

JLU

NEUE WEGE. SEIT 1607.

JUSTUS-LIEBIG-  
UNIVERSITÄT  
GIESSEN

INTERNATIONAL OFFICE

# HOW TO SURVIVE IN GERMANY TIPS FOR YOUR DAILY LIFE

Photo: Dreamstime.com/Franz1212

# TODAY'S TOPICS

- **Daily Life Tips**
  - General Tips
  - Transportation
  - Grocery Shopping
  - Waste Sorting and Recycling
- **Student Life – AStA & Student Body of Faculty**
- **Life-Saving Tips**
  - What to Do if You Got Sick?
  - What to Do if You Got Sick During Holidays or on the Weekend?
  - What to Do in Case of Emergency?
- **Upcoming Events**

# DAILY LIFE TIPS

- Banks are open from Monday to Friday from 8:30 a.m. to 4 p.m.
  - 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

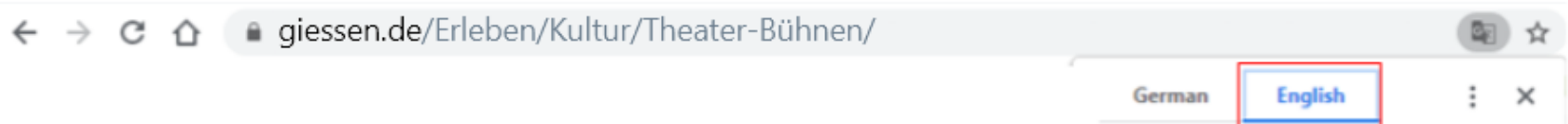
1. Click on the website link.



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 discount for a 12-month or a 24-month contract offered by O2 or Vodafone etc.

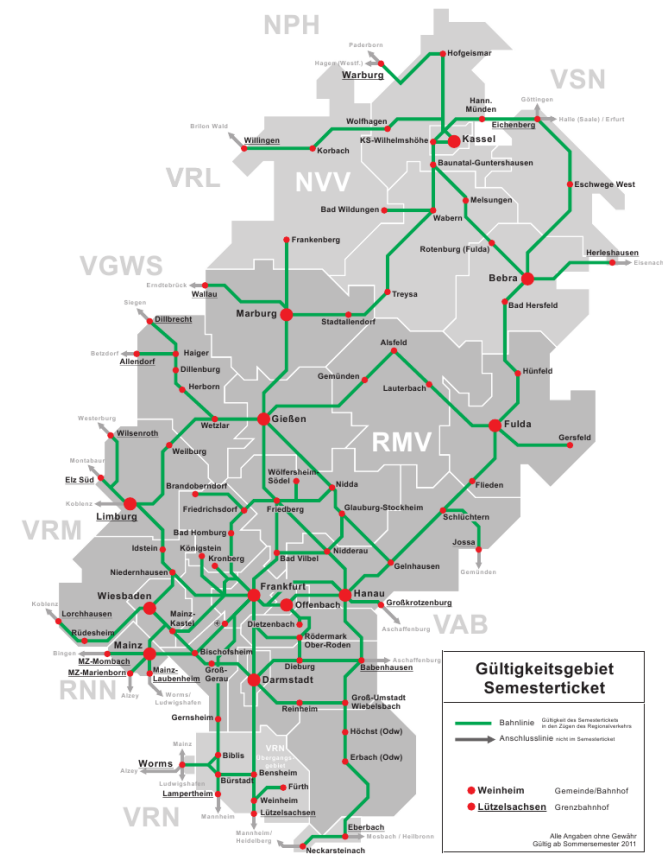


# DAILY LIFE TIPS – TRANSPORTATION IN HESSE

## 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 45 min. are free for students)  
→ <https://www.nextbike.de/de/>



Photo: Col ourbox.de / Dean Drobot

# DAILY LIFE TIPS – GROCERY SHOPPING

- Major chains, e.g. Edeka, Real, Rewe, Tegut 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 specialty shops



# 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 furnitures etc.) is picked up on certain days by municipal administration  
Alternatively, you can leave the items in front of your house with a 'to give away' sign
- Special bins for used clothes and shoes
- Hazardous waste (used batteries etc.) can be dropped off in specific locations



Photo: Je ns Wolf/dpa-Zentralbild/dpa

# DAILY LIFE TIPS – DEPOSIT SYSTEM

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



Photo: fotolia / Jürgen Fäliche

# 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 materials for old exams:  
→ <https://www.uni-giessen.de/org/ssv/fs>

# LIFE-SAVING TIPS – WHAT TO DO IF YOU GOT 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 expect for emergency cases.

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

## English speaking doctors:

- You can use this given website to find doctors who speak English or other foreign languages:
   
<https://arztsuche Hessen.de/arztsuche/arztsuche.php>
- All you have to do is to determine the speciality, put your postal code and choose the language

**DOCTOR & PSYCHOTHERAPIST SEARCH HESSE**

KV+ Search mask Subject area On call ASV team

Find the right practice in Hessen. You can refine your search criteria individually.

Subject / focus: --all--

Family doctor  Specialist  psychotherapist  no matter

psychotherapy: --all--

search by radius Location information

ZIP code, city: 35392 Gießen

circle: --all--

road: --alle--

Clear Search

**Doctor's personal information**

Surname: --alle--

First name: --alle--

Female  male  no matter

status: --all--

Permits (other features): --all--

Additional designations: --all--

Testing for SARS-CoV-2: --all--

foreign language: English

# LIFE-SAVING TIPS – WHAT TO DO IF YOU GOT 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](#)

13.10.2023, 10 a.m. – 12 p.m.

## [Campus Tour](#)

13.10.2023, 02 p.m. – 04 p.m.

## [The Perks of Your Student ID Card](#)

16.10.2023, 07:30 p.m. – 09 p.m.

## [just\(us\) talk: Speed Friending](#)

18.10.2023, 07:30 p.m. – 09 p.m.

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

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