STUDY HACKS
FROM OUR EXPERTS

QUIZ
WHAT STUDY TYPE ARE YOU?

TED TALK
RECOMMENDATIONS

TEDx Ruhr University Bochum
x = independently organized TED event
FOREWORD

Do you ever get the feeling these days that some people seem to really have this home office thing figured out while you are still struggling to get up and get things done? If so, don’t worry - you’re in good company! As we worked on this e-magazine we discovered that pretty much everyone struggles in some form or other at the moment and that, while we all keep hearing these stories of people learning entire new languages or turning their flat into a shining palace of beauty, there is absolutely no shame in not having done anything quite so spectacular in the past few weeks. Even our experts, as you will see, have found the current situation to be quite a challenge to overcome.

The best thing is of course that great challenges are also great sources of learning. We are all now discovering or rediscovering new ways of working, studying and organizing our time and the whole world is like a big lab experiment right now. Therefore we want to encourage you to embrace this situation by trying out for yourself what works for you and what doesn’t work for you, because after all, everybody is unique and nobody has all the answers. We hope that the articles on the following pages serve as an inspiration and as valuable food for thought in your journey to a successful and healthy home-office lifestyle.

What to expect: There is an interview with Kornelia Freitag, the vice rector of academic and international affairs at RUB, there are study and work hacks from two of our former speakers, Nikol Rummel and Manuel Pistner, who are experts in the fields of learning and remote work respectively, as well as from the study coaches at IUBH who have many years of experience in coaching long-distance learners. Because we are great fans of harnessing the intelligence of the community you will also find many personal study tips from members of our team and in a short quiz you can find out what your own study personality looks like! Last but not least there is an article by Sagithjan Surendra, another former speaker, who will shed some light on how the current situation is particularly difficult for those already disadvantaged by our education system anyway. And as we are a TEDx organisation, we couldn’t leave you without recommendations for some excellent talks you should watch if you want to discover more.

Stay safe and enjoy the read,

Robert Queckenberg
Co-Licensee & Head of Curation
TEDx RuhrUniversityBochum
INTERVIEW

How to stay motivated and focused at home

INTERVIEW WITH KORNELIA FREITAG

WHAT HELPS YOU STAY MOTIVATED AND FOCUSED WHILE WORKING FROM HOME?

As a literary scholar, working from home is – apart from working in a library – my natural modus operandi. Writing is what makes me focus. I sit down in front of my laptop and forget everything around me. Unfortunately, I also forget video conferences, which tend to get in the way of focus and motivation these days.

WHAT ARE THREE LIFE HACKS/TOOLS ANYBODY SHOULD TAKE A LOOK AT?

Stay connected to friends and family: video conference calls to chat, have a cup of tea or a glass of wine with friends and family are a lifeline to the real world.

Inform yourself about what’s going on transcending Germany and the pandemic: it is good to get a perspective on what’s happening here to me in the context of what else is going on in the world and happening to other people.

Get out and take a walk at least once a day: it is good for both the mind and the body (I have to admit that I do not always follow this rule – see my answer to the first question)

WILL THE CURRENT CRISIS FUNDAMENTALLY CHANGE THE WAY WE LEARN? IF SO, HOW?

I don’t think that the crisis is fundamentally changing the way we learn. I think that digitization does. And digitization is one of the most important tools that allow us to cope with the crisis in schools and institutions of higher learning. The crisis-enforced leap into e-learning will bring insights into the possibilities but also the limits of digital learning. Hence, university teaching will incorporate more e-learning components and this will change the way we teach and study.

Yet, the huge importance of face-to-face interaction between students and teachers, of the direct exchange and clash of opinions in class, and the experimental, hands-on parts of learning and teaching will be clearly proven. Hence, university teaching will come out different, but the main components of learning and teaching in a community of scholars and students will all still be there.
As a mother of an 8-year-old son, in the past nine weeks that we have spent working from home and homeschooling due to the Corona-pandemic, I discovered again and again that the greatest challenge of studying at home is the openness and the lack of predefined structures. At school there are lessons and breaks, for specific hours specific subjects are on the agenda; and the teacher tells you which tasks one needs to work on and how much time one has got for each task. At home my son now sat in front of a big pack of copied worksheets that the school handed over to us every other week and suddenly he had to decide himself what he was going to work on when, how he was going to divide up his study time and how much he was going to learn in a day overall.

