



Information for

# International Student Parents

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der Ludwig-Maximilians-Universität München,  
Geschwister-Scholl-Platz 1, 80539 München

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keinen Anspruch auf Vollständigkeit; sie können ohne  
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# INTERNATIONAL STUDENT PARENTS AT THE LMU

## Studying with a child – does the combination work?

Yes, it does – although you'll need to be good at improving, organising and forward planning. There are more than 2000 student parents enrolled at LMU who face these challenges on a daily basis. And although it can be a balancing act at times, it's a fulfilling and rewarding experience. For international student parents, useful tips and information how to successfully master the challenges of studying in Germany are particularly important.

### THIS BROCHURE IS INTENDED FOR

- international student parents studying at LMU and bringing their child or children along
- international student parents having a baby while studying at LMU
- international students planning a family while studying at LMU

## Student Parent Office

The Student Parent Office in the Central Student Advisory Office (ZSB) has been supporting student parents at LMU for many years. We focus on questions that arise when studying with a child. In our experience, it's important to clarify various points in advance if you want to study successfully when you have a child. In this brochure, we take a look at some of the most important issues international student parents deal with. However, as each family will have highly individual needs, we cover only the basics in each of the various areas. If you require personal support, please make use of the advisory services provided by the office.

### CONTACT US!

Phone: +49 (0)89 / 2180 - 3124

Email: [studierenmitkind@lmu.de](mailto:studierenmitkind@lmu.de)

Website: [www.lmu.de/studierenmitkind](http://www.lmu.de/studierenmitkind)

**Please make an appointment  
if you require personal advice!**

Our office hours are detailed on our website. If you don't get through to us immediately, leave a message on our answering machine or send us an email. We'll respond as quickly as possible.

Please bear in mind that LMU provides advice and support in different situations but is not managing the details of your student (and personal) life. In other words: We can give you information on how to arrange your course flexibly and what support options exist to successfully study with a child, but we do not fill in applications, plan or offer childcare and build networks for you. This is up to you – but we will happily be there for you if you need our advice or support.

## Information for citizens of the EU and non-citizens of the EU

For many options and topics described in this brochure it is crucial what nationality and what kind of residence permit international student parents have. For reasons of clarity, we use different color codes:

Information particularly for citizens of the EU will be presented in green boxes.

Information particularly for non-citizens of the EU (usually § 16 Aufenthaltsgesetz) will be presented in yellow boxes.

If you are unsure about your residence permit, please contact the Department of Public Order/Foreigners Office (Kreisverwaltungsreferat/Ausländerbehörde)!

### Landeshauptstadt München

Kreisverwaltungsreferat (KVR)

Hauptabteilung II Einwohnerwesen

Ausländerangelegenheiten

Ruppertstraße 19

80337 Munich

Raum: Wartezone 08

Phone: +49 (0)89 / 233 - 96010, Fax: - 4546

Website: [www.muenchen.de/rathaus/](http://www.muenchen.de/rathaus/)

[Stadtverwaltung/Kreisverwaltungsreferat/Auslaenderwesen](#)

Although we did our very best in compiling this brochure, there is still a risk that some of the information is outdated or imprecise (e.g. due to changing legal regulations). Therefore, all information is subject to change. Please make use of the advisory services provided in the respective chapters!

# WHAT ARE THE MAIN ISSUES FOR INTERNATIONAL STUDENT PARENTS?

Perhaps you're part way through your degree and are now expecting a baby. Or you're already a parent and would like to start studying at LMU. In neither case can we tell you when the best time is to start studying, or return to lectures after having a baby. This depends on you, your child, and your social environment. In order to find the right path for you and your family, you should think about the following questions:

## Are my German language skills good enough?

- Can I follow the lessons of my German-taught degree course properly and can I participate in discussion in university seminars?
- Am I able to talk to partners at the university, e.g. the examination office, the Office of the Registrar (Studentenkanzlei) or other students?
- Am I willing to improve my German language skills constantly?

Proper knowledge of the German language is a key to successfully studying and living in Germany. Please see on LMU's Website for more information on German language certificates required for studying at LMU and preparatory or supplementary German courses.



## What support is available for international student parents?

- What support does LMU provide for international student parents?
- Where can I find support outside of the university?
- How can I build up a personal support network?

In the chapter on "Support for international student parents", we provide an overview of the support services and centers in Munich.

## What are my options as an international student parent for organizing my degree course?

- How can I make my degree course more flexible and how can I take leave of absence semesters as a citizen of the EU or non-citizen of the EU?
- What do I need to take into consideration with regard to semester planning at LMU?
- What are the regulations with regard to coursework and examinations?

In the chapter on “Course organization for international student parents”, we’ll look at your options for taking parental leave of absence semesters, and tell you what you need to take into consideration with regard to semester planning.

## How can I organize childcare?

- From what age do I want my baby to be cared for by others?
- What are the different childcare options?
- How do I find a suitable facility?

We provide an overview of the various childcare facilities in the accordingly named chapter (p. 16).

## How can I finance my degree with a baby or child?

- What are the various options for financing a course of study?

- Which financing options make most sense for me personally?
- Where can I find accommodation which is both family-friendly and affordable?

In the chapter on “Financing”, we give a condensed overview of the various options for financing your degree. We look at some of the options which we consider to be most relevant, and provide details of the contact points where you can receive personal advice.

## Am I aware of cultural diversity and can I deal with it?

- Am I properly equipped to live and study in a foreign country?
- How do I deal with unexpected and unfamiliar situations where my approved cultural knowledge fails?
- Do I know how German culture works?

Studying and raising a child in a different cultural environment can be very demanding. In the chapter on „Studying with a child and cultural awareness“, we explore the notion of culture a bit further. The Intercultural Counseling Center also offers prompt and direct assistance for international students at LMU who have questions related to studying and living in Germany: [www.en.ikberatung.ikk.lmu.de](http://www.en.ikberatung.ikk.lmu.de)

# COURSE ORGANIZATION FOR INTERNATIONAL STUDENT PARENTS

## Arranging your course flexibly by taking leave of absence semesters

Depending on your citizenship and residence permit, you can make your degree course more flexible by taking leave of absence semesters. This also applies to post-graduates and doctoral study programs. Where necessary, you can take a break from your course of study by taking one or more leave of absence semesters. You can also opt to study part-time during your leave of absence.

### The advantages of taking parental leave

- Your total number of study semesters does not increase
- You avoid the problems which result from exceeding the maximum length of study
- You can attend lectures, sit examinations, embark on internships and write your final dissertation
- You can study "part-time"
- You can plan your leave of absence semesters individually across the entire course of study

### The consequences of taking parental leave

- No BAföG payments, no student loans, (normally) no grants!
- No placement student status!
- Please contact the applicable examination office to find out whether you need to repeat an exam
- Minimum study period for degree courses ending with a "Staatsexamen" (State Examination) must be observed!

## Maternity leave

- For one semester if the statutory period of protection for expectant and nursing mothers (6 weeks before and 8 weeks after the birth of a single child) covers approx. two thirds of the lecture period in question
- You're unsure about whether you qualify for maternity leave? Please contact us and we'll be happy to advise you!

## Parental leave

- Maximum of six semesters per child, up until the child's third birthday
- Both parents may take parental leave from the first semester on, either individually or simultaneously
- Of these six semesters, parents may "save" two semesters (or four for children born after 01.07.2015) and take this parental leave at any time up until the child's 8th birthday

## Leave of absence for family reasons

- In addition to parental leave, you can apply for leave of absence lasting up to two semesters for family reasons
- This only applies if you are caring for a relative who is financially dependent on you
- During carer's leave, you may not acquire credits for coursework or sit exams. Exceptions may apply if you are resitting an exam



## APPLYING FOR LEAVE OF ABSENCE SEMESTERS

- Every time you apply for leave of absence for a semester, you will need to produce your documents (see chart for details)
- You must re-enroll by the stipulated deadline before submitting your application
- Deadline for applications: 30 October (winter semester) / 30 April (summer semester)

- If the reason for the leave of absence occurs subsequently, this deadline can be extended to 5 December / 5 June respectively
- Please apply in person or in writing to the Office of the Registrar (Studentenkanzlei, Sachgebiet 2)
- Non-citizens of the EU have to contact the Department of Public Order/Foreigners Office (Kreisverwaltungsreferat/ Ausländerbehörde) first!
- You will find more information and the relevant forms under "Leave of absence" on the Office of the Registrar's website

## MATERNITY LEAVE

**1 semester**  
(studying permitted)

### Requirement:

- maternity leave falls primarily within the lecture period / examination period

### Proof:

- copy of maternity record (delivery date page only)

## PARENTAL LEAVE

**max. 6 semesters**  
(studying permitted)

### Requirement:

- child is under the age of 3
- Note: Two (or four\*) semesters may be "saved" and taken later, up until the child's 8th birthday.

