

Tell me meeting in Vienna  
8th - 21st May, 2011

# Projects „M4M“ & „Assist“ at Ulm University with seniors consultants

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M4M: Mentorship for Molecular Medicine PhD-Students

Assist: Active Partnership and Support by Senior Consultants for International Students



Willkommen

Welcome

Bienvenue

Powitanie

Добро пожаловать

Tervetuloa



Zentrum für  
Allgemeine Wissenschaftliche Weiterbildung  
der Universität Ulm

Welcome to the new website of the "Zentrum für Allgemeine Wissenschaftliche Weiterbildung" (Centre for General Scientific Continuing Education), in short ZAWiW, of the University of Ulm!

If you are interested in continuing education with topics of social relevance you are in the right place. Be it in the form of traditional continuing education or new innovative approaches, for example virtual learning projects or inter-generational activities, we offer a wide scope of educational events and courses on exciting subjects to people in the third age and younger! We hope, that you too will find something of interest here!

Please tell us what you think about our website and mail your comments and suggestions to [info@zawiw.de](mailto:info@zawiw.de). Your feedback will be very much appreciated.



[www.zawiw.de](http://www.zawiw.de) Centre for General Scientific Continuing Education





# How does it work?

- 👍 Activities on a personal basis
  - Personal contact and support
  - Activities like cooking together
  
- 👍 Group activities by ZAWiW
  - Monthly meetings
  - Special events like excursions
  - Thematical evenings like illustrating our political system
  - Internet forums e.g. message board, finding a helper in case of problems









# 😊😊 Pros of M4M & Assist 😊😊

A bridge between young and old

## 😊 **Students**

- Support for living in a foreign country with a different language and culture
- Better integration
- Participating in everyday life
- Family life

## 😊 **Seniors**

- Personal inside view of a foreign country
- New ideas from young people
- It feels like having a new child





## ZAWiW

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## Mentorship for Molecular Medicine PhD Students (M4M)

"M4M - Mentorship for Molecular Medicine PhD Students" is the name of the mentor model programme at Ulm University which is executed by ZAWiW and started in January 2009. It brings together PhD students from the International Graduate School in Molecular Medicine Ulm and older adults from Ulm and its surroundings for exchange and for support.



The central idea of the programme is to bring together PhD students and mentors right from the start. Further aspects and the background are to build bridges between the different stages of life and to give impressions of everyday culture by common events like excursions or thematical evenings but especially by personal contacts and support. Also the acquisition of language skills shall be facilitated. So the PhD students get the chance of better integration in a foreign country. The older adults benefit from new experiences with people from distant countries.

Also watch the [short presentation about M4M from 20.01.09 \(PDF\)](#) as well as the



[short presentation about M4M from 20.01.09 \(PDF\)](#) as well as the



[introductory video from the M4M mentors \(Oct.'10\)](#).

To get an impression of M4M it is also interesting to read about the [experiences](#) of PhD students and mentors.



➤ ASSIST

➤ Jahreszeitenakademien

➤ M4M

➤ News

➤ Message Board

➤ Documentation of activities

→ Public relations

→ Photos of April 16th, 2011

→ Photos of Feb. 12th, 2011

→ Photos of Nov. 13th, 2010

→ Photos of June 30th, 2010

→ Photos of June 19th, 2010

→ Photos of March 12th, 2010

→ Photos of March 6th, 2010

→ Photos of March 3rd, 2010

→ Photos of Feb. 13th, 2010

→ Photos of Feb. 3rd, 2010

→ Photos of Dec. 18th, 2009

→ Photos of Dec. 12th, 2009

→ Photos of Nov. 22nd, 2009

→ Photos of Sept. 19th, 2009

→ Photos of Sept. 5th, 2009

→ Photos of June 20th, 2009

→ Photos of March 15th, 2009

➤ Experiences

➤ Consultancy

➤ Contact

➤ Links

➤ u3gu

➤ Ulmer Lernnetzwerk KOI/IAA

## M4M: Documentation of activities

16.04.11

Excursion to the Swabian Jura to the Easter eggs museum, to the Roßberg tower and to the [castle of Lichtenstein](#)

[Invitation \(PDF\)](#)

[Traditional customs at Easter assembled by Ulla Fricke \(PDF\)](#)

→ [Picture gallery](#)

07.-09.04.11

[Spring meeting](#) of the International Graduate School

The mentors were invited to join it.

07.04.11 (exceptionally on a Thursday)

Jour fixe on the occasion of the Spring Meeting

[Invitation \(PDF\)](#)

25.03.11

Thematical evening in the Ratskeller Ulm: An evening in a guesthouse - political system of Baden-Württemberg

[Invitation \(PDF\)](#)

[Information about the political system of Germany and Baden-Württemberg \(PDF\)](#)

25.03.11

Visit of the Paul Hartmann AG. Organised by Romano Valentini of the ASSIST team.

23.03.11

Meeting of the mentors about working contents and further proceeding in the [Generationentreff](#) followed by an → [information meeting](#).

