



# **Hannover Medical School Hannover Biomedical Research School**

## **International Student Guide**

**Academic Year 2025 / 2026**

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## Welcome to Hannover Medical School (MHH)

A warm welcome to [Hannover Medical School](#) – *Medizinische Hochschule Hannover* or MHH -, the only free-standing medical university in Germany. It is one of six universities / colleges situated in the city of Hannover.

The MHH campus covers an area of more than 50 football fields, adjacent to *Karl-Wiechert-Allee* in the *Gross-Buchholz* district. In the center of the campus, you will find the main hospital, surrounded by the Departments of Pediatrics, Gynecology, Dental, Oral and Maxillofacial Surgery, the Transplant Research Center, the Hans Borst Center for Heart and Stem Cell Research, the Pediatric Research Center, further research and teaching facilities, the library, child daycare centers, residential and administrative buildings, as well as sports facilities. The Department of Orthopedics is located in the Annastift hospital. In the upcoming years, the MHH campus will see the biggest construction project in the School's history: The main hospital building, the central A&E unit and the surgical facilities are to be rebuilt – at the *Stadtfelddamm*, with close physical connection to the campus.

The MHH is a full-service, 'supramaximal' care hospital with a nationwide catchment area. It comprises 18 medical centers with 75 departments and institutes, and 12 supporting units. Every year, more than 63,000 inpatients are treated here, along with more than 460,000 outpatients. Hardly any other university hospital in Germany treats patients with such serious conditions.

MHH is a pioneer in transplant medicine and one of the world's leading transplant centers. Some 400 organs are transplanted here every year - more than anywhere else in Germany; along with more than 130 bone marrow transplants.

The School is the world leader in cochlear implantation, a procedure inserting a small electronic device into the inner ear to stimulate hearing. It also enjoys an outstanding international reputation in the treatment of cancer, lung diseases, heart, kidney and metabolic disorders, as well as in surgery.

Interdisciplinary cooperation is a major priority at MHH. The School's [Claudia von Schilling Center for Oncology](#) is Lower Saxony's largest certified oncological center. It combines interdisciplinary treatment of cancer patients with high-quality oncological research. Other interdisciplinary facilities include the [Interdisciplinary Allergy Centre \(MHH-AZ\)](#), the [German Hearing Center Hannover](#), the Center for Facial Malformations, and the [Center for Rare Diseases \(ZSE\)](#).

MHH aims at providing patients with the best possible treatment – a goal to which the School's scientists and its physicians engaged in research are also dedicated. They have made MHH a leading national research institution. They also ensure that their research activities are closely linked to healthcare provision, allowing scientific findings to be applied rapidly and effectively for prevention, diagnostics and treatment.

The scientists at MHH are involved in numerous alliances aimed at optimally advancing research. They include the [Research Center for Translational Regenerative Medicine](#) (formerly REBIRTH Cluster of Excellence, focusing on regenerative medicine), [Hearing4all](#) (devoted to auditory research), the [RESIST Cluster of Excellence](#) (focusing on infection and immunity), several Networks of Excellence (*"Kompetenznetze"*), [BREATH](#) (the Hannover-based network of the German Center for Lung Research, DZL), and the [German Centre for Infection Research](#) (DZIF). The diverse research landscape includes Collaborative Research Centers, Research Units and Research Training Groups, as well as hundreds of other projects.

For the purpose of pooling and integrating knowledge, MHH collaborates with a great variety of partners, such as the [Helmholtz Centre for Infection Research \(HZI\)](#) in Braunschweig – within [TWINCORE](#) and in the [Centre for Individualised Infection Medicine \(CiiM\)](#). The [Lower Saxony Center for Biomedical Engineering, Implant Research and Development \(NIFE\)](#) is a joint center with [Leibniz University Hannover](#) and the [University of Veterinary Medicine Hannover \(TiHo\)](#) for developing cutting-edge implants. Within the [Clinical Research Center \(CRC\)](#), MHH is working together with ITEM (a Fraunhofer institute) and the HZI to ensure optimal quality and safety for patients in clinical studies.

To remain an attractive education center and employer, MHH is continuously working on an inclusive and family-friendly set-up. MHH is holding the [audit family-friendly university certificate](#) since 2005 and is a signatory to the '[Diversity Charter](#)'. The [Equal Opportunities Office](#) bundles the various areas of action and provides comprehensive, up-to-date information in both German and English.

At the heart of MHH's family-friendly policy is a whole range of childcare services. With almost 400 full-day care places for children aged eight weeks to 14 years and a wealth of flexible childcare options, MHH is a nationwide pioneer among academic institutions. Moreover, care for relatives is supported through consultations, in-house training and flexible working time models.

The Equal Opportunity Office also provides counseling and support if you are affected by discrimination. Since 2018, MHH has had a [coordination office for handling sexualized discrimination and violence](#). Please reach out to them, if you need assistance.

MHH offers State Exam study programs in Medicine and Dentistry, a Master program with State Exam in Clinical Psychology and Psychotherapy, Bachelor programs in Biochemistry, Biology and Midwifery, Master programs in Biochemistry, Biomedicine, Biomedical Data Sciences, Infectious Diseases and One Health (IDOH) and Public Health, and PhD programs in Molecular Medicine, Infection Biology, Regenerative Sciences, Systems Neuroscience, Epidemiology, Biomedical Data Science (BIOMEDAS), and Auditory Science. The programs in Biology, Biochemistry, Biomedicine, BIOMEDAS, and IDOH are organized in collaboration with the Leibniz University of Hannover and the School of Veterinary Medicine Hannover.

The total number of students amounts to over 3.000. From A like Afghanistan to V like Vietnam: people from more than 100 countries study and work at MHH, making the School one of the most international workplaces in the capital of Lower Saxony.

MHH is internationally renowned for excellence in patient care, research and teaching. Students, physicians and scientists from all over the world are keen to come to Hannover to study, work and conduct research. MHH organizes internships and semesters abroad for its students. International co-operations and networks with other universities and hospitals worldwide are constantly being expanded. In 2016, the School was awarded 'Internationalizing Higher Education' certification by the German Rectors' Conference. And MHH strives to continuously expand its international orientation. We very much look forward to your contribution!

Dear Students,

Hannover Biomedical Research School (HBRS) has been the most international institution on MHH campus for more than 20 years. Approximately 700 to 800 students from all over the world are applying to our graduate school every year. After a tough selection process, about 70 students are accepted to the various PhD programs; and an additional 80 students are starting their master studies.

More than half of our students come from abroad. Therefore, we decided to publish this international student guide in order to provide initial support.

Not only Hannover's scientific institutions – in particular, Hannover Medical School and HBRS - are very attractive and internationally renowned, but also Hannover city itself has a lot to offer.

The guide will help you to easily arrive and settle down in our city and to get some insights into architectural, cultural and entertainment highlights. Don't hesitate to ask senior students or our HBRS staff for further advice.

I wish you a very good start and of course later, a successful graduation in our graduate school.

**Prof. Dr. Reinhold Förster, Director of HBRS**

## Contact Addresses

**Hannover Biomedical Research School** Building J04, level 1, rooms 1100 & 1110

**Director of HBRS** Professor Dr. Reinhold Förster, [foerster.reinhold@mh-hannover.de](mailto:foerster.reinhold@mh-hannover.de)

### Coordination of HBRS and MD/PhD program "Molecular Medicine":

Dr. Susanne Kruse and Catharina Mehl  
HBRS Office of the MHH Phone: +49 511 532-6011  
Office of the President, OE 9117 Fax: +49 511 532-2611  
Hannover Medical School (MHH), Carl-Neuberg-Str. 1, D-30625 Hannover  
E-mail: [hbrs@mh-hannover.de](mailto:hbrs@mh-hannover.de)  
Web: <https://www.mhh.de/hbrs> and <https://www.mhh.de/hbrs/mdphd>

### Coordination of PhD programs "Infection Biology" and "DEWIN":

Dr. Sabine Johann and Simone Zimmer Phone: +49 511 532-9742  
Center for Infection Biology – ZIB Fax: +49 511 532-9722  
Institute of Immunology, OE 5240  
Hannover Medical School (MHH), Carl-Neuberg-Str. 1, D-30625 Hannover  
E-mail: [zib@mh-hannover.de](mailto:zib@mh-hannover.de)  
Web: <https://www.mhh.de/hbrs/zib>

