

Faculty of Textile and Clothing Technology

by students for students

FIRST SEMESTER BROCHURE

OVER- VIEW.

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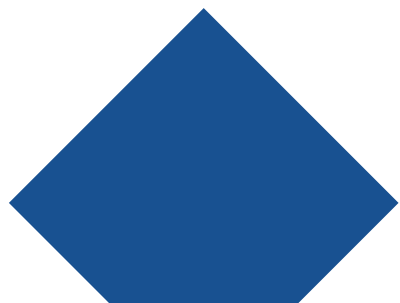
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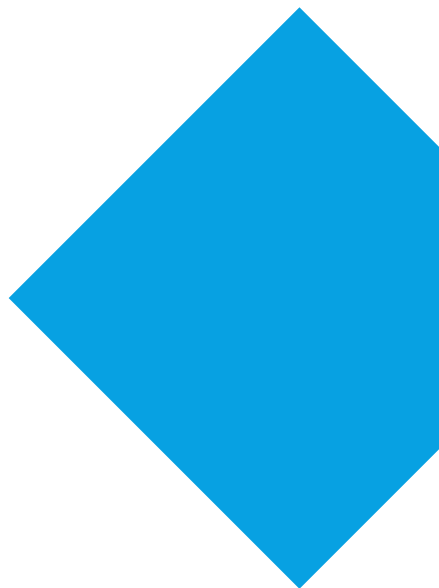
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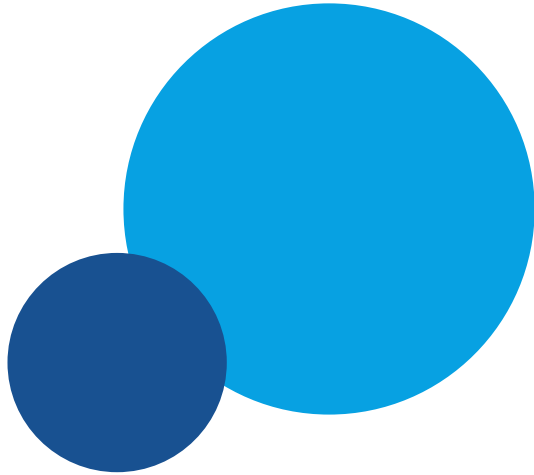
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WELCOME!

...at the Faculty 07 of the Hochschule
Niederrhein!

All the essential information for a successful start to your studies is summarized in this brochure, along with references to more in-depth resources.

If you have any further questions or need help, don't hesitate to ask—whether it's your first-year mentors, the student council with their trusted tutors, your professors, the department office, or simply the person walking by...
We wish you lots of fun in the coming days and a successful start to your studies!

STUDY CONSULTATION

Faculty Services:

- » Personal advice on study-related topics::
 - Course planning
 - Learning strategies and exam preparation
 - Scientific writing
 - Self-management
- » Coordination of tutorials & revision courses

Study advisor for German and English-language courses

Dipl.-Ing. Ursula Korsten

Room: Z E11

Phone: +49 (0)2161 186-6061

Mobile: +49 (0)175 7577415

Email: ursula.korsten@hs-niederrhein.de

(Appointments by arrangement via email)

DEGREE PROGRAMS

In 2025, all study programs were reaccredited. You can find the current study plans on the department's website and the module descriptions for individual courses on HiO.

Important Notes

- » To switch to the Design-Ingenieur (german) program, you must first pass the aptitude assessment test. It is held every summer semester.
- » When changing your degree program for the first time, BAföG payments will usually continue as normal. However, you must inform the BAföG office immediately (more details on page 27)
- » Study plans are available at:
<https://www.hs-niederrhein.de/textil-bekleidungstechnik/studierende/rund-ums-studium/#c515785>

BACHELOR

- Textil und Bekleidungstechnik
- Design-Ingenieur (m/w/d)
- Textile and Clothing Management | english courses

MASTER

- Textile Produkte
- Management of Textile Trade and Technology | english courses
 - Technical Textiles
 - Trade and Retail

COMMITTEES & INTERNAL

STUDENT COUNCIL (FSR)

The Fachschaft refers to all students enrolled at the university. It is divided into different departments— in our case, the Department of Textile and Clothing Technology, also known as Department 07 (FB 07). Each department is represented by a Student Council (Fachschaftsrat), which is made up of dedicated students from that department and elected once a year by the student body. The role of the Student Council is to represent the specific interests of students and advocate for them within the university. We're also your go-to contact for questions, concerns, or feedback, and we always have an open ear for any issues related to university life.

