



Survival Guide

for international students at CUAS

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Getting in Touch

Useful Vocabulary

English	German
Hello	Hallo
good morning	Guten Morgen
good evening	Guten Abend
See you soon	Bis bald
Goodbye	Auf Wiedersehen / Tschüss
How are you? How do you do?	Wie geht es dir / Ihnen? Wie geht's?
good, thank you. And how are you?	Sehr gut, danke. Und wie geht es dir/Ihnen?
Nice to meet you.	Schön, Sie / Dich kennenzulernen.
Take care.	Mach's gut.
Excuse me / Sorry	Entschuldigung
Thanks for helping.	Danke für die Hilfe.
How do I get to Mainz?	Wie komme ich nach Mainz?
Where are you from?	Woher kommst du / kommen Sie?
I'm from....	Ich komme aus...
I don't understand.	Ich verstehe nicht.
Can you spell this please?	Kannst du / Können Sie das bitte buchstabieren?
Can you repeat please?	Kannst du / können Sie das bitte wiederholen?
Thank you (very much)!	Danke! / Vielen Dank!
You're welcome!	Kein Problem / keine Ursache!
Where do I find...?	Wo finde ich...?
How do I get to...?	Wie komme ich nach...?
I would like to speak to Lisa, please.	Ich möchte mit Lisa sprechen, bitte.
Can I speak to Lisa?	Kann ich bitte mit Lisa sprechen?
Sorry, I can't hear you well.	Entschuldigung, ich verstehe dich/Sie schlecht.

Where is the restroom?	Wo sind die Toiletten?
I would like...	Ich möchte gerne...

English	German	English	German
passport	Reisepass	right left	rechts links
police station	Polizeistation	straight	geradeaus
bike	Fahrrad	near	in der Nähe von
train	Zug	here there around the corner	hier dort um die Ecke
university	Universität	across from	gegenüber von
grocery store / supermarket	Supermarkt	next to	neben
hospital	Krankenhaus	between	zwischen
pharmacy	Apotheke	body parts	Körperteile
bank	Bank	arm	Arm
bakery	Bäckerei	hand	Hand
church	Kirche	foot	Fuß
days of the week	Wochentage	leg	Bein
Monday	Montag	head	Kopf
Tuesday	Dienstag	eye	Auge
Wednesday	Mittwoch	nose	Nase
Thursday	Donnerstag	mouth	Mund
Friday	Freitag	ear	Ohr
Saturday	Samstag	hair	Haare
Sunday	Sonntag	teeth	Zähne
Seasons	Jahreszeiten	back	Rücken
spring	Frühling	numbers	Zahlen
summer	Sommer	one	eins
fall	Herbst	two	zwei
winter	Winter	three	drei
month	Monate	four	vier
January	Januar	five	fünf
February	Februar	six	sechs

March	März	seven	sieben
April	April	eight	acht
May	Mai	nine	neun
June	Juni	ten	zehn
July	Juli	eleven	elf
August	August	twelve	zwölf
September	September	thirteen	dreizehn
October	Oktober	fourteen	vierzehn
November	November
December	Dezember	twenty	zwanzig
		thirty	dreiig
		forty	vierzig
		fifty	fnfzig
		sixty	sechzig
		seventy	siebzig
		eighty	achtzig
		ninety	neunzig
		hundred	hundert

Saying Hello in Germany

In Germany people usually **shake hands** to greet people they don't know well yet. When you know someone better or when meeting a friend, **hugging** is an option too.

Learning German

The best way to learn a language is by actively using it, interacting with people and listening to it. There is a **language cafe (= Sprachcafé)** located in Mainz that you can visit. You can also teach others your language

as well. This might be a great way to meet new people and to socialize.

Sprachcafe Studierendenwerk Mainz
every Wednesday during the semester
at 6 pm
Dahlheimer Weg 2, 55128 Mainz

<https://www.studierendenwerk-mainz.de/freizeit/sprachcafe>

Watching movies and videos can also become a great source for learning a language.

