

JLU

NEUE WEGE. SEIT 1607.

JUSTUS-LIEBIG-  
 UNIVERSITÄT  
GIESSEN

# How to Survive in Germany - Tips for Your Daily Life

# 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 videIdent.
- 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.

# Where to Buy a Second-hand Bike

- <https://www.ebay-kleinanzeigen.de/stadt/giessen/> (a local version of Ebay)
- Online bulletin board of university (StudIP)
- Some local bike shops sometimes offer used bikes with a discount.
- Bike rental service: NextBike (first 30 minutes free for students)

<https://www.nextbike.de/de/>

# 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



Foto: 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.



Foto: Jens 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.



© fotolia Foto: Jürgen Fälchle

# Mensa, AstA and Student Body of Faculty

- Mensa: German word for 'university canteen', in which you can get affordable meals for Students.
- There are many canteens and cafes located in different campuses of JLU Gießen.

<https://www.studentenwerk-giessen.de/essen-trinken/mensen-cafeterien.html>

# Mensa, AstA and 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/>



# Mensa, AstA and Student Body of Faculty

- Student body of faculty (German: Fachschaft) is your go-to contact person if you encounter any questions or problems regarding your studies.
- They also offer study materials or materials of old exams.

# Life-saving Tips – What to Do If I 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 at the time of visit.
  3. You shouldn't head directly to a hospital expect for emergency cases.

# Life-saving Tips – What to Do If I 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/arzt suche/arzt suche.php>
- All you have to do is to determine the speciality, put your postal code and choose the language.

**DOCTOR & PSYCHOTHERAPIST SEARCH HESSE**

10827 doctors, 3895 psychotherapists

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 I Got Sick During Holidays or on the Weekend?

- **You have the following choices:**

1. You can search for emergency clinics in your region by using this link:  
<https://www.116117.de/de/index.php>
2. If you are sick outside of the office hours, you can call the medical on-call service (116117).
3. 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).
4. 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)
5. 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

- **Sick during regular office hours?**
  - ❑ Visit your family doctor or your specialist.
- **Sick outside of the office hours?**
  - ❑ Visit this [LINK](#) or call 116117.
- **Toothache outside of the office hours?**
  - ❑ Visit this [LINK](#).
- **Life-threatening emergency?**
  - ❑ Call 112.
- **Intoxication emergency?**
  - ❑ Call 0613119240.

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**Thanks for Your Attention!**