### Coordination of PhD program "Regenerative Sciences":

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OE 9001 Fax: +49 511 532-5205  
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E-mail: [phd-regsci@mh-hannover.de](mailto:phd-regsci@mh-hannover.de)  
Web: <https://www.mhh.de/phd-regsci>

### Coordination of PhD program "Auditory Sciences":

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### Coordination of PhD program "Biomedical Data Science":

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TWINCORE, Feodor-Lynen-Straße 7, D- 30625 Hannover  
E-Mail: [biomedas@twincore.de](mailto:biomedas@twincore.de)

### Coordination of PhD program "Epidemiology":

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Helmholtz Centre for Infection Research (HZI) Phone: +49 531 6181-3104  
Department of Epidemiology  
Inhoffenstr. 7, D- 38124 Braunschweig  
E-Mail: [phd-epidemiology@helmholtz-hzi.de](mailto:phd-epidemiology@helmholtz-hzi.de)  
Web: <https://www.helmholtz-hzi.de/en/career/phd-programme-epidemiology/>

**International Office** Building J01, ground floor (S0), rooms 1160 / 1170, [Auslandsamt@mh-hannover.de](mailto:Auslandsamt@mh-hannover.de)

## **Academic Calendar 2025 / 2026**

Winter semester:        October 1<sup>st</sup>, 2025 to March 31<sup>st</sup>, 2026 (enrolment period)  
Summer semester:      April 1<sup>st</sup>, 2026 to September 30<sup>th</sup>, 2026 (enrolment period)

**Introduction weeks:** October 2<sup>nd</sup> till October 10<sup>th</sup>, 2025

**Opening of term:** October 6<sup>th</sup>, 2025  
5 p.m. festive ceremony, Building J06, lecture hall R

**Lecture period:**  
October 13<sup>th</sup>, 2025 to February 27<sup>th</sup>, 2026  
April 13<sup>th</sup>, 2025 to July 10<sup>th</sup>, 2026





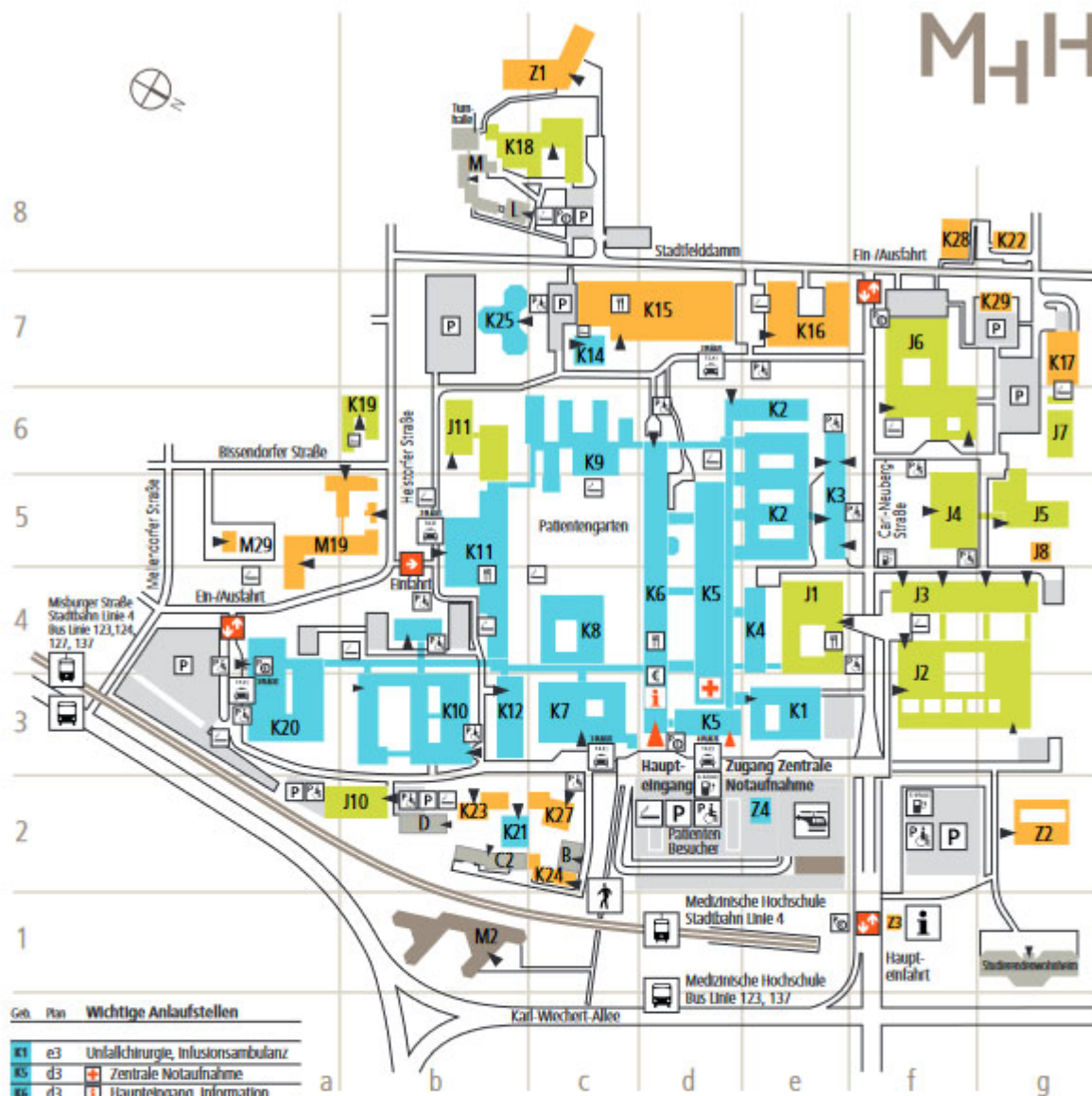
## Arriving at the MHH

Hannover is easy to reach as it is situated quite in the middle of Northern Germany, in the region called Lower Saxony (*Niedersachsen*). The airport has intercontinental as well as extensive European connections. A direct rail link (*S-Bahn*) connects the airport with the main railway station in the city center. Hannover is also well connected to numerous other European and German cities by rail and by bus.

From the second basement of the main railway station, you can easily reach the MHH by taking the tram line no. U 1, U 2 or U 8 towards *Laatzen / Sarstedt / Gleidingen / Messe/Nord*. Get off at the second stop, *Aegidientorplatz*, and change to tram line U 4 towards *Roderbruch* on the opposite side of the platform. It takes about 20 minutes to reach the stop *Medizinische Hochschule*.

For further directions to MHH (e.g. by commuter train, bus or car), parking at MHH, and a download option of the MHH map please check <https://www.mhh.de/en/map-of-the-mhh>.





Geb. Plan Wichtige Anlaufstellen

K1	e3	Unfallchirurgie, Infusionsambulanz
K5	d3	Zentrale Notaufnahme
K6	d3	Haupteingang, Information

Geb. Plan Kliniken und Ambulanzen

K2	e5-6	Ambulanzen, Zentralapotheke
K3	e5-6	Transfusionsmedizin u. Transplantat Engineering, Zentrallabor (ZLA), Blutspendedienst
K4	e4	MHH Information Technology, Gefäßchirurgie
K5	d3-5	Untersuchung, Behandlung, Forschung, Ambulanzen, Stationen 71-74
K6	d3-5	Zentralklinikum, Stationen 10-48, Ladenpassage
K7	c3	Nuklearmedizin, Strahlentherapie, Zyklotron, PET Zentrum, Stationen 75-76
K8	c4	Rehabilitationsmedizin, Sportmedizin
K9	c6	Psychiatrie, Stationen 50-54 und 87, Dermatologie, Station 86
K10	b3	Kinderklinik, Stationen 60-69
K11	b4-5	Frauenklinik, Transplantationsmedizin, Stationen 81-85, KMI-Ambulanz
K12	b3	Infektionsstation 78, 79
K14	c7	Immunologische Ambulanz
K20	a3-4	Zahn-, Mund- und Kieferklinik, Hörsäle O und P
K21	b2	Psychosomatische Klinik, Station 58
K25	b7	KfH Medizinisches Versorgungszentrum, DX-Ambulanz
Z4	e2	Stützpunkt Bereitschaft RTH und NEF

