

AUSTRIA, TYROL UNIVERSITY OF INNSBRUCK

2022-2023 FALL TERM

Yung Lok Yi



Innsbruck, The heart of the Alps

Monthly Activity Log

1. September

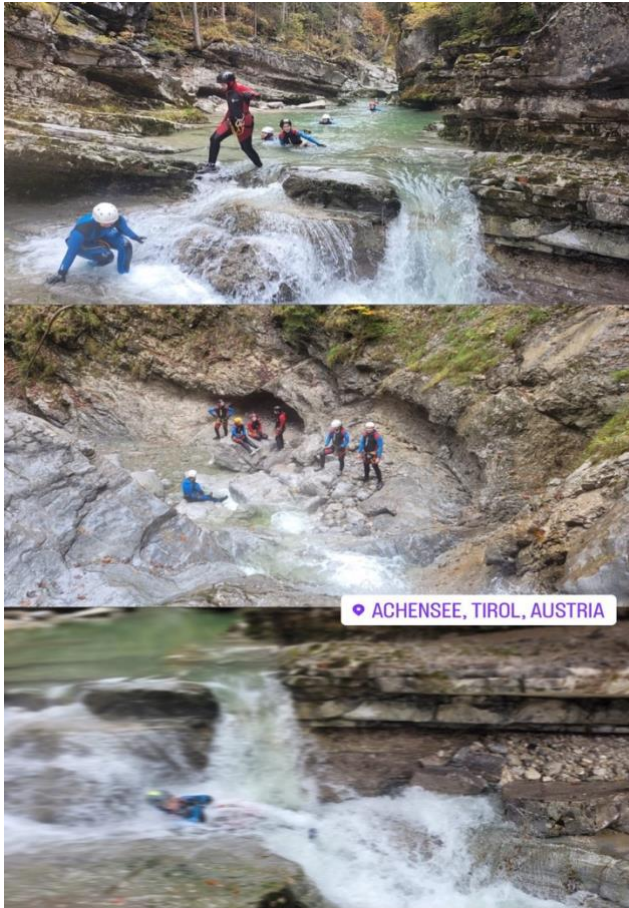
My trips begin in August. It is a two-month-long trip. Booking hotels, transportation, museums, and restaurants is necessary. There are lots of people who travel during the summer holidays. Be careful of theft and transportation regulations. I traveled to Germany, Paris, Italy, Stockholm, Poland, London, and Austria. Long trips are enjoyable but exhausting. Students will receive the timeline from the exchange university. In my year, I must attend an online information session on September 9, 2022, a few orientation days beginning September 27, 2022, and the course registration deadline on September 30, 2022. However, some attractive sports courses offered by the university are on the waiting list. I'm also not sure when it will realize. Please keep checking the website. Skiing, yoga, mountain biking, shooting, diving, canoeing, and other activities have taken place. more than hundreds of choices. They range from 10 euros to hundreds of euros per semester or class, depending on the course length and sports. Lessons are in German, but either classmates or teachers translate them into English for me. Also, I went hiking in Fulpmes, which is one hour by bus from Innsbruck, and the temperature on the mountain was 3 to 4 degrees. It was pretty cold.



(Naples, Italy)

2. October

The lessons officially started in October, and students must attend the first lesson. One of my courses discussed the lesson time at the first lesson. Lessons are interactive, and participation is not counted toward the grade, but students are active. Professors require us to have 1 to 2 minutes of self-introduction. There is an orientation party organized by the school. There are DJs, drinks, photo booths, etc. Everyone was happy and excited about the music. Everyone is energetic and happy at the party. I went to Zurich because there were discounted hotel and transportation tickets. Students can leave the party at any time, and it officially ended at 00:30. I bought the semester ticket so I can travel to Tirol in Austria, Italy, and Germany. It is a large area and full of different natural views. I went hiking, canoeing, upstream surfing, aqua-power lessons, etc. A lot of sports are available.



The



The water is cold, but it's worth it. These are once-in-a-lifetime opportunities.

3. November

There are a few deadlines in November. I need to have meetings with my group mates. The meetings were not that efficient. Professors required us to read and study a lot. After attending the only physical lesson in November, I went on a solo trip. Going to Vienna, Budapest, Bosnia, Serbia, Croatia, and Slovenia. A solo trip is exciting and changeling. I meet lots of friends during my trips. I meet new friends on buses, hostels, trains, etc. The experiences are unexpected and unique. I know more about myself on the trip.

