



Country guide for new EPIET/EUPHEM fellows

Niedersächsisches Landesgesundheitsamt (NLGA)
Hannover, Germany

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Please note:

This is a living document. If you find any information to be incorrect or out of date, or there is anything you wish to add, please amend the guide (and date it accordingly) and send the new version to your cohort representative for uploading onto the EAN country guides website. Thank you.

Administration

At the time of writing administrative and contract matters for EPIET fellows are modified. This affects not only the contract, but also insurances and pensions. Please contact the EPIET Fellowship Programme Office (FPO) for further information.

General Information about Hannover (www.hannover.de/english)

Hannover is the capital of the German federal state Lower Saxony (Niedersachsen). With more than 500,000 inhabitants it's one of the bigger cities in Germany. The city is known for hosting annual commercial trade fairs such as the Hannover Messe (www.hannovermesse.de) and the CeBIT (www.cebit.de). During those times hotel beds tend to be rare and much more expensive. The Hannover fairground, due to numerous extensions especially for the Expo 2000, is the largest in the world. Hannover also has renowned universities (www.uni-hannover.de) and a medical school (www.mh-hannover.de).

General Information about the Institute (www.nlga.niedersachsen.de)

The Institute is located next to the city centre, 2,5km southwest from Hannover Hauptbahnhof and could be easily reached by public transport (subway lines 3, 7 and 17). You have to get out at station "Allerweg", which is just 4 stops from Hauptbahnhof or 3 stops from Kröpcke, an important interchange station. A cafeteria, where you can have lunch, is a 5-minute-walk away. Working times are recorded electronically and the institute has a flextime model for working hours.

Besides epidemiology the institute has departments for environmental health and health reporting. In the department for infectious disease epidemiology and microbiology, where you are placed, epidemiologists and microbiologists are closely working together. Besides several senior epidemiologists, also an EPIET/PAE alumna is working there, as well as several scientific documentalists who can help with data management. Further the department can offer a good expertise in statistical and geographical analysis. There are a lot of opportunities for outbreak investigations and you also have a close contact to the local public health departments. Besides a wide range of internal projects, currently also EU or externally funded studies are conducted at the NLGA.

As in all German training sites you also have the opportunity to do your master in Applied Epidemiology (MSAE). This master programme is integrated in the EPIET/PAE programme and does not include much extra work. Study fees are paid by the Robert Koch Institute (RKI), you just have to spend around 100 Euro per semester as registration fees. To apply you need your school certificates with a certified translation into English or German, as well as proof of health insurance. You get a student ID and are eligible for student discount at various sights.

Living

Living is affordable in Hannover and not as expensive as in Munich or Stuttgart. Hannover's districts the List, Südstadt and Linden are relatively popular for living and close to the institute and city centre. You can find a lot of shops, restaurants and cafés there. While Südstadt and List are more middle-class, Linden Nord is the student district. You can rent a furnished (möbliert) or empty apartment or share a flat (Wohngemeinschaft – WG), which is also common in Germany. Free apartments and rooms are advertised in the local newspaper, e.g. the Hannoversche Allgemeine Zeitung (HAZ: immo.haz.de) or at internet platforms: www.wg-gesucht.de (shared flats and apartments); www.immobilienscout24.de. There you can also publish your own request for an apartment or room.

Registration

After moving into your new flat in Hannover you have to register at the Bürgeramt (citizen's office, www.buergeramt-hannover.de) within one week. You have to go there personally and should bring your passport. To avoid long waiting hours you can make an appointment in advance. The filling in of the form is done by the employee

of the Bürgeramt, you just have to sign. The registration is free of charge and you can receive your registration confirmation immediately. If you are not an EU-citizen you have to contact the Ausländerbehörde ([Sachgebiet Ausländerangelegenheiten](#)).

