

SCHULEN



Campus

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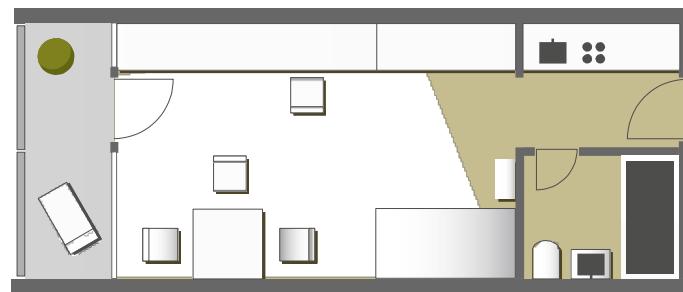


# STUDY, SmILE, HAvE FUN

## Regenstauf Campus has so much going for it

Accommodation & Community, Sport & Fitness, Relaxation & Spa – all in one place! Nestled in the idyllic slopes of Mount Reisberg, our student village is „hidden away“ in the town of Regenstauf – but is still situated very close to Regensburg, the 4th largest city in Bavaria and World Cultural Heritage site. Often enough, our students find our purpose built student village the perfect location to make a conscious decision to start a new chapter in their life.

We believe we offer the right balance between enjoying the peace and quiet and learning in the comprehensive academic classes and workshops. One of our biggest priorities is the community: it's quite common that student friends and teachers form a substitute family. We offer education in peaceful yet stimulating surroundings intended to be the perfect start to your new career path.



1-room apartment  
(about 30 m<sup>2</sup>), with  
furniture and balcony,  
kitchenette, ensuite  
[sample room with  
furniture]

## Campus accommodation the perfect place to study

Our on-campus accommodation comprises 10 separate residential blocks which between them offer 1400 apartments. All rooms have ensuites (bath, shower and toilet) and refrigerators. There also is an internet and phone line connection, plus a jack for cable TV. The majority of the apartments are equipped with a kitchenette as well as a balcony.

We also provide wheelchair accessible rooms with the appropriate ensuite facilities. The whole campus is wheelchair accessible. The Schools also offers 2-room apartments for single parents and children. The Schools' childcare center is right on your doorstep.

Children between the ages of 6 months and 13 years old can take advantage of the childcare facility. Fun, engaging, age appropriate activities will be provided in a safe and secure environment. Please make sure to enrol in time and contact the Regenstauf city council to make sure you secure a place for your little one!

In some accommodation it is also possible to keep a pet. However, it's important to contact the campus housing administration in advance as there are a limited number of pet friendly rooms available. There are plenty of parking spaces available free of charge.

There is also the possibility to book into our hotel. Family, relatives and guests are more than welcome to stay in one of our retro-style hotel rooms.



## CANTEEN & moRE

**Healthy and tasty options to enjoy**

### CANTEEN

Get your healthy lunch break! the can- teen is open Monday to Friday: there is so much to choose from! We have a break- fast buffet and a variety of menu options at lunch and dinner time. these include soup of the day, salad buffet, hot and cold meals and desserts. Packed lunches to take away are also available.

More information about our catering at [www.The-schulen.de/verpflegung](http://www.The-schulen.de/verpflegung).

#### **school I | Breakfast**

Mon – Fri: 7.00– 8.30

Sat Sun & bank holidays: 8.00 – 9.30

#### **school I | Lunch**

Mon – Fri: 11.15 – 13.30

Sat, Sun & bank holidays: 11.30 – 12.30

#### **school I | Dinner**

Mon – thu: 16.30– 18.00

Fri, Sat, Sun & bank holidays: takeaway meals

### KiOSK dELi & FRESH

the perfect snack at every hour of the day between classroom and apartment! We don't only offer tasty rolls, salads and tempting sweets: dELi & FRESH is your personal supermarket right on your doorstep! Your laundry detergent ran out, used your last spoon of coffee powder or you are missing the right magazine to enjoy your lunch break? Look no further! Visit us – we look forward to seeing you!

#### **school II (Level D)**

Mon – thu: 6.30 – 15.00

Fri: 6.30 – 13.00

### KiOSK BOX 1

this kiosk offers healthy and filling snacks including freshly baked goods, sand- wiches, fresh fruit and smoothies. indulge yourself with the perfect coffee!