Follow us on Instagram and Facebook to make sure you don't miss anything!

Office hours

Thursdays, 1:00 PM – 2:00 PM

Room: E 200 (AStA-Building)

Email: fsr07@hs-niederrhein.de





FACULTY COUNCIL (FBR)

The faculty council is the highest decision-making body within the department. It makes important decisions on matters such as the course offerings, staffing, and similar issues.

Members of the FBR are:

- » The Dean serves in an advisory capacity. As the head of the department, they are elected by the professors for a term of five years.
- » The vice-dean, also in an advisory capacity
- » 6 elected professors
- » 2 employees
- » 3 students

The FBR usually meets once a month during the lecture period. Meetings are open to the public. They offer great insight into university life, the background and structure of the institution, and the politics of the department.

SENATE

The Senate plays a key role as a mediator between the different departments and between the university and the ministry.

It consists of 24 members with voting rights:

- » 12 professors
- » 8 employees
- » 4 students

The chairperson is elected from among the members of the Senate. Deans of all faculties, Vice-Deans, Chancellors, Equal Opportunities Officers and AStA chairpersons assist in an advisory capacity.

The Senate is responsible, among other things, for the following matters:

- » Confirmation of the election of Bureau members
- » Opinion on the Bureau's annual report
- » Dissemination and amendment of the university's regulations

STUDENT PARLIAMENT (STUPA)

The StuPa, or Student Parliament, is the highest body of student self-governance. Self-governance means that we, the students, take things into our own hands. Here, loans are approved, guidelines are set, and elections are organized. The parliament can have up to 31 members from the “Constituted Student Union” (i. e. all registered students of HS Niederrhein). Each department can fill one seat through a direct candidacy; most seats, however, come from various lists — also called student parties — made up of like-minded students from across the university. Anyone can start their own party and get involved. Guests are always warmly welcome at meetings.

Getting involved is definitely worth it! – No matter if FSR, stupa or FBR – but why? You have the opportunity to make a real difference at the university, for example in terms of the quality of your studies or teaching staff. In addition, your commitment to higher education policy is reflected in your CVs, letters of reference and thus in your applications. So it doesn't have to be completely selfless. Beyond that, by working together in these committees, you can not only meet new people but also develop skills like communication, teamwork, and organizational talent.

If you have special talents and can e.g. memorize the chemical formula of PET or explain the complete induction to your fellow students, then become Tutor: Commitment plus Money!

ACADEMIC ADVISORY BOARD (AAB)

We are your student representatives on the Academic Advisory Board (AAB), where we work to ensure that students' interests are represented in all matters related to teaching and learning.

Do you have ideas, suggestions, or concerns about courses, exams, or the organisation of your degree programme? Get in touch with us! We will bring your feedback and proposals to the Academic Advisory Board.

The Academic Advisory Board is one of the Faculty's key committees. It advises the Faculty Council on all matters concerning teaching and learning, including curriculum reforms, course evaluations, and the introduction or revision of examination regulations.

What makes the Academic Advisory Board unique is that it is the only official Faculty committee in which students and academic staff are equally represented. This gives students a strong voice in important decisions. In addition, recommendations made by the Academic Advisory Board can only be overruled by the Faculty Council with a two-thirds majority.

Your ideas and experiences matter!

If you notice something that could be improved or have suggestions for making your studies or the quality of teaching even better, we'd love to hear from you. Together, we can help shape and improve the student experience in our Faculty.