There are a number of Youtube channels / videos with useful tips and tricks on learning German.

Easy German

- learning German “from the streets”
- street interviews about daily life in Germany, podcasts and more
- all subtitled in English and German

<https://www.youtube.com/@EasyGerman/channels>

Deutsch lernen mit der DW (= Deutschen Welle; foreign broadcast from Germany)

- lots of short reports with German subtitles
- playlists “German trainer” in many languages
- learning german movie series “Nicos Weg”

<https://www.youtube.com/@dwlearngerman>

You may also find language **learning apps** helpful for acquiring German language (e.g. duolingo).

Emergency and Illness

Emergency Numbers

Police	110
Fire department	112
Medical emergency & out-of-hours medical care In case of an emergency, call 112 for an ambulance. They will take you to the nearest emergency room (Notaufnahme). If you require out-of-hours medical care which is not serious enough for an ambulance, call your GP (Hausarzt) first, their answering machine will provide on-call doctor information. Alternatively, you can call 116 117 for a non-emergency on-call doctors' appointment. The service is available 24/7 all over the year and provides information for the nearest emergency appointment.	112 116 117
way home phone ("Das Heimwegtelefon": This is a service where you can call at night if you feel unsafe on your way home. You will then be accompanied home by a volunteer on the phone.)	03012074182 (please note the tariffs of different phone providers)

In Case of Illness

- In Germany, you are most likely covered by **statutory insurance**. Therefore, when making appointments, make sure not to choose a private doctor. This can result in high costs, which you will have to pay yourself.
- Not all medicines are available without a **prescription**. For certain prescriptions, you need to see a doctor before you can collect this from the pharmacy. For prescription medicines, you have to pay a prescription fee of €5 at the pharmacy.
- **Emergency pharmacy**: On this website you can look up which pharmacy offers emergency opening hours service at the moment:
<https://www.aponet.de/apotheke/notdienstsuche/mainz/%20/5>

Mental Health and Wellbeing

Studying abroad and moving to a new country can become quite overwhelming and mentally exhausting.

In order to keep your balance, there are a few helpful tips and tricks (e.g. classes you can attend, such as guided meditations or yoga, coaching and more).

On this website, you can find a list of tips concerning several topics (e.g. stress management, time management, sleep

disorders, motivation) from the Johannes Gutenberg University Mainz:

<https://www.mhs.uni-mainz.de/downloads/>

Meditation and mindfulness can become a great source to reduce stress and balance your overall wellbeing.

7Mind gives students free access for one year without any hidden costs or difficulties:

<https://7mind.zendesk.com/hc/en-us/articles/360020841334-I-am-a-student-how-can-I-get-7Mind-for-free->

If you have the feeling you need to **talk to a professional** you can contact our psychological counselor Ms. Wolf or Ms. Klose and make an appointment, they also give advice in English.

Please always use your students mail to contact them!

Katrin Wolf

+49 6131-28944-180

katrin.wolf@kh-mz.de / psych.beratung@kh-mz.de

Annette Klose

+49 6131 28944-150

geistl.mentorat@kh-mz.de

An alternative could be the offers at the “Caritas-Center Edith Stein” in Mainz or the KHG (= University Chaplaincy). Both offer psychological counseling, free and also in English.

KHG also has a specialized service for international students.

Caritas-Center Edith Stein

+49 61 31 23 37 82 or

cz-e.stein@caritas-mz.de

<https://www.caritas-mainz.de/hilfe-amp-beratung/psychische-erkrankungen/beratung>

KHG Mainz

Dr. Monika Müller

Monika.Mueller@bistum-mainz.de

https://khg-mainz.de/angebote/beratung#seelsorglicher_bereitschaftsdienst

In case of a crisis or if you want to talk to someone without any obligations you can try to call the mental health helplines.

