JLU
NEW PATHS. SINCE 1607.

JUSTUS-LIEBIG-
UNIVERSITÄT
GIESSEN



WELCOME GUIDE FOR INCOMING INTERNATIONAL STUDENTS AT JLU

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1. ARRIVAL & ORIENTATION

1.1. Arrival in Giessen via the Frankfurt Airport (FRA)

Frankfurt Airport offers various connections to the city of Frankfurt via S-Bahn and regional trains (Frankfurt Airport Regional Station), as well as IC/EC/ICE long-distance trains (Frankfurt Airport Long-Distance Station). Travel to Frankfurt Central Station (Hauptbahnhof) from Frankfurt am Main Airport and then take one of the trains running at least hourly (RE, HLB or IC) to Giessen. The travel time is approximately 45 minutes.

The "Deutschlandticket", which you receive when you enroll at JLU, covers all local transport journeys throughout Germany.

Long-distance transport (IC/ICE/EC, and Flixtrain) is not included.

From Frankfurt am Main Central Station, you can reach Giessen with the following train lines:

RE 98-99
RB 40-41
RB 37
RE 30

1.2. Getting around in Giessen

Trains: Giessen is well connected to Europe's rail network. All European train connections to and from Giessen can be found in German, English, Italian, Spanish, Dutch, Danish, Polish and Turkish on www.bahn.de.

Busses: Giessen has a dense network of city bus routes. As Giessen is also part of the Rhine-Main Transport Association (RMV), you can also travel to Giessen by public transport from more distant locations such as Frankfurt or Wiesbaden.

Information about bus connections in Giessen and the surrounding area is available from Stadtwerke Giessen. You can reach more distant destinations using the RMV connection information service.

1.3. Map of Giessen Bus Routes



1.4. The Semester Ticket (Deutschlandticket):

The semester ticket is a digital ticket and is included in the semester fee. After enrolment or re-enrolment, the semester ticket must be activated through the online portal: Semesterticket – AStA JLU Giessen. You can log in with your HRZ account ID and will receive a QR code which you can save to the digital wallet on your smartphone. This allows offline use when you do not have an active internet connection.

With the Deutschlandticket, all public transport can be used nationwide, including buses, regional trains, trams and underground trains. **Important note**: long-distance transport (ICE, EC, IC) is excluded. Separate tickets must still be purchased for these.

Validity periods
Winter semester: October 1 – March 31
Summer semester: April 1 – September 30

All important information about the Deutschlandticket for students can be found here.

1.5. Giessen City Map

The official Giessen city map shows streets, public services, and key locations. For a more interactive experience, you can use the interactive city map, which allows zooming, searching, and exploring important places like supermarkets, bus stops, cafés, and parks.

Useful Links:

- Interactive Giessen City Map
- 3D City Modell of Giessen



1.6. Campus Overview

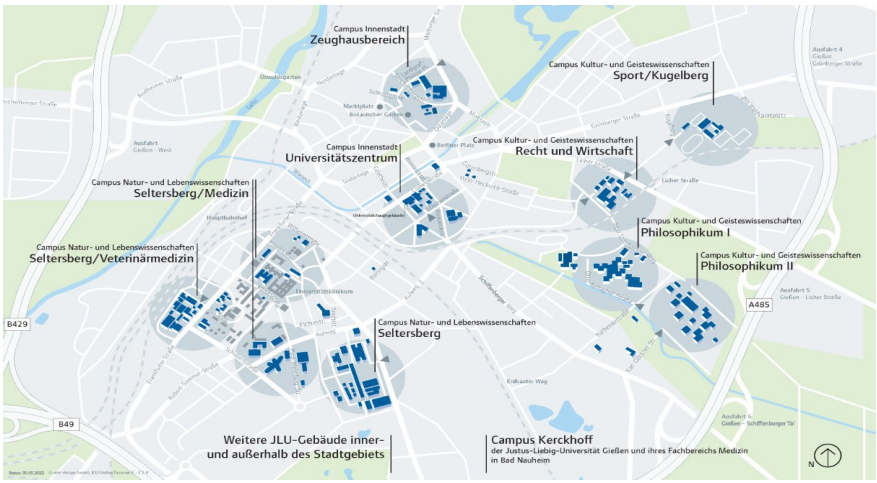
The Justus Liebig University Giessen is spread across several campuses in the city, each dedicated to different faculties and services. Knowing the names and locations of the main campuses will help you find your classes, study spaces, and other university facilities more easily.

Here are the main campuses at JLU Giessen:

Town Center Campus	**Campus for Cultural Studies and Humanities**	**Campus for Natural and Life Sciences**	**Kerckhoff Campus and its Faculty of Medicine**
Zeughaus	Sports Law and Economics Philosophikum I Philosophikum II	Medicine Veterinary Medicine	Kerckhoff Campus and its Faculty of Medicine

1.7. JLUmaps

You can use the JLU interactive campus maps to click on different campus areas, buildings, and facilities, making it easy to navigate the university digitally.
Explore the campuses here: JLUmaps



2. ADMINISTRATIVE ESSENTIALS

Starting life as an international student in a new country comes with a few important administrative steps. Completing these procedures early will help ensure your stay in Giessen is smooth, safe, and stress-free.

This section outlines the key tasks you need to take care of when you arrive, including registration, visa and residence requirements, health insurance, and banking.

2.1. Registration

YOUR START IN GIESSEN

JLU
NEUE WEGE. SEIT 1607.

JUSTUS-LIEBIG-UNIVERSITÄT GIESSEN

Accommodations before Arriving in Germany

- Apply for an apartment or a shared flat (a WG-room) at the **Studierendenwerk Giessen** and search in parallel for accommodation from private landlords as the waiting times for a student room are long. Alternatively, look for private accommodation only.

Accommodations after Arriving in Germany

- Ask the landlord to sign the confirmation of tenancy (**Wohnungsgeberbestätigung)**!
- **Order your student card:** If you have registered and already activated your JLU-account, you will receive an e-mail with a request to upload your photo for the student ID as well as to confirm a shipping address. Your student ID will then be produced and sent to you by post. Please note that student cards cannot be sent abroad, so please provide a German shipping address. More information on the student ID can be found here.

