterine cervix opens, and the cervical mucus liquefies. In addition, a follicle matures. The ovulation phase occurs in the middle of the cycle, in which the ovary releases the egg. Up to ovulation, testosterone and estrogen levels rise if a menstruating person has a natural cycle - that means if they do not take the pill. Therefore, muscles can be built up more easily during the follicular phase and ovulation.

During the last phase of the cycle, the luteal phase, the progesterone level rises to prepare the uterine lining for pregnancy. At the same time, the egg travels through the fallopian tubes to the uterus. The egg stays fertile up to twenty-four hours after ovulation during which it can be fertilized by sperm and lead to pregnancy. Unfortunately for many women, sperm can survive up to seven days in the fallopian tubes after sex, so it is most likely to get pregnant around the time of ovulation. If the egg is fertilized by sperm, pregnancy occurs; if the egg is not fertilized the estrogen and progesterone levels drop and the cycle repeats itself, starting again with period.

Signs of Colour of Menstrual Blood

					
ORANGE	PINK	RED	DARK RED	BROWN/ BLACK	GREY
- Normal period - Ovulation spotting - Infection	- Normal period - Low oestrogen level - Ovulation spotting	- Normal period - Fast flow	- Beginning or end of period - Slow flow - Old blood - Early sign of pregnancy	- Beginning or end of period - Slow flow - Old blood	- Infection

What helps to reduce period pain?

Now that we know what is going on in our uteruses throughout our cycle, we can take a closer look at the pain we endure while being on our period. Since 98% of menstruating people regularly have to deal with complaints during or before their period, it is important to know where the pain comes from and how to alleviate it.



The most common pain one can suffer from is abdominal pain, being experienced by 63% of menstruating individuals, usually in connection with period cramps. These cramps are the result of the uterus alternately contracting and relaxing to shed the uterine lining and are similar to birth contractions, but the actual pain comes from interrupted blood circulation. This is the effect of the muscle movement which creates a lack of oxygen, causing pain in the abdomen, back, uterus and head.

Besides cramps, those concerned can suffer from mood changes, impure skin, diarrhea, breast/chest pain, migraines, nausea, cravings, dizziness, fatigue and much more, making every person's period a unique experience.

Awareness of the cause of period pain is important, but knowing what helps reduce it is crucial. Before grabbing painkillers, it's best to try natural remedies first, since they don't come with side effects. Warmth on the back or stomach helps to relax from the outside, while warm herbal tea, e.g. ginger, vervain, and lady's mantle herb warms from the inside and helps you cover your fluid intake which must be increased during menstruation. Magnesium is antispasmodic and should be taken daily, starting 1-2 weeks before your period. The plant monk's pepper has been used since antiquity and has to be taken for weeks, helping to regulate an irregular cycle and the connected complaints. Although most people don't feel active while menstruating, going for a walk, doing yoga and stretching can help to improve your mood and reduce pain, but resting is just as helpful.

If all natural remedies fail, many people tend to take painkillers or hormones which come with a vast array of side effects. The hormones in birth control pills, for example, fake a pregnancy leading to a reduced buildup of the uterine lining resulting in an easier and less painful repelling. Side effects can include ovarian cysts, mood swings and depression, lack of libido, breast pain, a higher risk of heart attacks, and much more. Taking painkillers is not recommended and should only be taken as a last remedy if nothing else helps to relieve the pain. Gynecologists especially don't recommend Aspirin, since the active agent thins the blood leading to a heavier period, which is rather increasing the experienced pain than reducing it. If you have to take painkillers, it's crucial to read the instruction leaflet to find out about possible side effects.

Unnatural remedies without side effects include the application of "kinesio" tape on the stomach for several hours, but it should only be put on by a professional. Additionally, many women have stated that changing from a tampon to a menstrual cup has also helped to reduce their period pain.

Now that you have an insight on the most common kinds of pain one can suffer from during their period and you still don't know if your period is normal or not, you should ask yourself the following question: Is my pain so bad that I'm knocked out for 1-2 or more days every month? If your answer is yes, you should definitely talk to your gynecologist about it, since period pain is nothing to be ignored.

What does my diet have to do with my period?

As we already learned in this article, our cycle consists of four phases which come with hormonal changes. These hormonal changes in our body call for a change in nutrition since the lack of vital nutrients can cause additional period pain.

In the first week of the cycle, when the body starts the shedding of the uterine lining it's important to pay attention to consuming healthy fats. The intake of vitamin A helps the liver to process all the hormones released during the period and magnesium helps with migraines and cramps. The menstruating body should also be compensated for the lack of iron to help with dry skin and hair and lasting tiredness. Vitamin C aids the body with picking up the consumed iron.