20.03.11

HoLi celebration invitation by Indian mentees to their mentor

[Short report by Heide Rau \(PDF, German\)](#)

[Picture gallery with pictures taken by Suresh Kumar](#)

17./18.03.11

PROFIN-Workshop of Ulm University's International Office: Integration of foreign students to the German society

[Information](#)

14.03.11



Excursion to the Swabian Jura: castle of Lichtenstein, April 2011



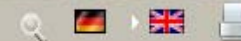
Thematical evening about the political system in Ulm's Ratskeller, March 2011



Visit of a lab during the Jour fixe about Molecular Medicine, March 2011



ZAWiW > ASSIST



## ZAWiW

### ASSIST

- News
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- Communication
- Contact
- Hints and links
- Support


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## Active Partnership and Support of SeniorConsultants for International Students (ASSIST)

Elderly and experienced adults - SeniorConsultants - support international students during their stay in Germany while they study at Ulm University. This is the basic idea of ASSIST. The word is the short form of **Active Partnership and Support of SeniorConsultants for International Students**.

**ASSIST** Active Partnership and Support of Senior Consultants for International Students

ASSIST was founded based upon an initiative of the English study courses Advanced Materials, Communications Technology and Finance as well as the Centre for General Scientific Continuing Education of Ulm University, shortly ZAWiW, in the context of a pilote phase in winter semester 2006/07. Since the start of the winter semester 2008/09 also the study course Energy Science and Technology is added to ASSIST and students of the German University of Cairo are addressed via the International Office. Since the start of the winter semester 2009/10 also the molecular medicine master students were included.

The project got a start-up financing from January to November 2008, see → [support](#). Currently it is in a period of consolidation supported by Ulm University (December 2008 until December 2009). Since 2010 the group of SeniorConsultants is responsible for the continuation of ASSIST, ZAWiW advises them until December 2010.

Within ASSIST intercultural and intergenerational bridges are built. Practically the project's output is an exchange of experiences and competences between students and SeniorConsultants. Examples: at common parties, by learning the German language, on excursions. Contacts are possible in groups or individually.



➤ ASSIST

➤ News

➤ Offer for help

➤ Documentation of activities

→ Photos of August 1st, 2010

→ Photos of June 12th, 2010

→ Photos of May 16th, 2010

→ Photos of May 8th, 2010

→ Photos of Apr. 14th, 2010

→ Photos of Feb. 25th, 2010

→ Photos of Dec. 18th, 2009

→ Photos of Dec. 12th, 2009

→ Photos of Sept. 19th, 2009

→ Photos of Sept. 5th, 2009

→ Photos of August 4th, 2009

→ Photos of June 20th, 2009

→ Photos of March 15th, 2009

→ Photos of January 30th, 2009

→ Photos of November 22nd,  
2008

→ Photos of October 26th, 2008

→ Photos of August 17th, 2008

→ Photos of July 6th, 2008

→ Photos of Dec. 10th, 2007

→ Publications

➤ Communication

➤ Contact

➤ Hints and links

## ASSIST: Documentation of activities

In the framework of ASSIST there are always personal meetings between SeniorConsultants and students, also excursions and consulting email contacts.

Here some further single activities to document what has happened yet:

### August 1st, 2010

Excursion to Charlotte Cave near Hürben/Swabian Alb in the valley of the Lone river followed by a walking tour through the "Eselsburger Tal" to Herbrechtingen along the river of Brenz.

### June 12th, 2010

Excursion to Lake Constance: travelling by train from Ulm to Friedrichshafen, followed by a bus tour to Hagnau, from there a walking tour to Meersburg, visit of the medieval town and its famous castle, and back to Friedrichshafen by ship.

### June 2nd, 2010

Jour fixe: Joint event of M4M PhD and ASSIST students with Mentors respectively SeniorConsultants in Ulm's leisure and recreation park Friedrichsau.

[📄 Invitation](#)

### May 16th and 21st, 2010

Step 1: Walking and photo shooting around the town of Blaubeuren.

Step 2: Image processing of the photos and creation of a slide show/ photo gallery.

[📄 Invitation \(PDF\)](#)

[🖼️ Photo gallery](#)

### May 10th, 2010

Jour fixe: Joint event of M4M PhD and ASSIST students with Mentors respectively SeniorConsultants in villa Eberhardt.

Subject: Germany for beginners.

[📄 Invitation \(PDF\)](#)

### May 8th, 2010

Excursion to the parks and gardens of the Palace of Ludwigsburg and subsequent cruise on the Neckar river to Stuttgart

[📄 Invitation \(PDF\)](#)

[🖼️ Photo gallery](#)



Showroom of products manufactured by Bosch Rexroth, Elchingen visited in February 2010




Group picture of international students and SeniorConsultants at Bosch Rexroth, February 2010



Christmas party in the botanical garden, December 2009



tell me meeting in Vienna May,  
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## Offers for help, support and advice

The senior consultants offer the following services:

Please send your request by email to the coordinator [ruediger.miksch\(at\)extern.uni-ulm.de](mailto:ruediger.miksch(at)extern.uni-ulm.de) specifying the name of the senior consultant and the kind of help, support, or advice needed. In case of additional support currently not offered on the list, please do not hesitate to contact Rüdiger for solution.



**Petra Wieland**

- Shopping hints
- Banking and money transfer
- Individual hiking and visiting trips



**Norbert Rückgauer**

- Traveling information
- Shopping hints
- Invitations to private home



**Eberhard Theile**

- Traveling information
- Shopping hints
- Dealing with authorities (municipality, police)
- Finding best cell phone providers
- Banking and money transfer
- Flat hunting
- Borrowing books and videos
- Individual hiking and visiting trips