#### **school I (Level e)**

Mon – thu: 7.30 – 14.00

Fri: 7.30– 13.00

### CAFÉ tREATS & PLEASURES

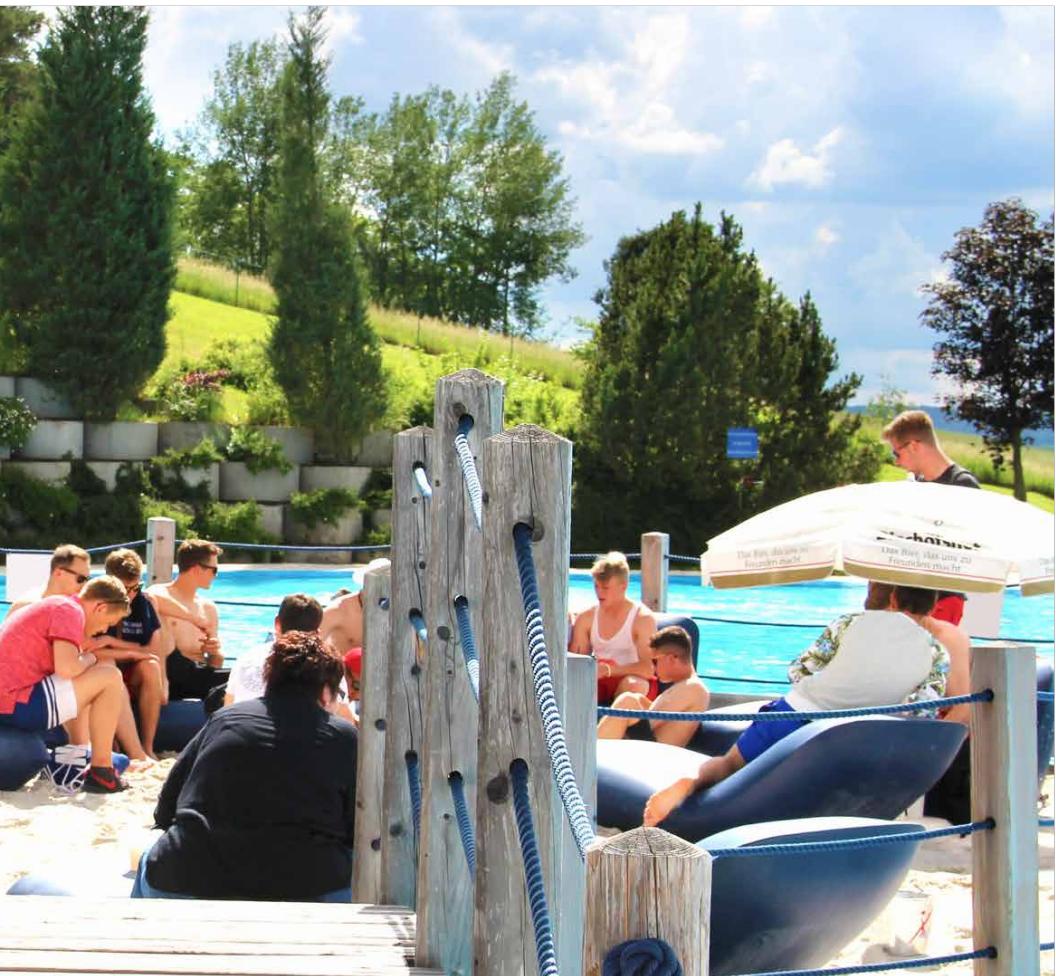
the Healthcare Center Café is everyone's perfect choice. in the moring

you can start off with a full breakfast. At lunch we offer dishes from all over the world – as good to look at as they are to eat! due to its central location in the hall of the healthcare center it's also easily accessible for wheelchair users or those with reduced mobility.

#### **Healthcare Centre**

Mon – Sun: 8.00 – 17.00





## BEACH the Caribbean on our Campus

Want to get into that holiday spirit during your lunch break or after work? Here is the right place to do so! Chill out, take a break and enjoy yourself after a hard day's work at our pool – The Beach.

there are designated quiet beach areas but also kids are more than welcome to join the fun thanks to the kids pool. Opening times when the weather is good: **Mon to Sun from 10.00 – 20.00**

## LEISURE CENTER Fit for the Future

Our leisure centre called „Workout“ is all about making sport fun! Activities on offer include table tennis, billiards, darts, gym mats and our football goal wall. If you feel more adventurous – try out the air rifle and archery range. We also have cardio and strength training equipment on offer.