Geb. Plan Forschung und Lehre

J1	e4	Klinisches Lehrgebäude, Hörsäle F-N, Bibliothek
J2	f-q4	Vorklinisches Lehrgebäude, Hörsäle A-E
J3	f-q4	Fritz Hartmann Zentrum
J4	f5	Multifunktionshaus, Studiendekanat
J5	g5	Zentrales Tierlaboratorium
J6	f6-7	Theoretische Institute II, Hörsäle Q-S
J7	g6	Außenstelle Zentrales Tierlaboratorium
J10	a-b2	Pädiatrisches Forschungszentrum
J11	b6	Hans Borst Zentrum, Rudolf-Pichlmayr-Forschungszentrum
K18	b-c8	Bildungsalakademie Pflege (BAP)
K19	b6	MIA-Schulen für Labor und Radiologie
K23	b7	Logopädische Schule (im Multifunktionshaus E)

Geb. Plan Wohngebäude

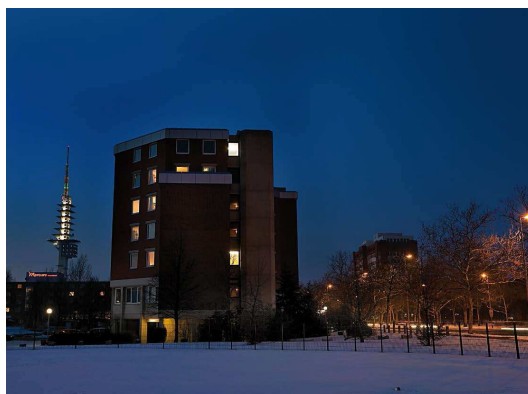
B	c2	Multifunktionshaus B
C2	b2	Wohngebäude C2
D	b2	Multifunktionshaus D
L	b8	Wohngebäude L
M	b8	Wohngebäude M

Geb. Plan Verwaltung und Technik

J8	g5	Technikgebäude
K15	c-d7	Zentralküche/Mensa
K16	e7	Bauplanung, Technik
K17	g7	Waschanlieferung
K22	g8	Dampfversorgung
K23	b2	Multifunktionshaus F, Personalrat
K24	c2	Multifunktionshaus C
K27	c2	Multifunktionshaus A, Hort
K28	f8	Abfallentsorgung
K29	g7	Sonderabfallentsorgung
M19	a4-5	Verwaltungsgebäude Heister Str. 7 und 11, Verwaltungsgebäude/Zentralkauf Bissendorfer Str. 8
M29	a5	Geschäftsführung Pflege, Mellendorfer Str. 9a
Z1	b-c8	Kindertagesstätte Wellkinder
Z2	g2	Kindertagesstätte Campuskinder
Z3	f1	Informationshaus

Geb. Plan Weitere Gebäude

M2	b1	DHZ-Deutsches Hochzentrum Hannover Karl-Wiechert-Allee 3
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## Accommodation

HBRS has only 10 rooms available in one of the *Studentenwerk's* dormitories. You will find more information about the dormitories on <https://www.studentenwerk-hannover.de/en/living/overview> (English) or <https://www.studentenwerk-hannover.de/wohnen/uebersicht> (German).

The standard alternative is to organize a private room or apartment. The *Studentenwerk* provides useful tips on its website: <https://www.studentenwerk-hannover.de/en/living/apartment-search>.

You should ensure that a written tenancy agreement is made once you have chosen a room or an apartment. You will also need a landlord's confirmation (*Wohnungsgeberbestätigung*) for your registration with the local authorities (see "

How to register with the German authorities”).

One very popular option among students is to rent a private room in a shared apartment (*Wohngemeinschaft* or *WG*). When you rent a room in a „WG“, you are a subtenant (*Untermieter*), which does not include the same rights as for the main tenant (*Hauptmieter*). Make sure to sign a subtenancy agreement before moving in.

You will find numerous offers for free rooms on the bulletin boards in the MHH or in the local newspapers. Some outgoing students also temporarily sublet their rooms to incomings.

Online platform for WG search:

<http://www.wg-gesucht.de/en/wg-zimmer-in-Hannover.57.0.1.0.html>

## Health Insurance

As all our international students need health insurance, we will also cover this topic in our orientation weeks.

If you are going to be employed (**work contract** with MHH), you best choose **statutory health insurance**.

Recommendation for private health insurance for international students with a scholarship: One possible tariff is the "[MAWISTA Student](#)" by MAWISTA (insurer: Allianz).

IMPORTANT: Please apply for an insurance period of 60 months (the maximum), as it is really difficult to extend the insurance period if you have initially chosen a shorter one. It is possible to terminate the insurance contract within a month if necessary.

There are three different sub-tariffs: MAWISTA Student Classic, MAWISTA Student Classic Plus, and MAWISTA Student Comfort. We recommend you choose one of the latter two with more extensive coverage.

The MAWISTA Student insurance is relatively cheap and provides basic coverage for healthy people (unfortunately this is not available for Germans!). Please read the terms and conditions carefully and compare exactly what is covered by each tariff. Depending on the tariff, there may be restrictions if you need a vaccination or dental treatment, get pregnant, etc.

PLEASE NOTE: YOU MUST REGISTER FOR STATUTORY HEALTH INSURANCE IF YOU SUFFER FROM ANY PRE-EXISTING ILLNESS/ UNDERLYING HEALTH CONDITION!

## Other Insurances

To cover private liability during your stay in Germany, please ask respective insurance companies for more information. Personal liability insurance is highly recommended to all incoming students and **is a must for all students receiving a scholarship! You have to make sure that the insurance covers your lab activities ("Teilnahme am fachpraktischen Unterricht")**.

We will cover this topic in our Welcome Week, and there will be an option to take out private liability insurance when opening a bank account.



## University Library

You will have free access to the [MHH library](#). The opening hours are: Monday to Friday 8 a.m. – 10 p.m.; Saturday, Sunday and public holidays 9 a.m. – 8 p.m.

Your MHH student card is also your library card. You will find your user number on the back of the card. We will activate and register your card in the library during the Welcome Week.

The library offers regular training courses which you can take advantage of, e.g. on searching and managing literature or on research and writing with AI.

## Computer Facilities / Internet / E-mail

In the library of the Medical School there is a media room, where you will have free access to all computers and to the internet. You will receive detailed information in the orientation weeks.

You will receive a student E-mail address as well as an MHH E-Mail address organized by your department.





## Sports Program

As a student you can join in a lot of sports activities organized by Leibniz University Hannover. The [University Sports Department](#) offers more than 100 different sports! Most are free, some cost a little fee for the equipment, some want you to pre-register. You can also [rent outdoor courts](#), become a member of the [CAMPUSFit](#) gym, improve your climbing skills at the [KletterCampus](#), or relax in the [sauna](#).

For additional information about when and where, please take a look at the university sports program, which is updated every half a year: <https://www.hochschulsport-hannover.de/en/>

University Sports Department / Zentrum für Hochschulsport

Am Moritzwinkel 6

30167 Hannover

Phone: +49 511 762 – 2192; Fax: +49 511 762 – 4965

Email: [mail@hochschulsport-hannover.de](mailto:mail@hochschulsport-hannover.de)

**There is a sports hall behind house M, where a lot of courses take place!**

## MHH Gym

The Department of Sports Medicine offers many additional services to MHH employees and students, such as prevention and rehabilitation training or the corporate health program "Fit for Work and Life®":

<https://www.mhh.de/sportmedizin/angebote-fuer-mitarbeitende-und-studierende> (currently in German only).

If you would like to use their facilities or advisory services, you can register at: ☎ 3955 or 5499;

[Sportmedizin@mh-hannover.de](mailto:Sportmedizin@mh-hannover.de), or directly in building K8, level S0, room 1320.

Monthly costs for the gym: 15 € for students, 20 € for employees

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sports hall (building K8, level S0, room 1320)</b>					
06:30-08:00	06:30-08:00	06:30-08:00	06:30-08:00	06:30-08:00	10:00-16:00
08:00-18:00	08:00-14:00	08:00-18:00	08:00-18:00	08:00-16:00	
18:30-22:00	18:30-22:00	18:00-22:00	18:00-22:00	16:00-22:00	

## Swimming pools outside MHH

### Indoor:

#### Anderter Bad

This is a rather quiet, simple swimming pool for sporty swimmers. In this swimming pool you can also learn scuba diving at the TSV Anderten.