Academic Advisory Board

E-Mail: sbr07@hsnr.de

Student Representatives

E-Mail: sbr-studierende@hsnr.de

CONTACT PERSONS

CONFIDENTIAL PROFESSORS

Prof. Dr.-Ing. Marcus O. Weber

Head of Studies:

Textile Management I Knitting

Phone: 02161 186-6033

Room: E 308

Email: marc.weber@hs-niederrhein.de

Prof. Dipl. Des. Anna Koch

Lecturer for Special Assignments in Design Theory and Textile Design

Telefon: 02161 186-6026

Raum: G 206

E-Mail: anna.koch@hs-niederrhein.de

INTERNATIONAL COORDINATOR

Prof. Dr. Monika Eigenstetter

Phone: 02161 186-6038

Room: N 225

Email: monika.eigenstetter@hsnr.de

Viola Konrad

Phone: 02161-186-6145

Room: G E06

Email: viola.konrad@hs-niederrhein.de

Auslandstutorium

Hasan Mahmud / Evgenia Kissner

E-Mail: auslandstutorium.fb07@hs-niederrhein.de

DEAN'S OFFICE

Main building, Room G E15 – 19
Monday – Friday:
8:00 AM – 12:15 PM
1.45 PM – 4.00 PM

FACULTY MANAGEMENT

Francesca Corradi, M.A.

Phone: 02161 186-6020
Room: G E18
Email: francesca.corradi@hs-niederrhein.de

Antje Christophersen, Dipl.-Ing.

Phone: 02161 186-6119 and 02161 186-6021
Room: G E18 and D E15
Email: antje.christophersen@hs-niederrhein.de

SECRETARY OF THE DEAN'S OFFICE

Birgit Marquardt

Phone: 02161 186-6011
Room: G E17
Email: birgit.marquardt@hs-niederrhein.de

If you have a question about excursions, workshops or visits to fairs, if you are looking for rooms or buildings or if you would like to speak to the secretary, you have come to the right place.

FACULTY ADMINISTRATION

Doris Jörißen

Phone: 02161 186-6012
Room: G E15
Email: doris.joerissen@hs-niederrhein.de

Shirley Kremper-Hast

Phone: 02161 186-6009
Room: G E15
Email: shirley.hast@hs-niederrhein.de

If it is about contracts, you will find the contact persons here.

Iris Meyer

Phone: 02161 186-6023
Room: G E18
Email: iris.meyer@hs-niederrhein.de

If you need a room key to study or prepare for presentations, this is where you go.

EXAMINATION OFFICE

Building K, Room K E03

Monday – Friday:

8:00 AM – 15:00 PM

Hedwig Joslowski

Phone: 02161 186-2838
Room: K E03
Email: pruefungsamt-07@hs-niederrhein.de

For everything concerning exams, forms, formalities, changes of course or administrative matters, you are right here.

Post address:

Prüfungsbüro Mönchengladbach/FB07
Reinarzstraße 49
47805 Krefeld

General Email-address:

pruefungsamt-07@hs-niederrhein.de

TRUSTED TUTORS

You already met us during the introductory week. Not only were we your contact partners there, but we will continue to be so. We not only help you with questions about your studies, but also in personal emergencies. We're always here to listen and look forward to welcoming you. You can count on us for support and guidance!

Lucien Feder

Thursdays, 1:00 PM – 2:00 PM in room E 200

Insta: <https://www.instagram.com/fsr07/>

Email: vertrauenstutorium.fb07@hs-niederrhein.de

Sofia Genc

Thursdays, 1:00 PM – 2:00 PM in room E 200

Insta: <https://www.instagram.com/fsr07/>

Email: vertrauenstutorium.fb07@hs-niederrhein.de

STUDENT OFFICE

As a central institution administratively responsible for all departments. This means enrolment, admission, advice, etc.

www.hs-niederrhein.de/studierendenservice

Sieglinde Ramlow-Papenfuß

Responsible for our Department 07

Reinartzstr. 49 | 47805 Krefeld

Room: A E06

Phone: 02151 822-2734

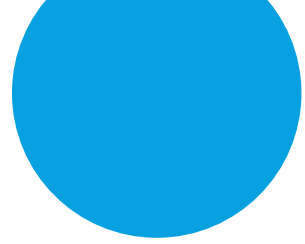
Fax: 02151 822-2798

Email: sieglinde.ramlow-papenfuss@hs-niederrhein.de

ROOM OF SILENCE

Building Q, Rheydter Straße 232

Rooms Q E08 and Q E1



CAMPUS LIFE

LECTURES AND INTERNSHIPS

You must register for all courses in your degree program via the online portal HiO (hio.hsnr.de), where you can also view your schedule directly. All lectures are mandatory courses, though attendance is not monitored.