<i>Telefonseelsorge (one can ask for English)</i>	+49 800.1110111 / +49 800.1110222
<i>Specific in English</i>	+49 30-44 01 06 07 only from 18.00-24.00pm +49 177/ 81 41 510
„Muslimisches Seelsorgetelefon“ (turkish, arabic, urdu)	+49 30 44 35 09 821
“Telefon Doweria” (russian)	+49 30 44 03 08 454

<https://www.telefonseelsorge.de/international-helplines/>

Mobility / Public Transport

- renting bikes: <https://www.mainzer-mobilitaet.de/mehr-mobilitaet/meinrad>
- scope of the semester ticket: https://www.studium.uni-mainz.de/files/2010/08/Semesterticketgebiet_web-745x1024.jpg
- to find out how to get from one place to another, you can use the “Bahn”-website from Deutsche Bahn or simply Google Maps.
<https://int.bahn.de/en>

- You can also download the App “DB Navigator” or “Mainzer Mobilität”
- **If you have a Studierendenticket from the CUAS, you can upgrade it to the Deutschlandticket.** On this website, you can find out how it works: <https://www.kh-mz.de/services/rueckmeldung/>

Road Traffic

You can find out how to safely participate in road traffic in Germany here:

<https://www.germanroadsafety.de/en/index.html>

Administration

Bürgeramt

Many cities and municipalities have so-called citizens' offices. Here, people can take care of all the things for which the municipalities are responsible.

address:

Stadthaus Kaiserstraße (Lauteren-Flügel)

Kaiserstraße 3-5

55116 Mainz

public transport: Stop: Hauptbahnhof Lines: all bus and streetcar lines, except 28, 33 and 70

barrier-free access Wheelchair-accessible WC

Postanschrift

Postfach 3620; 55026 Mainz

Einwohnermeldeamt: The Einwohnermeldeamt (also often called “Bürgeramt” or “Bürgerbüro”) is the first point of contact for anyone moving into or within a municipality or city. Important tasks of the Einwohnermeldeamt for you are:

- registration and deregistration
- passport matters
- identity cards
- residence and registration certificates

Ausländerbehörde

In the „Ausländerbehörde“ you can handle bureaucratic matters that affect you as a foreigner, e.g.

- residence permit for foreign students

Contracts

Reminder: Always be careful when signing a contract. What should you pay attention to when making online contracts?

- legal data: An imprint with a valid address and all contact options is available in the online shop

- data protection: The data protection guidelines are publicly available on the website and can be viewed at any time
- general terms and conditions: The general terms and conditions can also be found publicly on the website and can be read at any time
- pricing: Product prices must be recognizable at first glance
- shopping cart: The shopping cart must not only provide an overview of the exact goods and prices, but also all additional costs (delivery costs, connection fees, taxes, etc.) must be shown there
- minimum term: If it is an online contract with a contract term, the minimum term of the contract must be visible to the buyer at all times
- delivery times: Online retailers are obliged to indicate the expected delivery times during the ordering process
- payment methods: If you can only pay in advance in an online shop, you should be careful. A good online shop also offers invoice purchase or other payment methods

Phone Contracts

German phone numbers:

In principle, there are three types of cell phone plans: prepaid and contracts.

- **Post-paid-contract:** One of the most popular choices and best suitable for people who will stay longer in

Germany. You usually commit to 12-or-24-months-contract with a defined plan, which is billed to you after the fact, including extras along the way. In many cases, you also purchase a phone with your plan, financed as part of the contract. It's also sometimes called a "bundled contract" because of this.

- **SIM only contracts:** You already have a device and you order a SIM card to go with it. You sign a contract for a specific plan, and your actual consumption is billed to you after the fact. In Germany, those contracts are synonymous with more flexible terms.
- **Prepaid or Pay-as-you-go:** In this case, you first purchase a SIM card and activate it. You need to top-up your account in order to get service (calling minutes, texts, data). You don't commit to any contract. Once you run out of credit, the service stops. Topping up is done online, or at local stores & supermarkets.

