

JLU

NEUE WEGE. SEIT 1607.

JUSTUS-LIEBIG-  
UNIVERSITÄT  
GIESSEN

INTERNATIONAL OFFICE

# HOW TO SURVIVE IN GERMANY TIPS FOR YOUR DAILY LIFE

# TODAY'S TOPICS

## 1. Daily Life Tips

- General Tips
- Transportation
- Grocery Shopping
- Waste Sorting and Recycling

## 2. Student Life – AStA & Student Body of Faculty

## 3. Life-Saving Tips

- What to Do if You Get Sick?
- What to Do if You Get Sick During Holidays or on the Weekend?
- What to Do in Case of Emergency?

## 4. Upcoming Events

# DAILY LIFE TIPS

- Banks are open from Monday to Friday
  - cash machines are available 24/7
  - opening a bank account is generally free of charge for students
- Shops are **closed on Sundays**
  - exceptions are bakeries, gas station shops (open 24/7) and grocery stores in train stations
  - Shopping Sundays (Verkaufsoffener Sonntag)
- Use size conversion charts
- Europlug
- It is recommended to use the [DB Navigator app](#) or [RMV-Web-app](#) for travel



# DAILY LIFE TIPS – TRANSLATING GERMAN WEBSITES

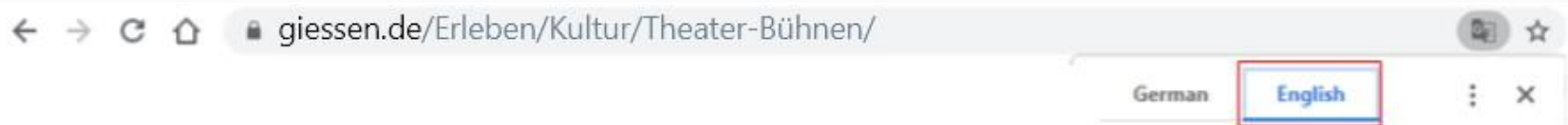
1. Click on the website link.



2. Click on “Google Translate” icon as shown.



3. Choose “English” language.



# DAILY LIFE TIPS – HOW TO GET A PREPAID SIM CARD

- Almost available everywhere (at supermarket, kiosk etc.)
- In order to activate the SIM card, your ID/passport is needed
- On-site activation, alternatively postIdent or videoident

If you wish to sign a mobile phone contract during your stay in Germany, have a look at student discounts for a 12-month or a 24-month contract offered by O2 or Vodafone etc.



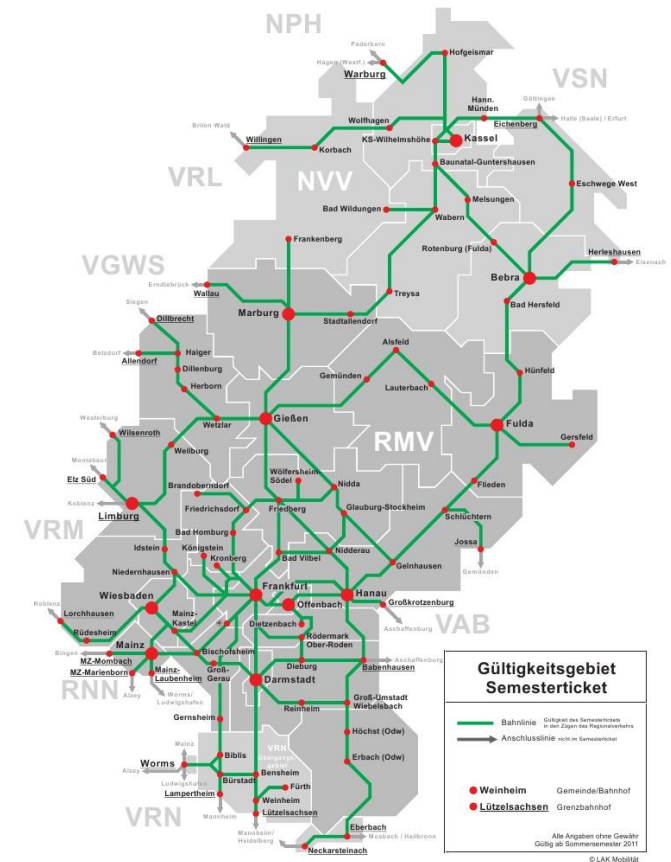
Photo: Colourbox.de / AlexLMX

# DAILY LIFE TIPS – TRANSPORTATION IN HESSE

## Semesterticket (your Student ID card)

- valid within the boundaries of the RMV and the NVV
- local trains
- trams
- buses
- the underground
- **no** fast long-distance IC and ICE trains

In Germany vehicles are driven on  
the **right-hand side** of the road.