It's different, however, for practical sessions. Here, your attendance and participation are checked by the professors. We strongly recommend that you always arrive on time and well-prepared for your lab sessions. If you can't make it to a session due to illness or another reason, it's usually possible to switch and attend with another group. It's important to always bring the required materials (documents, lab coat, etc.) with you.

If you miss the safety briefing, you will not be allowed to participate in further sessions. This also applies if you arrive late to the safety instruction.

ELECTIVES

During your studies, you are required to earn credit points by completing elective modules. A wide variety of electives is offered each winter and summer semester. It is recommended to begin attending these modules starting in your 3rd semester.

Details on when to take which courses can be found in the curriculum. All elective modules are listed via the following QR code:



TUTORIALS

Many students start to panic at the mere thought of so-called “difficult subjects” like math, physics, and chemistry.

Fortunately, each semester there are some student “pros” who volunteer to go over the lecture material with the “non-pros” in tutorials — step by step, and nice and slow. For students who didn’t pass an exam, there are review sessions (called Repetitorien). Tutorials and review sessions are organized in both German and English by Ursula Korsten (ursula.korsten@hs-niederrhein.de).

The goal is to support students in settling into university life and succeeding in their studies — through tailored offers, workshops, and one-on-one advising.

SCRIPTS

What used to be textbooks in school are now called scripts. These are usually written and provided by the professors, so you can follow along during the lectures. Notes from previous semesters — even if not officially approved by the professor — can also be helpful. However, don’t expect the scripts to replace your own note-taking. In most cases, you’ll still need to take your own notes actively.

The scripts are provided digitally by the professors.





EXAMS

The exam period in Department 07 takes place at the end of each semester and lasts for three weeks. If you achieve a grade of 4.0 or better, congratulations — you've passed! Any grade lower than that unfortunately means you have failed and must re-take the exam. You have a total of three attempts to pass. Grades can only be given in increments of .0, .3, or .7 (for example, a 1.5 is not possible — only 1.3 or 1.7). Detailed rules about retaking exams and registration will be explained at the beginning of the semester and can also be found via the following links:

- » <https://www.hs-niederrhein.de/organisation/pruefungsordnungen/>
- » <https://www.hs-niederrhein.de/textil-bekleidungstechnik/studierende/rund-ums-studium/pruefungen/>

Important: Make sure to register on time! – A guide to the deadlines in the department:

- » <https://www.hs-niederrhein.de/textil-bekleidungstechnik/studierende/aktuelles-und-kontakt/>

The online portal for exam registration is: hio.hsnr.de

Please check your exam registration status in the campus management system (hio.hsnr.de)! If your exam is not listed there, you are not registered. If you decide not to take an exam, you must cancel your registration through the same portal. If the cancellation period has already passed, it won't count as a failed attempt if you simply don't attend the exam. If you feel unwell during an exam, you must immediately inform the exam supervisor and see a doctor right away. Later objections will not be accepted. Late exam registrations are not allowed under any circumstances!

To prepare for exams, your own notes, lecture scripts, summaries, and past exam or practice questions are essential. Don't hesitate to ask students in higher semesters or your professors for materials. Aside from that, the golden rule is: start studying early, stock up on coffee and chocolate, and make sure to rest — and you'll get through the exam period just fine!

Important: You must bring your student ID and a valid photo ID to the exam. Phones must be turned off at all times!

TESTATE

Testate are assessments at the end of courses that do not have a written exam. The key difference is that Testate are not graded — you simply receive a “pass” or “fail.” If you fail a Testat, you can repeat it an unlimited number of times. However, there’s a catch: you usually have to retake the entire course. To pass, regular and active participation throughout the course is required.