Mobile phone Germany prepaid plans overview

Most of the SIM cards can be obtained in supermarkets, or local stores for around €10. They come with no minimum costs and no minimum commitment. Most of them bill 9 cent per SMS and per minute.

- Aldi Talk (by Eplus): to be purchased at Aldi only
- O.Tel.O (Vodafone): to be purchased at Media Markt, Saturn, Euronics
- Congstar Prepaid (by Deutsche Telekom): to be purchased in T-Stores , Kaufland, Real and Netto
- Lidl Connect (Lidl): to be purchased at Lidl only

- Blau (Eplus): to be purchased at Aral, Netto, Real, Rossmann
- Edeka Smart (by Vodafone): to be purchased at Edeka only
- Tchibo Mobile (by O2): to be purchased at Tchibo only

Mobile phone Germany contract overview

If you have registered residence (doing your “Anmeldung”) and opened a bank account already, you will be able to sign up for a contract at one of the following German mobile phone contract providers, amongst others.

- T-Mobile: Magenta Mobil S for €26.90/month
- Vodafone: Smart M for €24.90/month
- O2: o2 Blue All-in M for €26.99/month
- 1&1: All-Net-Flat Young offer for €14.90/month

Those providers lock you into a 1-or-2-year contract so be careful when you make up your mind. Also, it is possible to terminate your contract early when leaving the country, you want to be careful.

Comparing contracts also involves only a few parameters:

- picking whether you want a contract with phone financing or without
- when relevant, the type of phone you want, or the brand
- the amount of data you wish
- the network you prefer (more on which network is best later in this post)

- whether or not 5G should be included
- contract duration (1, 12 or 24 months)

Withdraw Money

Anyone who legally has a valid Girocard, EC Card or credit card can withdraw money from suitable ATMs and Banks in Germany.

- **GiroCard:** With a Girocard you are entitled to withdraw cash from ATMs of your own bank. This is free of charge. It is also possible to withdraw cash from other ATMs but the responsible bank will charge a fee.
- **EC Card:** You can withdraw cash from all ATMs or card terminals after entering the valid Pin. Also, in this case only the associated bank is free of charge.
- **Credit card:** Like the Girocard, common credit card institutions also charge a fee for non-associated banks and ATMs.

All machines have a high security standard. They are built solidly, securely programmed, monitored by cameras and maintained at regular intervals. Enter your PIN always covered and store your PIN and card separately. **In case of theft, loss or misuse of your card, an international blocking emergency call has been set up**, which you can use to block the card immediately. The number is **116-116**.

Public Holidays

Shops, Supermarkets, public institutions, offices and medical practices are usually **closed** on public holidays.

If you want to travel outside Rhineland Palatinate, keep in mind, that the holidays vary by federal state.

On this website you can look up the public holidays in Rhineland Palatinate.

<http://www.feiertage.info/2023/kalender-feiertage-rheinland-pfalz-2023.html>

On the website of CUAS you can see which dates the university has for the vacations.

<https://www.kh-mz.de/studium-und-lehre/semestertermine/aktuelles-semester/>

Sending Mail

To send a letter or a postcard, write the address like this on the lower right side of the cover

full Name (Max Mustermann)

Street, house number (Musterstr. 1)

postal code with city (55555 Musterstadt)

Write your address as sender on the upper left side of the cover.

On this website you can look up how much the postage is in Germany:

<https://www.deutschepost.de/de/p/portoberater.html#/>

This is how the **letterbox** looks in Germany:

You can also deliver your letters to a post office and have them stamped there.