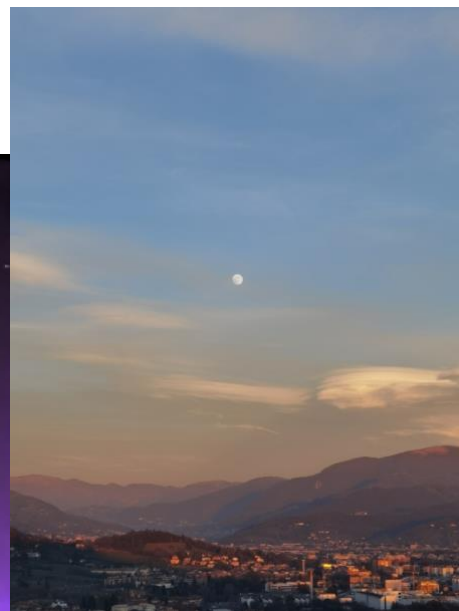
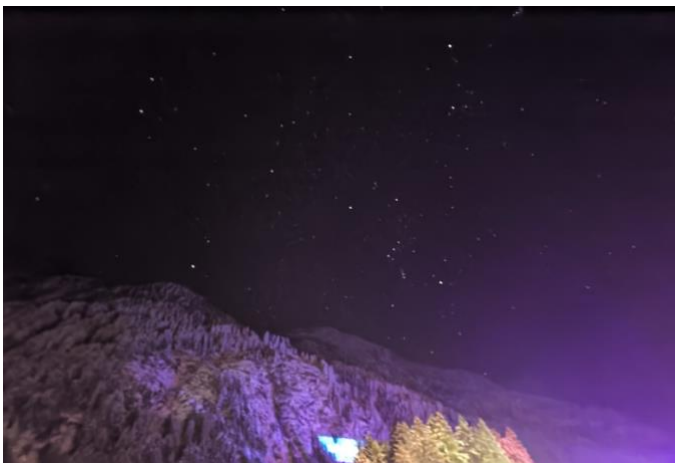


4. December

I have presentations in December. It's a busy month; the presentation is 25 minutes long, followed by 10 minutes of Q&A. Most of the groupmates have started their parts lately. It is scary, as I am not sure whether they can finish their part. I presented for around 17 minutes, and the two other group members presented for 8 minutes. Students at the exchange university have a completely different attitude toward their academic studies than students at my university. It starts snowing, and the weather could be -15 degrees. It is cold, but the Austrians said that it is the warmest winter ever. The winter holiday starts at the end of December, so I went to travel. Taking an overnight bus or train is convenient in Innsbruck, while an airplane is expensive. The southern part of Europe is warm, with temperatures reaching 20 degrees. Some of my classmates went to the south to enjoy the sun.

5. January

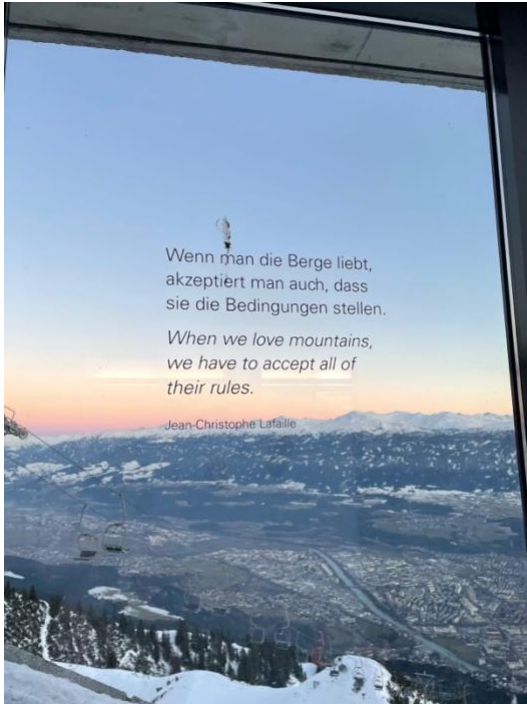
Traveling to Bergamo, Israel, and Palestine is amazing. I love them so much. They have amazing sunsets. It's also the first time I've swum in the Dead Sea and eaten a goat's heart. January has lots of lessons left. I need to finish a 20-page report about different cultures. I cannot choose my own culture. It is a challenging task that accounts for 50% of my grade. Moreover, I hiked a lot in the Tyrol region. The weather was cold, and the roads were wet and slippery from the snow. Related requirements are required and recommended to purchase in Taobao before traveling to Europe because the product is the same but the price is 5-20 times higher.



