

# FROM SWIMMING CLASS TO COUCH CHURCH

## EVERYTHING THAT CARRIES YOU



PROGRAM - WINTER 2025/26  
WE ARE BILINGUAL



ÖKUMENISCHE STUDIERENDEN  
GEMEINDE COBURG

# Regular Events

## **Laptop Closed... Swimsuit on Swimming Classes for Students**

Sat | 9:15 AM - 10 AM | Rödenbad  
18.10. | 25.10. | 01.11. | 08.11. | 15.11.

Swimming instructor Andrea Eschrich turns us into confident swimmers – a 5-week course for beginners and those who feel insecure in the water.

**Register by 16.10. at [esg.coburg@elkb.de](mailto:esg.coburg@elkb.de)**

---

## **Reaching Your Goal With Less Stress**

Tue | 5:30 PM-7:30 PM | Zukunftsraum, Steinweg 14  
18.11. | 25.11. | 09.12.

Effective ways out of pressure and stress: recognizing patterns, strengthening self-care, and regaining focus through mindfulness – for exams, deadlines, and life in between.

Co-lead: Maria Kuhn – Dr. of Health Sciences

**Register at [esg.coburg@elkb.de](mailto:esg.coburg@elkb.de)**

---

## **Language Bar**

Wed | 6:30 PM - 8 PM | Staff Café, next to 11-006  
08.10. | 12.11. | 10.12. | 14.01.

Speaking with confidence when others switch to English, French, Spanish, or German? At the Language Bar by ÖSG and the International Office, you can practice languages playfully with others, learn something new, and enjoy the exchange. Also open to university staff.

---

## **Finding the Midst – Silent Practice in the Style of ZEN**

Wed | 5 PM - 5:30 PM | Room of Silence, 5-U11a  
From 08.10. to 14.01.

You can expect half an hour of guided meditation in the tradition of ZEN. Arriving in silence, a short introduction to posture and breathing, 20 minutes of sitting together in silence, and a short impulse or sound to close. No prior experience needed. Also open to university staff.

# ÖSG - about us

Hello and welcome to the ecumenical student community in Coburg, which is organized by the Protestant and Catholic Church.

We are there for all people, regardless of their religion or view of the world. Respect, mindfulness and trust are values that we embrace.

We hope that you will find what you are looking for in our program and wish you a wonderful semester!

ERZBISTUM  
BAMBERG



Evang.-Luth.  
Dekanat Coburg

**Teachers and employees** are also warmly invited to join our spiritual events and to use the opportunity for counseling, support and pastoral care.

## Curious?

Come to one of our meetings and get to know us. Subscribe to ÖSG in mycampus or follow us on Instagram.

 **esg\_coburg**

**Wir sind bunt:**  
**Coburg Stadt und Land!**

Partnerschaften für Demokratie  
im Netzwerk für Menschenrechte und Demokratie

# Talking helps

Whether you are faced with decisions or relationship issues, whether it's about studying or the feeling that something is holding you back: We will listen to you, give you feedback and help you develop your next steps.

## **Our counseling is confidential**

### **Markus Lüttke**

Pastoral Counselor and  
Gestalt Therapy Counselor  
markus.luettker@erzbistum-bamberg.de  
Phone: 0151 10663763



### **Susanne Thorwart**

Pastor and Systemic Therapist  
susanne.thorwart@elkb.de  
Phone: 0160 3353399

## **International**

International students have the opportunity to receive advice and support in a special life situation. Just contact Susanne Thorwart.

## **Study Support Program**

STUBE Bayern offers students from Africa, Asia, Latin America and Eastern Europe the possibility to engage with development policy issues and to network alongside their studies.

**Information at: [www.stube-bayern.de](http://www.stube-bayern.de)**



# EVENTS

## WINTER 25/26



If possible, register till 2 days before the event at [esg.coburg@elkb.de](mailto:esg.coburg@elkb.de)



Also for HS-employees

**All regular events are on the backside!**

### Coburg by Night – Your Evening to Arrive!

Wed  
15.10.

Whether it's your first year or you're in Coburg for years: you can look forward to a shared dinner, new people to connect with and a city tour through the night. With city guide Petra Schäfer we will discover Coburg's special sides after dark. And for those who still have energy we'll end the evening with a magical view from the tower of St. Moriz over the illuminated city. Your registration helps us prepare the food.  
**7 PM - open end | Zukunftsraum, Steinweg 14**



### CHilling CouCH Church

Thu  
16.10.

