

# ESSENTIAL LIFE HACKS



*intern booklet*

# Welcooome

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Put a smile on your face because you're going to have the time of your life here, at WAVE office, contributing to combating violence against women, and also living in the "city of dreams", Vienna.



# Weelcoomee

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Make sure you read some key information about the WAVE work and understand as much as you can the organization

<https://wave-network.org/resources/training-manuals>



**Step up!**  
CAMPAIGN



# Ohh, Vienna

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Apart from being called the city of music because of its music legacy, Vienna is also called "*the city of dreams*" because it was home to the world's first psycho-analyst- Sigmund Freud. The city roots lie in early celtic and Roman settlements that transformed into a Medieval and Baroque city, the capital of the Austro-Hungarian Empire. Vienna is well known for playing an essential role as a leading European Music centre, from the great age of Viennese classicism through the early part of the 20th century. The historic centre of Vienna is rich in architectural ensembles, including Baroque castles and gardens, as well as the late- 19th century Ringstrasse lined with grand buildings, monuments and parks.



# Making the most...out of life

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To make sure you are making the most of Vienna...and life you need someone to inform you about all the **cool events** will happen in the city during the week and during the weekend, so make sure you follow **Vienna Würstelstand**, an English magazine.

<http://viennawurstelstand.com/>

Make sure you follow on FB "**Gratis Events in Österreich**" to avoid the tragedy of missing a free awesome event





# Transportation

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You can get a monthly card €45, which gives you unlimited travel for a month.

Must Read:

<http://www.viennawurstelstand.com/how-to/a-guide-to-vienna-s-u-bahn-etiquette.html>

From Friday to Saturday the U-bahn is running all night, so there shouldn't be a problem for you getting home. Make sure you install on your phone **Quando Wien** app, it will help you plan your trip throughout the city

The best part is that you can come to work by bike, which is quite popular here in Vienna.

# Accommodation

For a student dormitory, you'll have to pay at least € 300-350, for a shared flat between € 350-450

Here are some links to look after your accommodation:

*For dorms:*

<http://www.studium.at/studentenheime/wien>

*For flats/shared flats:*

Join **Geil-Wohnen-Wien** facebook group

<http://www.bazar.at/wien-wohnungen-anzeigen,dir,1,cld,14,fc,9,loc,9,tp,0,at,0>



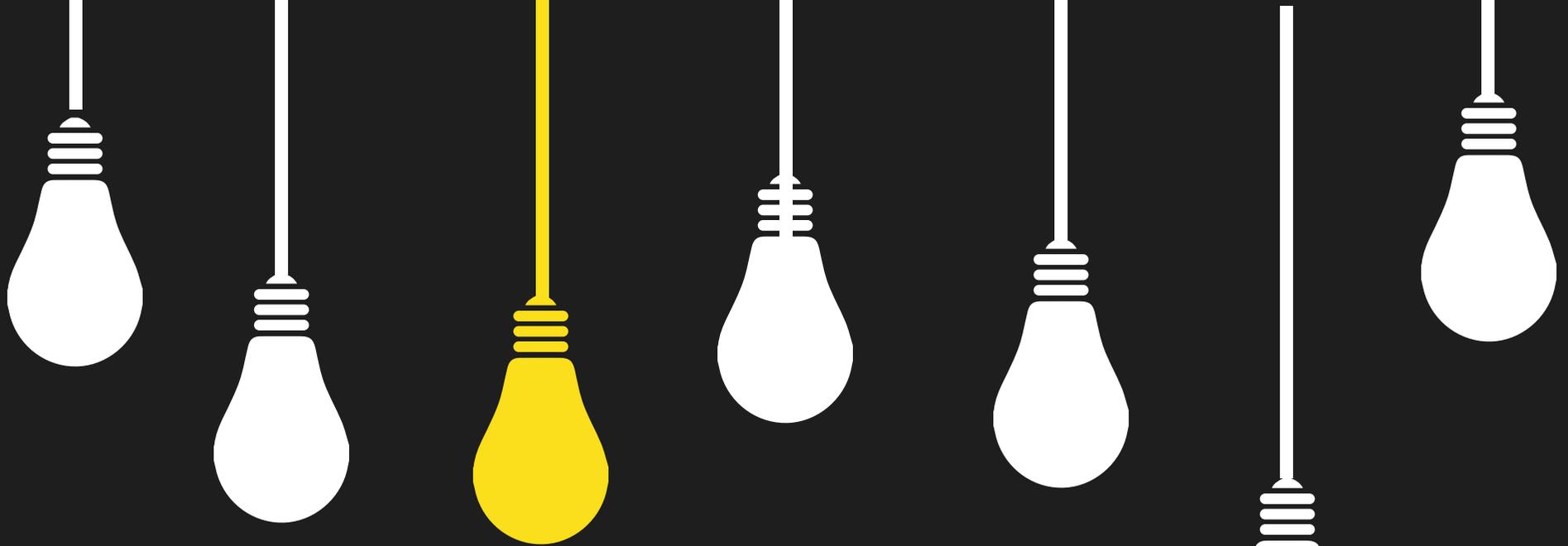
# Business Hours

Usually stores are open from Monday till Friday from 9-18. Supermarkets are open from 7:30-20

On Saturdays shops are open from 9-17. On Sundays, all shops are closed except very few supermarkets.

At WAVE the office hours are:  
Monday-Thursday 9-17  
Friday 9-15





At the end of your internship at WAVE don't forget to pass the legacy and add the cool life hacks that you discovered during your stay. The future WAVE interns will be grateful for sharing it with them



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