In the next phase of the cycle, the follicular phase, the body starts to prepare for a pregnancy. Therefore, the level of estrogen rises, resulting in the buildup of the uterine lining. To support your body with processing the follicular stimulating hormones you should resort to probiotic fermented foods, like kimchi.

The ovulation causes the estrogen level to sink, calling for a diet rich in fiber and antioxidants with colorful fruits and vegetables containing a big amount of calcium, but also herbs and spices. There is a simple rule you can resort to: the more intensive the color of the fruit or spice, the more antioxidants it contains. Additionally, it's recommended to renounce red meats and dairy products in this phase.



The beginning of the luteal phase could also mean the start of PMS, calling for foods rich in vitamin B to help with the development of serotonin and dopamine. Foods rich in omega 3 also aid in improving your mood. Additionally, a study has shown that menstruating people who consume more calcium get their PMS 30% less. In this phase, you should renounce acidifying foods.

The items which are on the blacklist for the luteal phase and menstruation include caffeinated beverages since they weaken the body's iron intake as well as alcohol because it decreases the magnesium level. Therefore, rather drink after your period to celebrate. One should also renounce salt since it promotes water retention hence herbs and spices should rather be used to season.

Cycle Cravings

Menstruation

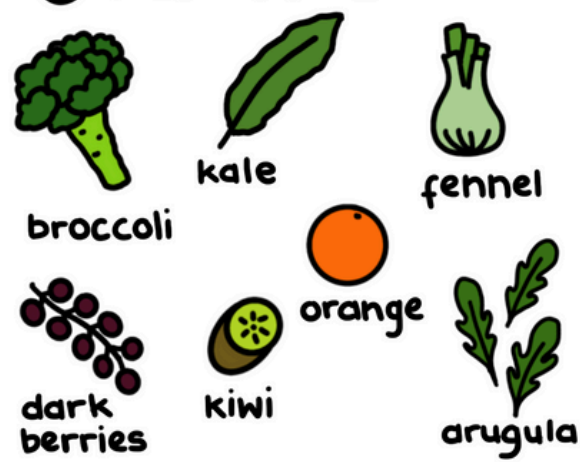


Recommendations for all 4 PHASES of your CYCLE

Follicular Phase



Ovulation



Luteal Phase



Black List



DOs and DON'Ts for non-menstruating people:

1. Is it ok to ask someone if they are on their period?

Generally speaking, rather don't. Too often, women are asked this question when they are angry or upset. It can be quite frustrating because the question implies that these feelings are hormone-driven and therefore irrational or not valid. However, if you want to ask out of genuine concern, feel free to do so.

2. What can I do to be more supportive?






What's most important is that you are not awkward about it. Do not use names like "that time of the month", "the Lady business" or "Code Red". It implies that the period is weird and should not be publicly mentioned. Furthermore, do not freak out whenever you see period products in a bathroom or even in a bin. They are as normal as toilet paper. It's also helpful to provide a bin for period waste in your bathroom -if you haven't done so already- and to keep tampons in your apartment for friends who might get their period unexpectedly. Furthermore, call family members and friends out for inappropriate behavior.

3. How can I help a menstruating friend/ partner in pain?

Just be open-minded. Listen to the person's complaints, if they want to talk about it. Also, don't take it too personally if the person is easily irritated or does not want to meet you. Often, the constant pain is stressful to deal with, so it can be hard not to be annoyed at times. If you spend time with a friend in pain, offer some tea or a hot water bottle. Furthermore, suggest a walk together since this might help against the cramps.



Review of different period products

	Tampons	sanitary pads	menstruation cup	femme disc	period panties
					
costs	€0.05 - 0.50 per tampon	€0.03 - 0.26 per pad	€8 - 20 per cup	€20 - 30 per disc	€10 - 40 per panty
duration of utilization	4 - 8 hours	4 - 8 hours	8 -12 hours	12 hours at max.	6 - 12 hours
what to do after your period	throw in the trash	throw in the trash	To sanitize your cup, decoct it for 3 minutes.	To sanitize your disc, decocted it for 10 minutes.	To sanitize your panties, rinse and wash them.
usage of IUD	✗	✓	✗	✓	✓
sustainability	✗	✗	✓	✓	✓
having sex	✗	✓	✗	✓	✓

- Leonie Unglaube and Hannah Sue Kleindienst

RECIPE:

Tofu-Mushroom Bowl with Broccoli, Pumpkin & Sweet Potato

As described in the previous article, the female body needs special nutrients during the different phases of the menstrual cycle. In my article, I would now like to focus on food cravings, which can occur particularly during the luteal phase.

