

#return_spezial



Immer mit Maske!

Dear students,

The exceptional situation that already affected the summer term 2020 has now taken hold of this winter term and continues to put many students under immense pressure. Many see their studies endangered and digital teaching can lead to loneliness. If this is the case, you should not hesitate to approach your lecturers who are willing to talk to you about your concerns and problems. In addition to this possibility, the HfMT Hamburg has put together a range of support services that you can contact when you feel like you need professional counselling.

The team of the Music and Health Office (David Baaß, Eva Bleckwedel, Jörn Dopfer, Anke Grell, Karin Holzwarth, Gitta Strehlow) can react individually to different psychological crises. Do not be afraid to take advantage of these offers!

Mental Health Support during the Pandemic

Individual counselling

You can find the Office of Music and Health on our website under Committees and Counselling Services. Our emeritus professor and long-time equal opportunities officer Eva Bleckwedel currently offers online counselling. Ms Bleckwedel is a graduate psychologist, music therapist and supervisor. The counselling work is subject to confidentiality. Please register directly via: eva.bleckwedel@hfmt-hamburg.de.

Counselling Forum „Wardrobe Talks“

You can receive support and exchange ideas in In groups of up to eight students in the “Wardrobe Talks”. In this counselling forum, two psychologically trained professionals lead the groups. If one of them is a lecturer of yours, we will organise an alternative date to protect your privacy.

Appointment I Wednesday, 10.2.2021, 19-20:30, Bleckwedel & Baafß

Appointment II Friday, 19.2.2021, 10-11:30 a.m., Grell & Dopfer

Appointment III Wednesday, 24.2.2021, 19-20:30, Strehlow & Baafß

Please register by mentioning your preferred date via: musik-gesundheit@hfmt-hamburg.de.

If necessary, a further conversation on a specific topic with a counsellor of your confidence can be arranged individually.

On the [website](#) you will also find further information on the topic of music and health.

Tip for self-care

You can find a relaxation video based on the G.I.M. method (Guided Imagery and Music) by the English music therapist Martin Lawes as a self-help resource on YouTube. It is available in different languages: <http://hfmt.art/entspannungsvideo>.

Financial Aid during the Pandemic

The pandemic has limited many income possibilities for students. Artistic events got cancelled or urgently needed part-time jobs are currently unavailable. This means that for many students the urgently needed additional income sources are no longer available. If you are experiencing financial difficulties, please consider one of the following offers of help.

HfMT's emergency fund and other support options for HfMT students

HfMT students can apply for funding if they find themselves in a financial emergency by filling out the attached [application form](#). The amount of funding depends on the individual financial need. If you can prove that you are in financial need, you can also apply multiple times. Students whose application for support has already been decided positively or negatively can therefore reapply for financial support.

Please send the application digitally to praesident@hfmt-hamburg.de and by post to the President's Office, Harvestehuder Weg 12, 20148 Hamburg.

A detailed list of further funding opportunities for HfMT students can be found [here](#).

Bridging Assistance from the Federal Ministry of Education and Research

Interim financial aid provided by the Federal Ministry of Education and Research (BMBF) is intended to help those students who can prove that they are faced with financial hardship caused by the pandemic, who need immediate help and are unable to overcome their pandemic-related hardship by making use of other support. Interim financial aid can be applied for by German and foreign students who are enrolled at a public or state-recognised higher education institution in Germany.

Students benefiting from loans, scholarships or similar in the relevant month are not excluded from applying for interim financial aid. Depending on the proven need, between 100 € and 500 € can be paid out as a non-repayable grant.

The application may be submitted separately for these months: January 2021, February 2021, and March 2021. In case you can document that you are in a financial hardship due to the pandemic, an application can be made for each new month.

Applications can be submitted via the website of the [Federal Ministry of Education and Research](#).

Scholarships stART.up (15 Feb. to 15 March)

The Claussen-Simon Foundation offer the stART.up scholarship programme (formerly „Our Arts“) for the eighth time. The scholarship aims at young artists of all disciplines (visual and performing arts, music, film, photography, literature ...) who live and work in Hamburg.

The stART.up programme supports artists who are working as freelancers or who aspire to do so and who have already completed an artistic course of study. Candidates can apply from 15 February to 15 March 2021 for a one-year scholarship that begins on 1 July 2021. In addition to monthly financial support of up to a maximum of 1,500 €, the scholarship holders are supported by an accompanying curriculum. They attend workshops and seminars that facilitate their entry into independent artistic work. In addition, they receive individual coaching to support their personal development.

You can find more information [here](#).

Student loan from the Kreditanstalt für Wiederaufbau

You can find detailed information [here](#). Please note: This loan is not interest-free; rather, it is a KfW loan for which no interest must be paid in the period until the end of March 2021, after which the regular KfW interest rates will apply again.

Entitlement to social benefits in case of loss of income without entitlement to Bafög

Domestic and foreign students who are not entitled to BAföG and who lose their own income from part-time jobs due to their current situation may be entitled to social benefits (unemployment benefit II, housing benefit). A leave of absence from studies is usually a prerequisite for this. If students are not on leave of absence, they can apply for a loan to secure their livelihood in accordance with § 27 paragraph 3 of the Second Book of the German Social Code. According to this, the responsible Job Centre can provide benefits to domestic and foreign students in individual cases, insofar as the exclusion from unemployment benefit II would cause particular hardship. In the current situation, the assumption of a special case of hardship can be considered insofar as a considerable reduction in income has occurred due to the effects of the pandemic. The decision on whether the conditions are met is made by the Job Centre responsible in each individual case. You can find more information and the Job Centre responsible for you on the website of the [Employment Agency](#).

MUSIKANDO Start (no application deadlines)

The MUSIKANDO project is looking for musicians who will give short mobile concerts in the courtyards of Hamburg's retirement and care homes. Between January and March 2021, around 200 short concerts ranging from classical music to jazz are planned. We are looking for ensembles of max. two musicians, preferably with wind instruments or similar (as they are weatherproof, and no amplification is necessary). The short concerts in the courtyards of Hamburg's old people's and nursing homes will last 10-15 minutes per concert. The audience watches from windows or balconies. 3-4 short concerts take place per ensemble per day. The short concert will be paid 50€ per musician. The organiser is TONALi gGmbH.

Please send you applications by e-mail to the project leader Jan Geisler: jg@tonali.de

Further information can be found [here](#).

In addition, the AStA and StPa team is at your disposal for all matters. Mail: asta@hfmt-hamburg.de

Please be mindful of yourself and others, observe the hygiene rules and stay confident.

Your Return Team