Lots of stars! This picture was taken by phone.

6. February

I went to the Venice Carnival by overnight bus for 19 euros. It was disappointing and crowded. Students need to remember to register for the examination before the deadline. The exam is closed book and consists of three to four essay questions to be completed in one hour. Studying hard is needed. I stay in Innsbruck and enjoy the Tirol region. I tried sledding, skiing, skiboarding, and cross-country skiing. They are amazing. The Tyrol region is perfect for outdoor sports. I regret that I didn't spend more time in Tyrol. I also traveled to Brenner in Italy and Mittenwald and Fussen in Germany. They are included in the Tyrol semester ticket. Sölden in Austria is amazing. They have one of the best ski resorts.



1) Visa Procedures

- Type of passport/travel document you are holding, visa requirements, required documents, visa fees, etc.

We need to apply for a visa D. Once you've scheduled your online appointment, please bring all the completed paperwork with you. Please carefully read the material on our website and download the appropriate application forms. Only specific time slots are available for appointments. Check it out on the official website.

Required documents: filled-out application form, 2 passport photos, valid passport, ID card, student card, birth certificate, proof of sufficient financial means (or you can show your parent's account, and your parents need to write a letter to show that they will pay you money), supporting letter from HKUST and the exchange university, return flight ticket, medical insurance, dormitory proof. Bring originals as well as photocopies. Remember, a stamp from the High Court is required for the birth certificate.

2) Orientation Activities

On 27.09.2022, there is a special introduction day. On 28.09.2022, there is a university guidance tour. There are 3 campuses in different locations. On 29.09.2022, there is the second part of the introduction day that we need to finish selecting the courses. On 30.09.2022, you can go to school for course registration. On 03.10.2022, there is an Erasmus welcome party.

3) International Services & Activities

We can get other students' contact information in the introduction booklet. Inbox ESN on Instagram, and you will get their WhatsApp group link. They will remind you of different activities and discounts. Feel free to contact your classmates. In addition, students can pay for an ESN card and then receive several times of free 20kg Ryanair luggage.

4) Accommodations

Email Christoph if you cannot find the accommodations. Please register as soon as possible because I registered for the accommodations 5 months earlier but failed to get into the 1st preference. Christoph would send you the details. The rent for the dormitory I lived in was 320 euros per month. It is a double room. If you book through an online booking platform or email as a tourist, It costs €80 per night.

5) Courses Registration

It is very complicated. We need to have 16ECTS or higher. We cannot register for the courses in other faculties as they have different registration systems. It is an audition for course registration. I placed 1000 points in the cultural course, but only 10 people got into it. We only have 2000 points in total. German and sports courses require us to register as soon as possible; they are first come, first served. No worries. Christoph would teach you.

6) Teaching & Assessment Methods, Class format, size, etc.

My class is around 20 to 30 people. They required lots of discussions and presentations. Attendance is necessary for some of the sections. Please don't miss it otherwise you will fail the course.

7) Finance & Banking

I didn't open a local bank account as I didn't want to pay the registration fee or annual fee. Please be aware that SMS is required for online purchases. Purchasing tickets on the VVT (Tyrol transportation app) required SMS. I used PayPal and ZA Bank, which can accept authorization without SMS. I applied for an HSBC debit card, but every time I use the ATM, it still costs me 30 to 50 HKD. I spent 3000 euros on living, 1000 euros on air tickets, 2000 euros on food, 1000 euro on entry tickets and 1000 euros on transportation.

8) Climate

In September, it was 10 to 15 degrees. In October, it is normally lower than 10 degrees. In November, the lowest temperature is -14 degrees. Students might need to go to school before sunrise (7:30am) because some courses start at 8 am. Highly recommend taking a cable car on a sunny day. Don't go on a cloudy day.