*Eisteichweg 7-9, 30559 Hannover*

#### Fössebad

One of Hannover's oldest swimming pools with an indoor and outdoor area. While the outdoor pool is used in summer, the indoor pools are closed.

*Liepmannstraße 7B, 30453 Hannover*

#### Misburger Bad

Indoors in winter and outdoors in summer, the newly renovated "*Kombibad Misburg*" offers sporty and relaxed swimming for every season as well as a spacious sauna area.

*Seckbruchstraße 18, 30629 Hannover*

#### Nord-Ost-Bad

This modern indoor pool situated directly at the *Mittellandkanal* offers separate swimming, fun and wellness areas as well as four saunas.

*Podbielskistraße 301, 30655 Hannover*

#### Stadionbad

The pool in Hannover sports park for swimmers who enjoy swimming 50-meter laps and high diving. It's also the venue for swimming competitions and water polo tournaments.

*Robert-Enke-Straße 5, 30169 Hannover*

#### Stöckener Bad

This is the smallest municipal swimming pool in Hannover. There is a 25m Vario swimming pool with a lifting floor and a separate diving pool with 1m and 3m diving boards.

*Hogrefestraße 45, 30419 Hannover*

#### Vahrenwalder Bad

This is a newly renovated, sports-oriented family pool with a separate non-swimmers' pool. A special offer is women's swimming on Fridays from 5:30 to 8:30 p.m.

*Vahrenwalder Straße 100, 30165 Hannover*

#### aquaLaatzium

This swimming pool offers extensive facilities such as a wellness area and an adventure pool, a 25-metre sports pool, a Body 2 Racer double slide, an outdoor saltwater pool, 11 saunas with relaxation house, a fitness studio, and restaurants.

*Hildesheimer Straße 118, 30880 Laatzen*

#### Wasserwelt/ Water World Langenhagen

With a total of seven different sports and leisure pools with temperatures between 28 °C and 34 °C, a 100-metre-long tube slide and a vast sauna landscape there is something for everyone in this large and modern swimming pool in Langenhagen.

*Theodor-Heuss-Straße 60, 30853 Langenhagen*



## **Only outdoor (lakes and pools with swimming from May to September):**

### **Hainhölzer Naturbad**

This natural pool has a swimmers' pool with a diving area (diving rock), a non-swimmers' area with a beach, slide and waterfall as well as a toddlers' area. The water is not heated.

*Voltmerstraße 56, 30165 Hannover*

### **Kleefelder Bad (Annabad)**

This popular swimming pool is run by the police sports club. It offers swimmers', non-swimmers' and paddling pools with a water temperature of at least 22°C, a large tree-lined lawn, table tennis, beach volleyball, a playground and more.

*Haubergstr. 17, 30625 Hannover*

### **Lister Bad**

This popular outdoor pool situated directly at the *Mittellandkanal* offers plenty of space to swim, play and relax and has a 10-meter diving tower.

*Am Lister Bad 1, 30179 Hannover*

### **Ricklinger Bad**

The outdoor pool on the edge of the Ricklinger forest combines heated swimmers' and non-swimmers' pools (22°C) with access to one of the Ricklinger gravel ponds.

*Kneippweg 25, 30459 Hannover*

### **Ricklinger Kiesteiche (Ricklinger gravel ponds)**

*Horst-Schweimler-Weg, 30459 Hannover*

### **Strandbad / Lido Maschsee**

Beach on the southern shore of the Maschsee in the very heart of Hannover with showers, sanitary facilities and a kiosk. The DLRG (German Life Saving Association) ensures safety for bathers.

*Rudolf-von-Bennigsen-Ufer 83, 30519 Hannover*

### **Volksbad / Public bath Limmer**

One of Hannover's oldest outdoor pools situated behind the old Conti factory Limmer with a water temperature of approx. 23°C. Here you can also regularly cheer on Waspo's water polo players.

*Stockhardtweg 6, 30453 Hannover*

### **Wietzpark**

The *Hufeisensee Wietzpark* is one of the lakes around Hannover that is easily accessible by bike and allows swimming under lifeguard supervision. There is also a high ropes course on the lake shore, and you can play beach volleyball, boules, football and more.

*Landwehrdamm 1, 30916 Isernhagen*

### **Altwarmbüchener See**

The "Riviera of Hannover" offers a popular (and often very crowded) sandy beach in the west with service buildings, play and sunbathing areas, as well as a quieter shore to the east. There are also nature protection areas around the lake, so make sure to only swim in the designated areas.

*Altwarmbüchener See 1, 30916 Isernhagen*

**Further information:** [Complete Indoor Bathing Guide for Hannover Region](#)  
and [Complete Outdoor Bathing Guide for Hannover Region](#).



## Settling Down in Hannover

Han(n)over is the capital of the German state of Lower Saxony (*Niedersachsen*). With approximately 550.000 inhabitants it makes the fourth-largest largest city in Northern Germany and the 13<sup>th</sup> largest city in the entire country. Together with the 20 surrounding municipalities, the city of Hannover forms the Hannover Region with over 1.2 million inhabitants.



*Traditionally, the English spelling is {Hanover}. However, {Hannover}, the German spelling with a double-{n}, has become more popular in English. (...) The English pronunciation, with stress on the first syllable, is applied to both the German and English spellings, which is different from German pronunciation, with stress on the second syllable and a long second vowel."*

<https://en.wikipedia.org/wiki/Hanover> (14.07.2025)

The joint logo of the city and region of Hannover reflects the different spellings by means of a cut "N". At MHH, we traditionally use the spelling with double "N".

The city name may derive from the German "*(am) hohen Ufer*" (literally: 'on the high (river) bank'), but this has not been scientifically proven.

Hannover was founded in the Middle Ages and received town privileges in 1241. The city was an important transport and trading hub and a member of the Hanseatic League. In the 18<sup>th</sup> century, the electors of Brunswick-Lüneburg became monarchs of Great Britain and Ireland, marking the beginning of Hanoverian rule over the British Empire. The personal union ended with Queen Victoria, as Hannover could be inherited only by male heirs. Thus, Hannover passed to Ernest Augustus and remained a kingdom until 1866, when it was annexed by Prussia.

Being a major transport hub and production center, Hannover was largely destroyed by Allied air raids during World War II. A city model in the New Town Hall shows the extent of the destruction. The reconstruction was carried out as a "car-friendly" city with many multi-lane roads around the city center. St. Aegidien Church was never rebuilt; its ruins remain as a memorial to the victims of war and tyranny.

With Expo 2000, Hannover was the first and to date only German city to host an Expo. The Hannover fairground remains the largest in the world. The CeBIT, an annual computer expo, showcased the state of the art in information technology from 1986 to 2018. To this day, many important industry trade fairs such as the Hannover Messe/Fair take place here and attract hundreds of thousands of visitors every year.

Many large companies are located in Hannover (Region), such as *Volkswagen*, the German tire and automobile parts manufacturer *Continental AG*, the audio equipment company *Sennheiser*, the travel group *TUI AG* and

various insurance companies. The city is also home to several renowned universities, including MHH.

In 2014, UNESCO awarded Hanover the title of "UNESCO City of Music" for its extensive musical offerings. The city is also home to numerous museums and theaters, and the zoo has received multiple awards.

The local football team *Hannover 96* (nicknamed "Die Roten" / 'The Reds') currently plays in the *2. Bundesliga*, and the handball club *TSV Hannover-Burgdorf* in the *Handball-Bundesliga*. Three teams compete in the *Rugby-Bundesliga*. With the *Hannover Indians* and the *Hannover Scorpions*, Hannover region has two successful ice hockey clubs. Hannover is also one of Germany's hubs in water sports, especially in Water polo. Lake *Maschsee* hosts multiple sports events, amongst others international dragon boat races. The city's gymnasts and riders are also very successful. The *Hannover Marathon* is one of the largest running events in Germany and gets the whole city moving every year.

Hannover hosts the *Schützenfest Hannover*, the world's largest marksmen's festival, and the *Oktoberfest Hannover*, the second largest festival of its kind in Germany. The *Maschseefest* and the Christmas market also attract thousands of visitors every year.