Students Life

Lunch nearby CUAS Mainz

If you want to buy a quick and affordable lunch close to the CUAS, here are some ideas:

- Cafeteria at CUAS Mainz (you have to preorder; for more information please see website <https://www.kh-mz.de/services/cafeteria/>)
- “Snacks & Coffee” (Binger Str. 22, right on the way to the main station; there you can get pizza, salads, baguettes ...)
- at main station (10-minute walk from CUAS) are many restaurants and bakeries where you can buy a cheap lunch)

- *KHG Mensa* (Saarstraße 20; in the basement of house A of the student dorm Newmanhaus; Mo - Fr from 11:30 to 14:15)

Academic Quarter

= “akademisches Viertel”

10:00 am s.t.: start at 10:00 am

10:00 c.t.: start at 10:15 am

The academic quarter often applies at German universities (e.g classes start 15 minutes later). Please always clarify with the lecturers when a given class starts.

Printing, copying and scanning

At CUAS there is the possibility of printing, copying and scanning. For this you need a copy card, which you can get at the machine on the 2nd floor. The printers are located in room 2.001, 2.015, 2.016 and in the library.

<https://www.kh-mz.de/services/studentische-kopierer/>

You can also print, scan or copy in a copy shop in Mainz, of which there are many.

Residing in Germany

Drinking Water

In Germany tap water is safe to drink.

Types of housing and rules

Shared Flat

It is common for Germans, especially for students, to live in a shared apartment. In tenancy law, there is no separate regulation for shared apartments. However, there are common tenancy agreements:

All flat mates are main tenants or there is one main tenant and several subtenants. Depending on the model, protection against termination and liability differ.

main tenants:

If all roommates are equally listed as the main tenant in the contract, they are all responsible for the apartment and rent together. They can decide among themselves who pays how much. This also means that if a roommate pays his rent late or not at all, the landlord can demand the missing amount from all other main tenants. The same applies to liability for damage to the apartment.

one main tenant/several subtenants:

In this variant, the landlord concludes a rental agreement with only one flat-sharing resident, the main tenant. All other flat mates are subtenants and owe him rent and a deposit for their room. The main tenant is in turn responsible to the landlady for the entire rent and is also liable for damages caused by his subtenants. If a subtenant wants to move out of the shared apartment, the termination is uncomplicated. The subtenant can terminate the contract with three months' notice without affecting the main tenancy agreement. The main tenant can also terminate the subtenant: in case of "legitimate interest" with a notice period of three months, without reason with six months' notice.

The landlord can terminate subtenants of furnished rooms without giving reasons until the 15th of a month to the end of the month.

deposit: A deposit of a maximum of three cold rents is required as security. Tenants can pay in up to three installments or deposit the security as a bank guarantee. After moving out, tenants get the deposit back. However, landlords have three to six months to do so.

Rules for a pleasant Coexistence with Roommates

- Who takes care of the Internet costs and the broadcasting fee? Who buys and pays for cleaning

products, flour or light bulbs? For such regular expenses and repairs, it makes sense to set up a household fund or a joint account into which everyone regularly deposits money

- Do you need a cleaning plan?
- Is there a night's rest?
- Is it ok to just walk into the other person's room?
- Clean up after yourself.
- Ask before you bring guests.
- Communicate honestly and openly.
- Consideration is often the magic word.

Own Apartment

main rent

It exists when a lease agreement has been entered into between the person seeking housing and the owner/lessee of the rental property.

subletting

A sublease exists if the rental agreement was concluded between the main tenant and the person seeking accommodation. Sublease agreements are not regulated in as much detail by law as master lease agreements and only regulate certain points, such as the termination of the lease and the maximum permissible rent. An open-ended lease

can normally be terminated at any time within the statutory notice period of one month. However, other notice periods of 3 - 6 months may apply as stated in the lease.

In the case of fixed-term contracts, the landlord and tenant are bound by the end date. Unless there are special reasons stated in the law that make termination permissible. However, these reasons only apply to the landlord. Within the first year, the lessee may terminate the lease only if the leased property has not become unusable for the agreed use due to his own fault. After the first year, premature termination is possible at any time. Time limits can only exist here if they have also been agreed in writing.

