



Country guide for new EPIET/EUPHEM fellows

[Österreichische Agentur für Gesundheit und Ernährungssicherheit (AGES), Vienna]

[AUSTRIA]

Last updated:

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Source:

<http://epietalumni.net/activities/countries-guide/>

Please note: This is a living document. If you find any information to be incorrect or out of date, or there is anything you wish to add, please amend the guide (and date it accordingly) and send the new version to your cohort representative for uploading onto the EAN country guides website. Thank you.

Contents

Early On And Getting Started	4
1. Registration in Austria	4
2. Finding accommodation.....	4
Areas to Live	4
Commuting Strategy:.....	5
Hints for living in individual districts of Vienna:.....	5
Type of Housing.....	6
Terms – When looking for a flat.....	6
Things to look out for:	6
Necessary documents	7
Amenities: Internet, Phone, and Utilities.....	7
Useful Websites for Housing and Furniture	7
Furniture and Household Goods	7
3. Reimbursement of expenses.....	9
4. Finances.....	10
Bank Account.....	10
Taxes.....	10
5. Administration	11
Contract.....	11
Pension (public/private)	11
6. Insurance	12
Health insurance.....	12
How to get your e-card?.....	12
Dentists in Vienna.....	12
Travel clinics	12
Private Doctors and Laboratory Reimbursements	13
How to find doctors in Vienna:.....	13
Travel insurance	13
7. Leaving the country.....	14
8. At work.....	15
Getting to & from the City/Institute	15
Your Office Space	15
Access Card & IT	15
Working Time & Holidays.....	15

Lunch & Dining Options.....	15
9. Living In Austria.....	16
Culture (dos and don'ts)	16
Public transport	16
Cycling in the city	17
Language Schools & German Courses.....	17
Schools in Vienna.....	17
10. Recreational Activities, sports, worth visiting, meeting people.....	19
Gyms & Fitness	19
Running & Outdoor Activities.....	19
Leisure & Networking.....	19
Language & Culture	19
11. Supermarkets	20
Supermarkets and Opening Hours	20
Useful Shops for Day-to-Day Living:	20
Where to shop on Sundays & Late Nights:.....	20
Pharmacies (Apotheken)	20
12. Special Considerations.....	21
Moving in with a family	21
13. Contact.....	22
Key contacts at your institute	22

Early On And Getting Started

1. Registration in Austria

Registration, incl. social security number/ID/Person number

Firstly - do the residence registration (Meldezettel)

- Whether you take or give up lodgings in Austria you are required to register with the relevant authority or notify that authority of your departure from your current address. However, you normally need to do this within 3 days of moving to your apartment (although, it's generally not a problem if it's a bit late). As an EU citizen, you will only need your passport and the **Meldezettel** form completed and signed by your landlady/landlord. You have to go to any of the Registration Service Centres in Vienna (it doesn't have to be the centre in the district where your apartment is located). For detailed information, please follow this [link](#).

Getting a social security number

- There are various social security institutions; the competent insurance institution is determined by both the place of residence and occupation. Every person is assigned a social security number and a social security card (e-card) upon registration with the responsible social security institution. Your electronic health insurance card will be sent to you by the respective health insurance institution. In case of EPIET or EUPHEM fellow the initiation of this process should be followed by the AGES Personnel Department (Personalmanagement) and eventually an e-card will be sent to you. For detailed information, please follow this [link](#).

Residence permit/card (if needed) & Visa (if needed)

As an EU-citizen, you have the right to live in any EU country if you work there. During the first 3 months of your stay, your host country cannot require you to register your residence. You can do so if you wish. After 3 months, your host country may require you to register your residence with local authorities, to show that you're working there and obtain a document confirming your right to stay.

Source: https://europa.eu/youreurope/citizens/residence/residence-rights/index_en.htm

In Austria, EU/EEA citizens do not require any special permit to enter and reside in Austria for up to three months. If citizens from the countries above stay in Austria for more than 3 months, they have to get a document called "Certificate of Registration" (Anmeldebescheinigung). This is in addition to the residence registration (Meldezettel) – see above! If a citizen of EU, EEA or Switzerland lives in Austria for more than 3 months without applying for the "Anmeldebescheinigung" the authorities can charge a penalty fee of 200 Euro. For detailed information, please follow this [link](#).