### Proof:

- a copy of your child's birth certificate
- Registration certificate (issued within the last six months and showing your registered home address): proof of no. of persons living in your household (Haushaltsbescheinigung by Kreisverwaltungsreferat)

## FAMILY REASONS

**2 semesters**  
(repeat examinations only permitted)

### Requirement:

- special/extraordinary expenses for a relative who is financially dependent on you

### Proof:

- a copy of your child's birth certificate
- evidence for the extra expenses caused by family reasons (copy)

\*applies to children born after 01.07.2015

### Taking leave of absence semesters is restricted for non-citizens of the EU:

- If your residency permit only covers the duration of your degree course in Germany (§ 16 Aufenthaltsgesetz), a one-off extension of your degree course may be granted for maternity leave and parental leave
- Only the child's mother is entitled to take maternity/parental leave
- Taking leave of absence semesters does not affect the maximum duration of your stay
- Each case will be reviewed individually
- Before applying for leave of absence semesters at LMU's Office of the Registrar (Studentenkanzlei), please contact the Department of Public Order/Foreigners Office (Kreisverwaltungsreferat/Ausländerbehörde) first.

### PLEASE NOTE

In Germany, special laws protect your health and the health of your child if you are pregnant, have recently given birth, or are breastfeeding. By law, you may not be placed at a disadvantage in your studies as a result of the above.

Compensatory measures must be taken where necessary.

Please contact your **academic counselling service** as soon as you find out that you are pregnant.

Your academic counsellor will assess any university-related negative impact on you or your child during your maternity leave.

You may apply for **leave of absence from your studies** during your maternity leave.



## Semester planning

Plan your semesters as early as possible in order to ensure you can do justice to both your degree course and your parental responsibilities.

- In the LMU online university catalog you will find an overview of the times of the various lectures
- Many departments offer introductory lectures for freshers to explain about semester planning and which lectures you will need to attend
- Your departmental academic advisor can help you draw up a personal semester plan, particularly during maternity leave or parental leave

After a couple of semesters, you'll find that you get to grips with the various deadlines and regulations and also find your own rhythm.

## Attending lectures

At LMU, each faculty and department has its own practices for taking the considerations of student parents into account when signing up for lectures.

- Ask your academic counselor to find out whether special regulations apply to student parents or if student parents receive preferential treatment when signing up for lectures
- Try to find alternatives to classic lectures where personal attendance is obligatory; some departments also offer block courses or virtual classrooms
- You can also attend an online course via the Bavarian Virtual University (Virtuelle Hochschule Bayern, [www.vhb.org](http://www.vhb.org))

## Regular attendance

Student parents often find it harder to attend lectures regularly, as young children are more prone to illnesses.

- Don't hesitate to contact your lecturer directly and ask how such absences are regulated
- Frequently you'll find that a solution can be found which will enable you to complete the course of lectures successfully
- Ask whether the script for the lecture is available online or can be sent to you via email
- You may be able to submit substitute coursework if your child is sick for a longer period of time, or bring your baby to the lecture when you have no other form of childcare

## Coursework and examinations

When you are pregnant and during the early stages of your baby's life, it's often hard to predict whether or not you will be able to actually sit an examination in a particular semester. The regulations for registering for (or cancelling) an examination are prescribed individually by the respective examination board, and published by the examination office. Your departmental examination officer is an important point of contact for you if you want to sign up for (or cancel) an examination, or if you need an extension of a deadline for submitting a dissertation. You can find the addresses of the examination offices here:

[www.lmu.de/pruefungsaemter](http://www.lmu.de/pruefungsaemter)

## **Coursework and examinations during leave of absence semesters**

- During maternity leave or parental leave, student parents can decide for themselves how many lectures to attend and whether or not to register for examinations
- Once you've signed up, you will generally be expected to submit the coursework or sit the examination in the given examination period
- You may be able to withdraw from the examination or gain an extension of the deadline for submitting coursework if you provide the necessary proofs.

## **Cancelling an examination**

- Inform your examination office immediately when you are not able to sit a particular examination
- Ask right at the start of the semester whether there is a deadline for cancelling an examination
- Talk to your examination office to find out which documents (or doctor's certificates) you need to provide in order to cancel
- Have a plan B for childcare in case your regular nanny falls ill on the day of the exam

## **Breastfeeding during an examination**

- If you breastfeed your baby and need to sit a long exam, ask your lecturer in advance whether there is a side room where you could breastfeed your baby when necessary, and where your baby could be looked after
- Talk to the examination office about a time extension for the examination itself

## **Study credits during statutory maternity leave and the nursing period**

- Sometimes, statutory maternity leave and nursing regulations will prevent you from gaining certain credits (e.g. laboratory internships)
- Ask all persons involved in advance to find a suitable alternative

## **Extension of deadlines**

- If you have problems submitting coursework on time, talk to your lecturer to see whether you can have an extension of the deadline and explain your situation
- If you are delayed in completing your coursework due to personal difficulties at home, you can apply to the examination office for an extension
- You also have the option of withdrawing from your final dissertation

# SUPPORT FOR (INTERNATIONAL) STUDENT PARENTS

## Events for (international) student parents at LMU

Many student parents want to network with each other. Even during pregnancy, it can help to meet other expectant parents who are in a similar situation. But often, daily university life does not offer the time or the opportunity to network.

The Student Parent Office organizes various events, courses and workshops especially for (international) student parents. Here, student parents can meet and chat. At the same time, these events will give you valuable information on how to juggle university life with family life:

- Information sessions for student parents at LMU
- Rendezvous for expectant mothers
- Parent-child courses (during the semester)
- Workshops for juggling university & family life
- Exchange of experiences for international student parents
- Workshops for building cultural awareness

Details of all events can be found here:

[www.lmu.de/studierenmitkind](http://www.lmu.de/studierenmitkind)

## THE LMU STUDENT PARENT TEAM

The LMU Student Parent team is an online forum which provides a platform for all LMU students to meet and chat. Important upcoming dates and events for student parents are published here. If you'd like to become a member of the LMU team, please send an email with your LMU username to [studierenmitkind@lmu.de](mailto:studierenmitkind@lmu.de)

## THE STUDENT PARENT OFFICE @ FACEBOOK

Join us on Facebook and get to know other student parents or obtain the latest information on events for (international) student parents!  
[www.facebook.com/studierenmitkindLMU](https://www.facebook.com/studierenmitkindLMU)



## Parent & Child rooms at LMU

There are five Parent & Child rooms at different locations across the LMU campus for the use of student parents. In these rooms, you can breastfeed or feed your baby. They also include nappy changing facilities, a play area and chairs. Some also have a work area and a kitchenette. There are more than 30 nappy changing facilities spread across the LMU campus. Find an overview here: [www.lmu.de/studierenmitkind](http://www.lmu.de/studierenmitkind)

### Parent & Child room at Geschwister-Scholl-Platz

- Address: Main building, ground floor, A 027
- Entry via: number code\*
- Facilities: dining area, sitting area, breastfeeding area, desk, Wi-Fi, nappy changing table, toys, small kitchenette with microwave, fridge, kettle, baby food warmer, plastic plates and cutlery

