



## BeBuddy-Newsletter February 2024

### 1) **Call for Co-Trainers in the frame of our intercultural trainings for international students (Component of the [Certificate International](#))**

Would you like to support and assist an intercultural trainer in her work and get an inside view into this exciting field? And are you interested in sharing your knowledge and experiences to our international freshmen in the frame of an intercultural training?

Then signing up as a Co-Trainer is the right thing for you!

Being a co-trainer in an intercultural training course includes the organizational and content-related support of the trainer in an intercultural training course for international students.

These are usually English training workshops for international students at the beginning of the semester with the focus on intercultural communication, the German university system, different cultural standards, Do's and Don'ts in Germany, etc. – basically everything what is of interest to our new international freshmen at RWTH Aachen. Being a co-trainer will be also considered as a component for the [Certificate International](#) at RWTH.

The upcoming intercultural training dates for the summer semester 2024 are:

- Wednesday, 03.04.24 von 10:00 – 13:30
- Thursday, 04.04.24 von 10:00 – 13:30
- Friday, 05.04.24 von 10:00 – 13:30

The job of the co-trainer already starts up front and includes also the organizational and logistical support so please consider that additional to the 3,5 hours of the training, there will be around 2 hours of extra workload.

If you would like to sign up, please [contact Dominika Lichtevelde, the coordinator of Intercultural trainings](#) via email. Along with the registration, please specify the date(s) which you prefer so that this information can be taken into account.



As always, the spots are limited to one co-trainer per training so don't wait too long: first come, first served!

## 2) HereForU – a confidential talk offered for students by students

You need someone who just listens to you? You want to sort out your thoughts? You need new ideas because you are stuck?

The team “HereforU” consists of 15 students who are here to listen to you, to look for ideas together with you that will help you and to give tips on where you can get further help. These students are extensively trained in facilitating conversations and have participated in professional workshops on important student life issues (e.g. test anxiety, sexuality, grief, addiction, ...). Diversity and openness to all people are a matter of course for them.

On [this website](#), you will find information on current dates of availability and the range of languages that the counsellors speak. For a conversation, you can assign yourself to a person listed on the website and find the right time slot with the right format for you. You will meet in the counseling room of the Asta (Pontwall 3), on a walk or by Zoom. All information and the conversation will be treated strictly confidentially.

You like the idea and you want to be one of the counsellors? Then please contact [Swantje Eibach-Danzeglocke](#) or [Matthias Fritz](#).

## 3) INCAS International Tuesday – Game Night

INCAS stands for **IN**tercultural **C**entre of **A**achen **S**tudents and the team offers regular events for international students, such as the International Tuesday. The next International Tuesday will take place on 27th of February and awaits you with another fun Game Night. So if you need a break from learning or you are just eager to get to know new people, come and join the INCAS Game Night on Feb 27th, at 8pm in Humboldt House, ground floor. The entrance is of course for free!



#### 4) The International Office housing team is moving!

Announcement: The housing team is moving! Starting from February 15th, 2024, you can find our housing consultation and office hours at Humboldt House, Pontstraße 41. You can locate us on the 1st floor during our regular office hours (Thursdays from 09:30 am to 12:30 pm). We also offer additional appointments with prior arrangement. The housing team is excited to welcome you to the new office.

#### 5) Aachen's first "Veggie-Mensa"

The students have spoken: From past Monday, only vegetarian and vegan dishes are served in the "Templergraben" Mensa. This was one of the students' requests and the idea matured in workshops with students and in strategy meetings with the company's own employees. In the past year 2023, around 40 percent of all dishes sold in the canteens at RWTH Aachen University were already meat-free. "And anyone who still wants to eat meat can go to Mensa Academica, for example," says the Studierendewerk. The "Veggie-Mensa" will be open on weekdays from 10:30 a.m. to 4 p.m. (Friday until 2:30 p.m.).

**Have a wonderful Carnival weekend, "Oche Alaaf" and good luck with your exams!**

Dominika Lichtevelde and Betül Yildiz from the BeBuddy Team

Please only use [bebuddy@rwth-aachen.de](mailto:bebuddy@rwth-aachen.de) to contact us or, in case you want to unsubscribe, write a short email to [bebuddy-leave@lists.rwth-aachen.de](mailto:bebuddy-leave@lists.rwth-aachen.de)