

MSF Welcoming Guide



Frankfurt for You



Helpful Information for New MSF Families and Staff

PREFACE

Dear Parents,

Welcome to Frankfurt and to Metropolitan School Frankfurt!

Frankfurt is a vibrant, unique and fascinating city with about 775,000 residents. Located in the heart of Germany, it is a highly international and dynamic financial and trade fair centre, boasting the most imposing skyline in Germany. Close to the skyscrapers, though, you can find cosy apple wine (“Ebbelwei”) pubs and enchanting historical sights all within the bustling city centre.

Frankfurt is not just proud of its most famous son, Johann Wolfgang von Goethe, but also of its rich cultural life. Its museums, opera, stage and concert halls attract world-renown talent and connoisseurs of the fine and performing arts.

We are pleased to present you with this third edition of our “MSF Welcoming Guide”. The information has been put together for our new MSF families and staff to help with the integration into the Frankfurt community and ease the transition into a new “home” and surroundings. Should you need any additional information or have further questions, please do not hesitate to contact us.

We try our best to keep the information up-to-date. If any of the information has changed, please let us know so that it can be updated for the future.

We look forward to meeting you,

MSF Welcoming Committee

Email: welcome@msf.education

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New to Frankfurt Checklist



WWW.THEFRANKFURTEDIT.COM



WWW.EN.MAINEFAMILIENAGENTUR.DE

NEW TO FRANKFURT CHECKLIST

LEGAL REQUIREMENTS

- | | |
|--------------------------|--|
| <input type="checkbox"/> | Bürgeramt Registration |
| <input type="checkbox"/> | Ausländerbehörde Registration (Residence Permit) |
| <input type="checkbox"/> | Finanzamt (Tax Office) |
| <input type="checkbox"/> | Health Insurance |
| <input type="checkbox"/> | Licence fee for citizens (GEZ Registration) |
| <input type="checkbox"/> | Third Party Liability Insurance
(Haftpflichtversicherung) |

GENERAL REQUIREMENTS

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | Rental Contract |
| <input type="checkbox"/> | Drivers licence exchange |
| <input type="checkbox"/> | Gas and Electricity |
| <input type="checkbox"/> | Internet connection |
| <input type="checkbox"/> | Mobile Telephone |

References, further information and integration

The information you find in this Guide is the result of first-hand recommendations from MSF parents. In addition, we encourage you to view the following websites as additional sources of useful information for expats:

- www.thefrankfurtedit.com
 - An English City guide to the cool Frankfurt - helping you find your feet or perhaps just some inspiration
- www.newcomers-network.de,
 - particularly interesting for its *International Stammtisch*,
 - offering after-work events for the international community in the Frankfurt region
 - and for the renowned [Newcomers Festival](#), now a tradition for the city of Frankfurt, annually held on the first Sunday of September in the Frankfurt town hall, the Römer. This is an informative fair exclusively designed for professional expats to help overcome the transitional phase and cultural differences and have a smooth start in their new home.
- *InterNations Frankfurt*,
 - organizing events and providing an information guide and a forum for expats
- www.howtogermany.com
- blog.mygermanexpert.com
- www.expatarrivals.com
- www.expatica.com
- www.toytowngermany.com
- www.newinthecity.de:
 - they also publish a [free magazine](#) packed with info for newcomers
- www.yelp.com
- www.tripadvisor.com
- www.welcome-to-hessen.de
- www.thelocal.de,
 - with all you need to integrate in the local community and German news in English.

To ease the integration in your local community, you could consider joining one of the international clubs listed below. Their websites are full of information for newcomers. Some clubs offer a “Mother’s Corner” group, helping with everything that a mother with a young child might need.

- *The American International Women’s Club (AIWC)*, open to all nationalities.
- *British Club of the Taunus*
- *Taunus4Dutchies*

Another easy path to integration is joining one of the numerous associations, or *Vereins*, offering a vast range of activities for each member of your family. You will easily find many of them locally, but you can also consider the *Volkshochschule (VHS)* available in every town, providing courses, including languages, and free-time activities for all ages.

The Frankfurt Edit

A website dedicated to making your life easier in Frankfurt. It gives an overview of popular areas to live, great restaurants and coffee shops. Finally it works to translates much of the information for Frankfurt including COVID-19 restrictions and pertinent information.

- www.thefrankfurtedit.com

Arriving in the Frankfurt Area

Important Numbers	
Country Code Germany	0049
Area Code Frankfurt Other nearby city area codes: (I can add more here based on where most people live nearby the school) Darmstadt Wiesbaden	069 06151 0611
Fire, Accident and Rescue Services Police and Emergency Call	112 (free number, available 24/7) 110 (free number, available 24/7)
Medical emergency service Ambulance/Medical transport	115 In the event of an emergency, expats can call an ambulance in Germany by dialling 115. Generally, most hospitals in Germany will have an Emergency Room. However, smaller private hospitals might not have this facility. Patients who arrive at a German hospital in an emergency situation will receive treatment, even if they are unable to show proof of health insurance. However, if they do not have any health insurance at all, their treatment is likely to be expensive.
Pharmacies and doctors on duty	All pharmacies display the address of the nearest 24-hour pharmacy in their shop windows. The city of Frankfurt has a search tool for finding nearby chemists and emergency doctors: Click here (in German).

You can find a more comprehensive list of emergency numbers under:

www.frankfurt.angloinfo.com/information/healthcare/emergencies/local-numbers

Registration

By law, everyone in Germany must register his/her address at the local authority (*Bürgeramt*). All members of the family will be registered on one form. This should be done within the first week of arrival, after moving into your residence. This registration form (*Anmeldung Formular*) is only in German.

For more information about how to fill in the registration form:

www.blog.mygermanexpert.com/2013/05/Anmeldung-at-the-Buergeramt.html

You need to take with you:

- passport of all family members who move to Germany
- marriage certificate (if not in German/English: certified translation and potentially apostilled/legalized)
- birth certificate(s) of the child / children (if not in German/English: certified translation and potentially apostilled/legalized)
- the application form
- the landlord's confirmation of your move into the new home
(Wohnungsgeberbestätigung)

Upon registration, you will be given an official copy (*Anmeldebestätigung*) which is an important document and should be kept safely. It will also be needed for applying for residence and work permits. When moving away from Germany, you must go to the Bürgeramt again to deregister (*Abmeldung*).

When registering you should mention that you also need to register at the fiscal authority centre (*Finanzamt*), assuming you are NOT self-employed or a freelancer. In this case you have to send a tax computation of the last accounting year to the *Finanzamt*.

- Find your local tax authority by entering your postcode:

<https://www.finanzamt24.de/>

When registering at the Bürgeramt ask for the Finanzamt responsible for your area.

Employees with accompanying children under the age of 18 years can also apply for child benefit (*Kindergeld*) at the *Familienkasse*. You have to add a copy of your passport, a copy of your residence permit and the one of your child, a copy of the registration paper where it is written that the child is living in the same household as you, a copy of the birth certificate, and a statement from kindergarten, school or university.

The current child benefits are 250,00 EUR per child per month

- You can find the application form at the address below:

<https://www.arbeitsagentur.de/familie-und-kinder/infos-rund-um-kindergeld/kindergeld-anspruch-hoehe-dauer/kindergeld-antrag-starten>

Residence Permit

Every non-EU citizen must have a valid residence permit (or a valid visa). This will be issued by the area office for foreign citizens, *Ausländerbehörde*, after registration.

Requirements vary according to country of origin.

Usually you will need:

- your passport (a copy and the original)
- 1 biometric passport photo
- the copy of your registration (see above)

- your employment contract and
- proof of German mandatory health insurance (see chapter Health Insurance)
- a copy of your rental agreement

The new residence permit may be valid for up to 4 years, depending on your individual situation, and has to be renewed prior to expiration - a process typically to initiate 4 months prior to expiration of your current permit. Procedures can vary depending on the person's address and nationality.

Finding a Place to Live

Frankfurt is a vibrant, cosmopolitan city and each year hundreds of expats move to the city to enjoy a German expat experience. One of the biggest decisions facing those considering a move to Frankfurt is where to live. The decision on which neighbourhood to set up house in is determined by a number of factors, including price of accommodation, facilities available, proximity to your workplace, proximity to good international schools and accessibility to public transportation. Fortunately, there are many areas in the city and suburbs of Frankfurt to suit every expat's accommodation and lifestyle needs.

Deciding on which Area

It's helpful to narrow down which area/areas you'd most like to live in before beginning your search for a property. For a brief overview of some of the most popular and well known areas in Frankfurt check out the [neighbourhood section](#) on The Frankfurt Edit. Of course it is not an exhaustive list but it's a good place to start. Also, coffee shops, restaurants etc are mentioned for each area.