City Hall

- When living in Germany, you have to register with local authorities. Feel free to join the group appointment for registration during our Owis (6th and 8th of October). You will need your ‚Wohnungsgeberbestätigung' and your passport. If you would like to register yourself, book a registration appointment (**Wohnungsanmeldung)** at the city hall (**Stadtbüro)** via this link.
  Address: Berliner Platz 1, 35390 Giessen
- If you do not live in Giessen, please register in the city where you live.
- You will receive your certificate of registration right away.
- After 7-10 working days, you will receive a letter with your personal 11-digit **tax identification** number [**Steuer-ID aka. Persönliche Identifikationsnummer**] --> keep it safe!

Bank

- If you do not already have a German bank account, do open one here at a German bank.
- Usually, you will need the following documents for **opening an account: certificate of registration, tax ID, passport/identity card**, and **residence permit** (if applicable).
- If you have a blocked account and would like to release the funds in it, you will need a confirmation from the Immigration Authorities (**Ausländerbehörde)**.
- Some banks require you to book an appointment for the account opening. Check in with them beforehand!
- Bring your student ID in order to receive some benefits for opening a bank account, e.g. free account.

Immigration Authorities

Only for non-EU Students!

- Contact the Immigration Authorities (Ausländerbehörde) via email **auslaenderbehoerde@giessen.de** or telephone **0641 306-2280** for your registration.
- The Immigration Authorities will send you more information on the required documents via post, or offer an appointment to you.
- If you do not live in Giessen, contact the Immigration Authorities in the city where you live.

The End!

- You made it!
- Enjoy your time in Giessen ☺
- Should you have further inquiries, please contact us via: **international.students@uni-giessen.de**

2.2. Health Insurance

Health insurance is mandatory for all students in Germany. You must - regardless of whether you have statutory or private health insurance or an EHIC card - contact a statutory health insurance provider prior to enrolment in order to initiate a digital insurance notification, **a so-called M10.** There are different type of insurances:

Statutory health insurance in Germany: The monthly fee for all health insurances for students is approx. 130-150 € (incl. nursing care insurance coverage). We strongly recommend that you take out a German, statutory, student health insurance policy. For enrolment at JLU, please apply for a digital M10 certificate from a German statutory health insurance company of your choice.

Statutory health insurance within the EU (EHIC card, AT-11/social security agreement or equivalent): If you are already insured in another EU country, you can be exempted from the statutory insurance obligation in Germany. Please contact a German statutory health insurance provider of your choice and send them a scan of your EHIC card (front and back) for the digital M10 certificate. If you take up a part-time student job in Germany, you are automatically subject to compulsory insurance and require statutory health insurance in Germany.

Private health insurance in Germany: We strongly recommend that students under 30 take out statutory health insurance or at least seek advice before taking out private health insurance! Should you nevertheless decide to take out private health insurance and wish to be exempted from the statutory requirement, you must apply for an exemption from a statutory health insurance provider. To do so, please contact a German statutory health insurance provider of your choice, present the proof of private health insurance and apply there for a digital M10 certificate for enrolment at JLU.

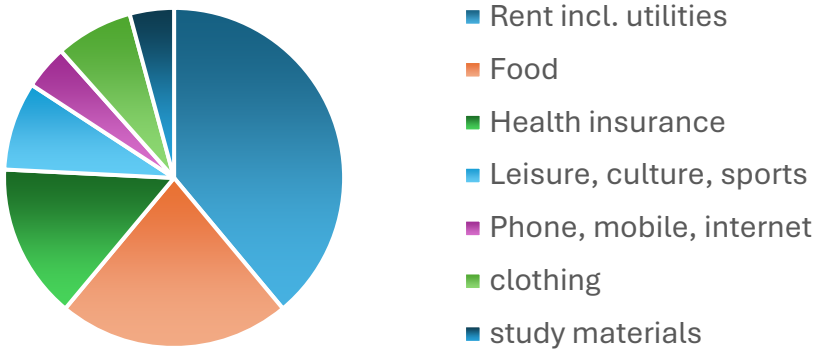
Here are some of the main health insurance providers in Giessen with their local offices:

Health insurance provider	Location and Contact
AOK	**Gartenstrasse 10 · 35390 Giessen** Phone: +49(0)800 0000 255 E-mail: studenten-service.Giessen@he.aok.de Website: www.aok.de/hessen.
Barmer	**Westanlage 7 · 35390 Giessen** Phone: +49 (0)151 182 343 84 E-mail: martin.kessler@barmer.de Website: www.barmer-gek.de

Health insurance provider	Location and Contact
DAK	**Johannesstr. 17 · 35390 Giessen** Phone: +49(0)641 9790480 E-mail: service754300@dak.de Website: www.dak.de
Die Techniker (TK)	**Aulweg 31 · 35392 Giessen** Phone: +49(0)173 - 290 37 74 E-mail: Jan Sahr@tk.de Website: TK-Krankenversicherung
KKH Kaufmännische Krankenkasse	**Seltersweg 7-9 · 35390 Giessen** Phone: +49(0)641 7954600 Webseite: KKH Kaufmännische Krankenkasse Giessen
IKK Southwest	**Lahnstr. 3c · 35398 Giessen** Phone: +49(0)641 2655 9300 E-mail: info@ikk-sw.de IKK Südwest | Ihre Wohlfühlkasse

2.3. Costs and Financing

Currently, you have to expect costs of about € 1,000 per month in Germany. From the winter semester 2024/25 onwards the assumed annual standard requirement, which must be paid into the blocked account when applying for a visa, is € 11,904 (€ 992 per month).



Before enrolment, please take out a German statutory health insurance for students (approx. € 130-150 per month).