Hannover's geographical location offers great opportunities to organize weekend excursions to Hamburg, Bremen, Berlin, the Hartz Mountains or even to the North Sea or the Baltic Sea. The City is a hub of the German high-speed ICE network and the autobahn network. Both the airport and the central bus station offer numerous national and international connections. The city itself has a well-developed tram, bus and bicycle network.

Of course, Hannover also has many places of interest in town (see "Around the City"). It is one of the greenest German cities, with the largest urban city forest in the country (the *Eilenriede*, with nearly twice the size of New York's Central Park), numerous parks, the unique baroque gardens in *Herrenhausen*, as well as rivers and lakes.

## How to register with the German authorities

After settling down in Hannover, your first stop as an **EU/EEA citizen** should be a **Bürgeramt**, a Citizens' Registration Office. You will have to register your permanent address in person **within two weeks** of your arrival. To do so, you can [make an appointment online](#). On Thursdays, you can also visit without an appointment, but will have to wait. You will have to bring your ID and passport as well as a proof of residency by your landlord ("*Wohnungsgeberbestätigung*"). Please check the [city's service portal](#) for more information.

Under certain conditions, registration is now also possible [online](#).

If you happen to move during your stay in Hannover, you will again have to register your new address in the *Bürgeramt* within two weeks.

Students coming from a **non-EU country** will also have to go to the **Bürgeramt** first, i.e. a Citizens' Registration Office (see above, please don't forget the proof of residency by your landlord/-lady).

After that, you have to go to the Welcome Service Department (Foreigners' Registration Office) of the State Capital of Hanover - *Ausländerbehörde* (*Ausländerstelle*, *Ausländeramt*, *Sachgebiet für Ausländerangelegenheiten der Stadt Hannover*) to apply for a residence permit. The office can be found at *Am Schützenplatz 1* (the nearest subway station is "Waterloo"). As a general rule, you require a prior appointment for visiting the Students and Professionals team. You need to book this appointment with [abh-fus@hannover-stadt.de](mailto:abh-fus@hannover-stadt.de). The application form for the residence permit, as well as a checklist with the required documents can be found [here](#).

To get the residence permit, non-EU students must usually present the following documents (no guarantee, please always check online):

- fully completed application form
- valid passport
- biometric photograph
- rental agreement
- proof of health insurance coverage
- certificate of enrolment
- proof of financing (available in the PhD office)
- copy of registration at Bürgeramt

## Opening a Bank Account

(We usually deal with this in the orientation weeks.)

A checking/current account (*Girokonto*) is very useful in Germany, because money transactions (e.g. for rents) are usually made through bank transfers or direct debits. With a German EC card you can also withdraw cash free of charge at many ATMs (*Geldautomat*) or at the checkout in some supermarkets.

Most importantly: You need a German bank account in order for MHH to transfer your scholarship or salary every month!

In general, students do not have to pay any (or very little) account management fees. To open an account, please take along your passport or national identity card, the letter of acceptance of the MHH or your enrolment certificate as well as your registration document, which you will obtain at the *Bürgeramt*. Please note that you may not overdraw your bank account except in cases specially allowed by the bank.

! Of course, you can also open a German bank account online (e.g. ING DiBa, N26); this may be a little less bureaucratic. !

## Cost of Living

A minimum of approximately 800 – 1.000 € per month is required to live on and come up for the following necessities (all costs are estimated):

- rent and energy costs: between 300 € and 600 €
- groceries: approx. 200-300 €; affordable lunch is available for approx. 2.40 € – 4.30 € in the canteen of the MHH (Mensa), which is open on weekdays from 12 p.m. to 2 p.m.
- health insurance: (if not provided by the respective national insurance): approx. 80-100 € per month
- semester contribution (approx. 400 € for 6 months), payable at the beginning of each semester
- personal expenses for working materials, clothing, telephone, Internet, radio and TV licence fees, recreational activities, and the like: approx. 100-300 €



## News

*Hannoversche Allgemeine Zeitung* ([www.haz.de](http://www.haz.de)) and *Neue Presse* ([www.neuepresse.de](http://www.neuepresse.de)) are the two biggest Hannover-based daily newspapers. In the free of charge monthly magazine *magaScene* ([www.magascene.de](http://www.magascene.de)), you will find current information about events and restaurants, bars, cafés, concert halls, etc. in Hannover.

## Commercial German Courses

HBRS provides 2-hour-German classes once a week for beginners (A1) and advanced learners (A2/B1).

If you want to learn more:

German language courses are provided by various commercial language schools in Hannover. The following private schools offer courses at a special price for students:

### **Bildungsverein Soziales Lernen und Kommunikation e. V.**

Stadtstraße 17  
30159 Hannover  
[www.bildungsverein.de](http://www.bildungsverein.de)

### **Institut für Sprachen und Kommunikation**

Lützwowstr. 7  
30159 Hannover  
[www.isk-hannover.de](http://www.isk-hannover.de)

### **Volkshochschule Hannover**

Burgstraße 14  
30159 Hannover  
<https://www.vhs-hannover.de/>

## Telecommunications

### Mobile Phones

In Germany, there are many mobile phone service providers with even more different tariffs. Typically, you'll receive a student discount on your monthly fee. Many providers also offer free data allowances for students. You will find multiple platforms online that compare the current offers. You may also ask our seniors or your fellow students about the cheapest providers and tariffs available.

### Important German Telephone Numbers:

**110 -- Police Emergency**

**112 -- Fire Emergency or Ambulance Call**

116117 - Medical on-call service

### Shopping

It is impossible to generalize about products found on Germany's sprawling retail landscape. Product prices and quality vary enormously and comparison is a wise idea. Department stores (*Kaufhäuser*) have just about every imaginable product in stock. In specialty shops, prices are usually higher but you get a better service.

There are several supermarkets: "*Edeka*", "*Rewe*" and "*Marktkauf*" are a little more expensive, but offer a wide variety of food. Every price-conscious shopper in Germany knows names like "*Aldi*", "*Lidl*", "*Penny*", "*NP*", etc.. They opt for a warehouse-like atmosphere and sell their products from the crates they were shipped in. In any event, a little comparison shopping goes a long way, wherever you decide to buy.

There are many local street/farmer markets in the different districts of Hannover. Please check [online](#) or ask your neighbors.

You can best buy cosmetics and some OTC medical products in drugstores like "*dm*", "*Rossmann*" or "*Müller*". Most drugs you can only purchase in pharmacies, called "*Apotheke*".

Nowadays, you can pay with debit card or payment app almost everywhere. However, some stores still refuse to take credit cards.

When buying expensive items, remember to keep your receipt, since the product guarantee is only valid if you can present your original proof of purchase.

### Opening Hours

From Monday to Friday, most stores open between 6-10 a.m. and close between 6-10 p.m.; large grocery stores tend to have the longest opening hours. On Saturdays, small shops close between 1-4 p.m., although in the city center most stay open until 6 or 8 p.m. **Shops are usually closed on Sundays and public holidays!** On the four Saturdays before Christmas, you can allow yourself a little more time, since some retail shops keep their doors open until 8 p.m.

The "*LIDL*" in the basement of Hannover main station is open daily from 6.00 a.m. to 10 p.m. (Sundays from 9 a.m.). Other shops in this train station are also open on Sundays.

## Discounts for students

For students, there is usually some sort of discount everywhere. Museums and other cultural institutions such as theaters, opera houses, concert halls, and cinemas offer special student rates. At sport centers and swimming pools, students may also qualify for a discount. When in doubt, ask – it doesn't cost anything.

Travelling abroad is also somewhat cheaper for students. The [International Student Identity Card \(ISIC\)](#) is always helpful in this case. It costs around 18 euros for one year. Each ISIC is a virtual card that is stored in your account in the ISIC app as soon as you have registered. If you like, you can order an additional plastic card for an extra 5 euros. The ISIC allows discounts on flights, package tours, accommodation, car hire as well as in some restaurants and online shops.

If you are under 27, **travelling by train** is also cheaper. For example, there is the [super saver fare ticket for young people](#). Young travelers can also purchase a [My BahnCard 25 or My BahnCard 50](#) to receive a 25% or 50% discount on long-distance travel fares. [Interrail](#) offers you a flat rate for travelling Europe by rail within a chosen period of time. You can obtain information on rates from rail travel counters or on the internet.