2. Finding accommodation

Areas to Live

Firstly, welcome to Vienna! According to global rankings, Vienna is consistently named the world's most liveable city. This is most evident in the public transport system, which works perfectly.

Vienna is divided into 23 districts, and one of your first decisions will be choosing where to live. Since AGES operates across two primary sites for the fellowship, I highly suggest choosing a location with a short commute (under 30 minutes) to both:

1. **AGES Währinger Straße 25a (9th District):** Home to the **Medical Microbiology and Hygiene Institute**. It is located near the Schottentor (U2) and Volksoper (U6) stations. However, the most convenient access is via tram lines 37, 38, 40, 41, and 42 (stops:

Sensengasse, Spitalgasse, or Schwarzspanierstraße).

2. **AGES Traisengasse 5 (20th District):** Home to the **Institute for Infectious Disease Epidemiology**. This site is easily accessible via the S-Bahn (Traisengasse station) and tram lines 2 or 31.

Commuting Strategy:

- **The 9th District (Alsergrund):** Very convenient for the Währinger Straße site, but rents are higher due to the proximity to the University.
- **The 20th District (Brigittenau):** A more affordable alternative and the direct location of the Epidemiology institute. It offers great access to the Augarten park.
- **The 2nd and 18th Districts:** These are excellent "middle-ground" options. The 18th has perfect tram links to the 9th, while the 2nd sits conveniently between both AGES locations.

In terms of accessibility, looking for an apartment near the U2, U6, or the S-Bahn trunk line (Stammstrecke) will make commuting to either AGES site much easier.

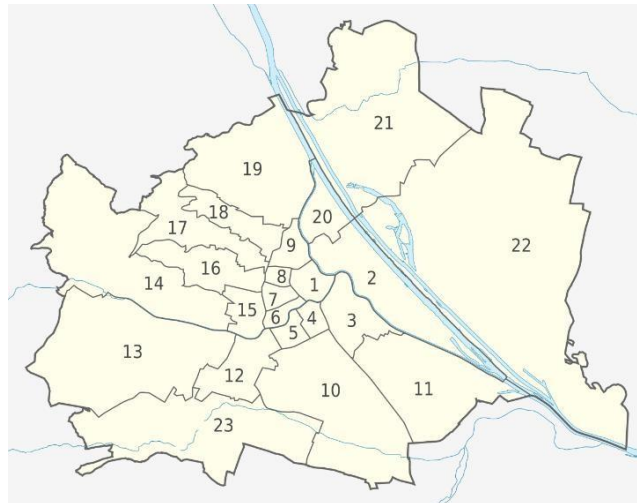


Figure 1. Vienna district locations. The source: https://en.wikipedia.org/wiki/Districts_of_Vienna

Hints for living in individual districts of Vienna:

- 1st:Extremely expensive; mostly for tourists and high-end offices.
- 2nd:Popular, lots of green areas (Prater), and perfectly situated between both AGES sites.
- 3rd:Professional and central; commuting to both locations is easy via the U-Bahn or S-Bahn.
- 4th:Trendy, international, and close to the city center.
- 5th:Becoming very "hip" due to the U2 metro extension; prices are rising here.
- 6th:Crowded and great for shopping, but can be noisy.
- 7th:The "hipster" heart of Vienna; very vibrant but high demand and expensive.

- 8th: Very close to AGES Währinger Str.; beautiful old buildings and very popular with fellows.
- 9th: Location of AGES Medical Microbiology & Hygiene; very convenient, high-quality living, and close to the University.
- 10th: Most affordable and multicultural; a longer commute to both AGES sites.
- 11th: Industrial/residential mix; quite a long commute to AGES.
- 12th: Good value; the areas near Schönbrunn are very nice.
- 13th – 14th: Green and family-oriented; a long commute (35-45 mins) to both locations.
- 15th: Diverse and centralizing; good transport links toward the 9th district.
- 16th: Great markets (Brunnenmarkt); popular for affordable shared apartments (WGs).
- 17th – 18th: Green and quiet. The 18th is right next to AGES Währinger Str. with perfect tram connections.
- 19th: Posh and quiet; excellent tram links to the 9th and easy bus access to the 20th.
- 20th: Location of AGES Infectious Disease Epidemiology (Traisengasse 5); more affordable than the 2nd district and very close to the Augarten park.
- 21st – 23rd: Outer suburbs; generally not recommended for fellows due to the long daily commute.