Please note that at JLU, we do not provide scholarships for the whole degree programme. Nonetheless, we usually offer financial support for international students in the final phase of their studies. You will find general helpful information on scholarships on our website: Grants and Other Financial Support — JLU

2.4. Banks in Giessen

Opening a bank account is essential for everyday life in Germany—for paying rent, receiving scholarships or part-time job salaries, and managing daily expenses. Most banks offer student accounts ("Girokonto für Studierende") with low or no monthly fees. These are just a few banks where you can open a bank account:

Bank	Location and Opening hours
Deutsche Bank	**Marktplatz 4 · 35390 Giessen** www.deutsche-bank.de Opening hours: Mon & Tue: 09:00 am - 01:00 pm Thu: 09:00 am - 12:00 pm , 01:00 - 04:00 pm Fri: 09:00 am - 01:00 pm
Commerzbank	**Frankfurter Strasse 4 · 35390 Giessen** https://www.commerzbank.de/ Opening hours: Mon: 09:00 am - 01:00 pm, 02:00 - 04:00 pm Tue & Thu: 09:00 am - 01:00 pm, 02:00 - 06:00 pm Wed & Fri: 09:00 am - 01:00 pm
Santander Bank	**Bahnhofstrasse 62-64 · 35390 Giessen** https://www.santanderbank.de/ Opening hours: Mon, Tue & Thu: 09:00 am - 01:00 pm, 02:00- 06:00 pm Wed: 09:00 am - 01:00 pm, 02:00- 04:00 pm Fri: 09:00 am - 02:00 pm
Sparkasse Giessen	**Johannesstrasse 3 · 35390 Giessen** http://www.sparkasse-giessen.de/ Opening hours: Mon & Thu: 09:00 am - 06:00 pm Tue, Wed & Fri: 09:00 am - 04:00 pm

3. DAILY LIFE & ESSENTIALS

3.1. Grocery Shopping & Supermarkets (selection)

Living in a new city means learning where to get your groceries and household essentials. Giessen offers a variety of supermarkets, discount stores, and drugstores to fit every budget. Here is breakdown of popular supermarkets in Giessen:

Supermarkets	Location and Opening hours
REWE	**Ferniestrasse 4 · 35394 Giessen** Opening hours: Mon – Sat 08:00 – 10:00 pm (Near Unterhof and Phil. I and II) Reachable by bus lines 802 and 10 → Stop: Sandkauter Weg **Marktstrasse 6 · 35390 Giessen** Opening hours: Mon – Sat 07:00 am am – 08:00 pm (In the city center, near the market square) Reachable by bus lines 2, 3, 5, 7, and 802 → Stop: Marktplatz **Grünberger Strasse 114 · 35394 Giessen** Opening hours: Mon – Sat 07:00 am am– 10:00 pm (Near Grünberger Street) Reachable on foot or by bus line 1 → Stop: Volkshalle **Seltersweg 8 · 35390 Giessen** Opening hours: Mon – Sat 07:00 am – 09:00 pm (Near the market square) Reachable by bus lines 2, 3, 5, 7, and 802 → Stop: Marktplatz
PENNY	**Heinrich-Fourier-Strasse 2 · 35392 Giessen** Opening hours: Mon – Sat 7:30 am – 10:00 pm (Near Eichenforffering and Grünberger Strasse) Reachable by bus line 2 → Stop: Graudenzer Strasse **Galerie Neustädter Tor/ Neustadt 28 · 35390 Giessen** Opening hours: Mon – Sat 08:00 am – 09:00 pm (Near the city center, in Galerie Neustädter) Reachable by bus lines 2, 3, 13, 7, 801 and 802 → Stop: Oswaldsgarten

	**Raiffeisenstrasse 1 · 35394 Giessen** Opening hours: Mon – Sat 08:00 am – 10:00 pm (Near Unterhof and Phil. I and II) Reachable by bus line 802 → Stop: Am Unteren Rain **Georg-Elser-Strasse 1+3 · 35394 Giessen** Opening hours: Mon – Sat 08:00 am – 10:00 pm (Near Grünberger Street) Reachable by bus line 1 → Stop: Waldstadion
	**Schiffenberger Weg 106 · 35394 Giessen** Opening hours: Mon – Sat 08:00 am – 09:00 pm (Near Unterhof and Phil. I and II) Reachable by bus lines 802 and 10 → Stop: Sandkauter Weg
	**Tannenweg 19 · 35394 Giessen** Opening hours: Mon – Fri 06:30 am – 01:00 pm and 03:00 pm – 06:00pm, Sat 7:30 am – 01:00 pm (Near Grünberger Street) (Reachable by bus line 1 → Stop: Wolfstrasse) **Frankfurter Str 52 · 35392 Giessen** Opening hours: Mon – Sat 07:00 am – 09:00 pm (Near University Clinic) (Reachable by bus line 1 → Stop: Klinikstrasse)
Drugstores	**Location and Opening hours**
	**Seltersweg 7 · 35390 Giessen** Opening hours: Mon – Sat 09:00 am – 08:00 pm (In the city center, near the market square) Reachable by bus lines 2, 3, 5, 7, and 802 → Stop: Marktplatz **Georg-Elser-Strasse 1 · 35394 Giessen** Opening hours: Mon – Sat 08:00 am – 08:00 pm (Near Grünberger Street) Reachable by bus line 1 → Stop: Waldstadion
	**Bahnhofstrasse 9 · 35390 Giessen** Opening hours: Mon – Sat 08:30 am – 08:00 pm (In the city center, near the market square) Reachable by bus lines 2, 3, 5, 7, and 802 → Stop: Marktplatz

Müller	**Neustadt 28 · 35390 Giessen** Opening hours: Mon – Sat 09:00 am – 08:00 pm (Near the city center, in Galerie Neustädter) Reachable by bus lines 2, 3, 13, 7, 801 and 802 → Stop: Oswaldsgarten

Tips for Students:

- Most supermarkets accept cash and cards, but some smaller stores prefer cash
- Most of the stores remain closed on Sundays.
- Don't forget to bring your own shopping bags. Many stores charge for plastic bags.
- Weekly Farmers' Market: Fresh fruits, vegetables, bread, and regional products. Great for seasonal items. They mostly accept cash only.
- International Stores: Small shops selling ingredients from Asia, the Middle East, and other countries. Perfect if you want familiar flavors from home:

International Supermarkets	Location and Opening hours
Go Asia	**Seltersweg 77 · 35390 Giessen** Opening hours: Mon – Sat 09:00 am – 08:00 pm (In the city center, near the market square) Reachable by bus lines 2, 3, 5, 7, and 802 → Stop: Marktplatz
KADA	**Katharinengasse 11 · 35390 Giessen** Opening hours: Mon – Sat 08:00 am – 10:00 pm (Near the market square) Reachable by bus lines 2, 3, 5, 7, and 802 → Stop: Marktplatz
Dünya	**Bahnhofstrasse 90 · 35390 Giessen** Opening hours: Mon – Fri 08:00 am – 08:00 pm, Sat 09:00 am – 08:00 pm (Near the main train station) Reachable by bus lines 2, 5, 10, 17, 15 and 18 → Stop: Bahnhof
Kaya	**Hardtallee 2 · 35398 Giessen** Opening hours: Mon – Sat 08:00 am – 08:00 pm Reachable by bus lines 7 and 12 → Stop: Hardtallee
Turhan	**Reichenberger Strasse 13 · 35396 Giessen** Opening hours: Mon – Fri 08:00 am – 08:00 pm Reachable by bus line 14 → Stop: Ederstrasse

3.2. Understanding the “Pfandflaschen” System in Germany:

In Germany, many beverage bottles and cans come with a **deposit**, called a *Pfand*. This is a small fee you pay when you buy the drink usually between **8 and 25 cents** per bottle or can.

When you finish your drink, you **return the empty bottle or can** to a supermarket or a bottle return machine (*Pfandautomat*) and get your deposit back.

How to use the system:

- Look for the *Pfand* symbol on bottles and cans. If it has this, it’s refundable.
- Keep your bottles and cans in good condition (don’t crush them too much before returning).
- Most supermarkets have automatic machines that scan your bottles and give you a receipt. You can use this receipt to get cash at the checkout or reduce your shopping bill.
- Non-refundable bottles (like glass wine bottles or milk cartons) usually don’t have a *Pfand*.
- Bottles you buy on campus can be returned at the cafeteria and canteens on campus as well.



3.3. SIM Cards & Internet Providers

Staying connected is essential for studies and daily life in Germany. International students usually rely on prepaid SIM cards or SIM card contracts for mobile data and calls, and home internet (DSL or fiber/Glasfaser) for their apartments.

SIM Cards (Prepaid)
Prepaid SIM cards are the easiest way to get connected without a long-term commitment. You can buy them in stores or online. You’ll need your passport/ID, but no German bank account is required.

Provider	Estimated Costs	Website
Telekom MagentaMobil Prepaid	€10–€20/month	telekom.de
Vodafone CallYa	€10–€20/month	vodafone.de
O2 Prepaid	€10–€15/month	o2online.de
1&1 Prepaid	€10–€15/month	1und1.de
Aldi Talk	€10–€20/month	Prepaid SIM-Karte | ALDI TALK

SIM Card Contracts (Vertrag)
Contracts usually offer more data and better rates but require a German bank account and residence registration (Anmeldung). Some providers offer special student plans with lower monthly fees.



Provider	Estimated Costs	Website
Telekom MagentaMobil	€20–€35/month	telekom.de
Vodafone Red+	€20–€35/month	vodafone.de
O2	€15–€30/month	o2online.de
1&1 Smart	€15–€30/month	1und1.de

3.4. Budgeting Tips & Student Discounts

Living on a student budget in Germany doesn't mean you have to miss out on good food, fun experiences, or essentials. Here are practical tips and apps that many students find useful:

Budgeting & Finance Tools

- **Monkee** – A savings app that helps you set savings goals with gamified features and cashback rewards.
  Link: monkkee - das sichere Online-Tagebuch - privat und sicher
- **Splitwise** – For tracking shared expenses in a shared flat (e.g., rent, groceries, utilities) and avoiding awkward "who owes what" moments.
  Link: Teile Ausgaben mit Freunden. :: Splitwise
- **Bring!** – A shopping list app that helps you plan grocery shopping and shows deals to avoid forgetting items or buying extras.
  Link: Bring! Die kostenlose Einkaufslisten App für Android und iOS

Food & Grocery Savings

- **Too Good To Go –** Buy "surprise bags" of unsold food from bakeries, cafes, and supermarkets at discounted prices.
  Link: Rette Lebensmittel vor der Verschwendung | Too Good To Go
- **Foodsharing** – A free app/community where people share surplus food for reducing waste and saving money.
  Link: foodsharing | Rette mit!

Discounts & Deals Platforms

- **UNiDAYS** – Student discount platform with deals on fashion, tech, food, gym memberships, and more.
  Link: Studi-Rabatte | Kostenlose und exklusive Rabattcodes | UNiDAYS
- **Student Beans** – Similar to UNiDAYS, student deals from brands both in Germany and across Europe.
  Link: Student Beans

3.5. Waste Sorting

Waste sorting (Mülltrennung) is very important in Germany. Different types of waste must go into different bins. Sorting correctly helps recycling process.

Below is a simple guide to help you sort your waste correctly.



- Bulky waste (used furnitures etc.) is picked up on certain days by municipal administration.
- Electronics bins (Elektroschrott-Container) in Germany are specifically designated for used electronics and objects bearing the WEEE logo, indicating they fall under the Waste Electrical and Electronic Equipment directive. These bins are typically located in electronics stores, hardware stores, and some supermarkets
- Special bins are used for used clothes and shoes.

Detailed information can be found here: Recycling in Germany – Comprehensive Guide to Waste Management

Good To Know

Broadcasting service fee (GEZ):

The so-called Rundfunkbeitrag (broadcasting service fee) is a mandatory fee for the German state-funded radio and TV programmes. It has to be paid by every household even if you do not use radio or TV. The fee amounts to 18,36 Euros per month (as of January 2024).

If you share an apartment you can also share the broadcasting service fee. You or one of your flat mates must register with the ARD ZDF Deutschlandradio Beitragsservice. The non-paying members have to inform the agency that their fee has already been collected under the registered person's fee account number but they do not personally register!

More information and the registration/ deregistration forms which need to be sent online can be found at: Welcome! – Rundfunkbeitrag

Summer time / winter time

Summer time refers to the practice of changing clocks in order to make better use of natural daylight. Clocks are set 1 hour forward at the end of March, while at the end of October clocks are set 1 hour back to winter time.