As a teacher at Ruhr-Universität Bochum I have also experienced time and time again during the online-semester caused by Corona that the necessity of self-regulation poses the greatest challenge to effectively learning from home. Key aspects this includes are:

- creating a working environment that is free from interruptions (e.g. turn of the phone!)
- Dividing up the workload into smaller units in a meaningful way
- setting working/studying times beforehand
- while also including enough time for breaks (e.g. by using the pomodoro-technique)

Always remember:
Self-regulating your own learning actions is a prerequisite to successful learning at home.

ARTICLE BY NIKOL RUMMEL // PROFESSOR OF EDUCATIONAL PSYCHOLOGY AT RUHR-UNIVERSITÄT BOCHUM

Photo: © Ruß, Gorczany
VIRTUAL STUDIES

Challenges of students and solution approaches

How can you best organize and structure your virtual studies? First of all: Do not stress yourself. It is ok if it takes a while to find your rhythm. It is important to realize that there is not only “one way” to reach your goal and that not every learning method works equally well for every student. Therefore, take the time to analyze your learning style and derive suitable methods from it.

As a first inspiration the Study Coaches of the IUBH University of Applied Sciences | Distance Learning will give you some simple but proven learning tips:

1 IS DISTRACTION A PROBLEM?

Prepare your workplace: Designate a place to be your workplace. Ideally, you will have a desk at your disposal. Always keep your workplace as clean as possible from things that distract you. This means that it is best to have nothing on this desk except your study documents and your computer (as long as you need it actively).

Put your smartphone away: Try not to have your smartphone handy at all times. Having your smartphone in sight can be very distracting from your actual activity. Use timed pauses to communicate with your contacts and put the phone out of sight in non-interference mode the rest of the time.

2 YOU DO NOT KNOW HOW TO START OR TO “STAY ON THE BALL”?

Set goals and plan your tasks: Through your curriculum, you already have a structure and learning goals. Nevertheless, it can also help you to set weekly or daily goals beyond that. Write down which tasks you have to do, how much time they take and what priority they have. Then enter a fixed time window for the respective tasks in the calendar. If you have a larger task ahead of you for which you have difficulty motivating yourself, a small reward after finishing it might help: an episode of your favorite show, a yummy snack…

Create a daily routine: The easiest way to get going with your daily study work is to set fixed times for your preparation and follow-up work in addition to the possibly fixed lecture times. A fixed entry routine can also help. For example, you prepare yourself a cup of tea, start the day by checking your E-Mails and schedule. You might start with an easier and smaller task - to get in -, or maybe you prefer to work through the unpleasant tasks first and then move on to the more fun ones. Whatever you do: Scratch everything you have done off your to-do list - it always feels good.

3 DO YOU FEEL ALONE?

Together is better - even virtually: Keep in touch with your fellow students and participate in virtual learning groups. You can motivate, help and exchange ideas with each other. However, you might also be able to join forces with others in analog ways: Do you live in a flat share or with your family? Maybe it will help you to work together in your home office.

4 … AND FINALLY, YET MOST IMPORTANTLY: DO YOU NEED A BREAK?

Yes! Take breaks and move! Between your learning units, whether lectures, seminars or self-study times, always give yourself some space for breaks. Then try to relax for a moment. It is best to combine the break with some movement. If possible, take a walk in the fresh air. But you can also move in your room by doing some exercise.