# DAILY LIFE TIPS – WHERE TO BUY A (SECOND HAND) BIKE

- [www.ebay-kleinanzeigen.de/stadt/giessen/](https://www.ebay-kleinanzeigen.de/stadt/giessen/)  
→ local Ebay
- Universities online bulletin board (StudIP)
- Some local bike shops sometimes offer used bikes with a discount.
- Bike rental service: NextBike (first 45min are free for students)  
→ <https://www.nextbike.de/de/>

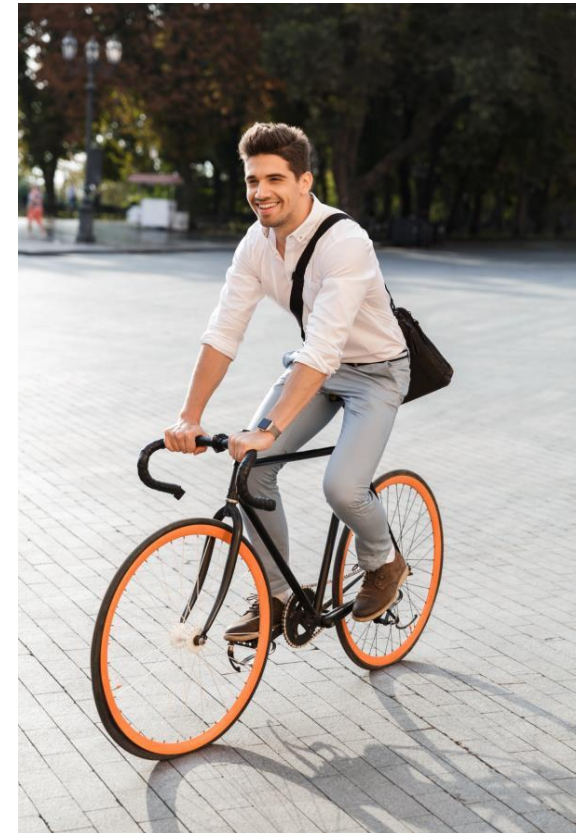


Photo: Colourbox.de / Dean Drobot

# DAILY LIFE TIPS – GROCERY SHOPPING

- Major chains, e.g. Edeka, Rewe, Tegut, Kaufland etc.
- Discounters, e.g. Aldi, Lidl, Netto, Penny etc.
- International grocery stores, e.g. Afro Shop Giessen, Kaya Markt, Mix Markt, Turgut Markt etc.
- Beverage stores
- Weekly and daily markets
- Foodsharing
- Online and specialtyshops



# DAILY LIFE TIPS – IMPORTANT PHRASES

- I'm looking for... → *Ich suche...*
- Do you have...? → *Haben Sie...?*
- How much does it cost? → *Wie viel kostet das?*
- Which size is that? → *Welche Größe ist das?*
- I'd like to try it on. → *Ich möchte es gerne anprobieren.*
- I'll take it. → *Ich nehme es.*
- Would you like to pay with cash or by card?  
→ *Bezahlen Sie bar oder mit Karte?*
- Here is your receipt. → *Hier ist Ihr Beleg/Kassenzettel.*

# DAILY LIFE TIPS – WASTE SORTING AND RECYCLING

- Germans take waste separation and recycling seriously
- Colourful trash cans are seen in front of every building

**Yellow:** plastics/packaging of all kinds

**Blue:** paper

**Green/Brown:** bio-waste

**Black:** residual waste



Glass containers

Photo:bsr.de

# DAILY LIFE TIPS – WASTE SORTING AND RECYCLING

- Bulky waste (used furniture etc.) is picked up on certain days by municipal administration
- Special bins for used clothes and shoes
- Hazardous waste (used batteries etc.) can be dropped off in specific locations (recycling centers or even some drug stores, IKEAS...)



Photo: Jens Wolf/dpa-Zentralbild/dpa

# DAILY LIFE TIPS – DEPOSIT SYSTEM

- By bringing back deposit bottles to the supermarket you get a refund
- Alternatively, you can put bottles near a public trash can



Photo: Eigene Aufnahme



Photo: fotolia/Jürgen Fälschle

# STUDENT LIFE – ASTA & STUDENT BODY OF FACULTY

- AStA: The General Students' Committee elected by the student parliament
- AStA also offers legal and psychological consultations for students  
→ <https://www.asta-giessen.de/home/erstis/>
- Student body of faculty (German: Fachschaft) is your go-to contact if you encounter any questions or problems regarding your studies
- They also offer study materials or old exams:  
→ <https://www.uni-giessen.de/org/ssv/fs>

# LIFE-SAVING TIPS – WHAT TO DO IF YOU GET SICK?

## **In non-emergency cases you should follow this steps:**

1. Call your family doctor (Hausarzt) or your specialist to arrange an appointment.
2. Don't forget to bring your medical insurance card every time when you visit a doctor.
3. You shouldn't head directly to a hospital except for emergency cases.