Type of Housing

- **WG (Wohngemeinschaft):** Sharing an apartment. This remains the most popular option for fellows. In 2026, expect to pay **€550–€650** including utilities.
- **Wohnung mieten:** Renting an entire apartment. Use "Privat" or "Provisionsfrei" to avoid extra fees (though the law now protects you from agent fees in most cases).

Terms – When looking for a flat

In March 2026, the Vienna rental market has seen significant price increases. Average gross rents for a studio in the inner districts range between **€950 and €1,200**. Even in affordable outer districts, a studio costs **€750 to €850**, while a one-bedroom apartment rarely falls below **€950**.

Things to look out for:

- **Kaution (Deposit):** Usually 3 months' gross rent. It is recommended to use a bank guarantee or a separate savings book (*Kaution-Sparbuch*).
- **Ablöse:** Payment for furniture left by the previous tenant. Be careful—this is often used to overcharge for old furniture.
- **Provision (Agent Fee): IMPORTANT:** Under the **"Bestellerprinzip" (First-Payer Principle)** introduced in 2023, you generally **do not** have to pay the real estate agent if the landlord hired them. If an agent asks for a fee, verify if it is legal.
- **Altbau/Neubau:** *Altbau* (pre-1945) has high ceilings and is subject to stricter rent controls; *Neubau* is modern and energy-efficient but often more expensive.
- **Kalt/Warm:** *Kalt* is just the base rent; *Warm* includes operating costs (*Betriebskosten*),

and sometimes heating/water.

- **Consider getting an insurance:** „Haushaltsversicherung“ (household insurance) for your residence

Necessary documents

Usually, you need your passport/ID, the last **3 months of pay-slips**, and your ECDC/Fellowship contract as proof of income.

Amenities: Internet, Phone, and Utilities

- **Telephone:** The primary network providers in Austria are **Magenta, A1, and Drei. HoT** (available at Hofer supermarkets) continues to offer the best value for no-contract SIM cards, with high-data plans costing approximately **€10 per month**.
- **Internet: Magenta** (which integrated UPC) and **A1** are the leading providers, and fiber-optic connections are widely available. To avoid standard 24-month contracts, you can opt for "**Internet Cubes**" (mobile data routers) from providers like Drei or Magenta.
- **Gas & Electricity:** You have the freedom to choose and switch your energy supplier annually. It is highly recommended to use **Durchblicker.at** to compare the latest 2026 rates to ensure you are getting the best deal.
- **Heating:** Most older Viennese apartments (*Altbau*) are equipped with a **Kombi-Therme** (gas-fired combi-boiler). As a tenant, you are legally responsible for organizing and paying for its **annual professional service**, which typically costs around **€150**.

Useful Websites for Housing and Furniture

- **[Willhaben.at](#):** This remains the most popular platform in Austria for finding both apartment listings and second-hand furniture.
- **[WG-Gesucht.de](#):** This is the premier site for finding rooms in shared apartments (*Wohngemeinschaften* or WGs).
- **[Immobilienscout24.at](#):** A comprehensive site for general apartment searches, including both private and agency listings.
- **[HousingAnywhere](#):** Ideal for international arrivals; focuses on mid-term, furnished apartments that can be booked online.
- **[Wunderflats](#):** Specializes in verified, furnished apartments for professional stays of 1 month or longer.
- **Facebook Groups:** Social media is very effective for finding private rentals; groups like "**Wohnung Frei in Wien**" and "**Vienna Expats**" are particularly active for these types of listings.

Furniture and Household Goods

Beyond IKEA and second-hand options on Willhaben, these retailers offer a range of styles and price points:

- **Mömax:** Known for trendy, affordable furniture and a wide variety of home accessories.
- **XXXLutz:** One of the largest furniture retailers in Austria, offering everything from budget-friendly items to high-end designer brands.
- **Möbelix:** Often considered the most budget-friendly of the major furniture chains,

specializing in essential household items.