Closest Frankfurt Districts to MSF

The closest districts in Frankfurt to the school are:

Rodelheim

Praunheim

Sossenheim

Hausen

Bockenheim

The city of **Eschborn** is also very close to MSF.

Finding a Property

Real estate and relocation service agencies provide information on everything you need to know about housing in Germany, from buying a property to renting for a long or short-term stay. You can either decide to rent an apartment/house through a Real Estate Agency or by researching on the Internet. Most of the time people who offer an apartment - agencies or private individuals - speak English so that you can contact them directly. If you decide to rent an apartment through a Real Estate Agency, you will need to take into consideration that they normally charge 2 months' rent as commission. Please be aware that the notice period for terminating a lease for residential rentals is generally 3 months.

- [Please check the following websites:](#)

www.immobilienscout24.de
www.immonet.de
www.immowelt.de
www.immobilo.de
www.wohnfinder.de

It is rather difficult to find furnished accommodation in Frankfurt. Most places are rented out empty, often without closets or a built-in kitchen. The owner will ask for a security deposit (*Kaution*) in the amount of 1 to 3 month's cold rent which is repaid (with accumulated interest) at the end of the contract, provided there are no damages and all bills have been settled. Sometimes heating bills will only be issued once a year, usually in January and therefore it might be possible that the deposit is not returned until the final heating bill is settled (quite some time after vacating the apartment).

Cost of Living in Frankfurt

According to Mercer's 2020 Cost of Living Survey, Frankfurt is the second most expensive city in Germany. Frankfurt was ranked 76th out of 209 expat destinations worldwide. Despite this fact, there are many ways in which expats can save money and still enjoy a very high quality of life.

- Check also: www.expattarrivals.com/germany/frankfurt/cost-of-living-in-frankfurt

Gas and Electricity

Many public utilities now provide one-stop shopping for electricity and gas.

You can register via telephone or Internet. You need to tell them your personal information, address, number of the meter (there is usually a plate on it with a number), and the meter reading. Then you will get a letter with the amount you will have to pay monthly. Normally at the end of the year, they will come and read your meter. You will get money back, if you have paid too much – or you might have to make an additional payment.

Your instalments will be adjusted for the coming year. There are two possibilities to pay your instalments. Either by bank transfer order or you can give a direct debit, so the utilities company is entitled to withdraw the money automatically from your bank account. When you call them ask for an English speaking person.

Local providers:

Mainova, one of Germany's largest power suppliers, is the main provider of electricity, natural gas, water and district heating in Frankfurt.

www.mainova.de

SüWag AG, their Headquarters are located in Frankfurt-Höchst.

www.suewag.de

Stadtwerke Oberursel, well known in the Taunus for electricity and gas.

www.stadtwerke-oberursel.de

eprimo, nationwide discount energy provider, based in Neu-Isenburg.

www.eprimo.de

Consumer portal:

Verivox This independent consumer portal offers comprehensive, free, up-to-date price information. You can easily and conveniently check out the best regional offers for electricity and gas as well as telephone and broadband services and save money.

www.verivox.de

For those interested in renewable energy companies, you can find more information on these websites, however, this is only in German:

www.e-wie-einfach.de

www.greenpeace-energy.de

www.lichtblick.de

www.yellowstrom.de

www.naturenergieplus.de

www.ews-schoenau.de (tested by MSF parent for 2 years)

PLEASE NOTE

In making your choice, please consider that the best rates are not always the best choice. We have been reported cases of offers on the Internet that appeared extremely convenient, but unfortunately contained hidden traps, like a non-reliable company on the verge of going bankrupt. To avoid headaches, please check twice and ask for advice, if needed.

Connectivity

Many providers in Germany (like Deutsche Telekom and Unitymedia) now offer global solutions for home telephone, Internet, TV and mobile. Of course, these solutions can also be considered separately.

Telephone & Internet

Usually, you have to get a telephone connection on your own if you don't rent a furnished flat. The first telephone number you should dial is 0800 330 1000 (information hotline for Deutsche Telekom, the German phone company).

Here you can start the process of setting up your telephone connection. Decide first which kind of line you want: analogue or ISDN.

You might also want to arrange a DSL broadband connection at the same time. You can order the equipment by phone, and have someone to come and install it (extra charge). Telekom operates a chain of shops (T-Punkt), which offer the same service as the hotline. If you need broadband, you can get DSL from your Internet provider.

The Germany telecommunications market has opened up significantly in recent years and there are now over 200 providers in the country.

Please check the following websites for DSL availability and providers:

www.dsl-informationen.de/dsl_verfuegbarkeit.php

www.telefonanbieter.com

PLEASE NOTE:

It can take 2-4 weeks to hook up your Internet after you have signed the contract. Your bills, correspondence and customer care will of course be in German. It's important to be aware of the terms and conditions of your service agreement. For example, the minimum contract period for many German phone and Internet plans is two years with a cancellation period of several months, in order to avoid an automatic (and binding) contract extension.

For more information on telephone and Internet connection:

<https://settle-in-germany.com/comparison-mobile-phone-operators/>

Cell Phone/Mobile Options

A mobile phone in Germany is called a “Handy”. Germany uses the GSM, UMTS and LTE mobile phone systems, which allow roaming in Europe and in almost all the world. Please check with your provider for more information. The mobile phone market is a fast changing market, especially in prices.

The main operators are: **T-Mobile**, owned by Deutsche Telekom, **Vodafone**, **O₂**, **Lebara** and **E-Plus**, recently merged and operating under Telefonica. They own the major networks, but there is also a variety of Virtual Network Operators, offering services on their infrastructures.

You have two options: you can go with a cell phone plan and contract or you can choose a prepaid offer. For the contract you will need a bank account in Germany. You will usually have to pay only a fraction of the retail price of the cell phone up front, and the remainder is calculated into the monthly phone rate, usually in a two-year contract. Prepaid cards, instead, are used on unlocked cell phones. You will have to purchase a starter set first, including a SIM card with your phone number and a small number of calling minutes to get started. After the starter set you only have to purchase additional minutes or *Guthaben-Karte*. Prepaid offers are numerous and constantly changing, so you'll have to hunt around for the best deal.

When you go to get things set up it would be a good idea to take your passport along with you, as some companies require this information.

Television

If the residence you live in is connected to cable you can sign up with the relevant company. With cable you receive about 30 different channels (including BBC, CNN and NBC). If not, you will have to use Digital Video Broadcasting – Terrestrial (DVB-T). It is best to check whilst looking for accommodation.

PLEASE NOTE:

Every TV and radio owning household in Germany is required to pay a monthly fee – which is called “*GEZ-Rundfunkgebühr*” – which helps to cover the costs of public broadcasting.

Usually, you will receive a letter from GEZ soon after your registration at the local authority. To avoid any difficulties, you can choose to register with GEZ when you open your bank account. If you register a TV, your radio is automatically included in the license.

You can register online: www.gez.de (*in German only*)

Registration form: www.gez.de/eingezahlt.html

Opening a Bank Account

As soon as you have an address, it is necessary to open a bank account. It should be noted that most banks will require you to provide your proof of residence. Most of the regular bills like rent, electricity, telephone, insurance etc. are paid by direct debit. With your first bill you will receive a debit permission form (*Einzugsermächtigung*), which you will have to complete and submit. As an alternative, it is also possible to set up a recurring bank transfer (*Dauerauftrag*).

****While you are at the bank it is helpful to ask for an application form for your TV/Radio license “GEZ-Rundfunkgebühren”.**

The choice of bank will very much depend on your personal needs. You may want to check which German bank is partnered to your own bank back in your home country as this may prove helpful for transferring funds. Often you can ask for an English-speaking account manager. The fees you have to pay are pretty similar – so this makes little or no difference. Another possibility is *Postbank*. You do not have to pay fees if you deposit a monthly amount of €1,250 or more into your account. There are also direct banks that operate online and have no or few agencies opened to the public. Some of them are: *ING, DiBa, DKB*.

There are more and more shops which accept credit cards, but shopping here is probably not like the way you shop at home. Debit cards are widely accepted, but it is always a good idea to carry enough cash on you. Many shops and supermarkets still do not accept credit cards, but accept debit bank cards (*EC Karte*). In addition, some grocery store chains allow you to withdraw up to €200 in cash when you use your debit card and purchase a minimum of €20 at the store (REWE markets, for example).

**** as a result of the pandemic, card payments have become far more widely acceptable**

Also, be sure that you withdraw cash from ATMs connected to your bank’s cash group to avoid expensive fees. See the back of your cash card for a logo that identifies your cash group or check your bank’s website to see which banks it partners with. There are four groups at present:

- Cash Group (Deutsche Bank, Commerzbank, Postbank, HypoVereinsbank)
- Sparkasse (all German *Sparkassen*)
- VR (all German *Volksbanken* and *Raiffeisenbanken*)
- Cash Pool (a number of small, uncommon banks)

To open an account, you need to show your passport, your employment contract, proof of registration, and your residence permit if you do not belong to the EU.