In most cases, a testate serves as the final part of a lab or practical course. Testate can take many forms — such as written assignments, presentations, or hands-on practical work.

ONLINE PORTAL

The online student portal is managed by the university’s administration and data services. You can use it to register for exams, view your grades, or update your personal information.

How it works:

You’ll receive a letter from the university containing a numbered TAN list (60 TANs) and an initial password. Go to iman.hs-niederrhein.de/startseite.html and use the initial password to create your university account. Once your account is set up, you can log in to the student portal at hio.hsnr.de. When registering or deregistering for exams, you’ll be prompted to enter a specific TAN (e.g. No. 25). Keep this TAN list safe — you’ll need it throughout your entire studies!

Once only a few TANs remain, you should generate a new list at hio.hsnr.de using one of the remaining codes (at least two TANs are needed to generate a new list).

If you run into problems, you can contact the IT support team. But don’t worry — the process is actually quite straightforward.

IT-Servicecenter Mönchengladbach

Richard-Wagner-Str. 140

41065 Mönchengladbach

Room: N E25 (to the right in the foyer)

Monday bis Friday: 9:00 AM – 15:00 PM

it-support@hs-niederrhein.de

EMAIL-ACCOUNT

Each student automatically receives an email address upon enrollment, using the format `firstname.lastname@stud.hn.de`. You are required to use this email address for all communication with the department and to check it at least once a week for updates and important announcements.

Important: Do not use your initial password for this email account — make sure to change it immediately!

This account is managed via the HN Identity Manager and will remain active only until your exmatriculation.

RE-REGISTRATION

Re-registration for the next semester is done by paying the semester fee.

You can find all the necessary information, including the bank details, on the online portal hio.hsnr.de under: My Studies — Student Services — Payments

STATUS SHEET

The status sheet is a personal performance overview for students. It shows which subjects or modules you have passed or failed, when you took them, and what grades you received.

Often, the first grades start appearing here during the exam period. You can find the status sheet on the homepage in the online portal.

It is not an official certificate, but it can still be used as a preliminary record for job applications — possibly with official certification from the Examination Office.

»PROBLEMS WITH PROFESSORS?«

Don't worry—professors aren't monsters (at least, not usually). They're just people like you and me. And wherever there are lots of people, problems can sometimes arise. If that ever happens, stay calm! These kinds of issues are best handled calmly and rationally. So, think first, then speak.

You can talk to your trusted tutors, confidential professors, or the student council (FSR). They're there to help mediate or simply to listen. Of course, you can also go directly to your professors — ideally one-on-one, and not during or immediately after lectures! Most professors have set office hours for this purpose. It takes courage, but you can be sure you'll be taken seriously. Speaking up won't have negative consequences for you.

No matter how you choose to address the problem, remember: only those who speak up can get help! We can confidently say that at Hochschule Niederrhein, problems with professors are rare because most of them are open-minded and student-focused. In fact, the close cooperation between students and professors is one of the university's greatest strengths.

CAMPUS

MAP OF CAMPUS MÖNCHENGLADBACH



FB 05 Oecotrophologie

O Q

FB 08 Wirtschaftswissenschaften

V₂ W Y₁ Z

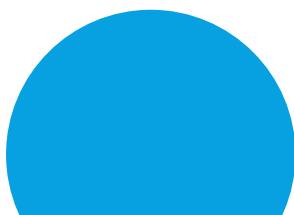
FB 06 Sozialwesen

O R T Y₁ Y₂ Q

FB 07 Textil- und Bekleidungstechnik

B C D G H I M Z

Besucheradresse
Webschulstraße 41 – 43 | 41065 Mönchengladbach



NOTICE BOARD

You can find information in various places around campus. Official notices are posted in the hallway of the main building (G) in front of the dean's office and by room G E10, displayed in glass cases. Timetables can be viewed on HiO, and schedules for internships or similar are organized via Moodle or HiO.