### Parent & Child room in the Otto-Frank building

- Address: Physiological Institute, Pettenkoferstraße 12, ground floor, D 027
- Entry via: transponder on the gate
- Facilities: sitting area, breastfeeding area, nappy changing table, toys, small kitchenette with microwave, kettle, baby food warmer, plastic plates and cutlery, separate toilet with washbasin

### Parent & Child room in the Biocenter

- Address: Großhaderner Straße 2, Planegg-Martinsried, ground floor, D 00.14 A
- Entry via: number code\*
- Facilities: sitting area, breastfeeding area, toys, kettle, baby food warmer, plastic plates and cutlery, separate nappy changing room

### Parent & Child room in the Biomedical Center

- Address: Großhaderner Straße 9, Planegg-Martinsried, Erdgeschoss, N00.050
- Entry via: number code\*
- Facilities: Facilities: sitting area, breastfeeding area, nappy changing table, washbasin, toys, kettle, baby food warmer, plastic plates and cutlery

\*To obtain the entry code, please contact the **Student Parent Office**  
+49 (0)89 / 2180 - 3214, [studierenmitkind@lmu.de](mailto:studierenmitkind@lmu.de)  
or the **LMU Student Information Service**  
+49 (0)89 / 2180 - 9000

### Parent & Child room in the Philologicum (library)

- Address: Philologicum, Ludwigstraße 25, 3rd floor (Changing facilities in the disabled toilet, 3rd floor)
- Entry via: Transponder on the entrance desk on the ground floor
- Facilities: Seating, study area, breastfeeding area, Wi-Fi, toys

## LMU mentoring program

To help student parents with their studies, LMU offers mentoring programs. Here, a mentor is provided for a certain period of time to support the student parent.

### tandemPLUS Mentoring

- Aiming specifically at students who are parents or carers
- A fellow student is assigned to the student parent for one semester to provide them with academic and organizational support
- You will find further information under “tandemPLUS Mentoring” on the website of the LMU Gender Equality Officer

### Peer-to-peer mentoring

- Freshers are supported for two semesters by a student who is further on in the same degree course
- You will find more information under „p2pmentoring” on the LMU website

### Mentoring for career starters

- Student und Arbeitsmarkt, the LMU career service, puts students in touch with academics who have professional experience in a wide range of careers
- The mentor and student meet up two or three times each semester to help the student with his or her career start
- You will find more information under “Mentoring” on LMU’s Student und Arbeitsmarkt website

## Munich Student Union (Studentenwerk München)

The Munich Student Union has established a comprehensive support network which is available to students from all universities in Munich. The Student Parent Department offers a range of support programs ([www.stwm.de/en/studying-with-a-child](http://www.stwm.de/en/studying-with-a-child)).

Here you can receive advice on topics such as childcare and financing your degree. The student union also has more than 500 nursery places for children under the age of three.

In addition, the support center can advise you on BAföG, student loans and grants for financing your degree. It also offers legal advice and support with psychosocial problems. For an overview of the support network, please see:

[www.stwm.de/en/our-advisory-network](http://www.stwm.de/en/our-advisory-network)

### KID’S MEALS IN THE STUDENT UNION

Student parents can make use of the kid’s meal offer. Children up to the age of 6 receive a free kid’s meal in the student union canteen. Parents who buy two lunchtime meals receive the cheaper of the two meals free of charge. For more information, please see:

[www.stwm.de/en/news/university-gastronomy/detail/kinderteller-meals-for-children/](http://www.stwm.de/en/news/university-gastronomy/detail/kinderteller-meals-for-children/)

## Services for parents in Munich and the surrounding area

There are a wide range of services available for families in the city of Munich and the surrounding area. These include advice and support for parents in a wide range of circumstances as well as numerous courses for prospective parents and families with children. Here is a brief overview of some of the services and contact points for parents.

### Pregnancy counseling centers

- Pregnancy counseling centers offer professional advice to all (expectant) mothers and fathers who need help and support on issues connected with pregnancy, birth or family life
- Amongst other things, they can explain your options with regard to finances, and help you fill in application forms
- After the birth, pregnancy counseling centers will continue to support you up until your child's third birthday
- For a list of all pregnancy counseling centers in Bavaria, please see [www.stmas.bayern.de/schutz-ungeborenes-leben/beratung](http://www.stmas.bayern.de/schutz-ungeborenes-leben/beratung)

### Counseling center for natural childbirth and parenthood (Beratungsstelle für Natürliche Geburt und Elternsein e.V.)

- Extensive support for single parents and expectant mums and dads through to parenthood
- Advice on various prenatal and antenatal topics, particularly for parents who are undergoing crises
- Wide range of courses, some in multiple languages, such as prenatal classes and parent & child groups
- A list of all services can be found here: [www.haeberlstrasse-17.de](http://www.haeberlstrasse-17.de)

### Family Education Centers (Familienbildungsstätten)

- Advice and support with everyday life for families
- Wide range of courses and possibilities of networking with other parents
- There are three family education centers in Munich, each offering a wide range of services: [www.familienbildung-muenchen.de](http://www.familienbildung-muenchen.de)

### Wellcome

- Geared towards couples who have just had a baby and do not have family living nearby to help them with day to day life
- A volunteer visits the new parents for several hours on one or two days per week and helps them with everyday activities (e.g. looking after the baby, playing with siblings or accompanying the parents to a doctor's appointment)



- Various contact points in and around Munich:  
[www.welcome-online.de](http://www.welcome-online.de)

### Rent-a-grandparent

For parents with children up to the age of twelve whose grandparents do not live locally, we offer a rent-a-grandparent service. Our hired grannies and grandpas can pick your children up from school or childmind when you attend appointments: [www.oma-opa-service.de](http://www.oma-opa-service.de)

### Regeneration at home

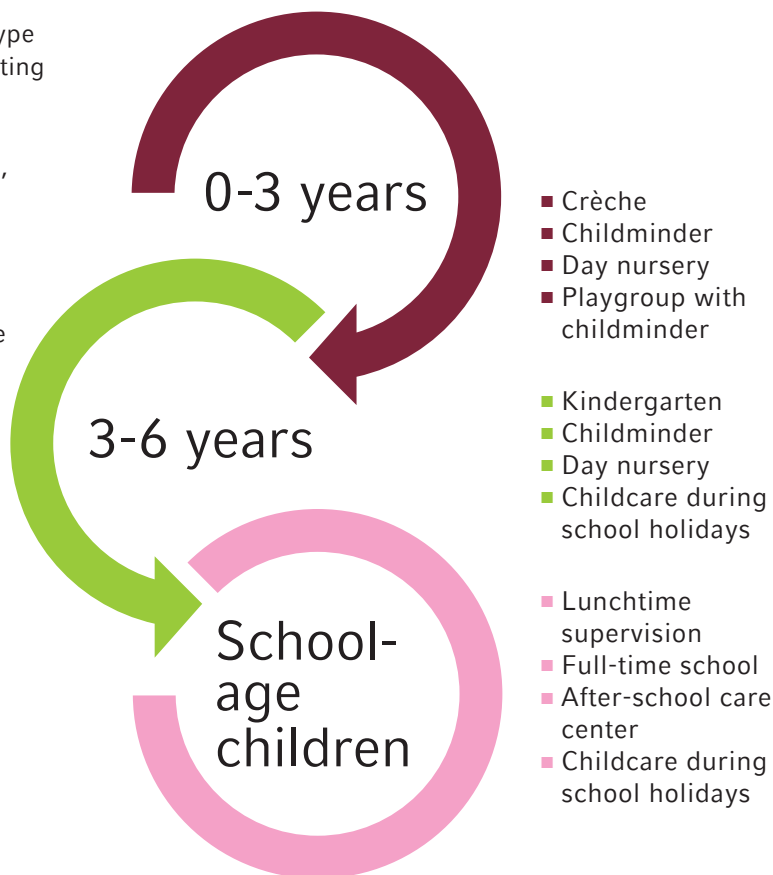
- If your child is ill and you are unable to care for it yourself (e.g. due to an important examination) and you do not have any other form of childcare, the Domestic Support Center (häuslicher Betreuungsdienst) can arrange for a professional nanny to help out
- For more information, please see [www.zu-hause-gesund-werden.de](http://www.zu-hause-gesund-werden.de)



# CHILDCARE

In Germany, childcare is available for children of all ages. Hence, it is up to you when to resort to professional childcare.