Anyone who likes travelling will also find a [German Youth Hostel Membership Card](#) helpful. The annual membership fee for Juniors (up to 26 years) is 7 euros. This membership card is your entry ticket to about 400 youth hostels in Germany, and to more than 4.000 youth hostels in over 80 countries worldwide.

**You will also find lots of information about studying in Germany at <https://www.daad.de/en/>.**





## Around the City

### Sightseeing Tours

Apart from our sightseeing tour in the orientation weeks, you could do the following:

#### Guided City Walk

In two hours, you get to see the heart of Hannover, the old and New City Hall, the Leine Castle, the Market Church, the Opera, the Leibniz House, and more.

Meeting at:  
Hannover Tourist Information  
Ernst-August-Platz 8  
30159 Hannover

How to get there: all city tramlines to the station "Hauptbahnhof"  
If you are standing in front of the main station and are looking into town, go to the left, you can't miss it!

[Book here](#)

#### The "Red Thread"

If you want to take a walk through the city center on your own, you may follow the 4.2 km long route of the "[Red Thread](#)". This is a red line painted on the pavement that runs along the 36 most important sights of the city.

#### Hop-on Hop-off City tour in a double-decker bus

Discover sights such as the New City Hall, Herrenhausen, the Maschsee or the Eilenriede from the double-decker bus. You can hop on and off at all stops. Explanations via audio guide are available in German, English, French, Italian, Spanish, Dutch, Russian, Polish, Chinese, Japanese and Low German.

[View stops, departure times and prices](#)

## More Guided Tours

For special interests there are much more special tours (mostly in German), e.g.:

- [Culinary city tours](#)
- [Art tour](#) (discover 21 public works of art in the old town)
- [Crime tour](#) (hunt for historical crimes)
- [Flashlight Tour](#) (discover Hannover at night)
- [Hannover Very British – on the trail of the personal union](#)
- [New City Hall tour](#) (look behind the scenes)
- [Herrenhausen tour](#) (guided tour through the Royal baroque garden)
- [Berggarten tour](#) (guided tour through the botanical garden)
- [Guided district tours](#)

## Main Attractions

### New City Hall

Viewed from the surrounding Maschpark, the beautiful [New City Hall](#) (Neues Rathaus) is one of Hannover's most popular photo spots. Inside you can find city models of Hannover at four different times that illustrate the city's development: in 1689, in 1939, after the destruction in 1945 and today.

A peculiarity of the city hall is the [curved dome lift](#), which is not going vertical, but tilts 17 degrees! It takes you to a platform with a stunning view over Hannover. On a clear day, you can see as far as the *Deister* and even the *Harz* mountains.

*Platz der Menschenrechte, 30159 Hannover*

### Old City Hall and Market Church in the Old Town

The [Old City Hall](#) and the [Market Church](#) next door are considered the southernmost showpieces of North German brick Gothic architecture.

*Hanns Lilje-Platz, 30159 Hannover*

### Lake Maschsee

[Lake Maschsee](#) is a big artificial lake and a popular recreational area in the very heart of Hannover. In addition to sailing, rowing, pedal boating and surfing, you can also swim at Maschsee lido. You can also take a ride with one of the [Maschsee boats](#) of the Üstra. The 6 km circular path around the lake is ideal for walking, jogging, inline skating or cycling. If you wish to take a break, there's a wide selection of beer gardens, cafés and restaurants to choose from along the shore.

### Royal Gardens of Herrenhausen

The Royal Gardens of Herrenhausen are among the most important and best-preserved gardens in Europe. The [Great Garden](#) is a huge baroque park with beautiful fountains and sculptures. Many events also take place here such as garden illuminations, [international firework competitions](#), or the popular cabaret festival "[Little Festival in the Big Garden](#)". The reconstructed [Herrenhausen Palace](#) was opened in 2013 and now houses a museum on the garden history and more.

To the north of the Great Garden lies the [Berggarten](#), a botanical show garden with the largest orchid collection in Europe and a mausoleum for members of the Hanoverian royal family. The third part of the royal gardens is the [Georgengarten](#), an English style garden with popular picnic areas.

*Herrenhäuser Straße 4, 30419 Hannover*

[Discover more places of interest here.](#)

## Gardens, Parks and Zoo

### City Park (Stadtpark)

The [City Park](#) south of the Hannover Congress Centrum is one of the nicest parks in Hannover. In 1951, the first Federal Garden Show (BUGA) was held here. In this park, you can find various water plants in the water grounds and a rose garden with 120 different kinds of roses that bloom in June and July. You may also find rhododendrons in May and perennial herbs from August till September. A highlight in the city park is the Japanese tea garden, where sometimes tea-ceremonies take place.

*Theodor-Heuss-Platz 1-3, 30175 Hannover*

### Eilenriede

The [Eilenriede](#) is a huge urban forest with a rich animal and plant population, an extensive walking and cycling path system, as well as big meadows and pond-like water grounds. Here, you can also find an [exercise trail](#), numerous playgrounds, a [forest station](#) with observation tower, and several forest restaurants.

### Tiergarten

The [Tiergarten](#) is a wildlife park with beautiful old trees and free living fallow deer. The *Tiergarten* is also home to wild boar and roe deer as well as to numerous bird species.

*Tiergartenstraße, 30559 Hannover*

### Zoo

[Hannover Adventure Zoo](#) offers a lot of fun for kids and adults. There are six Theme Worlds to explore: Zambesi River, where you can take a boat ride along zebras, flamingos, giraffes and rhinos; Afi Mountain with the great apes; Yukon Bay with arctic wildlife; the ruins of an Indian palace with elephants and big cats; the Australian outback and Meyer's German farm. You can also enjoy several shows and participate in animal feedings.

*Adenauerallee 1, 30175 Hannover*

[Discover more gardens and parcs across the city.](#)

## Museums

### Niedersächsisches Landesmuseum Hannover (State Museum Hannover – The WorldMuseum)

Not far from the *Maschsee*, the largest state museum in Lower Saxony invites you into three different "worlds": the NaturalWorlds section combines natural history exhibits with aquariums and terrariums that house more than 200 species. In the HumanWorlds, archeological and ethnological exhibits trace the development of humanity. In the ArtWorld, you can discover treasures from various art periods: from medieval altarpieces and sculptures, to Italian Baroque, Dutch painting, Romanticism and Impressionism, you can enjoy works by famous artists such as Cranach, Rembrandt, Rubens, Rodin, Liebermann or Modersohn-Becker.

*Willy-Brandt-Allee 5, 30169 Hannover; Opening hours: Tuesday to Sunday 10 am - 18 pm*

<https://www.landmuseum-hannover.de/en/>

### Sprengel Museum

In the [Sprengel Museum](#) you can get an insight into 20<sup>th</sup> and 21<sup>st</sup> century art. The museum came into being through a private donation. There are pictures and artworks from German Expressionism, French Cubism, Surrealism, contemporary art and photography, including works by Pablo Picasso, Max Beckmann, Paul Klee, Emil Nolde, Kurt Schwitters, Andy Warhol, Richard Deacon and Gerhard Richter.

*Kurt-Schwitters-Platz 1, 30169 Hannover*

### Museum of Veterinary Medicine

This [museum at the University of Veterinary Medicine Hannover \(TiHo\)](#) offers a unique exhibition of veterinary assets, such as instruments and devices for diagnostics, operations, dental treatment, pain relief, and disease control.

*Bischofsholer Damm 15, 30173 Hannover*

### Other museums

- [Historical Museum Hannover](#)
- [Museum Wilhelm Busch - German Museum of Caricature and Drawing](#)
- [Kestner Company Hannover](#) (contemporary art)
- [Art Association Hannover](#) (contemporary art)
- [Museum August Kestner](#) (Egyptian and Ancient Culture, coin collections, design objects)
- [Complete guide of museums an exhibitions.](#)

### Free admission to museums

The following museums offer free admission once per week:

- Sprengel Museum: Fridays
- Lower Saxony State Museum: Fridays, 2-6 p.m., except special exhibitions
- Historical Museum: Fridays (currently closed)
- Museum August Kestner: Fridays
- Kestner Company: Fridays

[List of museums in Hannover Region that are completely free of charge.](#)

## Opera and Theatre

### State Opera and Theater

The State Opera Hannover and the Schauspiel Hannover are part of the [Lower Saxony State Theater](#), one of the largest and most versatile multi-genre theatres in Germany.

The opera offers classical and modern productions as well as ballet choreographies.

