



Welcome Guide

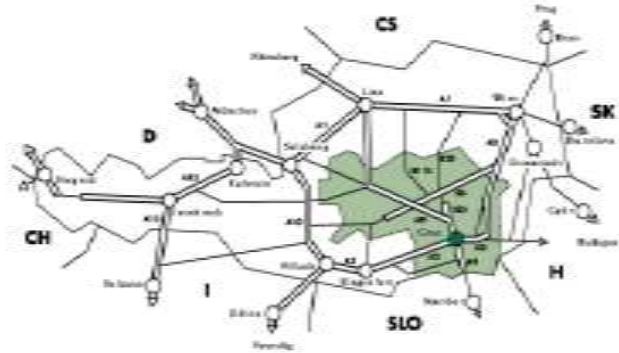


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Where in Europe is Graz located?

Austria is located in the middle of Europe and is often called as the “heart” of Europe. Graz is the capital of the region “Styria” and is situated in the South of Austria.



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How to reach Graz:

Graz has an international Airport (Graz - Thalerhof) about 30Min outside the city center. There are frequent buses between airport and main train station.

You can also fly to Vienna and go to Graz by train (3hrs)

Due to its central situation it is easy to reach Graz by train from many places in Europe.

The University

Postgraduate School

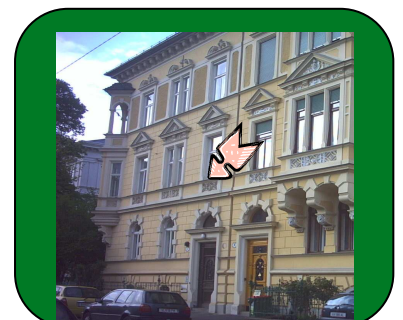
Christina Schönbacher, MA, MBA (Director, Division of Postgraduate Education and International Relations)
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Phone: 0043.316.380.4008
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irene.stradner@medunigraz.at

Mozartgasse 12 /2nd floor, room 202, 8010 Graz, Austria
postgraduate.school@medunigraz.at
<http://www.medunigraz.at/ps>

Office hours:

Mo, Wed-Fri: 9.00-12.00 a.m.
Tue: 12.00-15.00 a.m.
And after individual appointment



History

The University of Graz was founded in 1585 as one of the first universities in Central Europe. Since 1863, when the Medical Faculty was built up, the University contributes to the flourishing of the "academic-city" Graz.

The Regional and University Hospital was founded in 1912 and is one of the largest and most modern hospital in Europe at the time (art nouveau architecture)



In 2004, the Medical University was outsourced from the Karl-Franzens-University and became an independent university that comprises 3 research centers, 23 clinics and institutes and 1.500 employees. At the moment about 4.000 students are registered at the Medical University of Graz.

Nobel Prize Winners

- Fritz Pregl (1923 – Chemistry)
- Julius Wagner-Jauregg (1927 – Medicine)
- Otto Loewi (1936 – Medicine)



Quality Management

First Austrian Medical University to be accredited by ACQUIN:

- Human Medicine
- Dental Medicine
- AQA certification for Administration in Studies, Teaching & Continuing Education

Campus

The campus consists of 2 parts: Preclinical institutes + administration around "Universitätsplatz" and the clinical department at LKH. You can reach both campuses easily within few minutes by bus number 41 or 10 minutes walk. See print attached

LKH campus: <http://www.meduni-graz.at/pdf/LageplanLKH-Sept04.pdf>

Preclinical

campus:

<http://www.medunigraz.at/images/content/file/allgemein/orientierung/Campus-mug-A3.pdf>

Library

Libraries of the Medical University:

<http://www.meduni-graz.at/bmed/>

Opening hours: Mo-Fr 9am-4pm

- ZMF: Stiftingtalstraße 24, 8010 Graz
Phone: (0316) 385 -73050, Fax -73059

Free computer & internet access

You can use all library facilities, but not borrow books. The ZMF library also offers free computer and internet access during the opening hours. You can also print material from these computers by using your Cash card.