You can find more information at:

Deutsche Bank: www.deutsche-bank.de

Commerzbank: www.commerzbank.de

Postbank: www.postbank.de (in German only)

Make sure that you will have enough cash to “survive” the first two months, including the rental price for the first month and the security deposit (if necessary) or be able to withdraw money in Germany from your bank account in your home country.

PLEASE NOTE:

German banks use money transfers (*Überweisung*) instead of cheques. Often, your invoice will include a pre-printed form (*Überweisungsschein*) that you fill in with your account details and submit to your own bank for payment. Allow 3 days for such transfers to clear.

Employment, Security and Health

Work Permit

All employees from countries outside of the European Union require a work permit (*Arbeitserlaubnis*). Procedures vary depending on nationality.

Income Tax and Social Security

The following information is for employed people. Freelancers and self-employed people have different requirements.

All gross income paid by the employer is generally subject to tax and social security contributions. However, there are some exceptions and allowances depending on personal status. Mandatory contributions are deducted directly from the gross salary. These are for 2024:

- Income tax and solidarity payment (*Lohnsteuer und Solidaritätszuschlag*)
- Health insurance (*Krankenversicherung*) = 14,6 %
- Nursing care insurance (*Pflegeversicherung*) = 3,4 %
- Pension insurance (*Rentenversicherung*) = 18,6 %
- Unemployment insurance (*Arbeitslosenversicherung*) = 2,6 %

PLEASE NOTE:

50% of these fees are paid by the employer!

Social Security Card

When you are working in Germany, it is necessary to obtain a social security card. To apply for the card, you need:

- passport with German residence permit, valid for a minimum of 6 months
- proof of registration

Usually, your employer will apply for your social security card with *Deutsche Rentenversicherung Bund* for you.

You can find more information on the internet:

www.deutsche-rentenversicherung-bund.de (in German only)

Tax Identification Number

When you work in Germany, it is mandatory to obtain a tax identification number. This number will automatically be issued after your registration (see above).

You will receive the statement from your employer in order to do your income tax declaration. The German tax year corresponds to the calendar year. It is helpful to ask a tax adviser to apply for any possible tax reimbursement at the end of a year.

Health Insurance (public, private)

Government health insurance is mandatory for most employees. The standard benefits are medical (including some regular cancer screenings), hospital, dental check-ups and some dental treatment, and maternity coverage, as well as sick benefits (*Lohnfortzahlung*) in case of long-term illness.

For a brief explanation on how the the health insurance works and the difference between private and public you can [read here](#).

PLEASE NOTE:

If you wish to pay into the government health insurance scheme (*Krankenkasse*), you must do so within 3 months of your registration in Germany. If you fail to do so and your income is above a specific amount, you lose this entitlement and must choose a private health insurance.

If you would like insurance coverage to supplement the government system benefits, you can purchase a policy from any private health insurance company, German or international. This would give you coverage should you choose to be treated by doctors and dentists only accepting private insurance or offering homeopathic and other alternative treatments and dental services that are not covered by the national insurance, or if you wish to have a private room in case of hospitalization.

For more information see: www.toytowngermany.com/wiki/Health_insurance and www.slowtravelberlin.com/guide-health-insurance-germany/

If sickness exceeds two or three days (depending on the company), a doctor's certificate is required, stating the probable duration of absence caused by the sickness. A follow-up certificate is required if the duration of absence is longer than previously stated. In cases of prolonged illness or disability, the employer continues to pay the full salary for up to 6 weeks (42 calendar days), beginning with the first day of illness or disability, in accordance with German law (*Entgelt- fortzahlungsgesetz*). Most doctors' services are covered by insurance.

PLEASE NOTE:

Every member of the government health insurance scheme receives a card for medical and dental treatment. This has to be shown when seeing a doctor or dentist because the doctor bills directly to the government insurance agency.

Although very attractive at a first glance, **private health insurance** companies can be costly in the long run. Those who are best served by this coverage are young, healthy, self-employed

males, and their policy may only cost €100 per month. Rates are based on your age, gender, health record and the deductible level that you are prepared to pay.

Beware: Private insurance premiums can go up annually. Some privately insured pensioners pay as much as €1,000 a month! Once you opt for private insurance and your income is above the threshold of €69,300 gross per year, then you have very few possibilities for opting back to the public system.

Private Liability Insurance (Third Party Insurance)

It is highly advisable, especially for families, to have private liability insurance (*Privathaftpflichtversicherung*), even for small claims. This is very common practice in Germany and proof of this type of insurance is required by some landlords. Additionally, some landlords also may ask you to take out a policy to cover your household items (*Hausratversicherung*).

In Germany, insurance is a good thing to have. Health insurance and liability insurance for motor vehicles is mandatory. Other types of insurance include: third party insurance, accidental death insurance, disability insurance, etc. If you are not sure how to insure yourself (as little as possible and as much as necessary), contact an insurance broker.

Doctors Who Speak English

Every member of the government health insurance scheme receives a card for medical and dental treatment. This has to be shown when seeing a doctor or dentist. Whenever you go to a doctor make sure that you have your health insurance card with you. Doctors' practices in Germany are generally small with one or two doctors that will specialise in a specific type of medicine.

NOTE: See also the section about *Health Insurance* for important information.

Referral Information: Before going to a specialist or physical therapist you need to go to your regular doctor and get a referral. The referral form is only valid for that quarter. You can check what quarter the referral is good for by looking at the top right corner. Physical therapy referrals are valid for up to 3 months.

Here is a list of English speaking doctors recommended by MSF parents:

Dentists - Zahnarzt

FRANKFURT

m/en/

Dr. Martina Gissel & Dr. Detlev Gissel

Humboldtstr 94
60318 Frankfurt (Nordend West)
Phone Number: 069-553568
<http://www.dres-gissel-implant.de/>

ZAHNZIRKUS - Praxis für
Kinderzahnheilkunde
Kinderzahnärztin,
Dr. med. dent. Sara Preisler
Gerbermühlstraße 7
60594 Frankfurt am Main
(Sachsenhausen)
Phone number: 069 - 67 808 300
<https://www.zahnzirkus.de/>

Dr. Heinrich G. Stickelmann

Schweizer Str 39
60594 Frankfurt (Sachsenhausen)
Phone number: 069- 61001222
<http://www.za-stickelmann.de/>

Zahnartzpraxis Europaallee
Europaallee 138
60486 Frankfurt
Phone number: 069-21006858
www.zahnarztpraxis-europaallee.de

Dr. Axel Pfeifer

Neue Rothofstrasse 12
60313 Frankfurt (City centre)
Phone number: 069-285133
<https://zahnarzt-pfeifer.info/>

Dr. Catharina Steuer

Kinderzahnarzt
Barckhausstrasse 1
60325 Frankfurt (Bockenheim)
Phone number: 069-70768660
<http://kinderzahnaerzte-frankfurt.co>

TAUNUS

Dr. Nils Elger Siems
Kirchstrasse 7
61462 Koenigstein
Phone number: 06174 – 21520
<http://www.dr-siems.com/en/home>

Dr. Landgraf, Dr. Beck & Dr. Sauer
Zahnarzt Gemeinschaftspraxis für
Kinder- & Jugendzahnheilkunde und
Kieferorthopädie
Alleestrasse 24
65812 Bad Soden am Taunus
<https://www.kinderzauberzaehne.de>

Dermatologists - Dermatologie

FRANKFURT

Dr. Pomer
Rathenauplatz 2-8
60313 Frankfurt (City center)
Phone number: 069-2979876

Ear, Nose & Throat Specialists - Hals-Nasen-Ohren (HNO)

FRANKFURT

Dr. Wibke von Heimburg
Kaiserstr.14 (City center)
60311 Frankfurt
Phone number: 069-92884747
<http://www.praxisklinik-kaiser.de/>

TAUNUS

Dr. R. Radzynski
Frankfurter Strasse 1
61476 Kronberg
Phone number: 06173-2555
<http://www.hno-radzynski.de>

Eye Doctors - Augenarzt

FRANKFURT

Dr. med. Dagmar Rapprich
Schumannstraße 39
60325 Frankfurt (Bockenheim)
Phone number: 069 743878-25
www.rapprich-rosenkrantz.de

TAUNUS

Hanna Motzko Augenaerztin
Hainstrasse 2
61476 Kronberg
Phone number: 06173-4047
[http://www accuramed-tagesklinik.
de/kronberg](http://www accuramed-tagesklinik.de/kronberg)

General Practice - Praktischer Arzt / Hausarzt

FRANKFURT

Medical Practice Frankfurt

Schweizer Str. 5
60594 Frankfurt (Sachsenhausen)
Phone number: 069-61995290
<http://www.arzt-frankfurt.de/en/>
Integrated medical practice offering
GP, Internal Medicine, Cardiology,
Gynaecology, Naturopathy.