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ARTICLE BY MEIKE BERGHAUS // HEAD OF STUDY COACHING FROM IUBH FERNSTUDIUM / RUB ALUMNA
**QUIZ**

**What study type are you?**

### HOW MANY HOURS A DAY CAN YOU STUDY WITHOUT GETTING DISTRACTED?

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<tr>
<td>A</td>
<td>I could learn for weeks without an end.</td>
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<tr>
<td>B</td>
<td>Not that long. I get distracted easily.</td>
</tr>
<tr>
<td>C</td>
<td>I enjoy achieving big results with low effort. Keep it simple but efficient.</td>
</tr>
<tr>
<td>D</td>
<td>I don’t learn because I tend to forget tasks and lectures.</td>
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### WHAT IS YOUR RELATIONSHIP TO YOUR STUDIES?

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<tr>
<td>A</td>
<td>Studying gives me a purpose.</td>
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<tr>
<td>B</td>
<td>It’s cool and all but sleep is cooler.</td>
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<tr>
<td>C</td>
<td>I like it, but I don’t want to dwell on it.</td>
</tr>
<tr>
<td>D</td>
<td>I am not sure I am studying the right subject.</td>
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### WHAT DO YOU DO DURING A LECTURE?

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<td>A</td>
<td>I listen to the professor with interest and intent!</td>
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<tr>
<td>B</td>
<td>I often find myself asking the person sitting next to me about what just happened.</td>
</tr>
<tr>
<td>C</td>
<td>I don’t really listen but somehow I tend to understand everything.</td>
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<tr>
<td>D</td>
<td>Lectures? Never been there!</td>
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### HOW DOES YOUR DESK LOOK LIKE?

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<tbody>
<tr>
<td>A</td>
<td>All tidy, clean and complete!</td>
</tr>
<tr>
<td>B</td>
<td>Very artistic! Everything is full of doodles!</td>
</tr>
<tr>
<td>C</td>
<td>Very minimalistic. Just the bare minimum that gets the job done.</td>
</tr>
<tr>
<td>D</td>
<td>My bed is the best desk I know!</td>
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### HAVE YOU EVER BEEN LATE TO AN APPOINTMENT IN UNI?

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<tr>
<td>A</td>
<td>Never! I’m always 20 minutes early!</td>
</tr>
<tr>
<td>B</td>
<td>I’ve overslept lots of them.</td>
</tr>
<tr>
<td>C</td>
<td>I tend to get there just at the right time.</td>
</tr>
<tr>
<td>D</td>
<td>Appointment? Oh, sh*t! I’m late!</td>
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### IMAGINE YOU HAVE A GROUP TASK TO DO. WHAT’S YOUR ROLE?

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<tr>
<td>A</td>
<td>I usually take the lead and do most of the tasks.</td>
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<tr>
<td>B</td>
<td>I’m very artistic and always design the presentations!</td>
</tr>
<tr>
<td>C</td>
<td>Quite often I have no idea what to talk about before the presentation, but can I make it seem like I know what I am doing.</td>
</tr>
<tr>
<td>D</td>
<td>Ugh. Can anybody else do this please?</td>
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</table>
STUDY TYPE A  
THE HUSTLER
The Hustler is someone that is very ambitious and never misses a single lecture. She/he completes every task that is thrown his/her way and passes every exam with ease:

I could learn for weeks without an end.
Studying gives me a purpose.
While everybody else is out partying, I find myself learning for my next exam.
I listen to the professor with interest and intent!
I prepare myself months before the exam.
All tidy, clean and complete!
Never! I’m always 20 minutes early!
I usually take the lead and do most of the tasks
Take a break but also prepare for the next semester!

STUDY TYPE B  
THE DAYDREAMER
The Daydreamer may be present in most of all lectures but rather spend their time reading a good book or doodling or taking a long nice walk:

Not that long. I get distracted easily.
It’s cool and all but sleep is cooler.
Party through the night and sleep through the day!
I often find myself asking the person sitting next to me about what just happened.
Sometimes I catch myself drawing doodles instead of preparing.
Very artistic! Everything is full of doodles!
I’ve overslept lots of them
I’m very artistic and always design the presentations!
Draw and Sleeeeeeeep.