First steps

1. Before Arrival in Graz: Accommodation

The booking of accommodation is in the guest's own responsibility. Recommendable housing you find at:

- http://www.housing.oead.at/graz_e/anmeldung.asp (international student dorm)
- <http://schiller.vc-graz.ac.at/> (student dorm)
- <http://www.home4students.at/> (student dorm)
- www.jgh.at (youth & family guest houses)
- <http://www.graztourismus.at/cms/ziel/2866461/EN/> (hotels)

2. Who to meet at the clinic

It is necessary to present yourself at the contact person in the respected department/ward in the morning of the first day of your training, preferably before 8 am.

Ms Weiß will send you contact person + data per E-Mail in advance of your stay. Please mind that accommodation booking is in your own responsibility except within some exchange programs (AMS, etc.).

You find a list at the end of this doc. They will provide the "terms & conditions" for signing, clothing and introduce to your supervisor.

Depending on ward € 10-20,- are charged for clothing and wardrobe on the first day. The money will be returned on the last days when you return the keys.



3. Registration

IMPORTANT: Each person has to register in Graz within the first 3 days after arrival:

<http://www.help.gv.at/Content.Node/documents/meldez.pdf>

Please fill out this form ("Meldezettel"), with the signature of your accommodation/landlord and show up personally with your passport at the

Central registration office

Schmiedgasse 26 (behind city hall)
8010 Graz
Tel: +43 316 872 – 5151

Opening hours:

Mo – Fri: 7:30am – 01:00pm

Mo: 01:00pm – 03:00pm or after individual appointment

Some student dorms offer this "Meldezettel" with their seat at the reception.



Formalities

In case of illness/accident?

For the case you fall ill/have an accident during your stay in Graz and need some medical advice please first contact your supervisor and contact person at your ward at the university hospital. For the case you get injured while working in your ward, please tell your supervisor, your contact person at ward as well as **Petra Papst at International Relations Office**.

Please mind that all our guests have to bring a certification for a health and accident insurance for the training at our hospital. Without this certification a training at our hospital is not possible.

Emergency Calls

| | |
|-----------------------------------|------------|
| Ambulance | 144 |
| Fire brigade | 122 |
| Police | 133 |
| Doctor's emergency service | 141 |

(In the evening and on week-ends)
Cash Card emergency call 0800 204 88 00
(If you've lost your cash card)



Financial Affairs

The following coins and banknotes are available in Euro:

Coins: 1, 2, 5, 10, 20, 50 Cent, 1 Euro, 2 Euro;

Banknotes: 5, 10, 20, 50, 100, 200, 500 Euro.

You can exchange cash at any Austrian bank ("Bank" or "Sparkasse") without special identification. To cash travelers or EURO Check an extra fee is charged. Most banks are open Monday-Friday, mornings and afternoons but they close for lunch break.



The EC-/Maestro card (EU/EEA countries) allows you to **withdraw money** from your home or Austrian bank account at the cash machine "**Bankomat**" (ATM). Credit cards (Visa and Mastercard) are accepted at most major stores and in some supermarkets. Most shops however offer payment by "Bankomat" - Card.

Cost of living

The costs of your stay in Graz will mainly depend upon the type of housing (student dorm or private accommodation) and your lifestyles (go out eating or cook yourself). To play safe, you should calculate at least **€ 600,- per month**, including accommodation, groceries and personal expenses.

Please mind that MUG cannot provide any financial support.

Link for financial help: www.grants.at

Waste separation

Austrians attach great value to waste separation! We have dust bins with different covers:

Dust bin with **red cover**: paper waste

Dust bin with **yellow cover**: plastic and packaging

Dust bin with **green or white cover**: glass (colored- und white glass separated!)

Brown dust bin: organic waste

Black dust bin: all the rest



Smoking

Please mind that in Austria all public buildings are non smoking areas! Hospital, restaurants and accommodation usually offer separated smokers' areas.

Please mind that in students dorms smoke detectors are used that automatically activate the fire brigades. You will be charged the costs about 500€.



Toilet paper

Paper is available in any toilet automatically. In Austria the toilet paper has to be thrown **into the toilet!** (**not** into the bin!) For sanitary products, however, please use the provided bags and kindly throw them into the bin.

Graz

A city that plays all roles

Graz, the second largest city of Austria and capital of Styria, have 250.000 inhabitants, 20% of they are students of 4 universities and 2 universities of applied science.

