

Information on Stays Abroad Summer Semester 2020

Last update: Sep. 12th, 2019 (HB)

1. General Information

During the third semester you will acquire knowledge and skills in the areas of Ayurveda/Yoga (Module 7A) and Traditional Chinese Medicine (TCM)/Qigong (Module 8A). In a unique model, we offer you the opportunity to study these modules at our partner universities, the College for Naturopathy in Ujire/India and the Shanghai University of Traditional Chinese Medicine in Shanghai/China in two events of 8 weeks each. Both institutions are among the leading institutions in their respective countries. Each event lasts 300 hours (h).

A) With the participation in these extended events you get:

1. necessary theoretical basics of both healing systems (Ayurveda/TCM; see module manual);
2. original insights into Ayurveda/Yoga and TCM/Qigong in the respective "mother country";
3. experience with therapeutic applications within the framework of clinical internships;
4. a training in practical basic elements of Yoga and Qigong as well as their mediation;
5. a large part of the training hours that you will need in order to be certified by the statutory health insurance funds (cf. 3. Certification of study services abroad by the Central Association of Statutory Health Insurance Funds);
6. the recognition of the hours (450 h) as an internship (module 6a)

For a comparison: A comparable training with one of the German professional associations costs (depending on the provider) 3,000 - 6,000 Euro (Yoga) or 2,500 - 5,000 Euro (Qigong) and is rarely offered in this compact form.

The stays in India (starting from February, 8 weeks inclusive the practical course) and in China (starting from September, 8 weeks inclusive the practical course) we planned in arrangement with the partner mechanisms due to the lecture times locally. Due to this scheduling, the examinations scheduled at the end of the 2nd semester will either be brought forward to the end of the lecture period or you will have the opportunity to take these examinations in the course of the summer semester.

Alternative:

- B) You only take part in the first 3 weeks of the courses on site (approx. 42 h contact time as specified in the module handbook).
1. you will receive the necessary theoretical basics of both healing systems (Ayurveda/Yoga and TCM/Qigong; see module manual).
 2. points A3-A6 are omitted.
- C) the first 3 weeks will be digitally recorded on site. These recordings will be made available in the summer semester as part of a course.
1. the 42 h contact time provided for in the module handbook has been completed.
 2. you will receive the necessary theoretical basics of both healing systems (Ayurveda/Yoga and TCM/Qigong; cf. module manual).
 3. participation in the extended courses in India and China is not possible.
 4. Points A2-A6 are omitted.

2. Costs and Funding Opportunities

In the following, we would like to inform you about the expected necessary costs of the two stays abroad and show you funding opportunities. However, when estimating the costs, please bear in mind that the actual costs will also be influenced by price fluctuations (e.g. flight costs or time of flight booking) or your local lifestyle (excursions, nightlife, etc.). However, the cost estimates are based on the experiences of our students, who have travelled the two countries in the past and have cultivated a "student typical" lifestyle.

2.1 Costs

As the two tables below show, flight and visa costs are comparable for both places of study. The main difference is in the cost of board and lodging, which is partly explained by the different size and location of the two study locations:

Although Ujire is considered a "tourist place", due to its rural character (approx. 15,000 inhabitants) it is mainly used by tracking tourists as a starting point for hiking tours to nearby sights.

In Shanghai, one of the largest cities in the world (approx. 23 million inhabitants) with a corresponding infrastructure and cultural offerings, the costs for accommodation and meals are comparatively higher. However, this difference in price level is also taken into account by adjusting the subsidy rates in the respective subsidy programmes (see below).

Ujire, India

Cost Estimation

Stay at the SDM College of Naturopathy and Yogic Sciences, Urije India (8 weeks);

Stay: Feb. 2nd – Apr. 4th, 2020

Flight	EUR 600
Visa	EUR 100
Accommodation (2- or 3-bed-room) and Meals (Full Board)*	EUR 250
Total	EUR 950

* Placement of dormitories through the SDM College

Shanghai, China

Cost Estimation

Stay at the Shanghai University of Traditional Chinese Medicine, Shanghai, China (9 weeks*); **expected stay: Aug. 31st – Oct. 30th, 2020 (not yet confirmed!)**

Flight	EUR 600
Visa	EUR 125
Accommodation	EUR 1.000
Total	EUR 1.725

* due to the National Holiday Festival week (Oct. 1st – 7th) the stay is 9 instead of 8 weeks

2.2 Funding Opportunities

PROMOS. PROMOS is a programme for increasing the mobility of students and can be used to apply for study grants for the two stays abroad. A PROMOS grant consists of the following modules

- partial scholarship mobility (i.e. travel allowance) and
- partial scholarship stay (i.e. subsidy for accommodation costs).

The current funding guidelines for India provide for EUR 1,075 (mobility) plus EUR 300/month (stay). The subsidies for China amount to EUR 850 (mobility) plus EUR 400/month (stay). The current list of PROMOS grants can be found [here](#) (available only in german).

The **application deadlines** for a PROMOS Study Scholarship are **October 31st** of the year for stays abroad in the first half of the following year and **March 31st** of the year for stays abroad in the second half.

PROMOS scholarships are individual scholarships and can therefore only be applied for individually. However, we will be happy to assist you with your application. Further information on applying for a PROMOS scholarship can be found [here](#) (available only in german).

Further funding opportunities. Further funding opportunities can be found in the [scholarship database](#) (foreign students can find information [here](#)) of the German Academic Exchange Service (DAAD). You can also find out more about the international funding

(„**Auslands-BAföG**“; available only in german) of the Federal Ministry of Education and Research (this may also be paid if the 'normal' BAföG has not been/is not approved). Please also check whether your academic achievements, financial situation or family background make you eligible for funding programmes of the various foundations.

3. Certification of Study Achievements Abroad by the Association of Statutory Health Insurance Funds (Spitzenverband der Gesetzlichen Krankenkassen)

Modules 7A (India) and 8A (China) have already been planned with regard to content and scope in such a way that with the successful completion of the modules

- the requirements of module 6.a (Internship) are already fulfilled.
- a large part of the contents and scope are fulfilled, which you have to prove, if you want to apply for the certification of a course for the prevention principle "Palliative regenerative stress management" at the Central Testing Laboratory for Prevention (ZPP).

If, for example, you offer yoga and qigong courses, this certification enables your course participants to cover the (pro rata) costs of the respective health insurance company. You usually apply for this certification after training by a national professional association. The costs associated with the two stays abroad can therefore also be compared with the costs that you would have to bear in Germany for adequate training.