Liability insurance

In Germany, it is common to have a liability insurance. If you are not insured with your parents, get informed about your options.



Electricity

Before using any electrical devices, please check voltage and plug / socket type.

Quiet Hours

From 10 PM to 6 AM, avoid loud music or vacuuming (*Ruhezeit*). Sunday is Ruhetag. Most shops are closed, and it's a quiet day for resting.

4. Your Student ID

The JLU student ID card is multifunctional and identifies you as a JLU student.



Valid:

- Winter semester: 1st of October to 31st of March
- Summer semester: 1st of April to 30th September

The benefits of the Student Card

- Library card
- Cashless payment system in the canteens
- Cashless payment system at public printers and photocopiers
- Bike rental system (nextbike): 60 minutes for free pools (more information below)
- Flatrate for theatre, cinema & swimming pools (more information below)
- Important: The student ID is **not** your semester ticket!

Once you have received your card, you must validate it for the respective semester at a machine. The validation stations are currently located at the following locations:

- Zweigbibliothek Recht und Wirtschaft (new location: copy room 33b)
  Mon – Fri from 9 am to 4 pm
  Licher Str. 68
- IT Service Centre (HRZ, corridor in front of the service area, next to the display case)
  during the opening hours of the building
  Heinrich-Buff-Ring 44
- Universitätsbibliothek (UB)
  during the respective opening hour
  Otto-Behaghel-Str. 8
- registrar's office (Studierendensekretariat)
  during the respective opening hour
  Goethestraße 58

More information: https://www.uni-giessen.de/en/faculties/svc/it/it-service-centre/accounts/jluidcard/

4.1. Cinema Flat Rate

The cinema flat rate gives you 1x voucher for a free cinema visit and 1x 10% voucher for the snack counters once a month. The vouchers are valid for 2D screenings at the Kinocenter and Kinopolis Giessen. However, 3D screenings, D-Box or premium seats can also be booked for an additional charge. The vouchers are not valid for special events, live broadcasts, film series or film nights.

You can redeem the vouchers either directly at the cinema box office or snack counter or in the online ticket shop.
The vouchers expire at the end of the respective calendar month.



Detailed information on registration and downloading the vouchers can be found here: Cinema Flat Rate – AStA JLU Giessen

4.2. Rental Bikes

JLU has been facilitating the environmentally friendly mobility of students with a bike rental system and networking the various campus areas even better. There are now 360 rental bikes at 17 stations. All interested parties can use the rental bike system provided by the operator nextbike – you, as a student at JLU, can even get special conditions.

For you as a student there are no additional costs for the first 60 minutes of each rental. You can rent up to 3 bikes at the same time and thus be on the road with your friends at any time in an environmentally friendly way. After 60 free minutes a tariff of 1€ per 30 minutes and a maximum of 5€ per day applies. After a break of 15 minutes you can rent a new bike with free minutes.

Detailed information on registration, lending, and return procedures can be found here: Rental Bikes – AStA JLU Giessen



4.3. Swimming Pool Flat Rate

The pool flat rate gives you free admission to the SWG pools in Giessen. You can visit the indoor pools from the end of the outdoor pool season in late summer and the outdoor pools from their opening in spring. During the outdoor pool season, admission to the indoor pools is not included.

The following pools are included:

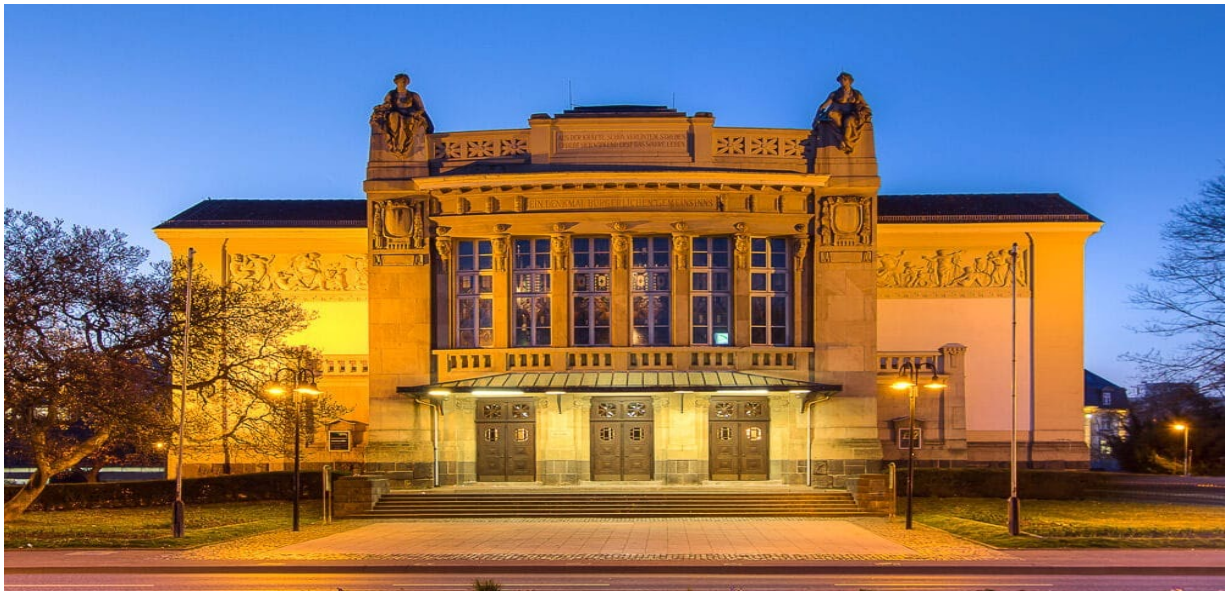
- Summer (during the outdoor pool season):
  - Ringallee outdoor pool
  - Kleinlinden outdoor pool
  - Lützellinden outdoor pool
- Winter (outside the outdoor pool season):
  - Indoor pool Ringallee
  - Indoor pool Westbad

Access is currently only possible with the student ID card. For further information please check the following website: Swimming Pool Flatrate – AStA JLU Giessen

4.4. Theatre Ticket

The theatre flat rate allows you to attend almost any play at the Stadttheater Giessen. From three days before the performance in question, you can book a ticket free of charge. The flat rate is limited to one free ticket per play – otherwise you can use the flat rate as often as you like! (In addition, one of your own children can also receive a free ticket).