Graz is a successful synthesis of the Old and the New. Narrow alleys and romantic courtyards: Gothic, Renaissance and Baroque come together in Graz. On the contrary, Graz is also a scene of modern architecture. The emblem of Graz, the "Schlossberg" with its clock-tower and the glass-lift that leads up to the hill, proudly presents itself in the middle of the city and provides a great overview. Not only the "Schlossberg", but also the "Kunsthau", a spectacular construction that is also called "friendly alien", attracts the attention of all visitors. You really have to experience Graz and all its attractions! Pick up some tourist information in the tourist office and explore Graz!



Graztourismus, Herrengasse 16, 8010 Graz

www.graztourism.at

The climate of Graz

The climate of Graz is continental. That means we have cold winters (-15°C) and hot summers (up to 35°C). In winter, we normally get some snow, but it often soon melts away. Don't worry: Houses and dorms are well insulated and have a central heating, so that at least indoor the temperature is always comfortable. You can find the current weather forecast on www.wetter.at

Public Transport

Bus and tram

There is a good bus and tram network all over the city.

The ticket- and information center of the **"GVB"** (Grazer Verkehrsbetriebe) is located in the round building in the center of Jakominiplatz. There you get any kind of ticket.

1-hour ticket (you can change direction) costs € 1,70 - also available at driver

"10-er Block" (ten tickets) € 16,70 available at any tobacco shop (Trafik)

24hours ticket € 4,10 – at driver

ticket for a whole week € 10,60

whole month € 36,10.

Online timetable: www.gvb.at



Train

Graz is ideally located to reach other cities in Austria and central Europe by train. It takes you, for example, 2,5 hours to go to Vienna by train and 4 hours to Salzburg. If you are under 26 years old you can buy the **"Vorteilscard <26"** allowing to get up to 50% reduction of all your tickets for journeys within Austria. You can get the railway pass at the main train station "Hauptbahnhof" by filling in a form and presenting your student ID and a picture. The Vorteilscard costs € 19,90 and is valid for one year. Information: www.oebb.at

Airplane

There is a shuttle bus (€1,90) from the **Airport Graz Thalerhof** to the main railway station. Cheap flights are offered by www.statravel.at or www.restplatzboerse.at.

Bike

The most popular way of transportation in Graz is the bike. You can rent one at the main train station but attention – don't drink and drive. If caught by police high fines are charged. Also make sure to lock your bike always to avoid theft.



Eating out in Graz

Spanish, Indian, or Styrian? Graz presents itself very versatile as far as food is concerned. You can get a typical Styrian "Backhendlsalat" as well as Mexican "Burritos"! Graz will satisfy the heart of every gourmet!

Mensa

Cafeterias/Mensa/recommendable student restaurants:

- Cafeteria LKH - opposite Gynecology ward, only with legic card available in your department
- Mensa der Katholischen Hochschulgemeinde, Leechgasse 24
- Afro-asiatisches Buffet, Leechgasse 22 „Cafe Global“
- Cafe Zeppelin, Heinrichstrasse 15, cheap good and huge pizzas, toasts, potatoes!
- Propeller, Zinzendorfsgasse 17, all you can eat <http://www.propeller.co.at/>
- Drei goldene Kugeln: LKH; Heinrichstr. 18; Griesplatz; Citypark and Bahnhofgürtel
- – Schnitzel & Co. Big, good, cheap!
- Bierbaron: Heinrichstraße 56, 40 different beers, Austrian cuisine

There is an overview of all restaurants, cafés, bars etc. at www.graztourism.at>restaurants&bars

Shopping

Opening hours

Most shops are open from Monday to Friday from 9 a.m. to 6:30 p.m. and on Saturdays from 9 a.m. to 5 p.m. On Sunday shops are closed with the exception of some Turkish/Oriental shops, petrol stations and the following shops:

- **SPAR**, at the central train station, open daily 6.00 am until 10.00 p.m.
- **HASIBA**, Grabenstraße 1, open Mo-Sa until 9.00 p.m.
- **LAUFKE**, Elisabethstraße 6, open daily until 11 p.m.
- **GRAZER ECK**, Mariahilferstraße 24, Mo-Fr open until midnight
- **GOURMET TREFF**, Plüddemanngasse 77, open Mo-Fr from 6.00-11.00 p.m.; Sa from 1.00-11.00 p.m. and on Su from 10.00 a.m. to 11.00 p.m.
- **WEINGRILL**, Rechbauerstraße 25, open Mo-So until 8.00 p.m.