Additionally, you'll find information from individual professors here. More info points are located around the cafeteria in the basement, such as job postings and vacancies. For things like apartment hunting, buying/selling items, or events, it's worth checking the notice boards in the cafeteria, the stairwell of building H, or the canteen. (More info on apartment hunting is on page 30).

IMPORTANT! To stay updated on department-specific information, lecture cancellations, room changes, trips, or events, be sure to enroll in the following Moodle course:

Course name: FB07 News

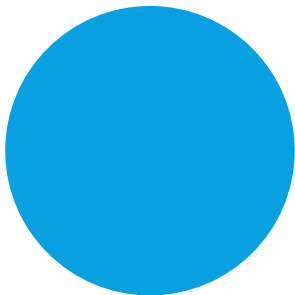
Link: <https://moodle.hsnr.de/course/view.php?id=11493>

Enrollment password: News07

Job and internship opportunities can be found on our website at:

[https:// www.hs-niederrhein.de/textil-bekleidungstechnik/studierende/#c7866](https://www.hs-niederrhein.de/textil-bekleidungstechnik/studierende/#c7866)

<https://www.hs-niederrhein.de/stellenboerse/>



ALWAYS UP TO DATE



Moodle-Info FB07



@textil_bekleidungstechnik_hsnr



@fsr07



@asta.hn



@hochschuleniederrhein



**LinkedIn (Textil- und
Bekleidungstechnik I HSNR)**



**YouTube
@TextilundBekleidungstechnik**

TO UNI AND BACK

Tickets

In the winter semester 2024/2025, the previous semester ticket was replaced by the nationwide valid Deutschlandticket. Please note that this ticket does not allow you to bring bicycles or additional passengers. You can easily access the Deutschlandticket digitally via the HN app (see page 27).

Bike-Sharing

bicycles can be rented at numerous locations around Mönchengladbach through Nextbike, including near the university as well as at Rheydt and Mönchengladbach main stations. Students of Hochschule Niederrhein benefit from discounted rates — with your student email, the first hour of every rental is free at Nextbike, along with other discounts.

Buses to campus

Bus stop Webschulstraße – the following bus lines are available:

- » 019
- » 097
- » SB4

Bus stop Hochschule – the following bus lines are available:

- » 002
- » 001
- » SB1

The following apps/websites can be used to check bus connections:

- » <https://www.vrr.de/de/startseite/>
- » <https://www.new-mobil.de/fahrplan/fahrplantabellen>

VRR-App Download



BAFÖG

If you have problems with Bafög, housing, or finances, you can get help at the university:

Studierendenwerk Düsseldorf

Advice on Bafög, housing, and finances

In-person consultation:

Mönchengladbach (Canteen Room AE 23)

Appointments can be made at:

<https://www.stw-d.de/beratung/sprechzeit-en-und-ansprechpartnerinnen-ansprechpartner/>

Currently:

1st Tuesday of the month

11.00 AM – 2.00 PM (Judith Weiskircher)

Individual appointments on-site can also be arranged.

UNIVERSITY COLLECTION

The new merchandise collection is here, bringing not only new colors, styles, and designs but also sustainable materials and fair production. You can check out the entire collection on the university's website.

But the campus shop offers more than just clothing—you'll also find mugs, bags, and notebooks for sale.

<https://www.hs-niederrhein.de/campus-shop/>

Unisex Hoody "hsnr Outline"

Artikel: Kapuzenpullover

Größe: XS, S, M, L, XL

Farbe: Black Heather Blue

Motiv: "hsnr Outline"

Modell: Unisex

Material: 85 % Bio-Baumwolle, 15 % recyceltes Polyester

Preis: 35 €



Unisex Hoody "College Style"

Artikel: Kapuzenpullover

Größe: XS, S, M, L

Farbe: Black Heather Blue

Motiv: "College Style"

Modell: Unisex

Material: 85 % Bio-Baumwolle, 15 % recyceltes Polyester

Preis: 35 €



Damen Hoody "hsnr Outline"

Artikel: Kapuzenpullover

Größe: M, L, XL

Farbe: Heather Grape Red

Motiv: "hsnr Outline"

Modell: Damen

Material: 85 % Bio-Baumwolle, 15 % recyceltes Polyester

Preis: 35 €



Unisex Hoody "College Style"

Artikel: Kapuzenpullover

Größe: S, M, L, XL, 2XL, 3XL

Farbe: Dark Heather Grey

Motiv: "College Style"

Modell: Unisex

Material: 85 % Bio-Baumwolle, 15 % recyceltes Polyester

Preis: 35 €



„iHN“ APP

With the university app “iHN”, you always have the most important information and services of Hochschule Niederrhein at your fingertips.