- Above all, you need to feel comfortable with the type of childcare you have chosen. We recommend visiting various different facilities with your child before making a decision
- Due to deadlines and the limited amount of places, it is very important to get an idea of the childcare option you want to use, the associated costs, how to apply etc. in good time
- As entering a nursery will be the first time you and your child will be separated for a considerable part of the day, the childcare facility will arrange a settling-in period of usually 4 to 6 weeks so that your child can familiarize successfully with the caregiver and/or facility



## Childcare for children between 0 and 3 years:

### Crèche (Kinderkrippe)

- A crèche is a day care facility consisting of one or more groups
- In each group, professional child minders usually look after 10 to 15 children
- As the size and composition (age, gender and culture) of each group may vary with the crèche's pedagogical concept, it is especially important to visit the facility with your child before making a decision and talk to caregivers and the head of the crèche
- Crèches commonly offer information evenings

### Childminder (Tagesmutter/Tagesvater)

- A childminder is a person who usually looks after a child in his/her home or the home of the child's parents
- Every childminder has to prove his/her pedagogical qualification and the passing of a first aid course especially designed for first aid on children
- As the childminder will be a person to whom your child will relate very closely, it is especially important to get to know him/her and his/her pedagogical concept and social skills very well before making a decision

### Day nursery (Großtagespflege)

- Several childminders care for children in specially hired premises
- Your child is being looked after in a larger group of children

- In cases of illness, childminders can substitute for each other

### Playgroup with childminder (betreute Spielgruppe):

- Playgroups with a childminder usually take place at defined times in the week and can be a good solution if you are looking for limited childcare.

## Childcare for children between 3 and 6 years:

### Kindergarten (nursery):

- A kindergarten is a childcare facility for children who have completed their third year of life but do not yet go to school
- It is part of Germany's child and youth welfare system and has an educational mission
- As kindergartens are carried and operated by different public (e.g. communes or the Catholic and Protestant Church) and private institutions, it is especially important to know what pedagogical concept a kindergarten has and if "ideological" (e.g. religious) aspects inform the daily life and work in a kindergarten.

### Childminder (Tagesmutter/Tagesvater):

see above

### Day nursery (Großtagespflege):

see above

### Childcare during school holidays (Ferienbetreuung):

- If you need childcare during school holidays, there are several options you can choose from

- Non-commercial offers provided by private agencies of child and youth welfare and the municipal youth welfare office (Stadtjugendamt) are outlined here: [www.ferien-muenchen.de](http://www.ferien-muenchen.de)

## Supervision for schoolchildren:

### Lunchtime supervision

Lunchtime and afternoon supervision is offered by some schools, and involves social and recreational activities after official lessons. Children are looked after on the school premises until 1pm or later. This supervision is subject to a charge. For information on schools which offer lunchtime and afternoon supervision, please see the Unit for Education and Culture:

[www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Bildung-und-Sport/Schule/Ganztag/ganztag\\_grundschulen/Mittagsbetreuung.html](http://www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Bildung-und-Sport/Schule/Ganztag/ganztag_grundschulen/Mittagsbetreuung.html)

### Full-time school

Full-time schools are schools which offer full-day lessons and activities (seven or more hours) for pupils on at least four days per week. Full-time schools charge only for meals.

### After-school care centre

Day care centres for children are geared primarily towards primary school children (aged 6-10), but sometimes also cater for older children. They have a statutory mandate to provide education and childcare. Day care centres for children are also open during school holidays.

### Childcare during school holidays

See above.

## Munich Student Union childcare services

The student union currently has 21 facilities offering almost 500 nursery places, primarily for children under the age of three. Childcare is available for children under the age of one in the “Nest group” on the Martinsried campus. A limited number of kindergarten places are available in Kita Herzerl, at the Martinsried campus, and in Garching.

- To qualify for a place, one parent must be enrolled at a university in the Munich Student Union network
- In general, children will be offered a nursery place after their first birthday
- You may apply for a place as soon as your child is born, and even before you enrol at the university
- For a list and detailed descriptions of the various facilities run by Munich Student Union and for application forms, please see: [www.stwm.de/en/studying-with-a-child](http://www.stwm.de/en/studying-with-a-child)

## Childcare at LMU

### LMU Rabauken

- The LMU Rabauken crèche comprises two groups, and looks after children from the age of twelve months up until they reach kindergarten age
- The crèche is located close to LMU’s main building
- Please apply directly to the crèche. For more information on opening hours, costs and how to apply, please see: [www.lmu-rabauken.de](http://www.lmu-rabauken.de)

## Campuskinder

- The Campuskinder crèche is located directly opposite LMU's main building
- It has 10 places for all-day child care and also offers a limited number of spaces for flexible hourly childcare for children aged 15 months to 6 years
- During lecture periods, the crèche hosts a talk every first Wednesday of the month at 5pm for parents who want to know more about flexible childcare (Amalienstraße 83)
- For more information, please call +49 (0)89 2180 - 2244 or write an email: [campuskinder@stwm.de](mailto:campuskinder@stwm.de). Applications for a full-time nursery place must be made via Munich Student Union.

## University Kindergarten, registered charity

- The kindergarten is located in Leopoldpark, close to the university
- Children who are three or older are looked after in small groups with children of their own age, until they reach school age
- Children of students from LMU receive priority for places in this kindergarten
- Please apply directly to the nursery: [www.uni-kindergarten.de](http://www.uni-kindergarten.de)

## State childcare in Munich city

Please note that this section focuses solely on childcare in the city of Munich. If you live in one of the surrounding districts, please contact your local authorities.

### Crèches, nurseries and after-school care centers

- In Munich, there are a large number of childcare facilities for children aged from 9 weeks up to 12 years
- To register for a place, please visit Munich City's *kita finder+* website: [www.muenchen.de/kita](http://www.muenchen.de/kita)
- Using the search function, you can select your preferred childcare facilities and then register your child
- If you are unable to apply via the website, e.g. because the nursery of your choice is privately run, you will receive the contact details of the establishment in question so that you can get in touch directly
- To register your child for a full academic year, you will need to submit your application between November and the beginning of April (please note that deadlines apply!)
- You can also register your child during the course of an academic year. However, most places are assigned for 1st September

### Childminders and playgroups

- The Social Services offices in Neuhausen, Moosach, Pasing, Mitte and Orleansplatz keep lists of child-minders who work from home
- For more information, please see: [www.muenchen.de/kindertagespflege](http://www.muenchen.de/kindertagespflege)

The official website of the City of Munich offers information in English on childcare and bilingual facilities in Munich: [www.muenchen.de/int/en/culture-leisure/education-employment/childcare](http://www.muenchen.de/int/en/culture-leisure/education-employment/childcare)

### Reimbursement of childcare costs:

How much you will have to pay for childcare depends on the number of hours per day that your child attends the facility in question. State-run facilities adjust the costs depending on your income. Some facilities – including the student nurseries – charge a set fee, irrelevant of how high or low your income is. If you are on a low income, you may be able to apply to the income support department of your local social services for reimbursement of the costs. If and to what extent your requirements can be covered, will be calculated individually according to your economic situation.

International student parents without legal status or residence permit can also apply for a reimbursement of childcare costs. Please contact a “Sozialbürgerhaus”. You can find the “Sozialbürgerhaus” responsible for you here (German only): [www.muenchen.de/dienstleistungsfinder/muenchen/1060763/](http://www.muenchen.de/dienstleistungsfinder/muenchen/1060763/)



# FINANCING

Many international student parents find it difficult to finance their degree. In this chapter, we'd like to look briefly at how international students can finance their studies and cover some of the options international student parents from inside and outside the EU/EEA have. If you require advice tailored to your personal situation, please contact the support centers listed below.