- **Caritas Carla:** A great sustainable option for high-quality, second-hand furniture and household goods at very low prices; there are several large "Carla" warehouses in Vienna.
- **48er-Tandler:** Another great sustainable option for second-hand furniture and household goods at very low prices from the municipality of Vienna. [Home - 48er-Tandler](#)

3. Reimbursement of expenses

Fellows are entitled to a relocation allowance to cover the costs of moving personal effects and furniture at the start and end of the fellowship.

- **Single Move:** A total budget of **€4,000** is available.
- **Family Move:** A total budget of **€6,000** is available for those moving with a spouse/partner and/or children.
- **Flexibility:** You may distribute this total budget between the beginning and the end of your fellowship according to your needs (budgeting €1,500 for the initial move and reserving the remainder for the move out).
- **Submission deadline:** Then you need to submit the invoice for moving your things within 3 months after the start of the fellowship, and then 3 months after the end of your fellowship.

All fellowship travels for modules are reimbursed by ECDC.

You have also a budget for the language course – See below in chapter 12.

4. Finances

Bank Account

Previous EPIETs and the current EUPHEM fellow, Zsófia Ilona Szojka, have successfully opened accounts with **Erste Bank**. It remains possible to open an account with them online using a scanned photo of your passport and an Austrian mobile number. Standard account fees are approximately €15 per quarter.

Other banking options in Vienna include:

- **Bank Austria:** They offer a variety of account models where fees differ based on whether you primarily use online services (cheaper) or visit a physical branch (more expensive).
- **ING (formerly ING-DiBa):** Note that ING exited the Austrian retail banking market in late 2021; most previous customers were migrated to bank99 (the Austrian Post bank). For those looking for similar digital-first banking with no commissions for withdrawals, N26 or Revolut are now common alternatives used by international fellows.

Taxes

In accordance with Austrian law, several taxes are paid directly through your monthly payroll.

- **Income Tax:** This is mandatory for all employees and is automatically deducted from your monthly salary.
- **Social Insurance:** Contributions are paid by both the employee and the employer and are handled automatically through your payroll deductions.

5. Administration

Contract

You sign the AGES contract prepared by the Personnel Department. The contact person from this department is Petra Tüchler-Suppan (petra.tuechler-suppan@ages.at)

Pension (public/private)

All employees of AGES participate in the employer's company pension scheme in accordance with the applicable company agreement.

After one year of employment, AGES contributes a monthly amount equivalent to 1.53% of the employee's gross monthly salary to a pension fund on behalf of each employee.

Upon retirement, employees receive an additional occupational pension from this scheme, supplementing the statutory state pension.

6. Insurance

Health insurance

Social insurance contributions are mandatory and are paid by both employees and employers. As you noted, **accident insurance** is a notable exception and is paid **only by the employer**. These contributions are automatically deducted from your monthly salary and transferred to the insurance provider (typically **ÖGK** for most employees).

Note: For 2026, the annual e-card service fee has been adjusted to **€14.65** (usually deducted from your November salary for the following year).

How to get your e-card?

To receive your health card (e-card) and access medical or dental services, follow these steps:

- **Register your apartment:** Complete your *Meldezettel* registration at your local District Office (*Magistratisches Bezirksamt*).
- **Inform your department:** Provide your fellowship contact point with your social security number and confirmed address.
- **Photo Requirement (Crucial Update):** Since 2020, almost all new e-cards require a **passport-standard photo**.
 - If you have an Austrian ID, passport, or driver's license, the system pulls the photo automatically.
 - **If you are a foreign national** without these documents, you **must** visit a specific registration office (often a police station or an ÖGK service center) to submit a photo in person before your card can be produced.
 - Once the photo is registered, the card is usually mailed to your address within **1–4 weeks**.

Dentists in Vienna

The **University Clinic of Dentistry Vienna** (located at Sensengasse 2a, 1090 Wien, opposite AGES) remains a highly recommended option.

- **Initial Visit:** The first time you go, you should visit the **Emergency Clinic with Trauma Care** for an initial assessment.
- **Operating Hours:** The emergency desk is open **Monday–Friday from 8:00 am to 2:00 pm** (registration starts at 7:30 am). On weekends and holidays, it is open from 8:00 am to 12:00 pm.
- **Process:** Final-year dental students perform many procedures under the strict supervision of senior dentists. Once you are in their system, you can book specific follow-up appointments.