TAUNUS

Dr. Joachim Grabe

Kirchstrasse 9
61462 Koenigstein
Phone number: 06174-3716
<https://www.xn--hausarzt-knigstein-m3b.de/home.html>

Gynaecologists - Frauenarzt

In Germany the Gynecologists are also obstetricians who will look after you throughout your pregnancy. Please be aware if you are visiting the gynecologist they will not always provide paper coverings for you once you are undressed.

FRANKFURT

Dr. Bielicki

Kaiserstrasse 6
60311 Frankfurt (City center)
Phone number: 069-2979987
<http://www.gynprenat.de/en/index.htm>

Dr. Stephanie Pautner

Neue Mainzer Strasse 84
60311 Frankfurt (City Centre)
Phone number: 069-9202060
<http://www.vitalicum.com/>

Dr. Borowicz

Rossmarkt 23
60311 Frankfurt (City center)
Phone number: 069-554466
http://www.frauenarzt-borowicz.de/index.php?article_id=2&clang=1

Dr. Halime Ulusoy

Bolungarostraße 150 Hinterhaus
65929 Frankfurt (Hoechst)
Phone number: 069-313210
Speaks German, English and Turkish

Orthodontists - Kieferorthopadie

FRANKFURT

Dr. Kollmannsperger

Siesmayerstr 44
60323 Frankfurt (Westend)
Phone number: 069-172110
<http://www.kfo-frankfurt.de/>

TAUNUS

Dr. Uta Goenner & Dr. Volkan Goenner-Oezkan

Westerbachstr. 23c
61476 Kronberg
Phone number: 06173-601230
<http://www.f3orthodontics.de/web/>

Orthopedics - Orthopaedie

FRANKFURT

Dr. Martina Goetz

Kaiserhofstr. 6
60313 Frankfurt (City center)
Phone number: 069-92882820
<http://www.gute-haltung.de/>

TAUNUS

Dr. Thomas Hess

Hessenring 107
61348 Bad Homburg
Phone number: 06172-6816740
<http://www.drhess-orthopaede.de/kontakt.htm>

Pediatricians - Kinderarzt

If you live in Germany and have kids younger than 6 years old here are a number of mandatory checks (U1-U9) your child must attend. Please start searching for a pediatrician as soon as you have arrived in Frankfurt or even before. Many paediatricians are over subscribed so finding one is very time consuming. Furthermore, please note once you have chosen a pediatrician it is almost impossible changing to another (also due to capacity reasons). Please read Janice's (MSF mother) blog article on this topic: <https://thefrankfurtedit.com/how-to-find-a-paediatrician/>

Hospital/Emergency

Kinderklinik / Kindernotfallambulanz Frankfurt – Hoechst
Gotenstrasse 6-8, 65929 Frankfurt am Main
Emergency phone number: 069 3106-23
<http://www.klinikumfrankfurt.de/kliniken-und-institute/klinik-fuer-kind-er-und-jugendmedizin.html>

FRANKFURT

Dr. Martina Kewenig

Eppsteiner Str 38
60323 Frankfurt (Westend)
Phone number: 069-5964523
<http://www.dr-kewenig.de>

Dr. Thorsten Gumbrich

Bockenheimer Landstr. 106
60323 Frankfurt (Palmengarten)
Phone number: 069-751928

M. Gascón und U. Baldus

Holzhausenstr. 17
60322 Frankfurt (Nordend-West)
Telefon: 069-5970263
<http://gascon-baldus.de/english/>
German, English, French & Spanish

Dr. Ulrike Maisch

Friedrichstrasse 13
60323 Frankfurt (Westend-Sud)
Phone number: 06942899554
<http://kinderarztin.org/>

Dr. med. Yela-Marie Schaaß

Hans-Thoma-Straße 24
60596 Frankfurt-Sachsenhausen

Phone: 069 / 44 65 88
<https://www.frankfurt-kinderarztpraxis.de>

Phone number: 06174-2577413

Dr. Sonja Burzin
Friedrichstrasse 88
61476 Kronberg
Phone number: 06173-68088
www.kinderaerztin-burzin.de

Dr. Birgit & Hansjörg Melcher
Alleestr. 1
65812 Bad Soden am Taunus
Phone number: 06196-29695
German and English

Dr Elke Dittmar
Kronberger Strasse 2
65812 Bad Soden
Phone number: 06196-22761
<http://www.dittmar-kinderaerztin.de>

TAUNUS

Dr. Michael Rochel
Hauptstrasse 15
61462 Königstein

Physiotherapists / Osteopaths - Physiotherapie/Osteopathie

FRANKFURT

Kay Geuder
Osteopath for children
Silberbornstrasse 14
60320 Frankfurt (Dornbusch)
Phone number: 069-53059247
<http://www.praxis-geuder.de/>

mainbaby®
Praxis für Osteopathie und
Kinderphysiotherapie
Jahnstraße 15
60318 Frankfurt am Main

Phone: 069 / 91 50 10 09
<https://www.mainbaby-ffm.com>

TAUNUS

Henke Physio
Limburger Strasse 3
61462 Koenigstein
Phone number: 06174 963938
<http://www.henke-physio.de>

Surgery - Chirurgie

FRANKFURT

Rafael Blanco Engert MD
Board Certified General Surgeon,
Proctologist and Emergency
Medicine
Eschersheimer Landstrasse 248
60320 Frankfurt
Phone number: 069-95632674

www.dornbuschklinik.com
Public and private health plans
Approved by the KV Hessen
English, French, Italian, Spanish,
and Portuguese

TAUNUS

Dr. Enderle, Hirschberger & Partner

Prof.-Much-Strasse 2

65812 Bad Soden am Taunus

Phone number: 06196-651610

<http://www.chirurgie-maintaunus.de>

PLEASE NOTE:

If any of the information has changed, please let us know so that we can update it accordingly.

Daily Life

Shop Opening Hours

Large city centre stores and supermarkets are open Monday to Saturday 09.00-20.00. Smaller shops close at 18.30 on weekdays and at 14.00 on Saturday. Some could also close on Wednesday afternoons. All shops, apart from souvenir shops on the *Römer* (Frankfurt central square) are closed on Sunday and on public holidays. So, it is usually easiest to plan your shopping around this. However, on Sunday you can still have some options:

- many shops in the main train station (*Hauptbahnhof*) and the airport are open;
- you can always find fresh bread and a choice of first necessity items at petrol stations (*Tankstelle*), many of which are open 24h a day 7 days a week:
- a lot of bakeries are open on Sunday mornings until 12-13.

Everyday groceries

When you are new in your neighborhood, it can take so much time finding all the things you need. Here are some websites that can help you to get around!

If you want to know where the shops are in your area, have a look at these great websites: www.yelp.com and www.expatbabies.com.

You can find information about shopping in Frankfurt in various Websites, like: www.frankfurt-tourismus.de/en/Discover-Experience/Shopping-in-Frankfurt

Also don't forget most of the parents in the school went through the same situation and are more than willing to help you by sharing their experiences and giving suggestions.

Here is a list of the more common supermarkets you can find in the Frankfurt area:

Aldi, Netto and Lidl:

Discount supermarkets. They have a limited selection of groceries, but they are quite inexpensive. A good place to buy basic items. They also have time-limited offers on sport equipment, clothes, toys, house appliances, gardening, etc.

Rewe, Tegut and Edeka:

Higher priced supermarkets: you mainly find brand, local and bio products here.

Alnatura and Reformhaus:

Organic supermarkets, which offer a wide range of organic products.

Your favourite comfort food from home

Kleinmarkthalle

Sizable market hall with fresh regional products and wares from across Europe and the Orient. Don't miss it! Here you can walk around, buy and eat in a paradise for your senses!

Hasengasse 5-7, 60311 Frankfurt

www.kleinmarkthalle.de

Karstadt, Galleria Kaufhof:

Big department stores that offer a variety of brands to choose from, including clothes, perfumes, and everything for the home, as well as a restaurant on the top floor. On the basement floor, they have a supermarket where, apart from normal supermarket products, you can often find a lot of specialty food – including a larger selection of gourmet foods and wines which you might not be able to find in a regular grocery store.