## FINANCIAL ADVICE DURING PREGNANCY

If you're pregnant, you should seek out a pregnancy counseling center as early as possible if you need advice about money matters. These centers can give you information about income support and also help you to fill out the applications. They can also help you apply to the "Hilfe für Mutter und Kind" Foundation for financial support. [www.stmas.bayern.de/schutz-ungeborenes-leben](http://www.stmas.bayern.de/schutz-ungeborenes-leben)

Before beginning their studies, non-citizens of the EU will have to prove that they are able to cover the costs of their studies and their living expenses.

- When you apply for an entry visa, you will be asked for a Finanzierungsnachweis (proof of financial resources). At the latest, this will be the case when you apply for a residence permit
- Documented sum total (2020): 853 € per month or 10,236 € per year.

- Ways to prove your financial resources: bank guarantee, a payment deposited in a blocked account, a binding promise for a grant, your parents guaranteeing to cover your expenses etc.
- See the following website for further information: [www.study-in-germany.de/en](http://www.study-in-germany.de/en)

## Parental allowance (Elterngeld)

- Parental allowance is part of Germany's social policy and funded by the federal tax system
- The purpose of parental allowance is to make it easier for mothers and fathers to let their occupation rest fully or partially for a certain period of time in order to concentrate on their new born child
- For detailed information, see the "Familienwegweiser" (Family Guide) provided by the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth: [www.familienportal.de/familienportal/meta/languages/family-benefits](http://www.familienportal.de/familienportal/meta/languages/family-benefits)

International student parents from EU member states, the European Economic Area (EEA) and Switzerland usually qualify for parental allowance when they are covered comprehensively by health insurance and have sufficient means to support themselves and their family members for the duration of their stay in Germany.

Non-citizens of the EU qualify for parental allowance when they have a settlement permit or residence permit which entitles them or has entitled them to be economically active or whose children have German citizenship. International student parents from non-EU countries who have a residence permit solely for studying (§ 16 Aufenthaltsgesetz) usually do not qualify for parental allowance. For more information and having your case reviewed individually, please contact the “Zentrum Bayern Familie und Soziales”: **Servicezentrum München**, Bayerstraße 32, 80335 Munich, Website: [www.zbfs.bayern.de/familie/elterngeld](http://www.zbfs.bayern.de/familie/elterngeld)

## Child benefit (Kindergeld)

- Child benefit is part of Germany’s social policy and paid in a monthly rate after the birth of a child
- As of today (1.1.2021), it is 219 € for the first two children, 225 € for the third child and 250 € for each additional child
- Child benefit is not paid automatically – you have to apply for it timely at the *Familienkasse*, i.e. shortly after the birth of your child, as it can be paid in arrears only for six months
- We highly recommend you to contact the *Familienkasse* of the Federal Employment Agency (**Agentur für Arbeit**) via its free service hotline: 0800 4 5555 30 (German only!)
- Please see the website of the *Familienkasse*, too ([www.familienkasse.de](http://www.familienkasse.de)), especially the detailed

information on child benefit: [http://con.arbeitsagentur.de/prod/apok/ct/dam/download/documents/KG2-e-MerkblattKindergeld\\_ba014317.pdf](http://con.arbeitsagentur.de/prod/apok/ct/dam/download/documents/KG2-e-MerkblattKindergeld_ba014317.pdf)

International student parents who come from an EU or EEA country or Switzerland are readily entitled to child benefit.

International student parents from non-EU countries who have a residence permit solely for studying (§ 16 Aufenthaltsgesetz) usually do not qualify for child benefit. For more information, please contact the “Familienkasse” of the Federal Employment Agency (**Agentur für Arbeit**) via its free service hotline: 0800 4 5555 30 (German only!)

## Bavarian family allowance (Bayerisches Familiengeld)

In Bavaria, parents of children aged one or two (12-36 months) 250 € per month and child, from the third child 300 € per month. All families are entitled to these benefits, regardless of income, employment status, or childcare choices.

Applications may be submitted for all children born on or after October 1, 2015. If you have already applied for and receive a parental allowance in Bavaria, you do not need to submit an extra application for the family allowance. An online application form is available for all other parents on the ZBFS website.



**Service hotline:** +49 (0)931 / 32 09 09 29  
(Mon-Thu 8am-4pm, Fri 8am-12pm).

[www.zbfs.bayern.de/sprache/english/families-children.php](http://www.zbfs.bayern.de/sprache/english/families-children.php)

International students from Switzerland or from EU and ECR countries are entitled to Bavarian family allowance if they have a child or children of the respective age, and their main or habitual place of residence is in Bavaria.

International students from non-EU countries, who are in possession of a Bavarian student residency permit, are not entitled to Bavarian family allowance in accordance with Section 16 of the German Residence Act.

## The Bavarian “Krippengeld” grant

If your child attends a day-care centre covered by the BayKiBiG (Bavarian Child Education Act), you can apply for a grant of up to 100 € per month per child. To qualify, your child must be at least one year old and must have been born after January 1, 2017. You must be paying the daycare fees yourself and your household income may not exceed a certain limit.

You will need to submit an application in order to get the *Krippengeld* grant. Further information is available on the ZBFS website: [www.zbfs.bayern.de/sprache/english/families-children.php](http://www.zbfs.bayern.de/sprache/english/families-children.php)

## Bavarian daycare allowance

For each of the three years that a child attends daycare, the Free State of Bavaria forwards a subsidy directly to the local authorities. Parents do not need to apply for this separately.

## The German Federal Training Assistance Act (BAföG)

The BAföG (Bundesausbildungsförderungsgesetz – German Federal Training Assistance Act) is state funding for students. If you fulfill the requirements and this is your first course of study, you may qualify for BAföG. The amount of BAföG to which you are entitled will depend on your own income and assets as well as the income and assets of your spouse/parents. It is only awarded to international students in exceptional cases. According to § 8 BAföG, international students can claim the BAföG if

- one parent has German citizenship
- they have or have had a German spouse
- they are a legitimate asylum seeker, stateless or a refugee
- one parent was legally employed in Germany for three years within six years before the beginning of studies, or
- they were legally employed in Germany for five years before the beginning of study

Other requirements described in the terms and conditions of the BAföG must also be fulfilled. For more information, please see: [www.stwm.de/en/finances](http://www.stwm.de/en/finances)

## Student jobs

Many students finance their studies themselves by working part-time.

- Students may work up to 20 hours per week without having to pay health, nursing or unemployment insurance contributions
- You will need to have student health insurance cover and pay pension contributions; if you have any questions regarding health insurance, please ask your health insurance provider
- To find a student job in Munich, please see the LMU career service "Student und Arbeitsmarkt" ([www.s-a.lmu.de](http://www.s-a.lmu.de)) or the employment agency ([www.arbeitsagentur.de](http://www.arbeitsagentur.de))

For students coming from outside the EU/EEA work is restricted: They are allowed to work 120 full or 240 half days during their studies. Apart from that, they may work in student jobs without any limits. For more information on working during studies, please see: [www.internationale-studierende.de/en/prepare\\_your\\_studies/financing/jobbing](http://www.internationale-studierende.de/en/prepare_your_studies/financing/jobbing)

## Scholarships and student loans

Various foundations and organizations offer smaller and larger sponsorships and grants to students.

- Unlike BAföG, you will not have to pay back the money you receive from a sponsorship once you complete your degree

- Many foundations will expect some form of commitment from you, and you may have to attend events organized by the foundation
- If you would like to know more about sponsorships and grants, please contact the LMU Scholarship Office in the student union. The following websites may also help to provide an overview:

[www.stipendiumplus.de/en/dein-plus/stipendium-plus-who-we-are.html](http://www.stipendiumplus.de/en/dein-plus/stipendium-plus-who-we-are.html) und  
[www.stipendienlotse.de](http://www.stipendienlotse.de)

In acute emergencies, non-EU students may apply for a grant (130 € per month for one year) from Studentenhilfe München e.V.