Travel clinics

For international missions requiring vaccinations or malaria prophylaxis, the following specialist is still a primary recommendation:

Die Tropenordination

Am Heumarkt 3/1/11, 1030 Wien

Tel: 01 3070 666

www.dietropenordination.at

Note: Consultations are **by appointment only**. You can book via their website or by calling +43 1 30 70 666.

Private Doctors and Laboratory Reimbursements

In Vienna, many residents choose private doctors (*Wahlarzt*) to avoid long wait times and secure longer consultation hours. As an AGES fellow, you are still covered by the national health insurance (likely **ÖGK**), but you will have to pay the private bill upfront.

How to get your money back?:

- **The Reimbursement Rate:** You can generally expect to receive back **approximately 80% of what a "contracted doctor" (Kassenarzt) would have charged** for the same service—not 80% of your actual bill. If a private doctor charges €150 and the official rate is €50, you will receive €40.
- **The Process:** You must pay the bill first and then submit the receipt (*Honorarnote*) to your insurance provider. Most insurers now have an easy-to-use app (**MeineSV**) or an online portal for digital submissions.
- **Private Labs (e.g., Synlab):** This reimbursement also applies to private laboratories like **Synlab** or **Ihr Labor**. If a private doctor refers you for bloodwork or tests at a private lab, you pay the lab directly and submit that invoice for partial reimbursement just like a doctor's visit.

How to find doctors in Vienna:

- **DocFinder.at:** The leading platform in Austria for patient reviews and searching by specialty or district.
- **Praxisplan.at:** The official search engine of the Vienna Medical Chamber. It allows you to filter specifically for "Health Insurance" (*Alle Kassen*) or "Private" (*Wahlarzt*), as well as by foreign language skills.

Pro-tip 1: Always check if the doctor is listed as "**Alle Kassen.**" If they are, you only need to show your e-card, and you won't have to pay anything out of pocket.

Pro-tip 2: Ask your colleagues at work, many of them may have lived in Vienna for a long time and are doctors themselves that know the health system well and can give recommendation where to seek for medical care.

Travel insurance

Information about ECDC Travel Insurance

ECDC travel insurance is provided by Cigna International Health Services. All staff and sponsored meeting delegates travelling on behalf of ECDC are covered by this insurance. The insurance takes effect as from the time one leaves their home/office for the meeting/mission and ends upon return to home/office. Times outside this period, including durations with private deviations, are not covered.

Coverage includes, among others, medical expenses as well as costs for repatriation in case of personal accident and/or serious illness, theft, riots etc. For medical expenses, the travel insurance is a complimentary insurance. Any costs or damages that are not covered by the primary insurance (private, national or corporate) will be supplemented by the travel insurance upon a written declaration that such expense had not been covered.

Please note that the ECDC Travel Insurance is only a "top-up" insurance and everyone are expected to have a travel insurance (professional or private) already. It is recommended to always bring your European Health Insurance Card when travelling in Europe. Source: ECDC EVA

7. Leaving the country

Unfortunately I have no list of any suggested removal companies or hints regarding the leaving.

8. At work

The Institute: Austrian Agency for Health and Food Safety (AGES)

Getting to & from the City/Institute

AGES operates across two primary locations for fellows in Vienna:

- **Währinger Straße 25a** (1090 Vienna): Located in the 9th district. The nearest underground station is Schottentor (U2). However, the most direct access is via tram lines 37, 38, 40, 41, and 42 (stops: Sensengasse, Spitalgasse, or Schwarzspanierstraße).
- **Traisengasse 5** (1200 Vienna): Located in the 20th district. It is exceptionally well-connected via the S-Bahn (Traisengasse station), which serves the main Vienna trunk line, and tram lines 2 and 31.

Your Office Space

Depending on your track, you will be assigned a workstation in one of the following departments:

- **Währinger Straße:** Home to the Medical Microbiology and Hygiene Institute (EUPHEM fellows when laboratory based work will be performed; otherwise same as EPIET).
- **Traisengasse:** Home to Surveillance and Infectious Disease Epidemiology (EPIET).

Access Card & IT

- **Access Card:** You will receive your AGES access card shortly after starting. If there is a delay, guest cards will be provided. Please coordinate this with the Personnel Department.
- **Laptop & Mobile:** Fellows receive a service laptop but do not receive a service phone (information might be only applicable to EUPHEM fellows).
- **Remote Access:** Your AGES mailbox and internal systems are accessible remotely, but only through your assigned service laptop.