GEZ – Broadcasting Contribution

The broadcasting contribution is a monthly fee that must be paid to the Contribution Service (ARD ZDF Deutschlandradio Beitragsservice) for each apartment. It does not matter how many radio and television sets there are in the apartment or how many people live there. Every month, the broadcasting contribution must be paid for the apartment. The broadcasting contribution must be paid in the middle of a three-month period for three months at a time.

The Contribution Service distributes this money to television and radio broadcasters such as ZDF, ARD or the regional

broadcaster rbb in Brandenburg. The broadcasting contribution only goes to public broadcasters that provide independent information and programming.

You don't have a TV or a radio in your apartment? Unfortunately, this is not a reason for exemption. You still have to pay the broadcasting fee!

In principle, every adult owner of an apartment is obliged to register with the contribution service. However, since the principle of "one apartment - one contribution" applies, the obligation to register depends on your living situation: If you live alone in the apartment, you must register yourself. If, on the other hand, you live in the apartment with the whole family or with friends, a family member or a member of a shared apartment must pay the amount for all of you. You are free to decide who registers with the amount service. International students are also affected by this.

House Rules

Basically, it plays a major role whether the house rules are **part of the rental agreement** or merely a **notice in the stairwell**:

- If the landlord wants to impose certain work on his tenant, such as shoveling snow, sweeping the yard or cleaning the stairwell, the house rules must be a mandatory **part of the lease**. This means that the house

rules must either be an annex to the rental agreement or be mentioned in the rental agreement.

- If the house rules are only a notice in **the hallway or if they are handed over** to the tenant separately from the rental agreement, they may not impose any duties and obligations on the occupants of the house that go beyond his legal or contractual duty. The house rules may then only contain so-called "ordering regulations", such as regulations on the use of common areas, closing times for the front door or regulations on quiet times. Of course, the regulations must not restrict the tenant's personal rights or violate applicable law.
- **Legal rest periods:** Night rest is between 10 p.m. and 6 a.m. Although noon rest is no longer regulated uniformly throughout Germany, it can be scheduled between 12 and 3 pm.
- **Common areas can be:** Laundry room, basement rooms, attic, bicycle cellar or community garden. Landlords can, for example, specify the times at which tenants may use the communal washing machines or how much space each tenant is entitled to for drying their laundry. These rules do not need to be mentioned in the lease.

Landlords should also address the **general observance of order in the house** in the house rules. For example, tenants

can be prohibited from leaving garbage outside the apartment door.

Landlords can also use the house rules to **require their tenants to carry out work in and around the house**. This includes shoveling snow, sweeping leaves, or cleaning the stairwell once a week. However, if the landlord wants his tenants to perform these tasks, the house rules must be a mandatory part of the rental agreement. **Otherwise, the tenant is not obligated to perform these tasks.** Important: However, the landlord may not impose any work on his tenants that violates applicable law or is disproportionate. For example, the landlord cannot require the tenant to paint the house facade once a year or to renew the tiles in the hallway. However, if the landlord wants his tenants to maintain the garden, i.e. mow the lawn, rake leaves or weed, these tasks must also be part of the rental agreement.

As a general rule, the house rules must not violate applicable law or restrict the tenant's personal rights.

- prohibition of visitors
- general ban on pets
- general ban on bathing and showering after 10 p.m.
- prohibition to use the elevator during night hours
- prohibition of overnight stays for visitors of the tenant
- regulation of room temperature in the apartment
- general ban on playing music in the apartment

- rules on balcony design (color and shape of flower boxes, type of balcony furniture)
- prohibition to hang the laundry on the balcony or in the apartment (but if the drying leads to the formation of mold, the tenant is liable for damages)

Disregard of the rules:

If the house rules are part of the rental agreement, they are legally binding. If the tenant substantially violates the house rules or repeatedly disregards them, this is often regarded as a breach of contract and the landlord can give notice of termination. However, he must have previously warned the tenant (§ 543 para. 2 BGB). If the house rules are repeatedly violated, termination without notice is possible.

