



BeBuddy-Newsletter April 2024

1) StudiFest 2024 organized by PAK e.V.

On Saturday, May 4, 2024, the StudiFest will take place for the 18th time at Katschhof from 11 am to 5 pm. The motto is "Experience science in a playful way" and is aimed at all Aachen citizens and especially families and children. Students from all disciplines will come together at the Aachen market to present the content of their degree courses and departments to young and old. Student initiatives present interesting projects that are run by students alongside everyday university life and examinations. There are also numerous exhibits that can be experienced interactively. The colorful program is complemented by food and drinks to strengthen the physical well-being. The [PAK e.V.](#) (Projektverein Akademischer Kultur an der RWTH Aachen) is hosting the event is looking forward to seeing you there!

Whether you come along to be entertained, take a trip into the city center or go shopping, the StudiFest has something for everyone! The little ones in particular have a lot to discover at StudiFest, as they can complete a StudiFest diploma and collect small rewards.

When and where?

Saturday, May 4, 2024, 11:00 - 17:00 at Katschhof in Aachen (next to the city hall)

2) Coping with Exam Anxiety – Workshop for international students and other of-fers from the Student Counseling and Advising Center

You would like to...

- ... get to the bottom of your fear?
- ... stay relaxed during exam preparation?
- ... go into the exam with confidence?
- ... even remain confident in the event of a blackout?



The goal of the training session is to develop an understanding of exam anxiety and to develop concrete and individual action strategies that help you to better deal with anxiety during the preparation period and in the exam.

Participation Requirements:

- Matriculation at RWTH Aachen University (not RWTH International Academy)
- Active participation in the complete course unit
- Willingness to communicate and exchange experiences with others

Date: 6 course units, Tuesdays, 2:00 pm - 4:00 ppm.
14.05., 21.05., 28.05., 04.06., 11.06., & 18.06.2024

Place: Online

Language: English

Registration: Begins on 23rd April, 2024 at 6pm
The link to the registration is only visible [on this website](#) when the registration period has started.

There are even more study skills workshops (mostly in German) on the topics of learning, exam anxiety, motivation and personal development offered by the Student Counseling and Advising Center (RWTH Zentrale Studienberatung). Click [here](#), to see them all and for information how to register.

3) The AV – Representation of Foreign Students – welcomes you to Glow Groove!

Join the [AV](#) for Glow Groove, the ultimate dance party, next Thursday the 11th of April, at 6pm at Humboldt House (Pontstraße 41). What is expecting you? An evening of neon-themed fun at Glow Groove! Wear something bright and neon and dance to your heart's content! The black lights and vibrant colors will create a unique atmosphere that's perfect for letting loose and having a good time. We'll have dancing and face-painting for anyone who wants to get even more colorful. Our main activity is Just Dance- a fun and interactive game that will have you grooving to the beat in no time.

Bring your friends and take the chance to show them your moves, or simply get lost in the music.

[Here](#), you can find more information.



4) Swapping clothes and plants? Sounds like fun!

It's that time again: nAchhaltig angezogen and the KHG are going into the next round with the clothes swap. They are organizing a free clothes and plant swap at Chico Mendes (Pontstraße 74-76) on **April 20 from 1-5:30 pm**.

You can bring and take as many clean and well-preserved items of clothing and shoes as you like. There is no 1:1 exchange; instead, the clothes are distributed on the tables provided. This gives everyone the opportunity to choose something suitable. Changing rooms are also available.

The team is also offering a plant swap again. Feel free to bring your plants with you - everything from small cuttings to large palm trees can be swapped! As always, there will also be coffee, tea and homemade, partly vegan cakes. The proceeds from the cake sale will go to the KHG projects.

5) BeBuddy team news: *****Dominika Lichtevelde on maternity leave, Hello to Leonie Hafen!*****

A warm and thankful short-time GOODBYE to all buddies and mentees in our wonderful program. From next week on (April 10th), I'll be starting a high-priority personal project in my parental leave :-)

I'll hopefully see and hear from you after my return in 2025. Thank you everyone for your engagement in the program! There will be of course a new contact person for you! Leonie Hafen is taking over my tasks.

Have a good start in the new semester and enjoy the warm temperatures this weekend!

Dominika Lichtevelde, Betül Yildiz and Baran Peltek from the BeBuddy Team

Please only use 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