Working Time & Holidays

- **Working Hours:** A standard workday is calculated as 7.7 hours.
- **Holidays:** You are entitled to 25 days of leave per year.
- **Public Holidays:** Austria has several national holidays; you can find the current calendar [here](#).

Lunch & Dining Options

Neither site has an internal canteen, but there are plenty of local options:

- **At Währinger Straße:** While fellows do not have access to the university campus canteen, the area is famous for its diverse restaurants. Popular spots include Gasthaus Kopp, various Italian bistros, and affordable takeaway options along Alser Straße. Also a Billa is quite close to the institute.
- Most colleagues meet at **12:00** in the office kitchen.
- **At Traisengasse:** For a quick lunch, there is a Billa supermarket located directly across the street and a **Spar** nearby in the Railway station building. There are also several local bakeries and small eateries within walking distance of the office.

9. Living In Austria

Culture (dos and don'ts)

Hey, you are in Vienna, you will find thousands of possibilities for example [here](#) or [here](#).

Some good recommendations on culture events you can find here:

[Events - FALTER](#)

[Wiens Stadtmagazin für Events, Lokale & Freizeit](#)

Public transport

Public Transport in Vienna (VOR)

All public transport in Vienna and the surrounding areas belongs to the **Verkehrsverbund Ost-Region (VOR)**. Any ticket bearing the VOR symbol can be used on all means of public transport in the zone (metro, tram, bus, and regional trains like the S-Bahn). You can change lines as often as you need to reach your destination, provided you travel in a continuous direction without long interruptions.

Buying tickets **digitally** (via the WienMobil App) is cheaper than buying physical paper tickets at a machine.

Ticket Type	Paper / Machine Price	Digital / App Price
Single Journey	€3.20	€3.00
24-Hour Ticket	€10.20	€9.70
7-Day Ticket (Flexible)	€28.90	€25.20
31-Day / Monthly Ticket	€75.00	€65.20
Annual Ticket (Jahreskarte)	€467.00	€461.00

- Young adults (under 26) can now get a **Jahreskarte Jugend** for €300/year (analog) or €294/year (digital) regardless of whether they are studying or working.

The Yearly Ticket in 2026

The classic "€365 a year" price was retired in January 2026. The price now depends on whether you choose a physical card or a purely digital version in the app, and whether you pay all at once or monthly.

Regular Adult Pricing (Ages 26–64):

- **Digital Version (Stored in the WienMobil App): * €461.00** (Single upfront payment)
 - **€500.40** (Paid in monthly installments of €41.70)
- **Physical Card (Plastic Scheckkarte):**
 - **€467.00** (Single upfront payment)
 - **€506.40** (Paid in monthly installments)

Austria Rail

The **ÖBB Vorteils card** is still the standard for rail discounts, but the pricing and product names were restructured in 2025.

- **Vorteils card Jugend (Under 26): €21/year** (up from €19).
- **Vorteils card Classic (26 to 64): €71/year** (down from €99).
- **Vorteils card Senior (65+): €31/year.**
- **Vorteils card Family: €21/year** (covers adults traveling with children).

Bus Companies

- **FlixBus (Active & Dominant):** This remains the primary long-distance provider. They have absorbed many smaller competitors and operate the largest network of domestic and international routes from Vienna (mostly departing from **VIB - Vienna International Busterminal** at Erdberg).
- **RegioJet :** For travel to the Czech Republic, Slovakia, and Italy. They offer high-comfort buses (often with free coffee and touchscreens) and are usually cheaper than the train for these specific routes.

The "KlimaTicket"

Staying in Austria for a year and traveling frequently, ignore the Vorteils card and look into the **KlimaTicket Ö**.

- It costs **€1,095/year** (or **€821** if you are under 26 or over 65).
- It allows you to use **every** piece of public transport (all trains, all city metros, all trams, and all regional buses) across the **entire country** for free once you have the ticket.

AGES subsidizes a public transportation ticket! You can ask for a refund of up to 200 € per year for the annual ticket of the Wiener Linien in the Confluence website of AGES.

Cycling in the city

You have many options to rent a bike, some information you can find [here](#).

If you already have a bicycle, it is good to know that you have to use [specially designated routes for bicycles](#).