The luteal phase is the second half of the menstrual cycle. It starts after ovulation and ends the day before the next menstrual period. How one perceives the luteal phase varies from woman to woman. While some experience no symptoms at all, others report more severe physical complaints. In the luteal phase, the production of the hormone progesterone is increased. This ensures that the endometrium that was previously built up is optimally supplied, and ready for fertilization. In addition, the body temperature rises slightly during this cycle phase. This leads to a slight increase in energy expenditure, which is why the appetite is usually increased during this phase. This is also the reason why food cravings occur so frequently during the luteal phase. The appetite is often stimulated, especially for unhealthy foods that can contain a lot of sugar or fat.



However, you can consciously counteract unhealthy cravings by making sure that the meals you eat are well-balanced and contain enough of all the basic building blocks of food: carbohydrates, fats, and proteins. Of course, it is also okay to consciously treat yourself to "unhealthier" foods from time to time. However, a healthy lifestyle will also ensure a better mood and a generally better sense of well-being in the long term. Your diet is not just about calories, but also about macronutrients, which can influence your blood sugar levels. For example, if you eat ice cream, your blood sugar level not only rises faster but also falls much quicker than if you eat an apple, for example. If your blood sugar level drops rapidly, your body wants to get new energy as quickly as possible and cravings occur. It is therefore advisable to keep your blood sugar levels low over a long period.

The following recipe is a tofu and sweet potato bowl with broccoli, pumpkin, and mushrooms. You will need the following fresh ingredients: a red onion, some garlic, a packet of fresh mushrooms, about three sweet potatoes, and one Hokkaido pumpkin. You will also need peanut butter, smoked tofu, salt and pepper, paprika powder, plant-based milk, and olive oil. The cooking utensils you need to cook the recipe yourself are one large pan, an oven with two baking trays, a pot, a glass, a sieve, a chopping board, and sharp knives.

Now you can start to preheat your oven to 180°C circulating air. Meanwhile, you can wash the fresh ingredients thoroughly. Cut the potatoes and half of the pumpkin into small pieces, place them on a baking tray, and put them into the oven. Set a timer for 25-20 minutes, depending on how well your oven heats and how well-baked you want your vegetables to be.

In the meantime, pour salted water into a pan, cut the broccoli florets, and cook them for approximately eight minutes. Then remove the broccoli from the pan, pour the water through a sieve, and place the broccoli pieces on a baking tray. Now mash the pieces and add a little olive oil, salt and pepper, and paprika powder. Place them in the oven, together with the other vegetables for approximately 10 minutes.



While the potatoes, the pumpkin, and the broccoli chops are baking in the oven, you can start chopping the onions and pressing the garlic. Cut the tofu into small pieces and chop the mushrooms in half. Then preheat some oil in a pan and add the onion first, followed by the chopped garlic after 2-3 minutes. Now add the chopped smoked tofu and mushrooms and fry them in a pan over a medium-high flame until the mushrooms and tofu are golden brown. Then mix about a tablespoon of peanut butter with a little water or (plant-based) milk to liquefy it and add a little salt, pepper, and paprika powder. Now add the peanut butter mixture to the pan and continue to simmer the vegetables over low heat.

Now all you have to do is arrange all the ingredients on a plate and serve with a little peanut sauce on top. Your meal is now balanced because it combines proteins, carbohydrates, and fats and won't cause your blood sugar levels to spike. This keeps you satiated for longer and helps you avoid cravings. Broccoli is also a food that is quite rich in iron and therefore prepares your body perfectly for the upcoming menstrual phase. Enjoy your meal!

- Marie-Isabel Beyer



ON SAFER SEX AND CONTRACEPTION

Tips for Students in Dresden

Did you notice it too? The tingling sensation of sun rays on your skin, birds chirping at 4 a.m., and BBQ smoke in your lungs as you promenade alongside the Elbe river with a Mate bottle in your hand and the end of the semester on the horizon: Summer has arrived to Dresden. With the high season of festivals and partying filling the hearts of many a student with joy and excitement, I want to present some helpful information for those amongst our readers, who are ready to mingle while staying safe - especially on a budget.