If you use the theatre flat rate, please always bring your student ID with you to the performance, as this will be checked at the entrance! Detailed information on how to get your tickets can be found here: Theatre Ticket – AStA JLU Giessen



5. HEALTH & SAFETY



5.1. Doctors (selection)

Dr. med. Claudia Lumper (Allgemeinmedizinerin/general practitioner)
Georg-Schlosser Straße 6, 35390 Giessen
Tel.: 0641 390948

Praxis Rak, Schöndorf, Meisler (Allgemeinmedizinerin/general practitioner)
Neustadt 31, 35390 Giessen
Tel.: 0641/975 83 0
https://www.arztpraxis-giessen.de/

Uniklinikum Giessen Zentrale Notaufnahme (emergency ambulance, Sa. & So.)
Klinikstrasse 33, 35392 Giessen
Tel.: 0641 / 985-52900
https://www.ukgm.de/home.html

St. Josefs Krankenhaus Balserischer Stift Notdienst (emergency ambulance, Sa. & So.)
Wilhelmstrasse 7, 35392 Giessen
Tel.: 0641/7002290
https://www.jokba.de

Die Hautärztinnen Dr. med. Bräu und Dr. med. Groß (dermatologist)
Südanlage 16, 35390 Giessen
Tel.: 0641/9848920
http://www.die-hautaerztinnen.de/

Zahnarztpraxis Frank Tussing (dentist)
Ulner Dreieck 1 (Ecke Aulweg), 35392 Giessen
Tel.: 0641/71305
https://www.zahnarzt-giessen.de/

Zahnarztpraxis Südanlage (dentist)
Südanlage 10, 35390 Giessen
Tel.: 0641/98447424
https://www.zs-giessen.de/



Frauenärzte Löberstrasse (gynaecologist)
Löberstrasse 17A, 35390 Giessen
Tel.: 0641/98 44 140
http://www.giessen-frauenarzt.de/

Frauenarzt-Zentrum (gynaecologist)
Alicenstrasse 4, 35390 Giessen
Tel.: 0641/966210
https://www.frauenarzt-zentrum-giessen.de/

5.2. Pharmacies (selection)

Sonnenapotheke
Memeler Strasse 1, 35394 Giessen
Tel.: 0641/46717

Engel-Apotheke
Marktplatz 8, 35390 Giessen
Tel.: 0641/33366
http://www.engel-apo-giessen.de/

Goethe Apotheke Giessen
Stephanstrasse 26, 35390 Giessen
Tel.: 0641/76320
https://goethe-apotheke-giessen.de/

Pelikan-Apotheke am Kreuzplatz
Kreuzplatz 2, 35390 Giessen
Tel.: 0641 34605
Pelikan-Apotheken – in der Galerie | am Marktplatz | am Kreuzplatz

Emergency Pharmacies (Notapotheken)
If you need medication outside normal pharmacy opening hours, you can go to an emergency pharmacy (Notapotheke). In Germany, pharmacies take turns providing night, weekend, and holiday service, so at least one pharmacy in the area is always available.
You can search for emergency pharmacies in Giessen here: Apotheken-Notdienst in Giessen: Notfallapotheken für heute | aponet.de

5.3. Psychological Counseling for Students

PBS Psychologische Beratungsstelle
Rathenaustrasse 10, 35394
E-Mail: pbs@zfbk.uni-giessen.de
Student Counselling — ZfbK - Centre for Competence Development

AStA psychological counseling service
Otto-Behaghel-Strasse 25D, 35394 Giessen
Tel.: 0641-9914800
Psychological consultation – AStA JLU Giessen

5.4. Emergency Contacts

Contact	Telephone
Medical emergency (Fire brigade, ambulance etc.)	112
Police	110
Nationwide medical on-call service (For urgent but non-life-threatening issues)	116 117
Giessen After-Hours Medical Service (For urgent but non-life-threatening issues)	0641 – 45091
Wildwasser Giessen e.V. (Support around sexualized violence)	0641 76545 Website: Kontakt | Wildwasser Giessen

6. UNIVERSITY LIFE

6.1. Libraries & Study Spaces

Giessen's university has **one main library** and several department-specific branch libraries. These provide access to books, journals, digital resources, and study spaces suited for different fields of study.

Universitätsbibliothek Giessen (UB) Main Library

Location: Philosophikum I
Otto-Behaghel-Strasse 8, 35394 Giessen
Opening Hours: Mon–Sun: 07:30 am – 11:00 pm
Collections: across most disciplines (especially arts, humanities, and social sciences)

Departmental Library for Life Sciences

Location: City Center
Seltersweg 85, 35390 Giessen
Opening Hours: Mon–Fri: 08:30 – 08:00 pm; Sat: 08:30 am –07:00 pm
Collections: Biology, Chemistry, Medicine, Physics & mathematics

Departmental Library in Zeughaus

Location: Campus Innenstadt
Senckenbergstrasse 3, 35390 Giessen
Opening Hours: Mon–Fri: 08:30 – 08:00 pm
Sat: 10:00 am – 06:00 pm
Collections: Geography
Agricultural & environmental sciences

Departmental Library for Law and Economics

Location: Campus for Law & Economics
Licher Strasse 68, 35394 Giessen
Opening Hours: Mon–Sun: 08:30 am – 09:00 pm
Collections: Law, Economics & business administration, Management

Always check the JLU library website for up-to-date opening hours during holidays.

Detailed information on library systems and services can be found here: Startseite — Universitätsbibliothek



6.2. Canteens & Cafeteria

Giessen's university campuses have several canteens (Mensa) and cafeterias where students can get affordable meals, snacks, and drinks. Most offer vegetarian and vegan options.