Airing the rooms

In the cold months:

- continuous ventilation through **tilted windows** should be **avoided**. (consumption of much more energy, moisture damage)
- Turn off the radiators before airing.
- Never completely turn off the radiators in the bedroom or other rooms that are not used much.
- When drying laundry, you should ensure that regular ventilation is provided during the drying process.

- During your vacation, do not let the apartment cool down, but leave a constant temperature of about 19°C (thermostat setting on the radiator "2").
- Be sure to allow air to circulate behind and under your furniture (5 cm from the wall).

Power Sockets and Electricity

It might be a good idea to take a universal plug adapter with you.

In Germany Plug types C and F are used:



Waste Separation

In Germany, everyone has to separate waste independently. There are certain rules for this:

yellow bin: This is where packaging made of plastic, tinplate and aluminum - for example foil, tubes, food cans or plastic

bags - as well as so-called composite packaging (such as beverage cartons) belong.

paper bin: newspapers, magazines, writing paper, cardboard packaging or wrapping paper

residual waste: This includes ashes, animal excrement and litter, soiled papers, hygiene articles and nappies, Hoover bags, defective light bulbs, dried-up felt-tip pens, cigarette butts, old photos, broken porcelain or glass and - for those who do not yet have a recycling bin - broken plastic or household items

organic waste bin / compost bin: All organic waste suitable for composting, such as plant residues and garden waste, fruit and vegetable waste, but also coffee and tea filters can end up here. However, waste that is too moist should be wrapped in paper beforehand. Whether meat or fish scraps may go into the organic waste bin depends on the regulations of your municipality. In some cities this is allowed, in others it must be disposed of with the residual waste. Ash, animal excrement, Hoover bags or treated wood, on the other hand, always belong in the residual waste. If you use a lot of oil, collect the old oil or grease in a plastic bottle and dispose of it later in the residual waste.

The garbage cans are emptied by the garbage collector in a specific cycle. You can find out here when it's time for which garbage can:

<https://eb-mainz.de/wir-kommen-zu-ihnen/abfallkalender>

Also ask your neighbors or roommates whether there are agreements within your household.

Germany also has the deposit system (**Pfand**). A deposit is charged on certain bottles or cans. When the bottles or cans are returned, you get a voucher that can be redeemed for the next purchase.

The green dot: It is on beverage for which no deposit is due. Beverage cartons, tubular and stand-up pouch packaging also bear the green dot. Consumers should dispose of this packaging in the yellow garbage can or yellow bag.



one-way deposit: The logo can be found, for example, on beverage cans and bottles made of PET plastic, such as mineral water bottles from discount stores and many 1.5-liter bottles of mineral water soft drinks. Bottles with this logo are returnable bottles, but are filled only once.



returnable deposit: Bottles with this logo are reusable. The deposit on most bottles is 15 cents, but only 8 cents for beer bottles without a handle.



used glass bottles: they belong in glass containers, which are located around the city (keep an eye open or ask your neighbors).

Please make sure you only use the containers when it is allowed in terms of “filling times”, so that you do not disturb any neighboring residents (check perspective containers for details).



Shopping

Most shops in Germany are **closed on Sundays and on holidays**.

Petrol / Gas stations are mostly open 24/7. They offer a small variety of groceries and personal care products (usually the products are more expensive compared to grocery stores).

In Germany, it is usually **possible to pay via card**. However, sometimes shops / cafes do have a minimum amount that has to be reached (e.g. €10) before paying by card is possible. Also, **some places only accept cash**.

For this reason, it is highly recommended to always carry some cash with you.

Grocery Shopping

The low-priced shops are the Discounters such as: Aldi, Lidl, Penny, Netto. In contrast to Discounters, Supermarkets (e.g. Kaufland, Rewe, Edeka, Real) have a larger variety but are not as cheap as Discounters.