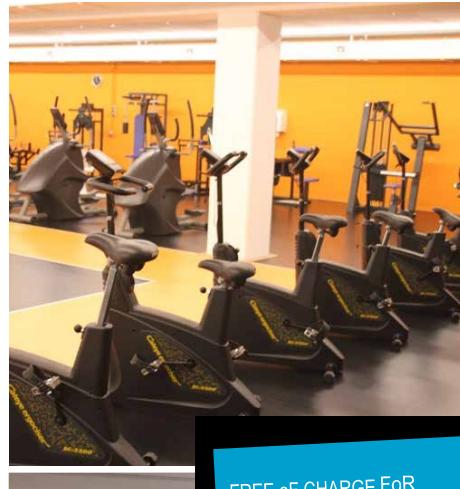
### LEISURE GROUPS

Our sports groups are the perfect opportunity to get active in your spare time. Just to name a few: Nordic-Walking, archery, or water gymnastics. If you are feeling competitive you can join sports competitions which are held at regular intervals. Groups are open to anyone who is interested.

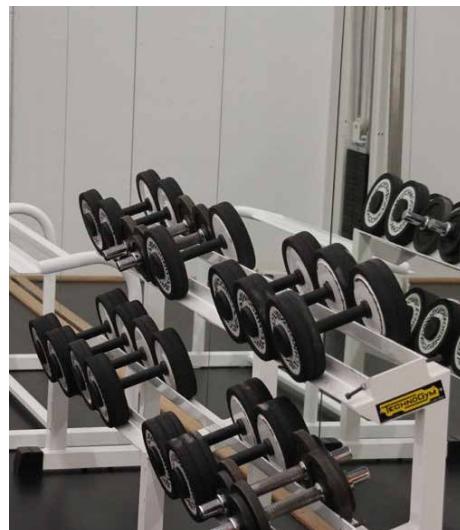
### EXCURSIONS

Take part in our regular day trips during summer time. We'll visit popular tourist attractions like the historic town of Prague, Salzburg or Leipzig Book Fair. Should you prefer shopping, we'll also go to Dresden or Český Krumlov throughout the year. Something more nearby: we regularly offer Regensburg guided tours. Skiing trips into the Austrian-Bavarian areas will be scheduled during the winter months. We maintain a diverse selection of excursions to suit everyone's taste!

### Free for all students



FREE OF CHARGE FOR  
ALL ECKERT STUDENTS





## FiTNESS – SpA – HEALTH At Campus Regenstauf

Health is important to us. Medical care, physio therapy, fitness and spa – all in one place.

### The HEALtHCARE CENTER

The Healthcare Center is the biggest of its kind in the county. Apart from doctors surgeries with various specialisations, we provide comprehensive and competent consultations as part of

a holistic treatment for body and mind. Our healthcare center is home to a wide array of therapists, specialists, cafés, Elia retirement home, gym, salt cave, tanning beds, sauna, swimming pool, pharmacy, hairdresser, accountant, and more.

more information at [www.The-physiofit.de](http://www.The-physiofit.de)  
& [www.The-gesundheitszentrum.de](http://www.The-gesundheitszentrum.de)

### PHYSiOFit The

First a workout with the weight bench then a nice „cooling down“ time in our sauna. Or how about relaxing in our Solana salt cave to find peace and quiet from everyday stress? Our wide array of treatments will do you good – physically and mentally. Should you fancy more action – there are our aqua-gym sessions. Physiofit The is your personal feel-good oasis right at your doorstep, on the 2nd lower floor in our The healthcare center.

### PHYSiOTHERAPY

Our committed therapeutic team provide comprehensive and competent consultations as part of a holistic, physiotherapeutic treatment.

### FitNESS

Muscular strength and stabilization training is a pivotal component in healthy sports. Our team will develop with you a workout plan specifically tailored to your needs. Our trainers will accompany you throughout your fitness journey giving you advice on stamina, coordination and strength training. Contact us for a taster session and give it a try!