# LIFE-SAVING TIPS – WHAT TO DO IF YOU GET SICK?

## English speaking doctors:

- You can use this given website to find doctors who speak English or other foreign languages:

[arztsuche Hessen.de](https://arztsuche Hessen.de)

All you have to do is to determine the specialty, put your postal code and choose the language

The screenshot shows the search interface for 'ARZT- UND PSYCHOTHERAPEUTENSUCHE HESSEN'. At the top, there are navigation tabs: 'Suche', 'Ärztlicher Bereitschaftsdienst', 'ASV-Team', and 'Außenklinische Intensivpflege', along with a 'Login' button. The main heading is 'ARZT- UND PSYCHOTHERAPEUTENSUCHE HESSEN' with the subtext 'Finden Sie die passende Praxis in Hessen. Sie können Ihre Suchkriterien individuell verfeinern.' The search form includes a 'Suchbegriff' field with a placeholder 'Name des Arztes, Fachgebiet, Schwerpunkt, Zusatzbezeichnung oder Genehmigung eingeben' and a 'Filterung zurücksetzen' button. Below this, there are sections for 'Art des Arztes' (with radio buttons for Hausarzt, Facharzt, Psychotherapeut, and 'Alle / egal'), 'Fachrichtung / Schwerpunkt' (with dropdown menus for 'Bitte wählen' and 'Psychotherapeutisches Leistungsangebot'), and 'PLZ oder Ort' (with a dropdown for 'Bitte wählen' and a 'Umkreis' selector set to '5 km'). A 'weitere Suchkriterien' section is expanded, showing dropdowns for 'Geschlecht', 'Status', 'Genehmigungen (weitere Merkmale)', 'Zusatzbezeichnungen', and 'Fremdsprachen'. There are also checkboxes for 'Belegarzt', 'Sprechzeiten' (with options 'nur offene Sprechstunden anzeigen' and 'jetzt geöffnet'), and a dropdown for 'Bitte Wochentag(e) wählen'.

<https://arztsuche Hessen.de/>

# LIFE-SAVING TIPS – WHAT TO DO IF YOU GET SICK DURING HOLIDAYS OR ON THE WEEKEND?

## You have the following choices:

- You can search for emergency clinics in your region by using this link: <https://www.116117.de/de/index.php>
- If you are sick outside of the office hours, you can call the medical on-call service (116117).
- To find an emergency dentist near you by using this link: <https://www.kzvh.de/patienten/notdienstSUCHE/index.html> or call this number (01805 60 70 11).
- To find emergency pharmacies near you by using this link: <https://www.aponet.de/service/notdienstapotheke-finden/> or call this number (0800 002 28 33 from a landline phone or 22 8 33 from a mobile).
- In case of emergency you can head to the nearest hospital or call 112.



# LIFE-SAVING TIPS – WHAT TO DO IN CASE OF EMERGENCY?

**In emergency situations you should follow these steps in order:**

1. Call 112.
2. Give your name.
3. Give your location.
4. Describe the situation briefly.
5. Give information about the number of injured people and the type of injuries.

# LIFE-SAVING TIPS – SUMMARY

## **In non-emergency cases you should follow this steps:**

- Got sick during regular office hours? → Visit your family doctor or your specialist.
- Got sick outside of the office hours? → Visit <https://bereitschaftsdienst-hessen.de/> or call 116117.
- Toothache outside of the office hours? → Visit <https://kzvh.de/patienten/notdienstKARTE/index.html>
- Life-threatening emergency? → Call 112.
- Intoxication emergency? → Call 0613119240.

# UPCOMING EVENTS

## [An Overview of the Electronic Systems](#)

12.04.2023, 10 a.m. – 12 p.m.

## [Question Time for Degree-Seeking Students](#)

12.04.2024 12 p.m - 01 p.m

## [Question Time for Exchange Students](#)

12.04.2024 12 p.m - 01 p.m

## [Campus Tour](#)

12.04.2024, 03 p.m. – 05p.m.

## [Question Monday: Public Transportation in Giessen and Hesse](#)

15.04.2024, 07:30 p.m. - 09 p.m.

Information about upcoming events can be found on [JustusDigital](#) and in our [International Calendar](#).

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**ALL THE BEST FOR YOUR STUDIES AT  
JUSTUS LIEBIG UNIVERSITY GIESSEN!**