Before applying for such a grant, you must make an appointment to talk to the General and Social Counselling / Munich Student Services, Mobile Consulting: [www.studentenhilfe-muenchen.de/hilfe-finden/foerderprogramme/stipendium-fuer-nicht-eu-staatsangehoerige/informationen-fuer-bewerber/](http://www.studentenhilfe-muenchen.de/hilfe-finden/foerderprogramme/stipendium-fuer-nicht-eu-staatsangehoerige/informationen-fuer-bewerber/)

You may also consider taking out a short-term or long-term student loan if you have no other way of financing your degree. However, please contact the Student Union loan advice office before committing to a large loan. Here you will receive independent advice on the different types of loans offered by public establishments.

Please note that student loans from the state are only awarded to international students in exceptional cases; the conditions are the same as for the BAföG.

LMU's International Office (Referat für Internationale Angelegenheiten) has gathered information on financial grants and loans for international students and international doctoral students.

For more information, please see:

[www.stwm.de/en/student-accommodation](http://www.stwm.de/en/student-accommodation)

## THE CONSEQUENCES OF TAKING PARENTAL LEAVE DURING YOUR DEGREE

- No BAföG payments, no student loans, (normally) no grants!
- No entitlement to type 2 unemployment benefits (Arbeitslosengeld II) if you produce study credits!
- No student employee status!

## Living in Munich

It's particularly hard to find budget accommodation in the city of Munich. So you should start looking for a suitable apartment for yourself and your children as early as possible. We recommend extending your search to the surrounding area.

- The Munich Student Union offers apartments in its halls of residence in Munich, Freising and Rosenheim – a limited number of family apartments are available here for student parents
- If you want to receive priority for a family apartment, you will need to file an application to the student union, stating a case of hardship
- To do so, you will need to write a brief description of your personal circumstances and enclose your university certificate of enrolment and a copy of your child's birth certificate

For general information on rooms and apartments let via the student union, please see:

[www.stwm.de/en/student-accommodation](http://www.stwm.de/en/student-accommodation)





# STUDYING WITH A CHILD AND CULTURAL AWARENESS

LMU is home to students from more than 130 countries around the globe. Roughly 8.800 international students are enrolled at LMU, many of them studying with a child or planning to become parents. From our daily work we know that international student parents are facing particular challenges rooted in cultural differences. Our aim is to support international student parents in dealing with these culturally related issues.

## Cultural roots

As culture is mainly unconscious, it is all the more important to understand that one's own thoughts and behavior and the thoughts and behavior of others are structured by cultural standards that have been learned by socialization. Culture not only encompasses our language but also how we dress, what we eat, how we raise our children, what family means to us and a lot of other things.

## Cultural conflicts

As one's perception of the world and one's being-in-the-world is built on cultural beliefs, it is very likely that international student parents will encounter confusing situations. Every moment, unexpected and unfamiliar situations can arise where the approved cultural knowledge how to deal with these situations seems to fail. In different cultural environments people not always know what is expected from them to do. In conflicts and crises, different cultural standards become visible.

## Cultural awareness

Culturally related conflicts can be very burdensome for international student parents. Our aim is to support international student parents to reflect cultural diversity, acknowledge other cultural standards and create a new togetherness through cultural awareness. Therefore, we want to provide a forum where students can exchange their experiences and learn from each other. We regularly offer

- intercultural workshops (e.g. on parenting)
- office hours for international student parents
- appointments in cooperation with LMU's International Office and Intercultural Counseling Center

**Studying with a  
Child and Cultural  
Diversity: Realizing –  
Appreciating – Living**



## Cultural awareness = a new togetherness

- "The various forms of childcare are an enrichment and allow me to choose what's best for me."
- "The different ways of eating open new perspectives for me and my children."
- "I appreciate that different cultures have different concepts of what children are allowed to do and what not."

## Culture = natural?

- "In my culture, young children are looked after by their parents and not outside the family home."
- "Where I come from, people don't eat with knife and fork."
- "At home, children are allowed to do nearly everything."

## Cultural differences = conflict?

- "Giving my child to childcare so early would make me a bad mother in my country."
- "I can't understand how children can eat in such a manner – I don't want my kids to do that."
- "How can someone impose such narrow limits on their children?"

*All quotations come from international student parents who participated in our intercultural workshop on parenting*

## AFTERWORD: INTERNATIONAL PARENTING

### **Prof. Dr. Juliana Roth**

*(Professor at the Institute of Intercultural Communication, Organization and coordination of the Intercultural Counseling Center)*

Raising a child in a different cultural environment is a challenging task. When you are an international student and have children you soon experience the different aspects of this challenge.

Parenting is known to vary in accordance with culture. Parental ideas and beliefs depend to a large extent upon the ideas and practices of child rearing, and these are culture specific. When you live in your home cultural context, you do not think a lot about how you behave with your children. You are guided by the implicit ideas which we all have unknowingly and which help us to form our worldview.

### **Awareness of culture**

Individuals are usually little aware of their cultural specificity, including the relationship between their parental strategies and their cultural background. Most of the time they act on “autopilot”, do what they consider “normal” and “taken for granted.” Yet in reality the question “What is good for my child” has many answers. Each of these answers conforms to different “cultural logics”, all of them varying and some of them even contrary to each other. Therefore it is not surprising that frictions may arise – between a parent and a kindergarten teacher or school teacher, between a mother and an international au pair, or a parent and a pediatrician.

The same applies to bicultural families and partnerships. There the situation may even be more serious, since the “cultural battles” take place within the private space of the family and are often loaded with more emotions than in the public space.

### **Intercultural learning**

As in any intercultural interaction, encounters in the context of childcare are shaped by similarities and differences. In the context of intercultural learning the focus is almost naturally on differences. But we should not forget that there are many similarities – and it is on them that we can build strategies of problem-solving whenever misunderstandings arise.

It is important to note that culture-based misunderstandings must not necessarily cause ill feelings or conflicts. And if conflicts arise, there are ways to go about them, and these ways can be learned. For this it is important to have knowledge of the areas of childcare in which cultural misunderstandings can arise. Learning to recognize which encounter is related to culture is another big step towards the effective management of cultural differences.

### **Examples**

Here is a short list of several areas where everyday cultural misunderstandings in the context of child care most often occur. These are highlighted with some questions that have to be answered differently, depending on the cultural background of parents and educators. The questions refer to young and very young children.



<b>Social relationships</b>	<p>Does my child have to blend into the group?</p> <p>Should the child be asked to express its own opinion?</p> <p>Should I encourage my child to be independent?</p>
<b>Authority</b>	<p>Should parents debate with their child its choice of dress and colour?</p> <p>Should parents, teachers and the elders be always respected?</p> <p>Should children be let to make decisions on their own?</p>
<b>Health</b>	<p>Do children always have to be out in the fresh air, even when it is very cold?</p> <p>Can malocchio be the reason for getting sick?</p> <p>Is chicken soup the best diet for my child when it comes down with the cold?</p>
<b>Food</b>	<p>What is the appropriate food for my baby?</p> <p>How long do I breastfeed?</p> <p>What do I pack in the lunchbox of my child?</p>
<b>Toilet training</b>	<p>At what age do I expect my child to be toilet-trained?</p> <p>Should I push my child to become toilet-trained at a very early age?</p> <p>Am I ashamed if my child is three years old a still wears diapers?</p>

### **Intercultural support**

In all situations of intercultural misunderstandings and conflicts an agreement can be reached. But there are preconditions: international parents need to gain awareness of their own expectations, compare them with the expectations of the German counterparts, define the differences and be willing to address the conflictual issues in an explicit way and with controlled emotions. None of these competences is easily acquired, but they can all be trained.

LMU's Intercultural Counseling Center offers professional advice, coaching, and training of international parents. It is a service of special counseling by professional interculturalists and high-quality care for international students. All its activities aim at supporting a policy of well-being and integration of international students into their German academic and social environment.

# APPENDIX 1: USEFUL ADDRESSES

## The LMU Advice & Service Center

### Central Student Advisory Office (Zentrale Studienberatung/ZSB)

Ludwigstraße 27, 1st floor

80539 Munich

Email: [www.lmu.de/studienanfrage](http://www.lmu.de/studienanfrage)

Website: [www.lmu.de/zsb](http://www.lmu.de/zsb)

Fax: +49 (0)89 / 2180 - 2967

You can get initial advice and brochures from the information desk in room G109.