*Opernplatz 1, 30159 Hannover*

The repertoire of the theater is characterized by diversity, socio-political themes and contemporary drama. International co-productions and guest performances complement the program. The theater company performs on various stages:

- Schauspielhaus (main playhouse), *Prinzenstraße 9, 30159 Hannover*
- [Cumberland Gallery](#) (small productions, readings, parties), *Prinzenstraße 9, 30159 Hannover*
- [Ballhof 1](#) (mainly young division, classics in a new form and new plays), *Ballhofplatz 5, 30159 Hannover*
- [Ballhof 2](#) (young division, experimental modern plays), *Knochenhauerstraße 28, 30159 Hannover*

MHH students can get **free tickets** for the opera and theater with the "theater flat rate". You just need to [register online](#) with your MHH student email. Free tickets can then be booked online starting three days before the performance.

### GOP Variété

The [GOP Variété](#) stages international variety shows with comedy, magic and acrobatics. There's a new program every two months.

*Georgstraße 36, 30159 Hannover*

### Hannover Congress Centrum (HCC)

Here you can listen to a lot of quality symphony orchestra concerts in the dome hall with over 3500 seats or to chamber music in the Beethoven hall with about 800 seats. The events program covers concerts, shows, musicals, fairs, conferences, and more.

*Theodor-Heuss-Platz 1-3, 30175 Hannover*

### Theater am Aegi

[Here](#) one can find a lot of guest performances like musicals, concerts, ballets, theatre, comedy, cabaret, and variety shows.

*Aegidientorplatz 2, 30159 Hannover*

### [More venues in and around Hannover.](#)

## City Library

[Here](#) you can find about 680.000 books, DVDs, CDs, newspapers, magazines, and electronic media about all imaginable topics. Author readings, workshops, games afternoons, exhibitions and more also take place in the various locations.

*Central library: Hildesheimer Straße 12, 30169 Hannover; [more locations](#) in all districts*

## **Cinemas**

### **Apollo**

Small cinema with comedy club and special events in Hannover-Linden district  
*Limmerstraße 50, 30451 Hannover*

### **ASTOR Grand Cinema**

Multiplex cinema with 3D technology  
*Nikolaistraße 8, 30159 Hannover*

### **CinemaxX**

Multiplex cinema with 3D technology  
*Raschplatz 9, 30161 Hannover*

### **Hochhaus-Lichtspiele**

Arthouse cinema  
*Goseriede 9, 30159 Hannover*

### **Kino am Raschplatz**

Arthouse cinema  
*Raschplatz 5, 30161 Hannover*

### **Kommunales Kino**

Arthouse cinema  
*Künstlerhaus, Sophienstraße 2, 30159 Hannover*

## Bars, Restaurants, Cafés, Clubs

There is a great variety of bars, restaurants and cafés in Hannover. Depending on which district you live in, there are plenty of possibilities. Here we only list some of the locations, which we like very much!

### Bars/Cafes

**Cafe & Bar Celona** (Mediterranean food; three locations in the Old town, Südstadt and Marienwerder)

*Three locations: Garbsener Landstraße 25, Hildesheimer Straße 61, Knochenhauerstraße 42)*

**Café K** (breakfast & homemade cake, Linden)

Egestorffstraße 18, 30449 Hannover

**Café Mezzo** (nice from breakfast to dinner, Oststadt)

Lister Meile 4, 30161 Hannover

**Café Extrablatt** (mainstream food and drinks)

*Six locations: Altenbekener Damm 9, Am Marstall 1A, Friesenstrasse 14; Georgsplatz 3; Gruppenstraße 2; Königsworther Str. 2*

**Cafve im Hafven** (coffee, drinks, cake and snacks, in a coworking & maker space, Nordstadt)

Kopernikusstraße 14, 30167 Hannover

**CORNER** (breakfast & cake, Linden-Limmer)

Velberstraße 10, 30451 Hannover

**Destille** (bar with good value for money, Nordstadt)

Im Moore 3, 30167 Hannover

**Dublin Inn** (Irish Pub with karaoke & pub quiz, Old town)

Am Markte 13, 30159 Hannover

**Extrakt** (bar with decent prices for good food, Nordstadt)

Hahnenstraße 3, 30167 Hannover

**Goldfisch** (vintage café and bar, Südstadt)

Sallstraße 48, 30171 Hannover

**Klein Kröpcke** (bar and small beer garden, Nordstadt)

Callinstraße 2, 30167 Hannover

**Lindwurm** (bar with beer- & other cocktails at reasonable prices, Linden-Limmer)

Nedderfeldstraße 22, 30451 Hannover

**Lister Turm** (Greek restaurant and beer garden on the edge of the Eilenriede, List)

Walderseestraße 100, 30177 Hannover

**Café Lulu** (breakfast, lunch, burgers and cocktails, List)

In der Steinriede 12, 30161 Hannover



**Piccoli's Roadhouse** (American bar with billiards, snooker, darts, and tabletop soccer, City center)

*Nikolaistraße 2-4, 30159 Hannover*

**Santana Cocktailbar** (cocktails at decent prices, Nordstadt)

*Rehbockstraße 38A, 30167 Hannover*

**Schöne Aussichten 360°** (Roof-top bar and beach club, City center)

*Röselerstraße 7, 30159 Hannover*

**Seven Sundays** (all-day breakfast, City center and Oststadt)

*Two locations: Friesenstraße 15, Osterstraße 34*

**Stubenwechsel** (cocktails at fair prices, Linden-Limmer)

*Kötnerholzweg 30, 30451 Hannover*

**Teestübchen** (cosy café with great tea & homemade cake, nice outdoor seating area in summer, Old town)

*Ballhofplatz 2, 30159 Hannover*

**The Harp** (Irish pub with beer garden, great burgers, Linden)

*Schwarzer Bär 1, 30449 Hannover*

**Vorveg** (vegan café, Calenberger Neustadt)

*Gustav-Bratke-Allee 7, 30169 Hannover*

**...und der und der böse Wolf** (bar with beer garden and thai cuisine, live music on the weekend, Linden)

*Heesestraße 1, 30449 Hannover*

## Restaurants

**Baratie Burger & Beer** (Burgers, Südstadt)

*Siemensstraße 4, 30173 Hannover*

**Cà Pháo vietnamese street food** (Vietnamese food, Südstadt)

*Marienstraße 64, 30171 Hannover*

**China Restaurant Singapur** (Chinese food, Herrenhausen)

*Haltenhoffstraße 191, 30419 Hannover*

**Chois** (Korean food, List)

*Lister Meile 61, 30161 Hannover*

**Enchilada** (Mexican food, Old Town)

*Knochenhauerstraße 36, 30159 Hannover*

**Francesca & Fratelli** (Italian food)

*Three locations: Calenberger Esplanade 1, Engelbosteler Damm 13, Sedanstraße 39*

**Guru** (Indian Food)

*Two locations: Jakobistraße 24 (restaurant, List), Engelbosteler Damm 3 (street kitchen, Nordstadt)*

**Högers 1910** (German food, Südstadt)  
*Oesterleystraße 5-6, 30171 Hannover*

**KAZUMI Sushi Manufaktur** (Sushi, Oststadt)  
*Lister Meile 17, 30161 Hannover*

**Klaver Hannover** (Vegetarian food, Südstadt)  
*Stolzestraße 60, 30171 Hannover*

**Koh-I-Noor Dhaba** (Indian food, Südstadt)  
*Hildesheimer Straße 85, 30169 Hannover*

**Liners Food Hannover** (Vegan food, City center)  
*Andreaestraße 2, 30159 Hannover*

**Lister Döner** (kebabs and snacks, List)  
*Lister Platz 1, 30163 Hannover*

**L'Osteria** (Italian food, City center & Vahrenwald)  
*Two locations: Lavesstraße 1-2, Vahrenwalder Straße 269*

**Mama's Kitchen** (Cantonese food, Nordstadt)  
*Engelbosteler Damm 104, 30167 Hannover*

**Mangal's Kitchen** (Indian food, List)  
*Ferdinand-Wallbrecht-Straße 6, 30163 Hannover*

**RASOI** (Indian food, List)  
*Podbielskistraße 114, 30177 Hannover*

**Shalimar** (Indian food, City center)  
*Lange Laube 13, 30159 Hannover*

**Sultan Palace** (Turkish food, Herrenhausen)  
*Schaumburgstraße 3, 30419 Hannover*

**Sushi-Do** (Sushi, City center)  
*Thielenplatz 3, 30159, Hannover*

**Tanara** (Cypriot food, Kleefeld)  
*Scheidestraße 20, 30625 Hannover*

**Tomo Sushi** (Japanese food, Oststadt)  
*Volgersweg 18, 30175 Hannover*

**Vegan Village Bistro** (Vietnamese vegan food prepared by Buddhist nuns, on a donation basis, Calenberger Neustadt)  
*Calenberger Straße 11, 30169 Hannover*