Wochenmarkt:

The weekly markets in Frankfurt look back on centuries of tradition (12th century). This tradition of selling fresh food in open air has been preserved at the many weekly markets in Frankfurt to this day. Nevertheless, today's market is no longer the market from the Middle Ages: It is modern, lively, personal and offers regional, national and international specialties in an unmistakable atmosphere that are unparalleled in terms of freshness, quality and diversity.

Nowhere else do you get so much individuality and personal contact with the seller or producer as at the weekly market. Because of their predominantly regional reference, the weekly markets are also among the most environmentally friendly marketing options of our time. A total of over 190 market traders offer their fresh goods in many parts of Frankfurt. The table below gives an overview of the locations and market times.

<https://www.hfm-frankfurt.de/wochenmarkt.html>

Here is a link to Guide to Buying Fruits and Veggies by Month

<https://www.dein-bauernladen.de/saisonkalender>

UK Specialities:

A Taste of Britain

Oeder Weg 34, 60318 Frankfurt am Main

www.a-taste-of-britain.de

Online shop: www.british-food-shop.de

Mediterranean Food:

VENOS

Fine food paradise for restaurateurs and consumers hidden in Rödelheim. With a separate fresh fish and fine food hall.

Rödelheimer Landstrasse 75-85, 60487 Frankfurt am Main

www.venos.de/en

Me.Ta Italian food

Good selection of Italian food, wine and products.

Hanauer Landstrasse 208-216, 60314 Frankfurt am Main

www.me-ta.de

Feinkost:

Frischeparadies

<https://www.frischeparadies-shop.de/>

Bauernläden und Hofläden:

Basic, Frische Bio Supermarkt

Berger Straße 49, 60316 Frankfurt - Tel: 069-480067-0

Gruenkern in Frankfurt

Stegstraße 59, 60594 Frankfurt - Tel: 069-627649

Markt im Hof

Wallstraße 11, Frankfurt am Main 60594

Asian Food:

Kim's Laden

Korean/Japanese food including rice. Here you can get frozen thinly-sliced beef/pork as well.
Bremer Str. 2-6, 65760 Eschborn-Sud - Tel: 06196 484851

Green Mart

Frankfurter Str. 1-5, 65760 Eschborn - Tel: 06196 9986620

Asia Supermarkt

Fahrgasse 95, 60311 Frankfurt am Main - Tel: 069 21938988

Go Asia

Zeil 90, 60313 Frankfurt am Main - Tel: 069 90025671

<https://goasia.net>

Umakiya, (Japanese)

Schloßstr. 24, 60486 Frankfurt am Main

www.umakiya.com

Wong's Asia-Latino

Hasengasse 7, 60311 Frankfurt am Main more markets added

www.kleinmarkthalle.com/info-wong-asia-latino.php

If you still can't find what you are looking for, you can try:

Food from Home (for the cost of the food + shipping, you can have your food shipped to you) www.foodfromhome.de

Do-It-Yourself

German people love doing things for their house and garden by themselves. This is why you can find a great variety of DIY stores, generally called *Baumarkt* everywhere.

This is just a selection of the choices you have:

Toom: www.toom-baumarkt.de

Hornbach: www.hornbach.de

Bauhaus: www.bauhaus.info

Hellweg: www.hellweg.de

Sunflower: www.sunflower-gartencenter.de

Generally, they provide a wide choice of tools, hardware, paint, wood and other building supplies. You can also find gardening and outdoor items.

Second-Hand

In Germany nothing is simply thrown away. Objects can have many lives and many owners! In Frankfurt there are plenty of second-hand shops, as you can see under:

www.yelp.de/c/frankfurt-am-main/secondhand

But the real experience is to visit a flea market (*Flohmarkt*). Frankfurt's best Flea Market is without a doubt the one held every Saturday along the banks of the river Main. It alternates every week between the old location in Sachsenhausen's Schaumainkai street and the new location in Osthafen's Lindleystrasse. You will find anything from second-hand bicycles to antique furniture, art and vintage clothing. Also, there are ample food and drink stands. Don't forget to bargain! Hours are from 9:00 and 14:00.

Flea markets, especially for children's ware, are regularly held by various organizations locally. Keep your eyes open for posters hanging around your neighbourhood. Otherwise, you can consider going online. You can buy and sell nearly anything you need to in your area under:

www.kleinanzeigen.ebay.de

www.kalaydo.de

Unfortunately, these websites are in German only.

Books in all languages

Hugendubel Bookstore:

Hugendubel has a rich selection of foreign language books (*Fremdsprachiger Bücher*) and books for learning German. This multi-level store is located in the city centre (Steinweg 12, 60313 Frankfurt, with entrances also on the Goetheplatz and the Biebergasse) and offers comfortable places to sit and read and a nice café in the basement.

You can comfortably order online under: www.hugendubel.de

To know more about book shops in Frankfurt remember to check out this website:

www.newinthecity.de/en/shopping-frankfurt-rhein-main/3277-special-shops-in-frankfurt.html

Public libraries are also interesting places to visit: the membership card is free and often you can find a fair selection of foreign language books, children's books and German language learning books. You will need to take your passport with you in order to get a library card.

... and don't forget: the MSF library is also available for parents!

Oxfam Bookshop Frankfurt:

Töngesgasse 35, 60311 Frankfurt/Main - Tel: 069 219 971 36

Second hand books. Located in one of Frankfurt's oldest shopping streets.

https://shops.oxfam.de/shops/frankfurt-buch?utm_source=gmaps&utm_medium=verzeichnis&utm_campaign=ueberregional&utm_term=Allgemein

Litter, Waste & Recycling

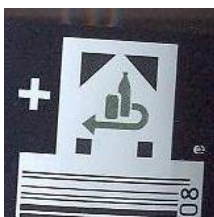
Waste in Germany is usually sorted. If you live in an apartment, you will see a variety of rubbish bins with different labels and/or coloured lids:

blue lid - for paper

yellow lid - packaging – (see the recycling icon)

brown/green bin - for organic waste (stuff that can be composted)

Most bottles have a deposit fee that is reimbursed to you when you return them (please see symbol down on the left). Grocery stores will accept most bottle returns and have automatic recycling machines for reimbursement of the deposits. Insert the bottles one at a time and after all of your bottles have been accepted, then push the green button on the machine for your receipt. Take the receipt to the register, give it to the cashier and you will get your money back. If a bottle has the picture shown on the left, you should return it using the machines with this label. If it does not have this symbol, then you can get money back if you take it to a store where a person takes your bottles.



The word for the deposit fee is *Pfand*. You usually give your receipt to the cashier when you check out your groceries and have the amount deducted from the total. You can also donate your receipt to a charity (Die Tafeln) by putting your receipt in the allocated box – normally found next to the recycle machines, or by pressing the corresponding button directly on the machine.

There is also a black bin for everything else (*Sperrmüll*). But, you cannot really throw everything else in this bin. Hazardous waste needs special waste treatment, and batteries should be recycled (most grocery stores have collecting boxes). Glass should be recycled in special glass recycling bins (bottle banks), normally available within walking distance from your apartment or house. Used clothing in good condition can be recycled in special collecting boxes.

You are normally given a calendar (*Abfallentsorgungskalender*) with the waste collection schedule for your area.

Sperrmuell: If you wanted to get rid of bigger items such as furniture and old electronics you have to make an appointment with Frankfurter Entsorgung service. You can set a date and time usually you place the items on the evening before in front of your house where they will be picked up the next morning.
<https://www.fes-frankfurt.de/leistungen/buerger/sperrmuell>

For more information about waste collection please see these very interesting websites:

www.frankfurt-greencity.de/en/environment-frankfurt/refuse-in-frankfurt
www.howtogermy.com/pages/recycling.html

Culture, etiquette and quiet time

Living abroad also means integrating into a new culture and community.

You will find many interesting suggestions under:

www.newcomers-network.de/germany/newcomers-guide/culture_etiquette/index.php

Respect for your neighbours is very important in a German community. If you rent a flat in Germany, or even if you own property, you are usually bound by something called the "*ortsübliche Ruhezeiten*", that is the time when you cannot make any noise that could be heard outside of your residence. Monday through Saturday from 1 p.m. to 3 p.m.; there is an afternoon quiet time. In the evening you are not permitted to mow the lawn after 8 p.m. General evening quiet time begins **at 10 p.m.** SUNDAY ALL DAY! Quiet time includes no lawn mowing, car washing, loud children, (loud) TV, stereo or radio: if it can be heard from outside your dwelling or vehicle, it is too loud.

For more information, see also:

www.spiegel.de/international/love-thy-neighbor-german-law-tells-you-how-a-416736.html
www.mietrecht.com/ruhezeiten/

Nudity: A big surprise for many foreigners is the presence of nudity, not only on billboards and in publications, but also in public parks, beaches, pools and saunas (and yes, we mean total nudity!).