OBS Mensa

Location: Otto-Behaghel-Strasse 27
35394 Giessen
Lunch: Mo. – Fr.: 11:30 am – 02:15 pm
Dinner: Mo. – Fr.: 04:30 – 08:00 pm

Mensa THM

Location: Wiesenstrasse 14, 35390 Giessen
Lunch: Mo. – Fr.: 11:30 am – 02:00 pm

Mensa Mildred-Harnack-Fish-Haus

Location: Leihgesterner Weg 16
35392 Giessen
Lunch: Mo. – Do.: 11:30 am – 02:15 pm
Fr.: 11:30 am – 12:00 pm

Café am Kunstweg

Location: Karl-Glöckner-Strasse 21
35394 Giessen
Cafeteria menu: Mo. – Fr.: 9:15 - 02:30 pm
Lunch: 11:30 am – 02:30 pm

CANTEENS, CAFETERIAS, COFFEE BARS & CO.

Café Phil

Location: Otto-Behaghel-Strasse 10
35394 Giessen
Cafeteria: Mo. – Fr.: 07:45 am – 12:30 pm

Mensa THM

Location: Licher Strasse 68, 35394 Giessen
Cafeteria: Mo. – Fr.: 09:30 am – 04:30 pm
Lunch: Mo. – Fr.: 11:30 am – 02:30 pm

CaRé

Location: Heinrich-Buff-Ring 44
35392 Giessen
Lunch: Mo. – Fr.: 11:30 am – 02:30 pm
Cafeteria: Mo. – Fr.: 09:30 am – 02:30 pm

BioMediCa

Location: Schubertstrasse 81, 35392 Giessen
Cafeteria: Mo. – Fr.: 8:30 am – 01:30 pm

CampusTor

Location: Platz der Deutschen Einheit 1,
35390 Giessen
Lunch: Mo. – Fr.: 11:30 am – 01:45 pm
Cafeteria: Mo. – Do.: 7.30 – 04:00 pm
Fr.: 7:30 am– 01:45 pm

D13

Location: Ringallee 35, 35390 Giessen
Cafeteria: Mo. – Fr.: 08:00 am – 02:00 pm

cUBar

Location: Otto-Behaghel-Strasse 8
35394 Giessen
Cafeteria: Mo. – Fr.: 11:30 am – 05:30 pm

Please check the opening hours of the canteen before visiting, as they may differ during lecture-free periods or be closed on public holidays. The weekly meal plan is posted on the website each week. You can find the meal plan and further information on the website: Mensen, Cafeterien, Kaffeebars & Co. - Studierendenwerk Giessen

Furthermore, several coffee machines and snack vending machines can be found throughout the campus.

6.2.1 How to *Mensa*

1. Bring Your Student Card

Your student ID is your payment card (Bezahlkarte) in the Mensa. Before you can pay for your food, you need to charge it with money.





2. Load Money onto Your Card

You can charge your card with cash at various charging machines available across campus as well as at the Mensa.

If you would like to charge your card using an EC card, please go to the Info Point during lunch hours or to the cash register during dinner time.

3. Check the Menu

You can check the menu on the Studierendenwerk website (Mensa Otto-Behaghel-Strasse (OBS) - Studierendenwerk Giessen), on the Mensa app, as well as on the display screens inside the Mensa.



4. Take your food

Step 1: Tray
Das Tablett



Step 2: Cutlery & Napkin
Das Besteck & die Serviette



Step 3: Main dish
Das Hauptgericht





Step 4: Side dish
Die Beilage



Step 5: Dessert
Das Dessert



Step 6: Drink
Das Getränk



! Symbols to look out for and their meaning



Vegetarian
Vegetarisch



Bio: Organic Production
Bio: ökologische/ biologische Produktion



Vegan
Vegan



MSC: Marins Stewardship Council
Fish from sustainable fisheries
nachhaltige Fischerei



Beef
Rindfleisch



Gluten
Gluten



Pork
Schweinefleisch



Lactose
Laktose



Lamb
Lamm



Poultry
Geflügel



6. Paying

Go to the cashier and hold your student card to the card reader. The cost of your meal will be automatically deducted.

If you take a salad from the salad bar, it will be weighed at the cashier, and the price will be calculated accordingly.



7. Return your Tray

After finishing your meal, return your tray to the tray return area (Tablett-Rückgabe). Make sure to sort your waste properly and follow the recycling rules.



If you want to learn more German words commonly used in the Mensa, take a look at the Mensa Wörterbuch: DSW_mensawoerterbuch_web.pdf

6.3. Student Services & Advisors

JLU offers a variety of services to help students navigate university life, get support, and make the most of their studies. Here's a brief overview of the main offices and contacts you might need:

6.3.1. International Office

The International Office supports international students with visas, residence permits, financial support or finding accommodation. They are also your point of contact for orientation week guidance.

For International Degree-Seeking Students: international.students@uni-giessen.de
For International Doctoral Students: promotionsstudium-international@uni-giessen.de
For Exchange Students: incoming.exchange@uni-giessen.de

6.3.2. Central Student Advisory Service (ZSB)

The Central Student Advisory Service (ZSB) offers prospective students and current students advice and personal support on the following topics: choosing a degree programme, organising your studies or changing your subject. It is the central point of contact for all study-related questions.

Email: ZSB@uni-giessen.de
Website: Zentrale Studienberatung (ZSB) — JLU

6.3.3. General Students' Committee (AStA)

The AStA is the student government body. They organize events, provide social support, legal and social advice, and represent student interests at the university.

Email: buero@asta-giessen.de
Website: AStA JLU Giessen

6.3.4. Studierendenwerk Giessen

The Studierendenwerk manages the Mensa, dormitories, financial aid, counseling services, and other student support programs.

Email: beratung.soziales@stwgi.de
Webseite: Start - Studierendenwerk Giessen

6.3.5. Career Service (ZfbK)

The Career Services support JLU students on their path to professional life. Each semester, a comprehensive range of workshops and events is offered, in which students from all departments can participate. In personal consultations, conducted in cooperation with the Campus Team of the Federal Employment Agency in Giessen, students can get guidance on application phase, entering the job market, and career planning.

Email: Benjamin.Frank-Morgan@zfbk.uni-giessen.de
Website: Career Services — ZfbK - Centre for Competence Development

6.3.6. University Team of the Employment Agency Giessen

The University Team of the Employment Agency Giessen supports students and graduates with career planning, internships, job applications, and labor market advice. They can also provide guidance on part-time jobs, student employment, and career opportunities in Germany.