Stay up to date with the latest university news, find and contact people via the directory, search for books in the university library, and access your faculty’s digital notice board anytime and anywhere. The Campus Map helps you find your way around the university campus and provides information on bus connections.

You can also access your digital student ID card and your semester ticket for public transport directly through the app.

Features at a glance

- » Single sign-on: Log in once and use the app without having to sign in again.
- » Timetable: View all dates, rooms, seminars, lectures, and events at a glance.
- » Grade overview: Keep track of your completed coursework and achievements at any time.
- » Personalised news feed: Choose which information from HSNR is most relevant to you.
- » Personalised favourites bar: Customise the most important functions according to your individual needs.
- » HSNR email: Integration of your HSNR email account into the app will be available as soon as possible.

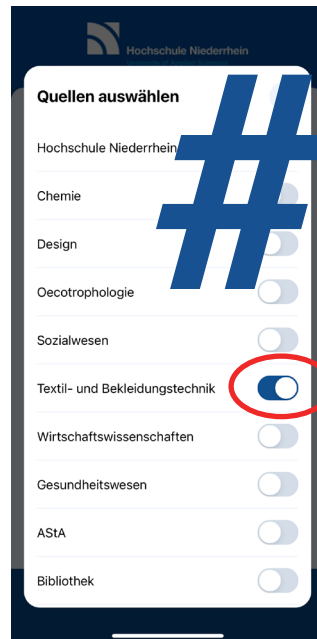
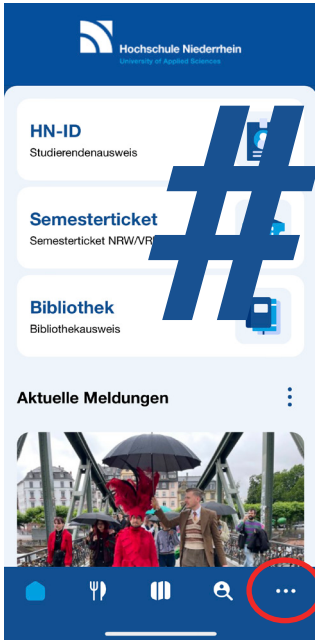
Important for your everyday student life

Make sure to subscribe to the channels “University”, “Faculty of Textile and Clothing Technology”, and any other channels that are relevant to you.

This way, you will not miss any important information or current announcements. In the future, important reminders and updates will also be shared here, such as information about exam registration, course registration, information events, and other important dates.

The app is also relevant for accessing the university’s Wi-Fi network.

Android <https://play.google.com/store/apps/details?id=de.hsnr.iHNBeta>
IOS <https://apps.apple.com/de/app/ihn-beta/id6774172087>



INTERNET ACCESS

You can use the computers in our IT labs to do online research, check emails, and handle other computer tasks. Additionally, PCs are available in the library for internet access.

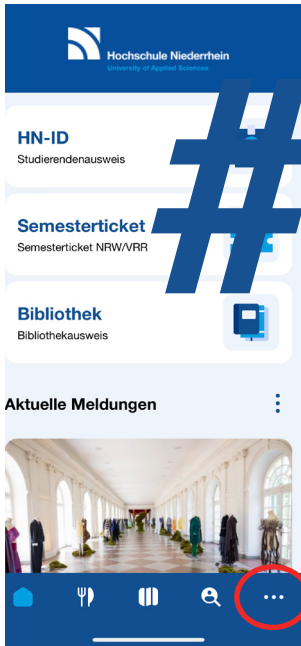
The four “ThinkTanks” in building X give you the option to connect your laptop to a presentation screen when needed.