## Clubs

**Béi Chez Heinz** (theme parties & disco, live concerts, Linden-Limmer)  
*Liepmannstraße 7B, 30453 Hannover*

**Faust** (near Leibniz University, rock, charts, theme parties, live concerts, Linden-Limmer)  
*Zur Bettfedernfabrik 3, 30451 Hannover*

**Havana Steintor** (Latino club, City center)  
*Schölvinststraße 4 30159 Hannover*

**BAGGI / Osho Disco, Palo Palo and Zaza** (dance clubs, charts, house, Latin, R'n'B, behind the main station, City center)  
*Raschplatz 7L, Raschplatz 8A and Hamburger Allee 4A, 30161 Hannover*

**You have discovered a great place we should share?**  
**Please send your recommendation to [hbrs@mh-hannover.de](mailto:hbrs@mh-hannover.de)!**

## Transportation

Hannover is an important transportation hub in Germany and Europe and well connected by plane, train, long-distance bus and car.

- [Hannover Airport](#)
- [Deutsche Bahn / German Railways](#)
- [Long-distance buses to and from Hannover](#)

The easiest way to get around the city is by tram, bus or bicycle.

The trams and buses in the city and the surrounding area are operated by the transport company "ÜSTRA". You can use them with the *Deutschland-Ticket* included in your semester ticket (see below).

Since Hannover has hardly any mountains, it is very easy to get around the city by bike. " [Fietsenbörsen](#) / Bicycle fairs" are held regularly on *Ernst-August-Platz* in front of the main train station, where used bicycles are sold at fair prices. The Hannover Lost and Found Office holds bicycle auctions at various locations in the city every few months. You can also find affordable used bicycles on the MHH bulletin board or on the classified's platform <https://www.kleinanzeigen.de/>.

As MHH student, you can get free bicycle repairs at [Pro Beruf GmbH – Die Fahrradwerkstatt](#) (*Bonifatiusplatz 1-2, 30161 Hannover*). You only have to pay for spare parts.

Besides, various providers offer bike, cargo bike and e-scooter rental.

The car-sharing company " *Stadtmobil* " provides rentals of vehicles of all sizes as well as cargo bikes. Different rates are offered depending on frequency of use. As a *Stadtmobil* member, you can also use car sharing services in many other German cities.

In addition, there are ride-sharing services such as MOIA and Uber.

Useful links with more information:

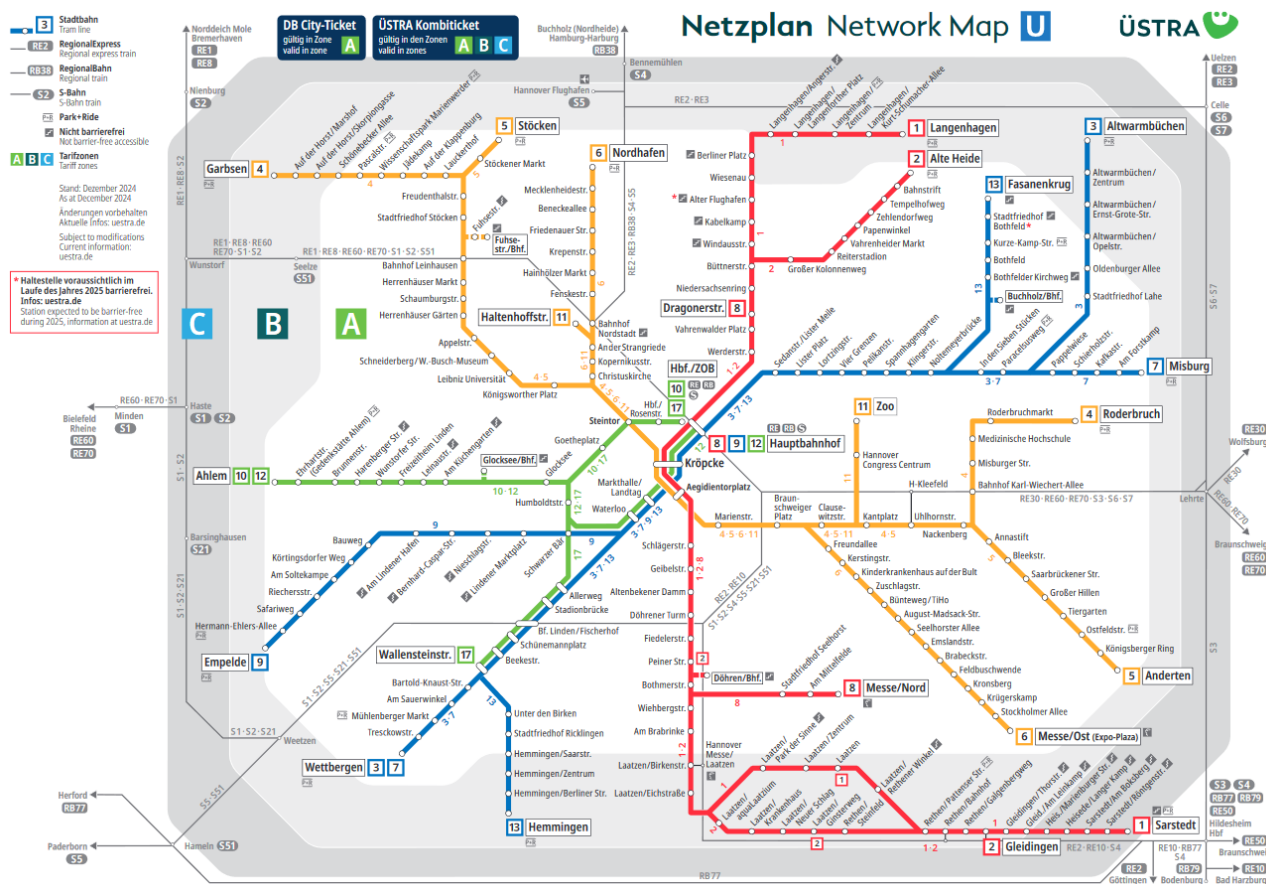
- [ÜSTRA](#) (busses, trams and local trains within Hannover Region; timetables, etc.; network plan below)
- [Bike rental and e-scooter](#)
- [Cycling tours in Hannover](#)
- [Stadtmobil – Car sharing for private customers](#)
- [About MOIA](#)
- [About Uber](#)

## Deutschland-Ticket / Germany Ticket

Your semester ticket includes a " **Deutschland-Ticket / Germany Ticket** ". You can view the ticket by entering your date of birth and student ID number at the following link: <https://abo.ride-ticketing.de/app/login?partnerId=c2d680f351acc80be32426e24fdff7df>. You can then access the ticket in your browser for verification, or you can download it to Google Wallet or Apple Wallet (other wallets are also possible).

With the Germany Ticket you can travel throughout Germany on all local public transport. It can be used on local trains such as RB, RE, S-Bahn trains and also buses, trams, subways, etc. The Deutschland-Ticket is NOT valid on trains operated by DB Fernverkehr AG or other long-distance providers such as FlixTrain (e.g. IC, EC, ICE). Furthermore, the Deutschland-Ticket is not valid on tourist or historical trains.

## Netzplan / Network Map



Source: Üstra Netzplan / Network Map 2024/25, [https://www.uestra.de/fileadmin/user\\_upload/PDF/2025-Netzpläne/UESTRA\\_Netzplan-U\\_2024-25.pdf](https://www.uestra.de/fileadmin/user_upload/PDF/2025-Netzpläne/UESTRA_Netzplan-U_2024-25.pdf)

## Useful links

- [Hannover Science Initiative](#)
  - [Video Portal](#)
  - [University and science pages](#)
- Info about working, studying and living in Germany: <https://www.make-it-in-germany.com/en/>



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