If you buy a bicycle buy also a very strong lock.

Language Schools & German Courses

Language Budget

- **Period 1 (First 6 Months):** You have **€750** available. Any funds not spent within these first 6 months will be permanently lost.
- **Period 2 (Until December of Year 2):** A remaining **€750** is available to be spent before the end of the second year of your fellowship.
- **Total Budget: €1,500.**

Schools in Vienna

Sprachenzentrum der Universität Wien

Sprachenzentrum der Universität Wien (9th District)

- **Advantage:** Extremely close to the **AGES Währinger Straße** site (Altes AKH Campus).
- **Format:** Offers semester, trimester, and intensive courses in both morning and evening slots.
- **Cost:** Trimester courses (9 weeks, twice weekly) start around **€490**.
- **Note:** You must register and complete a **placement test** prior to the start of the course.

abc Bildungszentrum

- **abc Bildungszentrum** (9th District)
- Advantage: Also located in the 9th district (Mariannengasse), making it very convenient for AGES fellows.
- Format: Known for high-quality instruction and professional environments. They offer intensive day courses, evening sessions, and specialized weekend courses for professionals.

IKI (Internationales Kulturinstitut)

IKI (Internationales Kulturinstitut) (1st District)

- Location: Directly in front of the State Opera (Opernring 7).
- Format: Offers 10-week evening terms for approximately €420–€469 (including books and materials).
- Intensity: 4 hours per week for standard terms, or intensive monthly courses (80 units) for around €499.

[Deutschzentrum Wien](#)

Deutschzentrum Wien (6th District)

- Advantage: Highly rated for small groups and friendly atmospheres.
- Format: Standard 4-week courses start at €249, while more intensive monthly blocks are roughly €429. [1, 2, 3, 4, 5, 6, 7]
- Course Formats
- Semester/Trimester: Best for long-term progression with a manageable workload (2–4 hours per week).
- Intensive: Complete a half or full level (e.g., A1.1 to A1.2) in just one month with daily 3-hour classes. These are ideal for the first 6-month budget window if you need to reach a specific level quickly.

10. Recreational Activities, sports, worth visiting, meeting people

Gyms & Fitness

Most gyms in Vienna now offer "**Flex**" memberships (monthly cancellation) to accommodate expats, though 12-month contracts remain the cheapest option.

Budget (€25–€40):

FitInn / McFit: High-quality equipment, but very busy during peak hours (17:00–20:00). No group classes.

Mid-Range (€50–€85):

Fit Fabrik: Very popular in the 20th district; solid equipment and included classes.

John Reed: A "lifestyle" gym with live DJs and high-end design; great if you like a club-like atmosphere.

Premium (€120+):

Holmes Place: Locations at Börseplatz (near AGES 9th) and Millennium City (near AGES 20th). Includes spas, pools, and towel service.

The "All-in-One" Option:

MyClubs / Urban Sports Club: A digital subscription that lets you visit hundreds of different studios (Yoga, CrossFit, HIIT, Climbing) across Vienna without a fixed gym contract.

University Sports (USI Wien)

- The **USI (Universitätssportinstitut)** is the most affordable way to do sports.
- **The Catch:** Registration for the Winter Semester (opens mid-September) and Summer Semester (opens mid-February) is legendary. Popular courses like Yoga or Tennis **sell out in minutes**.
- **Pro-Tip:** Create your account at usi.at days in advance and be ready at your computer the second registration opens.

Running & Outdoor Activities

- **Prater (Hauptallee):** A 4.4km dead-straight, paved road under chestnut trees. It is flat, lit at night, and the "spiritual home" of Viennese runners.
- **Donauinsel (Danube Island):** 21km of car-free paths. Ideal for long-distance runs or cycling. Located right next to the **AGES 20th district** office.
- **Alte Donau:** A scenic 7km loop around the water. Beautiful in the summer for a run followed by a swim.
- **Schönbrunn Palace:** Iconic and beautiful, but hilly. Great for morning runs before the tourists arrive (note: the gates close at sunset).
- **Augarten:** Located in the **20th district** near Traisengasse; a paved 2.5km loop inside a historic park with massive WWII flak towers.