Smaller children

Do you need a babysitter/nanny or a *Tagesmutter*? Just check: www.babysitter.de (in German

only). But please also ask people at school, there will probably be a nice student close to you who would love to earn some extra money and help you with your child(ren)!

Many MSF families recommend an English playgroup run by a mum at the school. Check it out!

www.littleangelsplaygroup.com

A nanny agency could be quite handy (Website in English):

<https://www.frankfurt nanny.de/>

Trustful Babysitter agency (bilingual service, website in English)

<https://mainbabysitter.com/main-babysitter-english/>

Trustful agency to find a Babysitter, Nanny or Housekeeper

<https://www.familienservice.de/web/frankfurt>

<https://www.betreut.de>

Local News in English

Tired of being cut-off from the local news? Then try:

<https://www.faz.net/english>

www.thelocal.de/page/view/frankfurt

Here you will find news about Frankfurt in English and many other important info about Jobs, Housing, Money, Dating and more!

Hairstylists who Speak English

Ms Silke Schnir

Egenolffstr. 39. 60316 Frankfurt (Nordend)

069-9519 8771 or 0176-2152 3880

info@silke-schnir.de

A comment from a MSF parent: "You are the only client. There is very relaxing music playing but if you do not want to hear anything you can say so. There is no telephone ringing. No other people chatting. It is heavenly."

Wachs & Wachs & Zians

Frankfurt Westend

Liebigstraße 23-25, 60323 Frankfurt am Main

+49 69 729286

Frankfurt Ostend

Hanauer Landstraße 122, 60314 Frankfurt am Main

+49 69 90434445

A comment from a MSF parent: "Very chic and sophisticated salon. Popular for it's Aveda hair color and products. And yes, they do speak English."

School Bus Service

Commuting to and from school can be difficult for working parents. The school office will be happy to provide you with information about the different school bus services available. Many parents have suggested the following services:

Kleinbus Reich

Contact: Ulla Reich-Hamburger
Kurmainzer Str. 35
61440 Oberursel - Weißkirchen

Phone number: +49 (0) 6171 8943747
Mobile: +49 (0) 172 6717602
E-Mail: info@kleinbus-reich.de

TAXIBUS Frankfurt

Contact: Sandra Andorfer
Pfaffenwiese 3
65931 Frankfurt

Phone number: +49 (0) 69 57001030
Fax: +49 (0) 69 57001040
E-Mail: mail@taxibus.fm

This option is recommended for parents who have younger students who need to travel to school on their own, and are not old enough/not comfortable with using public transit. If your child is comfortable with taking public transit to school, this is the more preferable option, as it's a lot cheaper too.

Getting Around Frankfurt

Driving

A motor vehicle or car/auto is *das Kraftfahrzeug*, *Kfz* in short. Motor vehicles are registered at the *Ordnungsamt*, *Zulassungsstelle*. You will need:

- Kraftfahrzeugbrief* (Proof of ownership)
- Versicherung-Doppelkarte* (Proof of insurance)
- Passport or EU-ID card
- Aufenthaltserlaubnis* (Residence permit)

Vehicle safety inspection (*TÜV*) has to be done every two years. Vehicle tax (*Kraftfahrzeugsteuer*) and vehicle liability insurance (*Kraftfahrzeug-Haftpflichtversicherung*) are mandatory.

If your driving license has been issued in a non-EU country and you plan on living in Germany longer than a year, you will need a German driver's license (*Führerschein*). Whether you can simply exchange yours or take a part or the entire driving exam, depends on where your driving license was issued.

EU licenses may be exchanged for a German license without taking a test. Please make sure that you hold the correct license when driving otherwise you might not be covered by insurance. If you have a US driving license, it depends on the state in which your license was issued and the current German regulations.

You can find a lot of information under: www.howtogermany.com/pages/driving.html.

PLEASE NOTE:

- If you are involved in an accident, never leave the scene of an accident, stay calm, exchange personal and insurance information, and call for the police if you do not understand everything that is happening. Calling the police is also a good way of avoiding an unnecessary claim from the other driver.
- If you accidentally bump into a parked car, never leave without having contacted the owner or called the police.
- You are required to stop and help if you are the first to arrive on the scene of an accident.
- Pay your traffic violations. You can sometimes be required to pay on the spot.
- Be aware of the speed limits in town and on access ramps to the highway.

Public Transport

Unlike many countries around the world, Germany has a **very convenient** and high-service **public transport system**. In order to use the transport system effectively, it is best to know about the various different types of transport first:

Long-Distance Services (ICE, IC, EC) are train services which connect cities together in Germany. Trains are operated by the Deutsche Bahn (DB), and is the primary and easiest way to travel around the country. **These services are considered to be “Fernverkehr”, or long-distance, and are completely separate from local regional services.** More info on long-distance services is within the “Travel” section.

Regional Services (IRE, RE, RB and S-Bahn, as well as regional buses)

These trains are designed to bring passengers to smaller towns and connect the regions of all the federal states. These services are maintained by Verkehrsverbunds, which also control the fares in these areas. **The main Verkehrsverbund** for the **Frankfurt** region is the **RMV** (rmv.de), but the **NVV and VRN** also control areas inside Hessen.

Local Transport (U-Bahn, Strassenbahn, Local Buses)

These services generally only run within cities like **Frankfurt, Offenbach, Darmstadt and Wiesbaden**. **Frankfurt** is the only city in Hessen with an U-Bahn system, which is a light-rail partially underground railway system connecting all the districts in the city, with some lines going to Bad Homburg and Oberursel. Strassenbahns (Trams) are overground lines connecting to more districts, which also run in Darmstadt and Mainz. Local buses serve the outskirts and areas of cities, which do not have pre-existing service.

Fare Zones

For **local transport**, fare zones are utilized to decide what fares are charged within areas. For example, the **city of Frankfurt** has its own fare zone, and any trips within that zone cost the **same price**. The majority of different Landkreises/Cities have their own fare zones. Prices are more expensive when traveling between these fare zones.

The maximum fare for any journey in the RMV is 16.50 (Zone 7 ticket). **Tickets in Zone 5 and up get a discount on regional services if the passenger is holding a Bahncard.** **The fare for a one-way journey in Frankfurt is 3.65 EUR.**

Note that fares are different when traveling **between** Verkehrsbunds, and when using **long-distance** services.

Excellent Flat Rate for Students (Schüler)



There is a student (Schüler) flat rate for public transport called the **Hessen Ticket: 1 year, 1 euro per day for all types of transportation across the entire state of Hessen**. The student (Schüler) rate is available until graduation from high school. **This ticket is NOT valid with ANY long-distance Deutsche Bahn services (ICE, IC and EC), even in Hessen.**

Hessen Student (Schüler) ticket, **General Information** in English:

<https://www.rmv.de/c/en/tickets/your-ticket/tickets-overview/annual-season-tickets/schuelerticket-hessen-fuer-schuelerinnen-schueler-und-azubis>

Hessen Student (Schüler) ticket, **FAQs** in English:

<https://www.rmv.de/c/en/tickets/your-ticket/tickets-overview/annual-season-tickets/schuelerticket-hessen-fuer-schuelerinnen-schueler-und-azubis/faq-schuelerticket-hessen>

If you want to buy this ticket, you will most likely need proof of child's age, proof of address, and your identification documents. You should be able to go to any S-bahn station with an RMV office (e.g. Rödelheim S-Bahnhof, Hauptwache RMV office or Konstablerwache RMV) and fill out a form there. It is important to keep your receipt of payment in case the student ticket is lost (it's a plastic card).

IMPORTANT: If you do **NOT** live inside Frankfurt, you will need to head to your local transport office depending on the Kreis (local district area) you live in. For more info, please check the RMV's website.

Buying Tickets for Public Transport

All ticket machines at ALL train stations and some bus stations have an English language feature, so you can purchase your tickets in English. **In buses, tickets are sold by the driver- in cash - after you tell the driver your destination.** However, you do not need to buy a bus ticket if you have a day, weekly, monthly or annual ticket.

Buying tickets online

The best way to buy tickets is buying them online. This can be done through the RMV app or DB Navigator.

DB Navigator is the Deutsche Bahn's official transport navigator and ticket app and highly recommended.

Tickets for any long-distance and local transport services can be bought **directly** from the app.

Please Note!

What happens if you do not have a ticket:

Ticket checkers may be on **all public transport services**, but they will **generally** always be on Regional and long-distance services. Make sure to **always** have a ticket on **ANY** mode of transport.

Checkers may be uniformed or in public clothing (undercover). **If the ticket checker** comes up to you, make sure that they have an **ID** on them, if they don't show it.

The **fine for not paying a ticket is 60 euro, no matter the distance of the journey taken.** The price may be more expensive depending on the distance you travel (3x the fare price).