### Student Information Service (SIS)

Phone: +49 (0)89 / 2180 - 9000

Website: [www.lmu.de/sis](http://www.lmu.de/sis)

Hotline for enquiries concerning university courses. You can also call this number to arrange a personal appointment.

### The Student Parent Office

Ludwigstraße 27, 1st floor

80539 Munich

Phone: +49 (0)89 / 2180 - 3124

Email: [studierenmitkind@lmu.de](mailto:studierenmitkind@lmu.de)

Website: [www.lmu.de/studierenmitkind](http://www.lmu.de/studierenmitkind)

Information and advice on all matters relating to studying with a baby/child.

### Office of the Registrar (Studentenkanzlei)

Geschwister-Scholl-Platz 1

Group rooms E 011 and E 114

80539 Munich

Phone: +49 (0)89 / 2180 - 9000

Website: [www.lmu.de/studentenkanzlei](http://www.lmu.de/studentenkanzlei)

Responsible for all matters affecting your student status, e.g. admission, change of subject, change of address and leave of absence. Expectant mothers and students with small children can jump the queue.

### International Office

#### (Referat für Internationale Angelegenheiten/RIA)

Ludwigstraße 27, ground floor

80539 Munich

Phone: +49 (0)89 / 2180 - 2823

Fax: +49 (0)89 / 2180 - 3136

Email: [international@lmu.de](mailto:international@lmu.de)

Website: [www.lmu.de/international](http://www.lmu.de/international)

Provides support for planning to study abroad (outgoing students) and is responsible for admissions for non EU citizens.

#### ■ Social support and intercultural support for students

Maj-Catherine Botheroyd-Hobohm

Phone: +49 (0)89 / 2180 - 9727

Email: [botheroyd-hobohm@lmu.de](mailto:botheroyd-hobohm@lmu.de)

#### ■ Advice for refugees

Monique-Claudine Esnouf

Phone: +49 (0)89 / 2180 - 2019

Email: [mesnouf@lmu.de](mailto:mesnouf@lmu.de)

### **Academic Counseling at Faculty Level (Fachstudienberatung)**

Every faculty at LMU has its own academic counselor. Generally, this will be a lecturer from the department in question. He or she can give you competent answers to questions on the content of a course, examination requirements, the course framework and specific course organisation.

Please see here for a list of all academic counselors:  
[www.lmu.de/fsb](http://www.lmu.de/fsb)

### **Examination Offices (Prüfungsämter)**

The examination offices provide information and advice on all matters concerning examinations. This is where you register for an exam or cancel your registration. Please see here for a list of all examination offices at LMU:  
[www.lmu.de/pruefungsaemter](http://www.lmu.de/pruefungsaemter)

You can contact the Humanities & Social Sciences Examination Office (PAGS) directly: [www.lmu.de/pa/pags](http://www.lmu.de/pa/pags)

### **Equal Opportunities Officer (Frauenbeauftragte)**

Schellingstraße 10, 2nd floor  
80799 Munich  
Phone: +49 (0)89 / 2180 - 3644  
Email: [frauenbeauftragte@lmu.de](mailto:frauenbeauftragte@lmu.de)  
Website: [www.lmu.de/frauenbeauftragte](http://www.lmu.de/frauenbeauftragte)

The LMU Equal Opportunities Officer advises students on gender issues, discrimination, sexual harassment, careers in science and work-life balance. Each faculty also has its own Equal Opportunity Officer to look after the concerns of students in the respective department.

### **Scholarship department (Stipendienreferat)**

Ludwigstraße 27, 2nd floor, room G224  
80539 Munich  
Phone: +49 (0)89 / 2180 - 5693 (Frau Schuster)  
+49 (0)89 / 2180 - 2424 (Frau Raum)

For information on special grants and scholarships (e.g. the Germany Scholarship) for degree courses.

### **Career Service (Student und Arbeitsmarkt)**

Ludwigstraße 27, 1st floor  
80539 Munich  
Phone: +49 (0)89 / 2180 - 2191  
Email: [s-a@lmu.de](mailto:s-a@lmu.de)  
Website: [www.s-a.lmu.de](http://www.s-a.lmu.de)

The Career Service of LMU Munich helps students to plan their career start effectively, and operates a job exchange to help students find a job.

### **Career advice on academic professions from the Employment Office (Beratung Akademische Berufe der Agentur für Arbeit)**

Employment Office Munich  
Kapuzinerstraße 26  
80337 Munich  
Email: [muenchen.hochschulteam@arbeitsagentur.de](mailto:muenchen.hochschulteam@arbeitsagentur.de)

Career advice covers the following areas: defining career goals, questions on starting a career, how to apply, and job market opportunities. Please arrange a personal appointment via email, stating your degree course and your expected month/year of graduation.

## Munich Student Union advisory network

All the information desks operated by Munich Student Union are located in the information center in the Olympic Village district:

### „Alte Mensa“

Helene-Mayer-Ring 9  
80809 Munich

Door h, accessible via the path through  
the bungalow village

Website: [www.stwm.de/en](http://www.stwm.de/en)

#### ■ Counseling for expectant mothers and student parents

Childcare/financing/accommodation

Dipl.-Soz. Päd. Sonja Simnacher

1st floor, room h5

Phone: +49 (0) 89 / 38196 - 1210

Email: [sonja.simnacher@stwm.de](mailto:sonja.simnacher@stwm.de)

Website: [www.stwm.de/en/studying-with-a-child](http://www.stwm.de/en/studying-with-a-child)

#### ■ Advice for international students

Website: [www.stwm.de/en/our-advisory-network](http://www.stwm.de/en/our-advisory-network)

Email: [beratung.international@stwm.de](mailto:beratung.international@stwm.de)

#### ■ Cultural services

Leopoldstraße 15 (ground floor), room E017, E018, E019  
80802 Munich

Website: [www.stwm.de/en/culture](http://www.stwm.de/en/culture)

#### ■ General BAföG enquiries

1st floor, room h4

Phone: +49 (0) 89 / 38196 - 1207

Email: [beratung-m@bafoeg-bayern.de](mailto:beratung-m@bafoeg-bayern.de)

Website: [www.stwm.de/finanzierung](http://www.stwm.de/finanzierung)

#### ■ Advice on scholarships

1st floor, room h1

Phone: +49 (0)89 / 38196 - 1204

Email: [stipendienberatung@stwm.de](mailto:stipendienberatung@stwm.de)

Website: [www.stwm.de/finanzierung](http://www.stwm.de/finanzierung)

#### ■ Advice on student loans

1st floor, room h2

Phone: +49 (0)89 / 38196 - 1205

Email: [studienkreditberatung@stwm.de](mailto:studienkreditberatung@stwm.de)

Website: [www.stwm.de/finanzierung](http://www.stwm.de/finanzierung)

#### ■ Mobile consulting

2nd floor, room h7 or flexible

Phone: +49 (0)170 / 9672568

Email: [mobileberatung-m@stwm.de](mailto:mobileberatung-m@stwm.de)

Website: [www.stwm.de/en/advisory-network/  
mobile-advisory-service/](http://www.stwm.de/en/advisory-network/mobile-advisory-service/)

#### ■ Accommodation service for students with a child

Munich Student Union

Email: [wohnen-vertrag@stwm.de](mailto:wohnen-vertrag@stwm.de)

Website: [www.stwm.de/en/accommodation](http://www.stwm.de/en/accommodation)

## Counseling centers for pregnant women and young families

The brochure entitled "Netzwerk für Familien" (Networks for families), published by Munich Youth Welfare Office, provides an excellent overview of the support network in Munich: [www.muenchen.info/soz/pub/pdf/419\\_beratungsstellenfuehrer.pdf](http://www.muenchen.info/soz/pub/pdf/419_beratungsstellenfuehrer.pdf)