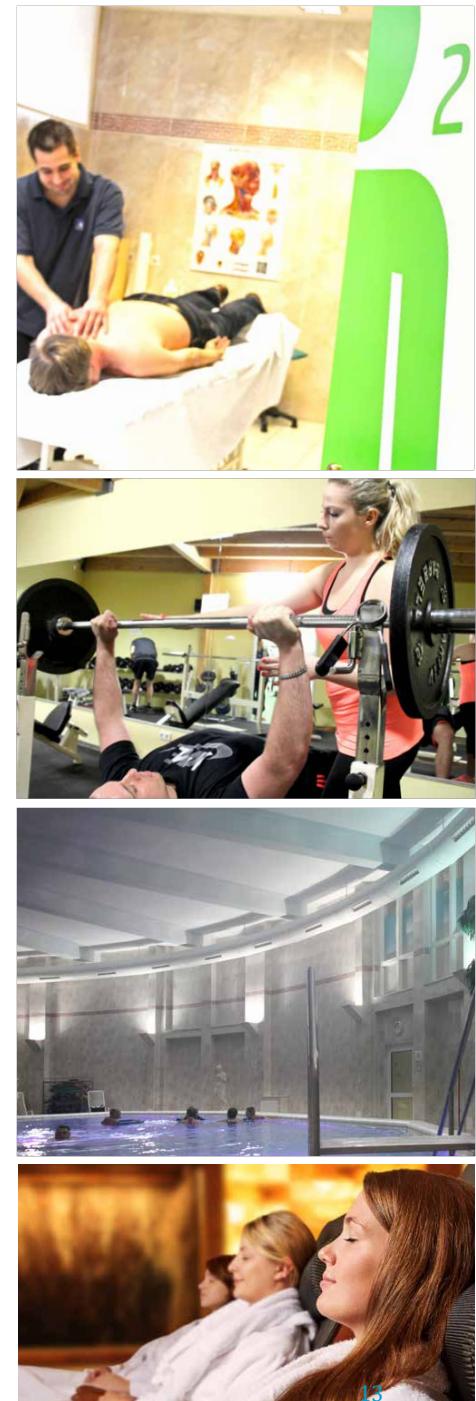
### SWiMMiNG POOL

We offer a wide range of activities to our customers and patients. From Aquajogging and Aquazumba to swimming lessons for babies and children, we have something to offer for

all age groups. Check out our timetable for further details.

### SPA

Relax and take off time in our spa. Get away from it all in our sauna, Solana salt cave, steam bath or treat yourself to a massage. Afterwards you can enjoy one of our culinary delights in our café.





## BUS SERViCE

From Regensburg to Regenstauf and back again



The Schools offers a dedicated bus service free of charge for our students which runs between Regenstauf and Regensburg, Puricellstraße or main station.

this service also runs every Sunday and on all bank holidays during term-time from 18 – 23 from Regenstauf central station to Regenstauf Campus.

### Bus timetable

Regensburg to Regenstauf	monday till thursday	friday
Regensburg, Puricellstraße 11	from	7.20
Regensburg, Ostdeutsche Galerie	from	7.23
Regensburg, Hauptbahnhof	from	7.30
The Schulen, Bibliothek	from	7.55

Regenstauf to Regensburg	monday till thursday	friday
The Schulen, Bibliothek	from	17.25
Regensburg, Puricellstraße 11	from	17.40
Regensburg, Ostdeutsche Galerie	from	17.43
Regensburg, Hauptbahnhof	from	17.55



## CAMPUS CHILD CARE CENTER

### Studies and childcare – all in one place

It's a challenge to pursue your career and family life, especially as a single parent. However, we make it easier for you with our special childcare programme on our premises that is tailored towards our students' needs. We want to ensure that there is a smooth transition between family time and study time.

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inners never quit and quitters never win – to keep moving forward is the key.