Telephone and internet

Most companies offer flatrates for both internet and telephone as well as mobile phone services. It's less bureaucratic and normally cheaper to combine those offers and get all from the same company. Main provider of telecommunications services are O2, Deutsche Telekom, Vodafone, Base and Fonix. Prices and rates change too fast to recommend one of them. You can check for rates best fitting your individual needs using online tools such as tarifrechner.heise.de or www.billiger-telefonieren.de.

Banks

There is a big choice of banks available in Germany. When opening a bank account it's useful to check for fees, some have fees for opening the account, other have regular fees for account management, some have fees for credit cards or withdrawing money from ATMs that are not their own or when you are abroad. Most of the banks offer good online banking services.

Getting around

Hannover is a good town for cycling with a lot of bicycle lanes and green areas throughout the town. Also distances are not too far, especially as the institute is located closely to the city centre.

Public transport in Hannover is quite convenient. The whole Hannover region is served by Großraum-Verkehr Hannover (GVH– Greater Hannover Transport association: www.gvh.de). In the city itself the public transport company is called Überlandwerke und Straßenbahnen Hannover AG (Üstra: <http://www.uestra.de>).

The route network is divided into three different zones with different fares from single tickets to a monthly pass. If you want to plan your journey within Hannover or even Lower Saxony you can use the online journey planner: www.efa.de.

Car sharing became more popular in recent years. The most established and popular company is Stadtmobil (www.stadtmobil.de). Recently other companies like Flinkster (www.flinkster.de) and Quicar (www.quicar.de) also entered the market.

Getting there and away

Hannover is an important transport hub where major railway lines and highways are crossing, connecting European main lines in east-west-direction (Berlin - Ruhr area) and north-south-direction (Hamburg – Munich). The train station (Hannover Hauptbahnhof) is one of the biggest in Germany. Major German cities like Berlin and Hamburg are both an hour and a half away by train.

Hannover also has an international airport with direct flights to major cities and holiday regions within Europe.

Language courses

People in Hannover claim to speak the best High German within Germany without any dialect, therefore it's a good place to start learning the language or improve your language skills. There are plenty of language schools in Hannover, you just have to search the internet for "Deutsch als Fremdsprache" (DaF) and "Hannover", which means German as foreign language. There are state funded schools ([Bildungsverein, Volkshochschule](#) – VHS) as well as private language schools (see links below). With your status as student (see MSAE) you can also try to contact the university where a lot of German [courses for international students](#) are offered. You can also try to look for a tandem language partner to mutually learn the other's language.

Links for language schools (random selection)

www.bildungsverein.de

www.vhs-hannover.de

<http://www.carl-duisberg-german-courses.com/>
<http://www.sprachkurs-hannover.de/deutschkurs.php>
http://www.isk-hannover.de/ISK_en/isk/german/standard.htm

Leisure – What else to do and see

Hannover has a vivid cultural life with offerings ranging from classic opera to rock concerts. Every year Hannover hosts several festivals. The Schützenfest Hannover is the world's largest Marksmen's Fun Fair. In summer the Maschsee lake festival offers a wide range of snacks, music and fireworks. And don't miss the Christmas market in December with Glühwein (hot spiced wine) and German Bratwurst (sausages).

At many places in town free city magazines like Hannover Live, magascene (<http://www.magascene.de/>) und Stadtkind (<http://www.stadtkind-hannover.de/>) with local news and information on cultural events are available. Most movies are shown in German, but some cinemas like the Kino am Raschplatz

(<http://www.kinoamraschplatz.de>) offer special presentations of original movies with subtitles (Original mit Untertitel – OmU). The soccer team of Hannover (Hannover 96) plays in the Bundesliga, so you can watch soccer games with teams from all over Germany in the stadium (TUI-Arena) located next to the institute.

At weekends or during holidays you can also discover the countryside around Hannover and in Lower Saxony (www.niedersachsen-tourism.de). It's close to the Nordic sea with small islands and the national park Wadden Sea (Wattenmeer). In the northeast you can find the Lüneburger Heide, a large area of heath, geest and woodland. If you prefer mountains and hiking you can head southeast for the national park Harz.

Still wondering?

Feel free to contact these fellows:

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