You also have the option to access the university’s Wi-Fi. To get access, you need to apply using your own user ID on the university server, which you received along with your university email address.

On Moodle, you’ll find instructions on how to manually log in to the Wi-Fi. Alternatively, you can easily log in via the iHN app under the “Settings” menu—but you must be on campus to do so.

It’s also possible to apply for a VPN access. The forms are available on the university’s website:

www.hs-niederrhein.de/it-support/



#1



Campus

Campus Map

Fahrpläne

Who is who

Öffnungszeiten

App

Konto

WiFi einrichten

Einstellungen



#2

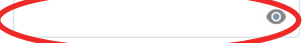


WiFi einrichten

Benutzername

Hochschulkennung

Passwort



Bitte wählen Sie ein Netz für die Verbindung aus. Sie können eine Verbindung für beide Netze einrichten.



#3



STUDENT LIFE

APARTMENT HUNTING

If you've decided to study in Mönchengladbach, it's often practical to move here as well. That's why we've put together some useful addresses for you on the university's website:

<https://www.hs-niederrhein.de/studierende/angebote-rund-um-das-studium/#c89742>

NIGHTLIFE – CAFÉS, BARS, PARTY

Cafe Trotzdem

Turkish café and restaurant near the university.
Dachterrasse Rheydter Str. 244 | Mönchengladbach

Projekt 42

Club, cocktails, party (of FSR), dancefloor
Waldhausener Str. 42 | Mönchengladbach

Die Box MG

Club, cocktails, dancefloor
Waldhausener Straße 38 | Mönchengladbach

Nierskind

Wehnerstraße 1-7
41068 Mönchengladbach

vierkommadrei

à la Carte, buffet, türkische Spezialitäten
Friedrich-Ebert-Straße 276 | 41236 Mönchengladbach

Mezcalito

Students, cocktails, music, peanuts, low-cost entry.
Drinks half-price on Wednesdays
Gasthausstraße 30 | Mönchengladbach

Die Nacht

Waldhausener Str. 25
41061 Mönchengladbach

Frau Manfred

Aachener Str. 19
41068 Mönchengladbach

Xiclô

Vietnamese Street Food
Kapuzinerplatz 4 | Mönchengladbach

LEISURE TIME – A FEW SUGGESTIONS

Köntges - Initiative Altstadt e. V.

Every Wednesday and Saturday: coffee & chat, food & drinks for donations.
More info on Instagram: e.g., book club, quiz night
Waldhausener Str. 16 | Mönchengladbach

Waldhausen Astoria

Special offers are announced on Instagram,
z. B. Supermittwoch

Vitusbad

Breitenbachstraße 52 | 41065 Mönchengladbach

Deutsches Textilmuseum (German Textile Museum)

Andreasmarkt 8 | 47809 Krefeld

Freibad Volksgarten (Outdoor Pool)

Peter-Krall-Straße 63 | 41065 Mönchengladbach

Museum Abteiberg

Abteistr. 27 | 41065 Mönchengladbach

Haus der Seidenkultur (House of Silk Culture)

Luisenstraße 15 | 47799 Krefeld

TextilTechnikum in Monforts Quartier

Schwalmsstraße 301 | 41238 Mönchengladbach

Textile Museum „Die Scheune“

Krackenbecker Allee 21 | 41334 Nettetal-Hombergen

Comet-Cine-Center

Viersener Str. 8 | 41061 Mönchengladbach

Borussia-Park / Hockeypark

Nordpark | Mönchengladbach

Thanks to a cooperation between the AStA and the Theater Krefeld and Mönchengladbach, students can attend all regular performances and symphony concerts by the Niederrheinische Sinfoniker free of charge. For more information and performance schedules, visit the theater's website.

In addition, the university offers a wide range of sports activities. About the keyword "Hochschulsport" you will find an overview of the offers and further information on our homepage. Also on the app you will find a list of sports offers.

You can find more offers related to your studies (such as the university choir and the racing team) here: <https://www.hs-niederrhein.de/studierende/angebote-rund-um-das-studium/> and on the FSR07 Instagram (@fsr07).