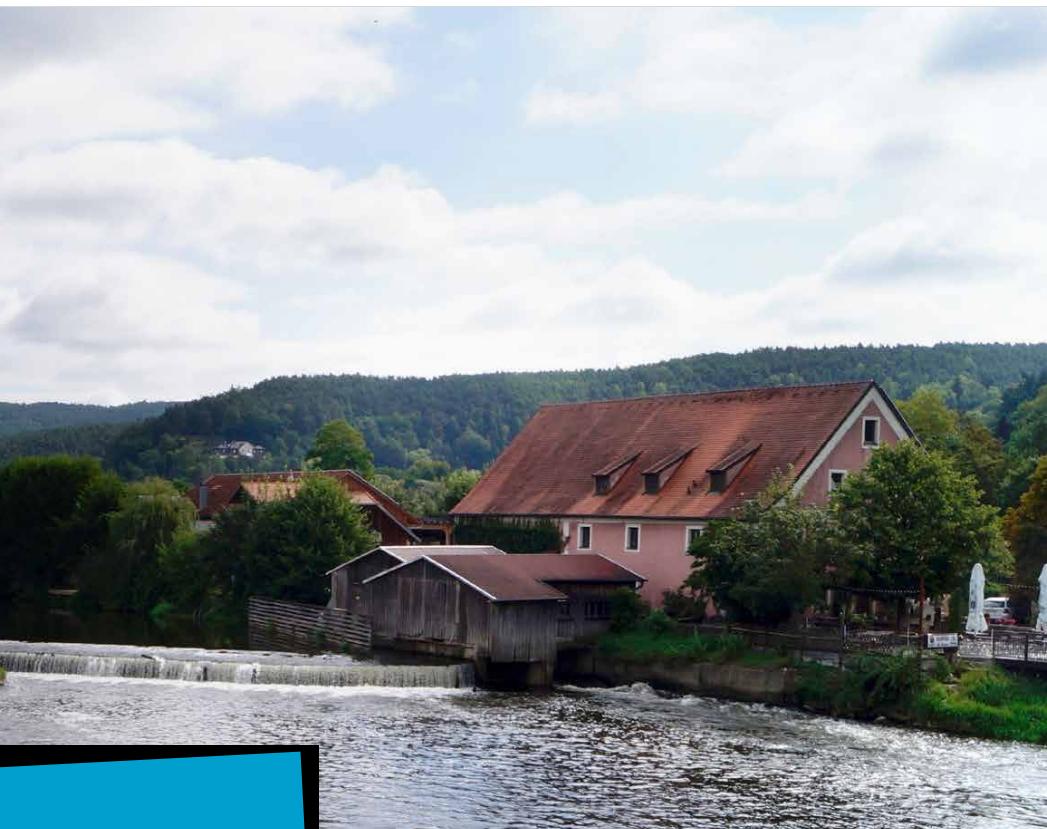
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Children between the ages of 6 months and 13 years old can take advantage of a childcare center facility. Fun, engaging, age-appropriate activities will be provided in a safe and secure environment.

#### MEALS

All our groups can be booked full board. This includes a snack mid-morning and mid-afternoon plus lunch (starter, main course and dessert).

Please make sure to enrol your child in advance due to high demand in our childcare centre facility. Places are limited.



# oUT AND ABoUT the perfect place to learn

the Regen valley is full of surprises. it gets its special character from its fascinating flora and fauna – rich green meadows inbetween hills. this scenic untouched landscape is the perfect escape for nature lovers. You can enjoy its breathtaking beauty whilst hiking, cycling, mountain-biking, horse-riding or canoeing. this beautiful valley is also a great location for fishing. tourists and sightseers come from all over Germany and beyond to take advantage of all the valley has to offer.

**Regenstauf** – a town situated in the idyllic Regen valley can look back on a 1000 year history. the town is located 8 miles north of Regensburg in the Western foothills of the Bavarian Forest. the proximity of our town to the forest means that your stay will be very „close to nature“, perfect for recharging your batteries. Regenstauf town itself offers the perfect balance between enjoying nature, going out shopping and taking advantage of its sports facilities.

## REGENSBURG

the 2000 year old World Cultural Heritage town is only a 15 minute drive away from Regenstauf. discover its history, from a Roman camp to a modern city. Regensburg had an especially glorious period during the Middle Ages when it became very important politically on the world stage.

Regensburg forms the main hub of the Upper Palatinate. delve into the city's vibrant café culture and take advantage of endless shopping opportunities! the university, beer gardens and cultural events give it a wide variety of recreational offerings. Spectacular sights nearby that you mustn't miss out on include Walhalla, the hall of fame that honours distinguished people in German history in donaustauf or the danube Gorge and its surroundings at Weltenburg Abbey.