STUDY TYPE C  
THE LUCKY ONE
The Lucky One gets away with studying the bear minimum. She/he knows their way around the educational system and can outsmart the professors.

I enjoy achieving big results with low effort. Keep it simple but efficient.
I like it, but I don’t want to dwell on it.
Usually I’m surrounded by friends and strangers I meet on my adventures.
I don’t really listen but somehow I tend to understand everything.
I start a week or so before the exam. I’ll be fine.
Very minimalistic. Just the bare minimum that gets the job done.
I tend to get there just at the right time
Quite often I have no idea what to talk about before the presentation, but can I make it seem like I know what I am doing.
Not sure but it almost always turns out to be pretty cool!

STUDY TYPE D  
THE PHANTOM
The Phantom is a myth told through generations. People have claimed to have seen them on campus studying in the library but who knows... Do they exist or don’t they? We shall never find out...

I don’t learn because I tend to forget tasks and lectures.
I am not sure I am studying the right subject

DISCLAIMER FOR THE QUIZ:
This is a quiz meant for entertainment reasons and should not be taken too seriously. There is no scientific proof that these study types exist.
A GUIDELINE TO STUDYING AT HOME

Your study place

First of all, every person needs a slightly different setting to study effectively. It can take a lot of time and effort to find out what works best for you. As a little inspiration, we collected a few ideas of a good studying routine.

METHODS OF STUDYING

As you might already know, there are many different types of learners. Knowing how your brain processes input best can improve your study routine immensely. Many people benefit from writing by hand, which leads to a reduction of stress and an increased brain activity, making it easier to comprehend the given information. Others achieve this effect by going for a walk or run before or after an intense learning session. The usage of audible and visual aids can work wonders as well, as it involves other senses and can clarify difficult interrelations quite effortlessly.

Having an overview of all the tasks that need to be done allows you to structure your day or week and can save you a whole lot of time. Do not forget to give your brain a few breaks and not overwork yourself. Try to find a healthy routine, including some time for self-care, social interaction and off-screen activities.

SETTING UP A WORKPLACE

Find yourself a place that is quiet, spacey and not too comfortable (yes, I am thinking about your bed). Get anything that could cause distraction out of your work area: your phone, talkative housemates or the pile of dirty laundry that bothers you. Any background noises can lead to interruptions too. Whereas some need total silence to concentrate, some people prefer to listen to a special kind of music while studying.

Another factor that can influence your attention span is your clothing! Not many people find it easier to concentrate when they are wearing their pyjamas. So get dressed as if you were going to Uni – without the shoes and make up of course. And don’t forget to drink and eat! Take some water and nutritious little snacks to your work place or plan breaks in your work schedule.

FINDING MOTIVATION

While some of us only need a cup of freshly brewed coffee to feel awake, others take lengths to properly start into a new day. Taking a shower, going outdoors or preparing a delicious breakfast are good examples for morning rituals.

Even though you cannot meet in person, connecting with friends and family can give us the motivation we need to get through each week of self-quarantine. Don’t forget that there are many students struggling with the situation and to ask your network for help if you need it.

To give you another idea: Now is the time to learn entirely new things! There are many free online courses helping you to learn a new skill or language. And if you find you spend enough time in front of a screen already – I am teaching myself how to whistle with two fingers. Can you do it?
PRODUCTIVITY

Remote Working Habits

Working remotely means working where I want to be, not only from home. For the last 3 years I worked heavily on improving my focus, my performance and on reducing my stress level. When you try to be available the whole day for everyone in your team, either you sit 7-10 hours in video calls, which kills productivity and stresses a lot, or you get messages in slack, teams, whatsapp, email every minute and just try to catch and reply to every communication. That drives me nuts!