Contraception can be expensive, and especially full-time students might ponder the financial scale of different contraceptive methods when choosing what's best for them. Long-term contraception usually guarantees the highest levels of reliability and convenience, but it might just be out of reach for young people on a slim budget - or so you thought. Did you know that you can apply for the complete cost coverage of your long-term contraceptives if you do not have the financial means to afford them yourself? Well then, here is everything you need to know:



Who is eligible for the cost coverage?

If you are at least 22 years of age, a registered citizen of Dresden and you fall into the governmentally defined group of low-income individuals, you can apply! For clarification, the German social security code determines that everybody who earns between €538,01 and €2.000 - including full-time students and apprentices - is considered a low-income individual. Living under precarious financial circumstances can complicate your life as a student, but at least you do not have to compromise your preferences when it comes to contraceptive methods.

Which kinds of contraception can be covered?

Now that you no longer need to worry about the financial dimension of the safest contraceptive methods out there, you are free to choose whichever type of contraception best suits your individual needs and preferences. Here is a comprehensive list of the possible methods you can decide between when it comes to finding your perfect contraceptive match:

- Copper chain by GyneFIX
- Copper IUD
- Hormone coil (IUS)
- Birth control pill (optimal prescription for 6 months)
- mini pill
- Contraceptive injection (Depo-Provera)
- Vaginal ring
- Contraceptive patch
- Hormone implant (Implanon)

What does the application process look like?

Diakonie Dippoldiswalde
Pregnancy Consultation Centre
Paul-Büttner-Straße 2
01705 Freital
Tel.: 0351 6463289
E-Mail: familienberatung@diakonie-dippoldiswalde.de

The cost-coverage for contraception is regulated by the municipalities in Germany, so there is no “one-size-fits-all” kind of protocol for the process. In Dresden, the Diakonie Dippoldiswalde is responsible for processing your application for the cost coverage. You can simply schedule a consultation with them via your favorite channel of communication.



Diakonie 
Dippoldiswalde

DIAKONIE-DIPPOLDISWALDE.DE

During the consultation, the family planning facility will inform you about the exact documents required to complete the application process. Just to give you a preliminary impression of the kinds of documents that might be needed, you can look at the list below:

- Prescription and/or cost estimate for the contraceptive from your doctor
 - Identity card or passport with registration certificate
- + If you are receiving financial aid from the government:
- Current notification of receipt of: Unemployment benefits; social benefits; notice of benefits for asylum seekers; BAföG; housing benefits; supplementary child allowance; vocational training grants
- + Dependent on the municipalities:
- Proof of income and expenditure, to explain your financial situation

Finally, if your application has been granted, you can simply hand in your prescription at your local pharmacy together with the letter of approval to access your free contraception.

This process might require some initiative on your part, but your personal safety and independence when it comes to your wishes surrounding family planning are worth every effort. That being said, unwanted pregnancies are not the only risk factor potentially restricting your sexual freedom this summer. If you are feeling an itch you just can't seem to scratch after your romantic Tinder date last weekend or the crazy party night the week before, you might want to check out the following tip:



The Aids-Hilfe Dresden e.V.



DRESDEN.AIDSHILFE.DE

I know, it can be a touchy subject to think about the lurking possibility of getting an STD during your summer sun and fun activities, but that doesn't mean you can't be informed about your options, just in case. While there are many different places to go when it comes to STD testing and prevention in Dresden, the Aids-Hilfe e.V. has been an established institution since 1990, and they offer a wide range of services - free of charge and for everyone.

It can be overwhelming to think about the possibility of having been infected with an STD, especially for first-time patients. The Aids-Hilfe e.V. is aware of the stigma around STDs that persists today, but they are convinced that everyone should have the opportunity to seek the help they need whenever they need it. That's why they have compiled a skilled team that will lend an ear to your concerns either in person, via a phone call, or anonymously online.

If you suspect an infection, the Aids-Hilfe Dresden e.V. understands that not everybody can visit an actual clinic to get tested, either because of time constraints or personal concerns. After all, sexually transmitted diseases are nothing to be ashamed of, yet some people might still need a certain amount of courage to face the topic head-on. In those cases, the Dresden-based institution offers free and anonymous STD testing at their checkpoint three times a week.



So, whether you are planning a chill and laid-back summer of relaxation and reading in the park or a summer filled with crazy parties and dancing the night away: having fun feels best when you don't have to worry about a thing. If ever your Midsummer Night's Dream does get interrupted by something other than the deadline for your term paper that you totally forgot about, don't panic. Dresden is a city full of opportunities and benefits for students in every kind of situation. Just remember that you are not alone and that you have a right to the best care for your medical needs.

- Marie Langer

IMPRINT

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