Attention: increased prices!

IMPORTANT: Be careful with pickpockets. Put your wallet into the inside of your jacket/coat, especially on public places, in shops and on public transports. You can pay in every shop with an ATM Card or Creditcard.

Shopping streets & malls

The biggest and without doubt most beautiful shopping street is in the "Herrengasse" in the heart of Graz. Beside the Herrengasse there are also other shopping streets and shopping centers in and around Graz.

In Graz:

- CITYPARK, shopping center: Lazarettgürtel 55, 8020 Graz
- Bus Nr. 35 from Jakominiplatz
- STEIRERHOF shopping center, Jakominiplatz
- ANNENPASSAGE shopping center, Bahnhofgürtel 38, near main station
- STYRIA CENTER shopping center, Corner Volksgartenstraße & Annenstraße, 8020 Graz
- MURPARK Liebenau, Straßenbahn Nr 4 Final station
- KASTNER & ÖHLER, Sackstraße 7-13 (next to the Hauptplatz) a huge, traditional department store in the city center. Prices are averaged up to high (branded articles).
- DM ("Drogeriemärkte"), SCHLECKER or BIPA, low price cosmetics and sanitary products
- LIBRO, PAGRO office equipment, books, CDs
- HOFER, LIDL, PLUS, cheap groceries and weekly special offers (clothes, dishes, electrical equipment, ...)
- Saturn, Mediamarkt, electrical equipment, CDs, DVDs
- At the "Bauernmärkte" (Farmer market places) you can buy healthy and delicious food directly from the farmers. Most farmer market places are open every day until noon. The two largest ones are the Kaiser-Joseph-Platz (opposite the Opera house) and the one on Lendplatz.
- Hartlauer, Niedermayer: Photo equipment, cell phones etc.



In the surrounding of Graz:

- SHOPPING CENTER WEST and IKEA: Weblingergürtel 25, 8054 Graz. Take the tram nr. 5 until the terminal stop (Brauhaus Puntigam). Then take bus nr. 64 to the Shopping Center West.
- SHOPPING CENTER SEIERSBERG (biggest one after Vienna): Take the tram nr. 5 until the terminal stop (Brauhaus Puntigam). Then the bus nr. 78 will take you to the Shoppingcenter Seiersberg



Telephone

You can call from post offices or telephone boxes with phone cards (Telefonwertkarten) or coins. Public **recall phones** are signed with an "R".

The best option for international calls is with prepaid calling cards (with a number code) which you can use from conventional phones, mobile phones and phone booths. They are available at every AON shops.

The **phone code for Graz** within Austria is **0316**, calling from abroad



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you have to dial **++43 for Austria** and then **316**.

Post offices

Post offices are open from Monday to Friday from **8 a.m.-12 a.m.** and from **2 p.m.-4:30 p.m.** (longer those in shopping malls) for letters, parcels, faxes and EMS services. On Saturday and Sunday they are closed and there is no mail delivery.

Exception: **post office at the main railway station** Graz

Mo-Fr from 7 a.m. to 10 p.m.

Saturdays from 8 a.m. to 8 p.m.

Sundays from 1 p.m. to 8 p.m.

Religion

The majority of Austrians belong to the Roman-Catholic Church. An overview of all registered congregations and their centers can be found at www.kirche.at

Leisure time

Cinemas

- Cineplexx: Alte Poststraße 470 Tel: (0316) 2909
www.cineplexx.at
- UCI Kinowelt Annenhof: Annenstraße 29 Tel: (0316) 72 77 www.uci-kinowelt.at
- Schubertkino: Mehlplatz 2 Tel: (0316) 82 90 81 -0
www.schubertkino.com
- Geidorf Kunstkino: Geidorfplatz 1 Tel: (0316) 32 10 03
- Royal English Cinema: Conrad-v.-Hötzendorf-Str. 10 Tel: (0316) 82 61 33
www.uncut.at/graz
- Programms for all cinemas in Graz