You can save money by buying the store brands, buying seasonal food at markets, buying at happy hours (e.g. at bakeries; use the app “to good to go” to rescue food).

Every week on Tuesdays, Fridays and Saturdays from 7:00 to 14:00 there is a market in Mainz City Centre (Domplatz).

Costs of Living

If you want to compare whether an offer (e.g. flat rent, food, clothes, restaurants) is cheap or expensive, you can check on this website:

<https://de.numbeo.com/lebenshaltungskosten/land/Deutschland>

Going out

Tips / Restaurants

In Germany, a **tip of 10% of the total bill** is common. Often, the tip is simply rounded up. Generally, the tip can be decided by the guest.

Socializing / What to do? Clubs and party locations

There are many things that you can do in Mainz and the surrounding cities to socialize and meet new people.

You can join courses and clubs offered by **Johannes Gutenberg university Mainz**, as a student of the CUAS

<https://www.ahs.uni-mainz.de/>

To keep up with all kinds of events in the Rhein Main area, you can have a look at the listed websites or Instagram profiles.

Mainz/Wiesbaden:

<https://www.wiesbaden.de/leben-in-wiesbaden/freizeit/veranstaltungskalender/index.php>

<https://www.mainz.de/freizeit-und-sport/feste-und-veranstaltungen/feste-veranstaltungen.php>

<https://www.instagram.com/mainzgefuehl/?hl=de> - general events in Mainz

<https://www.wasgehtapp.de/?city=Mainz> - from cinema to karaoke, everything in Mainz

<https://www.instagram.com/clubunitymz/> - all club events Mainz

<https://www.instagram.com/kuzmainz/?hl=de> - all events from KUZ

Frankfurt/RheinMain

<https://pleasecome.de/> - Alternative events, clubs, parties, theater etc. in Frankfurt and surrounding areas

<https://www.instagram.com/frankfurtleben/> - general events and insider tips in Frankfurt

<https://www.instagram.com/frankfurtdubistsowunderbar/> - general events and insider tips in Frankfurt

<https://www.frankfurt-tipp.de/veranstaltungen.html> - events in Frankfurt

Use of Alcohol / Drugs

In Germany, alcohol can be purchased from the age of 16. Strong alcoholic beverages can only be purchased when the age of majority (**18 years**) is reached. The consumption of alcohol is prohibited on trains and buses in Rhineland-Palatinate.

Children and young people under the age of 18 are not allowed to smoke in public.

Drug consumption is prohibited.

Public Restrooms

if you need to use the restroom, go to places like bigger shops, malls, public libraries, train stations or the university. **Sometimes you have to pay for using the restroom.** At times the staff has set up a plate for tips in which you can throw small change.

Be careful: in Germany you pay a big fine for urinating in public because it is punishable!

Getting an Invitation

In German culture, it is common to **bring a little gift** when you are invited to someone's house. This holds especially true when you are invited to breakfast / brunch / lunch or dinner. You could kindly ask your host(s), if you can bring a dish (e.g. a salad, bread, drinks, snacks, or a dessert).

If the food is already taken care of, you can bring a gift (usually it is not expected to spend more than €10 for the gift).

Units of Measurement

In Germany the metric system is used.

Useful Apps

- “*RMV*” for busses (e.g. bus schedule)
- “*DB Navigator*” for trains
- „*Tagesschau*“ for daily news
- “*WG – Gesucht*” if you are looking for a (shared) flat
- “*Meinestadt.de*” (Local info and offers for your location)
- “*Studysmarter*” if you want to learn online for your tests
- “*Uni Now*” for your Emails from the CUAS

To get access to all the links mentioned in this booklet, simply open the padlet via this QR CODE.

Disclaimer: there is no contract or cooperation with any of the mentioned and linked websites.



<https://padlet.com/nghinguyenkh/linklist-survivalguide-vd4vq1swu625z42j>

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