Here’s how I structure my day to get focus:

- Get up at 5:30 AM. Always.
- Ice cold shower to kickstart my day. Don’t think, just do.
- Workout 45 min every day, no excuse.
- Start my day “eating the frog”, get the hardest thing done or at least get it started.
- Work with time boxes for different subjects. 60 min focus time with NO communication, 15 min communication time
- Make timeboxes transparent to my team by sharing my calendar. Everyone knows when I’m available and when not. This gives a feeling of reliability to everyone.
- I prefer asynchronous communication with video messages. This transports more information than plain text and I, as well as my team, can process the message when THEY want, not when somebody else wants. This avoids interruptions and gives back focus to everyone.
- I stop working at 6PM latest. There is always more work then I can get done on a single day. I accept that and prioritize to get the most important things done.
TIPS

Study Hacks from our Team

We asked our Team to share their Study Hacks with the community to give you an interesting insight into our working days. The results may differ, but they only confirm the thesis of the various and individual ways of learning. We welcome you to draw inspiration from our routines to find out what works best for yourself.

Flora Wegemann, studies General Management (M.A.) at the IUBH Fernstudium: It helps me to hear soft instrumental or electronic music while studying (Spotify Playlists like „Instrumental Study“ and „Brain Food“).

Charline Kappes, studied Bachelor and Master in Management & Economics at RUB: My study hack is to make your own kind of „podcast“ with the stuff you need to get into your brain. That way you not only read it all over again, but you attract another sense too: Listening. This has been a totally new way of studying for me that helped a lot and you can listen to it everywhere.

Clemens Nasenberg, studies Electrical Engineering at RUB: I call it „Virtual Coworking“: Get someone on a Video Call and pretend to be in the same room while working. No talking necessary, but it keeps me more honest and stops me from procrastinating.

Robert Queckenberg, studies Comparative Literature at RUB: My study hack is more of a mindset hack: try to remind yourself just how amazing it is that you can study right from home, that you have all this knowledge and all these tools right in front of you, just waiting for you to seize them.

Lia Sturm, learns German and other skills via Online Courses: I currently learn things online like painting and stuff like that. I need full silence to concentrate when thinking, reading or writing.

Denise Guer, studied Bachelor in Graphic Design at Technische Akademie Wuppertal & DIPLOMA and Master in Creative Direction at DIPLOMA: My study hacks were coffee and brain food, comfy clothes (especially because I was studying online) and also note papers to sort and prioritize relevant informations.

Flora Wegemann, studies General Management (M.A.) at the IUBH Fernstudium: It helps me to hear soft instrumental or electronic music while studying (Spotify Playlists like „Instrumental Study“ and „Brain Food“).

Tim Reimann, studies Business Psychology at the RUB: I love the App called “Forest” which allows you to set timers and plant some virtual trees as long as you don’t leave the app and concentrate on your work. As soon as you planted enough virtual trees, you can plant a real tree with the help of an organization they are working together.

Bethan Jones, studies Business Psychology at the RUB: I like to write down all the deadlines and any relevant info regarding lectures, exams, seminars, group work and essays on one page as an overview. My partner and I motivate each other to get the work done.

Clemens Nasenberg, studies Electrical Engineering at RUB: I call it „Virtual Coworking“: Get someone on a Video Call and pretend to be in the same room while working. No talking necessary, but it keeps me more honest and stops me from procrastinating.

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Ayse Ikincisahin, works as Compliance Manager for a technology group for mobility and security, studied Economics at University of Wuerzburg: Working from home meant for me being dependent on webex meetings. My working hack is having a designated work area, which is the corner of my kitchen table plus having the good smell of coffee in the morning as a natural motivation. And also not forgetting to ‘socialise’ and getting in touch with colleagues during a break.

Danial Naeem Joya, studies Lasers and Photonics at RUB: As studying from home requires spending more time on screen than usual, I try to involve myself in off-screen activities, mostly sketching, during free time. A 15-20 minute walk at any time of the day also helps me to relax and concentrate more on work. Connect with people and remember to ask for help. During these unusual times, there are a lot of people around us who are motivated and willing to make things easier, even if it’s about studies. So, don’t hesitate!