Theatre and Opera

Graz offers quite a cultural scene. You find the current programs at:

- Opera <http://theater-graz.kraftzone.com/oper/>
- Theatre <http://theater-graz.kraftzone.com/schauspielhaus/>
- Orpheum – concerts, small arts
<http://www.orpheumgraz.com>
- Small comedy - <http://www.kleinekomoedie-graz.at/>

An overview of all stage productions you find at
<http://cms.graztourismus.at/cms/ziel/55838/DE/>



Museums

In Graz there is a variety of museums, cultural centers and exhibitions worth seeing. There is a good overview of all museums at www.graztourism.at or at the Graz tourism office at Herrengasse 16, 8010 Graz. Tel: ++43/316-835241-11

Not only Graz itself, but the whole region – the „Steiermark“- offers a rich diversity of attractive sights. The **Lipizzaner stud farm Piber** and the “Hunderwasser” church in western Styria, the castle road in eastern Styria, the impressive “**Lurgrotte**” (cave) in Semriach, the **open-air museum Stübing** or the “**Schöckl**”, the 1.500 above sea level mountain in the north of Graz, with its summer toboggan run, are popular destinations.

www.piber.com; www.lurgrotte.com; www.freilichtmuseum.at



Trips around Graz

In the countryside you will find an outstanding hilly landscape with vineyards and its „**Buschenschänken**“, the typical Styrian taverns offering cold home-made dishes and wine. Especially in autumn you should not miss to try “Sturm and chestnuts” on one of Styria’s wine roads.

www.styrianwine.com; www.steiermark.com



Longing for some chill out? Then spend one day in one of the extremely relaxing spas in the **Styrian Spa Region**, in Bad Waltersdorf, Loipersdorf, Bad Radkersburg or Bad Blumau. www.thermenland.at

Trips in and around Austria

Beside Graz is the ideal starting point for trips to Vienna, Salzburg, Venice, Ljubljana, Zagreb, Budapest and other European cities.

Media

Newspapers

The popular newspapers in Austria are "**Kronenzeitung**" and the "**Kleine Zeitung**". "**Der Standard**" and "**Die Presse**" are quality papers that are very popular among students. At the beginning of each semester free abonnements are available.

You can get international newspapers and magazines at some tobacconists (Trafik) and at the bookstores "Dradiwaberl" (Zinzendorfsgasse 30) und "Kienreich" (Sackstraße 6)



TV

There are two Austrian public law channels, **ORF 1** and **ORF 2**, one private television channel: **ATV**. Via satellite and cable a variety of German speaking TV stations are available in most places. Sports transmission can be watched at any "Admiral" pubs and some other pubs like "Skurril" or "Steiermaxx" in Heinrichstraße.

Radio

- **Ö1** (public law radio, News – and cultural channel): 91,2 Mhz
- **Ö2** (local radio with folk music): 95,40Mhz
- **Ö3** (public law radio, Charts): 89,2 Mhz
- **KRONEHIT** (private radio, Hits und 80ies): 107,5 Mhz
- **Antenne Steiermark** (private radio, Charts & Oldies): 99,1Mhz

Useful links

| | |
|----------------------------------------------------------------|-----------------------------------------------------------------------|
| Medical University of Graz | www.meduni-graz.at |
| Postgraduate School | http://www.medunigraz.at/ps |
| Information and Services about Graz | www.graz.at |
| Excursions, accommodation and restaurants in and around Graz | www.graztourism.at |
| Excursions and information about Styria | www.steiermark.com |
| Excursions and Information about Austria | www.austria.info |
| Timetables of the "Grazer Verkehrsbetriebe" (bus and tram) | www.gvb.at |
| Timetables of the "Österreichischen Bundesbahnen" (train) | www.oebb.at |
| Information and pictures about Nightlife in Graz/ Event-guide! | www.grazer.at |
| Weather in Austria | www.wetter.at |
| The opera and other theaters programme in Graz | www.theater-graz.com |
| Cheap flights and excursions for young people | www.statravel.at |
| Application for a Scholarship: | www.grants.at |