9) Health & Safety

In Innsbruck, there is a contractual doctor and a hospital (Universitätsklinik, Anichstraße 35). Please call the medical emergency service (Tel: 141) throughout the night, on Weekends, or holidays, and in an emergency, the ambulance service (Tel: 144). Also, email Christoph or contact the insurance agency, they will tell you more details or help you reserve the doctor's appointments.

10) Food

I didn't eat much in Innsbruck as the average price is 10 to 30 euros per person in a restaurant. There are yummy restaurants with amazing views of different mountains and Bergisel Ski Jump. For example, Gasthaus Planötzenhof Andreas Heis and Restaurant SKY im Schanzenturm are good. I love buying from supermarkets. There is an Asian market and a turkey market near the main train station. You can buy vegetables per item in that two shops. Most of the supermarkets required me to buy at least 1kg.

11) Transportation

A VVT semester ticket is highly recommended. It costs 190 euros. Innsbruck's single ticket costs 2.9 euros. The single ticket for traveling to other cities is 10 to 40 euros. The VVT semester ticket includes the Tyrol region. It is large and worth it. I have calculated that my transportation courses would cost 100 to 150 euros per month if I didn't buy the semester ticket. The picture shows the area of the Tyrol region. You can try to input different stations in the app after you buy the semester ticket. It will show you whether it is included in the semester ticket. If not, they will calculate the price of the nearest station near your destination. Also, there are lots of overnight trains from Innsbruck by OBB or DB train. You can travel to Croatia or Switzerland, Italy, Slovenia, German, Poland, Hungary, Holland, etc by overnight train.



12) Communication

My Hong Kong sim card is not working so I asked my parents to keep my phone number at the cheapest plan. It is 19hkd per month. And I bought a 9euro data plan in Austria that has 40 GB data and 8 GB data in Europe. A sim card in the supermarket is also cheap.

<https://www.spusu.at> (It must activate in Austria and need to write an email or phone call to cancel the contract.)

13) Sports & Recreation Facilities

For students to participate in more than 60 sports, the University Sports Institute, or USI, is located at Fürstenweg 185. All information about the courses and how to apply is available on the website <http://www.uibk.ac.at/usi/en-index.html>. I joined 5 to 6 sports courses. They are amazingly interesting. Highly recommend trying different kinds of sports. A Freizeitticket is crucial for winter sports enthusiasts since it grants free access to all ice rinks, ski resorts, and sledding runs. It is worth it if you love skiing or sledding or hiking. Normally, the ski pass for a day costs 40 to 80 euros.

14) Social Clubs & Networking Opportunities

Meeting friends is easy. You can meet friends in restaurants, in the mountains, in classes, bus, etc.

15) Cautionary measures- Items to Bring

1. Sports equipment (e.g. ski glasses, gloves, ski pants, Ice Grippers, etc)
2. Electronic pot (50 to 95% cheaper if you cook by yourself and more convenient as your floor in the dormitory might not have a kitchen)
3. Coats
4. Umbrella
5. Warm water bottles
6. Sunglasses (Must wear sunglasses if you don't want your eyes to be burnt by the sun)
7. Socks (Hard to buy cotton socks, and bring ski socks because it is so cold)
8. Slippers
9. Backpack
10. Stationary
11. Spicy Sauce or Hotpot Sauce
12. Hong Kong instant noodles
13. Charger and Charging lines (bring more if you are afraid that yours will be broken and lost. The cheapest charger is 30 euros, and the cheapest charging line is 15 euros in my city)
14. Screen Protector

■ Useful Links and Contacts

1. <https://www.tyrol.com> (Travel, Hiking, Sports guide)
2. <https://www.alltrails.com/austria/tyrol> (Hiking Trails)
3. <https://www.innsbruck.gv.at/en/leben/servicecenter/fundservice> (Lost and found in Austria)
4. <https://www.innsbruck.info>
5. <https://www.innsbruck.info/sehenswuerdigkeiten/innsbruck-card.html> (Innsbruck card)
6. <https://www.vvt.at/page.cfm?vpath=tickets/mein-ticket/studentinnen> (Semester Ticket)
7. <https://www.bmeia.gv.at/en/austrian-general-consulate-hongkong/> (Visa)
8. 133 for Police, 140 for mountain rescue, 112 for emergency