Leisure & Networking

- **Meetup.com:** Very active in Vienna. Look for "**Vienna Boardgamers**," "**Vienna Hiking**," and "**Language Exchanges**."
- **InterNations:** Best for professional expat networking and monthly "official" events in upscale venues.
- **Essential Facebook Groups:**
- **Women of Vienna (WoV):** A highly moderated, safe, and incredibly helpful space for advice and community.
- **Vienna Expats:** The go-to group for general questions and second-hand furniture.
- **Girl Gone International (GGI) Vienna:** Very active for social drinks and brunch meetups. (recommended!!!).

Language & Culture

- **Sprachencafé (Station Wien):** A fantastic, free project where you can practice German (or other languages) with locals in a casual cafe setting.
- **English Cinemas:** If you want to see movies in English, visit **Haydn Cinema**, **Artis International**, or **Burg Kino**.

11. Supermarkets

Supermarkets and Opening Hours

Most shops in Vienna are open from **8:00 am or 9:00 am until 7:00 pm or 8:00 pm** on weekdays.

On **Saturdays**, many smaller shops close earlier (around 6:00 pm), while large supermarkets stay open until 6:00 pm or 7:00 pm.

The Sunday Rule: The majority of shops are still strictly closed on Sundays.

Useful Shops for Day-to-Day Living:

- **Spar / EuroSpar / InterSpar:** Very common.
- **Billa / Billa Plus:** Cheaper than Spar, and great variety of fresh foods and vegetarian products.
- **Hofer:** Generally considered the best value for money.
- **Lidl:** Similar to Hofer, very budget-friendly.
- **Penny:** Probably the cheapest.
- **DM / BIPA:** These are "Drogerien" (pharmacies/drugstores). They do **not** sell fresh food, but are the go-to for toiletries, household cleaning supplies, and baby products.

Where to shop on Sundays & Late Nights:

The rule is that only shops located in **train stations (Bahnhöfe)** or **airports** can open on Sundays. The most useful "emergency" supermarkets are:

1. **Billa Corso at Wien Nord (Praterstern):** Open daily until 10:00 pm. (Expect very long lines on Sunday afternoons).
2. **Billa at Wien Westbahnhof:** Open daily until 10:00 pm.
3. **Spar Pronto at Wien Mitte (Landstraße):** Open daily until 11:00 pm.
4. **Billa at Franz-Josefs-Bahnhof:** Open daily until 10:00 pm.
5. **Billa at Hauptbahnhof:** Open daily until 10:00 pm.

Pharmacies (Apotheken)

Your information regarding the rotation is correct. Every pharmacy has a sign in the window indicating the nearest **Bereitschaftsdienst** (night/Sunday service).

- **Night Surcharge:** If you go between 8:00 pm and 8:00 am, or on Sundays/Public Holidays, there is a mandatory "**Nachtdienstgebühr**" (surcharge). This is usually around **€1.30 to €3.80** depending on the time.
- **App:** I recommend downloading the "**Apotheken-Suche**" app or checking apothekerkammer.at to find the open pharmacy in your district instantly.

12. Special Considerations

Moving in with a family

If you move to Austria with family, you have 6000€ available in total for your travel and moving costs.

13. Contact

Key contacts at your institute

Secretariat

Maier Sabine, sabine.maier@ages.at; +43 50 555-37100 (only German)

HR

Tüchler-Suppan Petra, petra.tuechler-suppan@ages.at, +43 50 555-25825, +43(664) 88475497

Host site supervisor EPIET

El-Khatib Ziad, ziad.el-khatib@ages.at

Host site supervisor EUPHEM

Adriana Cabal Rosel ; adriana.cabal-rosel@ages.at

Contact information of current and previous fellows

Feel free to contact the current fellows. They have lots of additional information that they are happy to share with you.

Name	Cohort	Email	Nationality, moved from to	Moved with partner/family
Lukasz Henszel	2018	henszel.lukasz@gmail.com	Polish, Poland -> Austria	-
Adriana Cabal Rosel	2017	adacabal@gmail.com	Spanish, Spain -> Austria	-
Zsófia Ilona Szojka	2024	zsofia.szojka@gmail.com	Hungarian, Sweden → Austria	-
Fiona Költringer	2025	fiona.koeltringer@ages.at	MS-Track EPIET	
Alina Novacek	2024	alina.novacek@ages.at	MS-Track EPIET	