A ticket checker will either charge you immediately, or give you a note where you need to pay the fare within 7 days.

In the case of a delay or cancellation, the fare may be avoided if the criteria of the situation falls under your **passenger rights**. Check out www.bahn.de for more info.

Buses to and from MSF from Rödelheim-S-Bahn

MSF has many bus lines connecting the school from the nearby S-Bahn stop:

Bus line 56: Direct bus

Line 56 runs directly from Rodelheim Bahnhof to "Graf-Vollrath-Weg" which is right outside of the school. This bus **only** runs every 30 minutes, and **does not** run on Weekends. However, there are more options than just this.

Bus line M60: More frequent alternative

The bus line M60 runs between Rodelheim and "Wolf-Heidenheim-Strasse", which is a short 5-8 minute walk from the school. This bus runs **every 10 minutes**, and leaves from northern Frankfurt districts like Praunheim and Hedderheim. **During rush hour**, there is also occasional

additional buses for **5 minute service** (only to Rodelheim Bahnhof)

Bus line M55: For students from the west

Bus line M55 connects the western Frankfurt districts like Sossenheim, Hochst, Zeilsheim and Sindlingen. The bus runs **every 10 minutes**, but is the furthest away from MSF. The closest stop is "Gaugrafenstrasse", which is around 10-12 minute walk away. Passengers can also take this bus to get to Rodelheim Bahnhof.

Connections to the Frankfurt U-Bahn

The U-Bahn line U7 runs close to MSF, and there is various buses which connect directly to the school:

Praunheim Heerstrasse: Direct from M60 (5 minute ride)

This stop is the western terminus for U7, and connects directly to this MetroBus line.

Industriehof: Direct from M34 and M72

NOTICE: M34 and M72 leave from Rodelheim Bahnhof and do NOT connect directly to the school. But these buses can be used from Industriehof, which also connects with U-Bahn line U6.

S-Bahn lines from Rodelheim Bahnhof

The S-Bahn lines **S3, S4 and S5** leave from Rodelheim. **ALL** lines run through the core Frankfurt tunnel and connect to the largest stations in Downtown Frankfurt.

These trains also connect to **Frankfurt main station** for long-distance services and **Frankfurt South Station** for other services.

S3 and S4 continue Northbound into the Main-Taunus-Kreis to Eschborn, Kronberg, Schwalbach, Sulzbach and Bad Soden.

S5 continues into the Hochtaunuskreis and goes to Oberursel, Bad Homburg and Friedrichsdorf.

S3 and S4 **ALSO** continue Southbound from Frankfurt towards Langen and Darmstadt.

Each S-Bahn line runs every 30 minutes minimum. The majority of stations from Rodelheim can be accessed every **15 minutes** due to additional services.

A regional line, **RB15** also runs during rush-hour every 60 minutes to Frankfurt Hauptbahnhof and northbound towards Oberursel and Bad Homburg and then into the Taunus mountains.

Would you like all this info in a thumbnail? Then have a look at the **MSF Transit Brochure:**

https://docs.google.com/presentation/d/15xrwy_hO9sdDAfPCBkAEYGe6GFqWI8qixLvHqKZ7bNg/edit?usp=sharing

Cycling

Anyone who wants to use a bicycle to explore the city and its surroundings will find many bicycle paths and bicycle routes.

There is also the 75-kilometre Green Corridor Bicycle Path (*GrünGürtel-Radweg*), which encircles the entire city, and a 10-kilometre bicycle path around the Höchst industrial park. Frankfurt is also connected to two long-distance bicycle paths (the R 3 and the R 8). There is no extra charge for taking bicycles onto local public transport, and many bike & ride places are available.

You can find interesting suggestions in the bicycle route planner for Frankfurt am Main and the federal state of Hessen, www.radroutenplaner.hessen.de/rph_home_01EN.asp (info in English).

More information also under: www.frankfurt-greencity.de (info in English).

Important Bike Tips:

- You must have a front and rear light working on your bike at night. The police may stop you and give you a ticket if they catch you riding without a light on your bike.

- ☐ Talking on your cell phone while riding your bike is not allowed. This can also get you a ticket.
- ☐ There is no requirement to wear a helmet, and indeed few do, but it is still a good idea!

Rules of the Road

Germany (as with many continental countries) has slightly different road rules than the United Kingdom. Drivers from even further abroad (e.g. Australia & New Zealand) will find many signs confusing and should research thoroughly before getting behind the wheel.

The major things to note are:

Children on sidewalk:

- ☐ Children under 8 years must ride on the sidewalk. Parents are allowed to accompany their children on the sidewalk.
- ☐ Children from 8-10 years are allowed to either ride on the sidewalk or on the bike lane/road. Parents are allowed to accompany their children on the sidewalk.
- ☐ Children over 10 years old must use the road or the bike path.
- ☐ **Pedestrians:** often pedestrians are shown a “green man” symbol allowing them to cross (it is illegal to do so when the “red man” is lit) even though traffic may be turning into their road. If you are turning right or left and there are pedestrians on or entering the road, you **must** stop and allow them to cross before proceeding.
- ☐ **Vorfahrt Rechts:** unless you see a sign to the contrary (yellow diamond with a white border) you **must** give way to any vehicle entering your road from the right. In reality this only applies to minor side roads, since all major roads are signposted to indicate priority. But this makes it even more difficult to remember since you will come across it less often. What it means is that even if your road feels like it is the bigger one, if it is not marked, you need to give way to anything on your right-hand- side (even bicycles). Accordingly, everything to your left will give way to you, even if you are on a bicycle.
- ☐ **Lane discipline:** in towns and cities, you can overtake on either the left or the right on multi-lane roads, and expect other drivers to do likewise.
- ☐ **Speed limits:** 50km/h within city limits; 100km/h outside town unless otherwise stated.
- ☐ **Trams:** these often stop in the centre of the road even though the passengers are waiting at the side of the road. Cars **must** stop and allow them to board and others to alight safely. Once this has happened, you may proceed with caution (although it's best to wait until the tram's doors have closed).
- ☐ **Right on red:** (particularly in the former East). If the traffic lights are fitted with a painted green right arrow, you are allowed to turn right on a red light if it is clear, provided you come to a complete stop first.

For more information about German bicycle rules, please have a look at this website:

https://www.germanroadsafety.de/downloads/pdf/Cycling-in-Germany_English_2022.pdf

If you want to test your ability, you can try the ADAC 3d Driving School:

www.3dfahrschule.de/uk_index.htm

Travel

Thanks to its location at the heart of Europe and Germany, Frankfurt is an important traffic hub and can be extremely easily reached by visitors. This is where you can find Europe's second largest airport, with nearly 70 million passengers a year, together with the station in Germany with the highest volume of traffic. Every day, over 350,000 passengers from home and abroad use the central station for their commute to Frankfurt. The motorway connection via the Frankfurt interchange also offers a good way of getting here. No matter whether you want to explore Frankfurt on arrival by car or local public transport – there are many ways of doing this in Frankfurt.

For more information see: www.frankfurt.de and check the English version

Travel options for your weekends and holidays

Car Sharing

Some German cities operate car-sharing schemes, where you sign up and pay a deposit, and then book a car for the number of half-hour blocks that you need. You then pay per kilometre used and petrol is included. If you are staying a year or more in one place this may well be worth joining up with: for short journeys in town it is quite cost-effective, e.g. for a late-night airport collection of a friend, or to book a van for a couple of hours to move a piano. In Frankfurt you can find *TeilAuto*.

Please check: www.teilauto.net

Getting a lift

Germany has a very trusting (and apparently safe) system of organising lifts for people on longer journeys. Most major towns and cities have a *Mitfahrzentrale* (MFZ).

It works like this: people who are planning to drive from A to B notify the MFZ in town A, and people who wish to get a lift also register their request at the MFZ in town A. The MFZ then links the two together and agrees on a meeting place. Passengers pay a small fee to the MFZ and a small fee to the driver, who gets some petrol money and some company for the journey. It can be a fun and cheap way to travel, and because the MFZ keeps the details of the passengers and drivers, it's somewhat safer than hitchhiking.

These days, there are also several online MFZs, such as:

www.mfz.de

www.blablacar.de and

www.mitfahrgelegenheit.de

By Train

The German rail network is modern and for the most part reliable and punctual. Although it has been partially privatised, most routes are still operated by DB (*Deutsche Bahn*) or one of its subsidiaries. Within many cities and regions, a *Tarif-* or *Verkehrsverbund* sets the fares and local tickets are valid on DB trains, most other trains, buses, trams and underground (where applicable).

In Frankfurt (and in the majority of Hessen) is the Verkehrsverbund is RMV:

www.rmv.de.