Wondering what awaits you this evening? Live music, refreshing drinks, a relaxed atmosphere, inspiring thoughts for your daily life and space for encounters, questions and new perspectives. Students and staff from HS and Studienkolleg are invited. Come by, bring friends – we're looking forward to seeing you!  
**7 PM - open end | Upper City Foyer above Brose-Aula, 11-002**



### Hiking with Susanne: Tiefenlauter – Senningshöhe

Sat  
18.10.

From Tiefenlauter we hike through the unique valley of Weißbach up to the Senningshöhe. The Alexandrine Hut awaits us with a fantastic view over the Coburg region. Please bring something to share for the picnic. The hut with drinks for sale will be open. We will organize arrival and return bus.  
**11 AM - 5 PM | Meeting point in front of the Mensa**



### Band – Founding Meeting

Wed  
22.10.

Do you play an instrument or love to sing? You would you like to try yourself out in a band? This is the place where music enthusiasts can come together. An experienced guitarist is waiting for you and for the joint kick-off. Info and expressions of interest: Markus Lüttke, Tel. 0151 10663763  
**5:45 PM - open end | Cafeteria, 2-026**



### In the Footsteps of Meister Eckhart – Excursion to Erfurt

Sat  
22.11.

Join us for an exciting trip to Erfurt with its impressive preserved medieval old town, charming alleys, the imposing cathedral, the famous Krämer Bridge and many other historic sites. Along the way, we will encounter one of the most important spiritual thinkers of the Middle Ages: Meister Eckhart, who taught in Erfurt as a professor. As a theologian, philosopher and mystic, his thoughts on "inner detachment" and experiencing God in everyday life continue to inspire people to this day – far beyond denominational boundaries. We look forward to discover Erfurt together with you!  
**9:10 AM - 6:30 PM | Entrance Hall, Coburg Train Station**



### With All Senses – Advent

Wed  
03.12.

In the mood for a creative break in Advent? You can expect a cozy evening with delicious food, music and many hands-on activities in the church space: making Advent wreaths, candle dipping, designing postcards or writing Christmas greetings, and baking cookies. And a moment of reflection, to pause and reflect what we hope and long for in Advent.  
**7 PM - open end | Katharina von Bora Community Center, Heimatring 52, with shuttle from Mensa Friedrich-Streib-Campus at 6:45 PM**



### Excursion to the Nuremberg "Christkindlesmarkt"

Sat  
13.12.

Join us on a trip to Nuremberg and experience the world's oldest Christmas market! Between sparkling lights, the festive scent of mulled wine and gingerbread, traditional crafts, and atmospheric sounds, we'll dive together into a romantic Christmas atmosphere.  
**3:20 PM - 9:20 PM | Entrance Hall, Coburg Train Station**



### CHilling CouCH Church

Tue  
16.12.

Wondering what awaits you this evening? Live music, refreshing drinks, a relaxed atmosphere, inspiring thoughts for your daily life and space for encounters, questions and new perspectives. Students and staff from HS and Studienkolleg are invited. Come by, bring friends – we're looking forward to seeing you!  
**7 PM - open end | Upper City Foyer above Brose-Aula, 11-002**



### Merry Christmas Dinner Party

Thu  
25.12.

Are you staying in the city over the holidays? Then experience with us a warm, joyful, and creative Christmas celebration! You can expect a festive dinner, music, good conversations, international Christmas songs – to listen to and sing along with. We will exchange small gifts (no more than 3 euros), and of course hear the Christmas story and play games. Whether you want to celebrate Christmas traditionally or simply want to enjoy community that evening – you are warmly invited! If you could help with preparation – cooking or decorating the room for Christmas – that would be wonderful.  
**6 PM - open end | Zukunftsraum, Steinweg 14**



### Grill and Chill – Semester Closing Party of ÖSG

Wed  
14.01.

Need to take a breath before the exams? And recharge outdoors during a winter evening – with warm drinks, grilled food and campfire atmosphere. Your chance to pause in the study stress, have fun and connect with others. Dress warmly and come by – we're looking forward to seeing you!  
**8 PM - open end | Barbecue area opposite Library-ITMZ!**



**Save the Dates and Register!**