### Department for Health and Environment (Referat für Gesundheit und Umwelt)

State-approved pregnancy counseling center  
Bayerstraße 28 a  
80335 Munich  
Phone: +49 (0)89 / 233 478 71  
Email: [schwangerenberatung.rgu@munichen.de](mailto:schwangerenberatung.rgu@munichen.de)  
Website: [www.muenchen.de/schwangerenberatung](http://www.muenchen.de/schwangerenberatung)

### Catholic Women's Welfare Services, registered charity (Sozialdienst Katholischer Frauen e.V.)

Counseling center for pregnant women  
and young families  
Dachauer Straße 48  
80335 Munich  
Phone: +49 (0)89 / 55 98 12 27  
Email: [schwangerenberatung@skf-muenchen.de](mailto:schwangerenberatung@skf-muenchen.de)  
Website: [www.skf-muenchen.de](http://www.skf-muenchen.de)

### pro familia Munich, registered charity

State-approved counseling center for pregnant  
women and families  
Website: [www.profamilia.de](http://www.profamilia.de)

### ■ Counseling Center Munich-Schwabing

Türkenstraße 103, 80799 Munich  
Phone: +49 (0)89 / 330 08 40  
Email: [munichen-schwabing@profamilia.de](mailto:munichen-schwabing@profamilia.de)

### ■ Counseling Center Munich-North

Blodigstraße 4, 80933 Munich  
Phone: +49 (0)89 / 314 44 25  
Email: [munichen-nord@profamilia.de](mailto:munichen-nord@profamilia.de)

### ■ Counseling Center Munich-Neuaubing

Bodenseestraße 226, 81243 Munich  
No disabled access  
Phone: +49 (0)89 / 897 67 30  
Email: [munichen-neuaubing@profamilia.de](mailto:munichen-neuaubing@profamilia.de)

### ■ Counseling Center Munich-Neuhausen

Rupprechtstraße 29 (Haus der Jugendarbeit)  
80636 Munich  
Phone: +49 (0)89 / 316 27 00  
Email: [munichen-neuhausen@profamilia.de](mailto:munichen-neuhausen@profamilia.de)

### Women's advice, registered charity (Frauen beraten e.V.)

State-approved pregnancy counseling center  
Website: [www.frauen-beraten.de](http://www.frauen-beraten.de)

### ■ City center Counseling Center

Herzog-Wilhelm-Straße 16, 80331 Munich  
Phone: +49 (0)89 / 599 95 70  
Email: [munichen-stadtmitte@frauen-beraten.de](mailto:munichen-stadtmitte@frauen-beraten.de)

■ **Sendling Counseling Center**

Lindenschmitstraße 37, 81371 Munich

Phone: +49 (0)89 / 747 23 50

Email: [muenchen-sendling@frauen-beraten.de](mailto:muenchen-sendling@frauen-beraten.de)

■ **Neuperlach Counseling Center**

Albert-Schweitzer-Straße 66, 81735 Munich

Phone: +49 (0)89 / 678 04 10 40

Email: [muenchen-neuperlach@frauen-beraten.de](mailto:muenchen-neuperlach@frauen-beraten.de)

**Munich Protestant Counseling Center,  
registered charity (Evangelisches Beratungszentrum  
München e.V.)**

State-approved pregnancy counseling center,

Website: [www.ebz-muenchen.de](http://www.ebz-muenchen.de)

■ Landwehrstraße 15 / rear building, 4th floor

80336 Munich

Phone: +49 (0)89 / 590 48 150

Email: [ssb@ebz-muenchen.de](mailto:ssb@ebz-muenchen.de)

■ ebz Rammersdorf

Echardinger Straße 63, 81671 Munich

Telefon: +49 (0)89 / 59048250

E-Mail: [ssb@ebz-muenchen.de](mailto:ssb@ebz-muenchen.de)

**Counseling center for natural childbirth and  
parenthood, registered charity (Beratungsstelle für  
natürliche Geburt und Eltern-Sein e.V.)**

Häberlstraße 17 / rear building

80337 Munich

Phone: +49 (0)89 / 550 67 80

Email: [buero@haeberlstrasse-17.de](mailto:buero@haeberlstrasse-17.de)

Website: [www.haeberlstrasse-17.de](http://www.haeberlstrasse-17.de)

## APPENDIX 2: STUDYING IN GERMANY – USEFUL TIPS AND INFORMATION

In order to prepare its international students for coming to Munich and studying at LMU, the University provides an **International Student Guide** in which you can find helpful and important information – be it about arriving in Munich, student support services, finding your way around campus or student life:

[www.en.lmu.de/students/int\\_student\\_guide](http://www.en.lmu.de/students/int_student_guide)

The **International Office** (Referat für Internationale Angelegenheiten) provides support and is responsible for admissions for non EU citizens and, in case of non-restricted university admissions, EU/EEA citizens. There are various International Office support services and events designed for both full-time students (degree students) and exchange students:

[www.en.lmu.de/about\\_lmu/contact/int\\_office](http://www.en.lmu.de/about_lmu/contact/int_office)

The **Intercultural Counseling Center** (Interkulturelle Beratungsstelle) offers prompt and direct assistance for international students at LMU who have questions related to studying and living in Germany. It also provides students with support regarding culturally related issues in their academic program that may be challenging to their success or having a negative impact on their general well-being:

[www.en.ikberatung.ikk.lmu.de](http://www.en.ikberatung.ikk.lmu.de)

Every faculty at LMU has its own **Academic Counselor** (Fachstudienberater). He or she can give you competent answers to questions on the content of a course, examination requirements, the course framework and specific course organization. For you as an international student parent, it is (among other things) particularly

important to know how to register for courses that take place while your child is in nursery and how to arrange your degree course more flexibly:

[www.lmu.de/studienangebote](http://www.lmu.de/studienangebote)

An important place to go is the **Munich Student Union** (Studentenwerk München). The Munich Student Union offers international students help, support and advice in social, economic and cultural matters, irrespective of whether they are in Munich for just one semester or for the entire duration of their studies:

[www.stwm.de/en/international](http://www.stwm.de/en/international)

The **German Academic Exchange Service** (**Deutscher Akademischer Austauschdienst/DAAD**) supports the internationalization of German universities. On its website you can find information on how you can study in Germany as well as what to do when you have come to Germany for your degree course:

Ten steps to studying in Germany:

[www.daad.de/deutschland/nach-deutschland/en/](http://www.daad.de/deutschland/nach-deutschland/en/)

The DAAD is also running a special website called “Study in Germany – Land of Ideas”:

[www.study-in.de/en/](http://www.study-in.de/en/)

The **Federal Ministry of the Interior** (Bundesministerium des Innern) offers a downloadable brochure in which you can find important information for life in Germany and tips how to make everyday life easier:

[www.bmi.bund.de/SharedDocs/downloads/EN/publikationen/Willkommen\\_in\\_Deutschland\\_en](http://www.bmi.bund.de/SharedDocs/downloads/EN/publikationen/Willkommen_in_Deutschland_en)

The **Federal Office for Migration and Refugees** (Bundesamt für Migration und Flüchtlinge) offers information on studying and education in Germany: [www.bamf.de/EN/Themen/MigrationAufenthalt/ZuwandererDrittstaaten/Bildung/Studium/studium-node](http://www.bamf.de/EN/Themen/MigrationAufenthalt/ZuwandererDrittstaaten/Bildung/Studium/studium-node)

If you are new to Munich, the website of the **Munich City** can give you tips and information on everything related to living in Munich – from housing and transport to Munich's nightlife and numerous leisure activities: [www.muenchen.de/int/en/living](http://www.muenchen.de/int/en/living)

#### **AMIGA**

supports (young) international professionals, students and graduates starting out on a career in Germany.

[www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Arbeit-und-Wirtschaft/Arbeitsmarktpolitik/Jugendliche/AMIGA/Internationale-Fachkr-fte](http://www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Arbeit-und-Wirtschaft/Arbeitsmarktpolitik/Jugendliche/AMIGA/Internationale-Fachkr-fte)







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