Email: giessen.hochschulteam@arbeitsagentur.de
Website: Hochschulteam | Bundesagentur für Arbeit

7. SOCIAL LIFE & LEISURE

7.1. Culture & Entertainment

7.1.1. Theaters and Performances

Giessen hosts several theaters that regularly stage plays, musicals, and modern performances. The Stadttheater Giessen is the city's main venue for live theater, ballet, and concerts. Student discounts are often available, making it easy to enjoy a night out. The programme can be found here: Stadttheater Giessen

7.1.2. Music & Festivals

Giessen hosts a variety of festivals throughout the year, offering a great way to experience local culture, meet people, and have fun:

- **Festival "Stadt ohne Meer"** – an arts festival featuring music, theater, and visual arts throughout the city.
- **Lahnuferfest** –summer festivals, held along the scenic banks of the Lahn River.
- **Kultursommer** – a summer cultural festival offering open-air performances, concerts, and art exhibitions.
- **Giessener Kulturnacht** – a night where museums, galleries, and cultural venues open late with special programs and performances.
- **Musikalischer Sommer auf dem Schiffenberg** – summer concerts in a outdoor setting near the Schiffenberg monastery.
- **StadtRaumBühne** –open-air theater and performances across Giessen's urban spaces.



MUSIKALISCHER SOMMER



GIESSENER KULTURNACHT



KULTURSOMMER



STADT OHNE MEER

- **Market (Weihnachtsmarkt)** – traditional festive stalls, seasonal foods, and a cozy winter atmosphere.

Detailed information on festivals and events can be found here: Musik & Festivals / Stadt Giessen

7.1.3. Museums and Art Galleries

Lichthof Gallery at JLU and the Museum of Local History in Giessen present exhibitions that include local artists, student work, and traveling collections, covering both German and international art.

7.1.4. Cinemas and Film Events

Cinemas such as Kinopolis Giessen screen mainstream and independent films. The university and local cultural centers occasionally host film festivals, including English-language screenings.
Further details can be found here: Aktuelles Kino-Programm Wochen-Übersicht – Kinocenter Giessen

7.2. Student Meeting Points

- **The World as a Guest in Giessen** – an opportunity to connect with local residents to encourage cultural exchange and new friendships. Through activities such as coffee afternoons, barbecues, games, and excursions, participants can experience everyday life in Germany while sharing their own cultures and traditions: The world as a guest in Giessen - Student Union Giessen



- **Kü-Ché –** volunteer café/community space great for meeting people and getting involved. Kü-ché Giessen (@kueche_giessen) • Instagram-Fotos und –Videos
- **ESN (Erasmus Student Network)** – organizes trips, parties, language tandems and meetups. ESN Giessen (@esngiessen) • Instagram-Fotos und –Videos

7.3. Sport and Fitness:

- **The Academic Sports Services:** AHS gives you the opportunity to stay active while you are abroad. They offer sports classes, sport competitions, exercise breaks during lectures, health promotion events, and cooking workshops throughout the year. Detailed Information on sports program and events can be found here on our website: FAQ (english) — Allgemeiner Hochschulsport

- **Giessen City:** Giessen City offers leisure and sports activities, such as mountain biking, skating, cycling tours, indoor rock climbing, and much more. You can check their offerings on their website here: Sport- und Freizeitangebote in Giessen und Umgebung / Stadt Giessen





7.4. Day Trips & Nearby Cities

If you would like to explore nearby cities, you can make use of your semester ticket and visit places such as

- **Frankfurt am Main**
  Approx. 1 hour by train
  Germany's financial hub with modern skyline, museums (like the Städel), shopping, and lively cafés.
  Great for combining culture, shopping, and urban exploration.

- **Wiesbaden**
  Approx. 1 hour by train
  Elegant spa town with thermal baths, historic architecture, and parks.
  Perfect for a relaxing day trip.
- **Marburg**
  Approx. 30 minutes by train
  Charming university town with a medieval old town, castle (Landgrafenschloss), and student-friendly cafés.
  Very picturesque and easy to explore on foot.
- **Kassel**
  Approx. 1.5 hours by train
  Famous for the Bergpark Wilhelmshöhe, a UNESCO World Heritage site with stunning gardens and Hercules monument.
- **Darmstadt**
  Approx. 1 hour by train
  Known for Art Nouveau architecture (Mathildenhöhe) and a lively student scene.
- **Wetzlar**
  Approx. 30–40 minutes by train
  Small historic town with beautiful old streets and the Lahn River.
  Home to Leica Camera Museum.
- **Koblenz**
  Approx. 2 hours by train
  Where the Rhine and Moselle rivers meet; enjoy the riverside promenade and Deutsches Eck.
- **Heidelberg**
  Approx. 2 hours by train
  Iconic castle, old bridge, and vibrant student life. A very popular day-trip destination.
- **Mainz**
  Approx. 1.5 hours by train
  Capital of Rhineland-Palatinate, known for its cathedral, old town, and Gutenberg Museum.



DIGITAL RESOURCES & USEFUL LINKS

University & Academic Services

Mensa – *Canteen*	**JLU Website**
myJLU App (App Store)	**myJLU App (Android)**
JLU International Pages	**Stud.IP**
Flexnow	**ILIAS**

Studying at JLU A - Z

Grants and Financial Support

City Services and Registeration

City Registration

Giessen Immigration Office

Useful Apps & Websites for Daily Life

appWash (App Store)
für Waschmaschinen in den Wohnheimen
for the washing machines in the dormitories

appWash (Android)
für Waschmaschinen in den Wohnheimen
for the washing machines in the dormitories

DeepL Translator

Duolingo

Doctolib
Search and book doctor appointments

Handbook Germany
Understand German bureaucracy

JUSTUS-LIEBIG-
UNIVERSITÄT
GIESSEN

Justus Liebig University Giessen
International Office
Goethestrasse 58
35390 Giessen

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Page 29 (photo): JLU
Pages 29-32 (images): Deutsches Studierendenwerk: Illustriertes Mensawörterbuch
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WE WISH YOU A GREAT START AT JLU!