Tom Maus, studies Applied Computer Science at RUB: Easy Listening Music in the background while watching lecture-videos, and having a check-list for every day. Most is achieved by trying to get a routine with things, I think.

Sina Torno, studies Economics at the FH Bochum: I need a clear schedule with breaks and defined tasks. And to have no one around. It also helps me to have fixed times to practice some self care. I often found myself in the kitchen cooking or taking a shower when I actually had to work on my Uni stuff. So now I take a nice long shower or bath every Monday to relax and take a one hour walk every Friday morning before my first lecture at 8.15, watch a movie on Wednesdays and call my friends every Tuesday and Saturday at 7 p.m. These routines keep me on track, so I always know what day it is and that way I never feel like missing out on something and use the smallest thing as an excuse not to work.

Caroline Becker, studies Management at RUB: It helps me to start the day with being outdoors (either go for a quick run, bike ride to the water or just a walk). I was planning with my flatmate to create a uni routine and set a time when we both are going to sit down and study together in the common room. That way it feels a little bit like Uni.

Something I learnt from my flatmate who is studying medicine: in their online lectures everyone joins the lecture with video. It helps a lot to stay focused and not do other things besides watching the lecture. However, they also fill alcohol in their coffee mugs and make a drinking game of watching the lecture, like drink whenever ...
Studying from Home

EDUCATION

Learning in times of crisis

Since schools had to be closed in Germany, Aelius has been receiving a lot more request that usual. Mothers who are looking to support their children, students who are struggling to deal with the current curriculum and students who do not even have the means to participate in virtual classes. Only today a student reached out to us because he has no computer at home, asking us whether we could help because otherwise he can not attend school right now. The fact that he had to reach out to a external, private, non-governmental institution to ask for support in order to participate in school classes shows what consequences the current situation has for young students.

Children from disadvantaged households will be losers of this crisis. Germany has always been poor when it came to the issue for educational equality and the Corona-crisis is threatening to make the situation even worse.

Therefore, I would like to appeal to everyone who has the privilege of having an old laptop lying around or has recently started a new Netflix subscription because they do not know what to do with all the new time they have gained: This laptop or an hour of your time you could take to help out a student with his English homework, would mean the world to them. Aelius has developed a complete online support-programm, others have founded a “Corona-School” to support young students. All these initiatives are relying on voluntary help – this is your chance to make a difference. Your chance to make sure that we live in a society where everyone has equal opportunities.

My tips for learning at home:

Learn together | You have not not seen anyone other than yourself or your family in the last couple of weeks. It is difficult to feel isolated. An easy way to make sure that this does not happen to you while at the same time finding the motivation to be productive is to be alone together. Have a video conference with your friends while learning or working. It is a great relief and to see a familiar face while staring into space.

Have a space for learning | Currently not many have the luxury of having a office room or visiting a library. I have difficulties concentrating or being productive in general when I know that my bed is waiting right next to me. Therefore, have a designated space for learning – even if it is only a table in the kitchen.

Eat healthy | Ironically, I get even lazier if I have more time. This results in me choosing a frozen pizza far more often than I should although I have time to cook. Obviously it saves me the effort, however, I am by far not as motivated and cheerful than I would have been had I chosen a slightly healthier diet.

EDUCATION

ARTICLE BY SAGITHJAN SURENDRAN // FOUNDER OF AELIUS FÖRDERWERK E.V.
TED Talk Recommendations

Laura Vanderkam
HOW TO GAIN CONTROL OF YOUR FREE TIME

Sal Khan
LET'S USE VIDEO TO REINVENT EDUCATION

Tim Urban
INSIDE THE MIND OF A MASTER PROCRASTINATOR

Amishi Jha
HOW TO TAME YOUR WANDERING MIND
communicating communities
14 · 11 · 2020

Be part of our Event and join our Community!

“Communicating Communities” is much more than a theme to us – it is a mission. We want to bring people and ideas from diverse communities together, enable communication between them and build the foundations for a new form of common community.
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