The other two Verkehrsverbunds in Hessen are the NVV and the VRN, which both accept the **Hessen Student Ticket**.

Buying tickets

You can book a journey or get connection information at www.bahn.de and this site will always offer you the cheapest available long-distance return (round-trip) tickets. Note that it may not offer you the best local ticket. You can have your tickets posted to you or print them yourself (in which case you need to travel with the card you paid the ticket with).

You can also get connection information or buy tickets at stations, either at a machine or over the counter. Note that most tickets sold over the counter are a few Euros more expensive than the same ticket sold by a machine.

Railcards

You can get a discount on all standard fares by buying a BahnCard, which is available in variants of 25%, 50% and 100% of the fare price, in both second and first class.

For more information see: [BahnCard](#).

PLEASE NOTE:

When you buy your BahnCard you need to bring a passport sized photo. The small print will also sign you up to automatically to renew your ticket unless you cancel well before it expires.

Cheap Tickets

You can also save money on local trains by purchasing a *Länderticket*.

- A **Länderticket** (e.g. Hessen Ticket, Bayern Ticket) is generally valid for one whole day on any local trains within the concerned federal state. Usually Ländertickets are valid for groups of up to 5 people, which can make them incredibly good value. One person has to write their name on the ticket for it to be valid, and may need to show ID. For more information see: [Länderticket](#)
- **Landertickets can be bought through the DB Navigator app directly. The Quer-Deutsches-Lands-Ticket is valid for ALL regional services in Germany.**
- The HessenTicket is a RMV ticket, and must be bought with RMV fares. It's still possible to get this in the DB app, but a bit more complicated.

International Airport Frankfurt

Frankfurt offers air passengers an excellent range of domestic and international flight connections. After all, Frankfurt International Airport is Europe's largest freight airport and the second largest passenger airport.

There are several travel agencies at the airport which offer last minute deals. This can be a fun and cheap way to take a last minute trip.

For more information: www.frankfurt-airport.com

Frankfurt-Hahn Airport

Frankfurt Hahn is an attractive low-cost airport situated at about 120km from Frankfurt city centre. Since the commissioning of the first low-cost airport in Germany in 1993, the passenger numbers have risen steeply. In 1999, the passenger figures were 300,000 and in 2016 2,6 million. But the figure has dropped to approximately 1,4 million passengers a year in 2019. The destinations are primarily European cities and holiday regions. The airport can be reached via the motorway and A-road connections of A60/A61/B50 and B327 – Fblico shuttle buses travel directly between Frankfurt and Hahn Airport several times a day. The shuttle stops at Frankfurt central station (south side, Stuttgarter Straße/corner of Mannheimer Straße) and at Frankfurt International Airport (coach station at Terminal 1).

For more information: www.hahn-airport.de

Travel Insurance

Your German health insurance covers you while you are in the EU. It is important to shop around and find the travel insurance that fits your travel plans and style best.

You can find some helpful hints under:

www.expatsblog.com/en/travel-insurance/europe/germany/frankfurt/.

Travel locations within Germany

Germany is a rich country to discover. You can find some inspiration under:

<https://www.germany.travel/en/home.html>

Activities for the family

Frankfurt and the Taunus area offer many opportunities for your free time. The suggestions you find in this section come from other MSF parents. There are also some good ideas for birthday parties.

You can also find some inspiration on the following website:

In the Parent Zone of the MFS Website: www.m-school.de/pa/activities (login data needed)
www.frankfurt-on-foot-cityguide.blogspot.de/2009/04/what-to-do-with-kids-in-frankfurt.html

Furthermore, please check out Frankfurt mit Kids. The blogger Catrin is a mother of two boys and knows Frankfurt and its surroundings best. She provides trip tips for families with children. It's a German website but Google Translate is installed on her webpage.

<https://frankfurt-mit-kids.de/>

Recreational Sports

Have you ever wondered why Germans repeatedly excel in international sporting events? One of the reasons is the organized network of clubs that offers a wide range of activities at reasonable prices to everyone. Sports in Germany are a great equalizer, cutting across social and occupational strata. Joining a sports club in Germany is a great way to make contact with people from all walks of life in a fun atmosphere. Indeed, one of the best parts of being a sports club member is retreating to the pub with other club members after a good workout.

The range of sports offered by these non-profit clubs is enormous: soccer, tennis, horseback riding, track and field, aerobics, swimming and, increasingly, international sports such as baseball, rugby and even American football. For a full listing of the sports clubs available in your region, contact the local sports office (*Sportamt*) in the city.

In the website of the Sports Association of Hessen (*Landessportbund Hessen*) you can find a lot of information about sports clubs throughout the region:
www.landessportbund-hessen.de

To find a sports club, you can do a search per postal code on www.sportkreis-frankfurt.de, under *Mainova Sport*.

Membership fees vary greatly, depending on the type of sport, the size of the club and the quality of the facilities. But as a general guideline, individual memberships cost between 80 and 250 euros per year, with discounts for students and children. Family memberships are usually a good deal, much cheaper than several individual memberships. It is important to note that once you become a registered member of a German sports club, you are automatically insured under that club's policy should you become injured.

Many clubs allow you to work out several times before formally committing to a membership.

Please check out these websites for more information:

- www.newinthecity.de/en/sports-leisure-in-frankfurt-rhein-main/sports-addresses-frankfurt-rhein-main/3254-frankfurter-sport-adressen-im-ueberblick.html
- <https://frankfurt.de/english/service-and-city-hall/service-and-administration/new-in-frankfurt>

Swimming

To find yourself a nice pool in Frankfurt or Frankfurt area, please check the following sites, also available in English:

- www.schwimmbadcheck.de/pools/frankfurt-am-main.html
- <https://www.frankfurt-tourismus.de/en/Discover-Experience/Leisure-and-Sports/Swimming-pools>
- <https://frankfurter-baeder.de/> (not available in English unfortunately)

All Pools in Frankfurt are free of entrance for children under 14 years.

Here is a selection of swimming facilities suggested by MSF parents:

Rhein Main Therme

Swim club, sauna, etc.

Niederhofheimer Straße 67

65719 Hofheim

www.rhein-main-therme.de

Seedammbad

Seedammweg 7 (opposite Taunus Therme)

61352 Bad Homburg

www.stadtwerke-bad-homburg.de

Taunus Therme

Seedammweg 10

61352 Bad Homburg

Telefon: 06172 4064-0

www.taunus-therme.de

In the summer time, May-Sep:

Waldschwimmbad Kronberg

Am Waldschwimmbad,

61476 Kronberg im Taunus

Best pools are listed in Frankfurt-mit-Kids Blog here:

<https://frankfurt-mit-kids.de/schwimmbaeder-tipps-fuer-kinder/>

Please use google translate available on website

If you are looking for **swimming lessons**:

H2O Schwimmschule Prasler: www.schwimmschule-prasler.de. They speak English!!!

Schwimmschule Frankfurt: www.schwimmschule-frankfurt.de

La Rana: www.larana-schwimmen.de

SPV SchwimmPädagogischer Verein: www.2015.schwimmpaed.de

Erster Sodener Schwimm-Club 1927 e.V.: www.essc-online.de

Bäder Betriebe Frankfurt GmbH:

www.bbf-frankfurt.de/bbfpublic/kurse_angebote_englisch.htm

www.expatsbabies.com/frankfurt/find/activities-groups-classes/swimming-lessons/1253

Museums

With an impressive variety of museums and galleries, Frankfurt am Main has earned a national reputation as a city of the arts.

For more information, please see: <https://frankfurt.de/english/museums-and-theatres>

Due to its success of recent years, the event “Night of the Museums” now occupies a firm place in Frankfurt's culture calendar, generally in April/May.

More than 50 museums and exhibition houses in Frankfurt and Offenbach open their doors to the

public on a Saturday evening from 19:00 until 2:00 the next morning. Ticket holders get to sample a wide range of cultural offerings in the different museums accompanied by music, readings, performances, theatre, workshops, videos, and parties. Special guided tours of the current exhibitions and gastronomic specialties round off the program.

For more information: <https://frankfurt.de/english/museums-and-theatres/museums>

Cinema and Original Version Movies

Frankfurt has a vibrant film culture with a broad variety of institutions and events. General information can be found here:

<https://kultur-frankfurt.de/portal/en/Film/FilminFrankfurt/1726/0/0/0/1438.aspx>

Various cinemas are now offering original version movies. The complete program for all the cinemas in Frankfurt under: www.kino.de/kinoprogramm/frankfurt-am-main

PLEASE NOTE:

OmU means original film with German subtitles

OmeU means original film with English subtitles

OV/OF means original version

Some cinemas also offer a *sneak preview*, that is a surprise program: you have the opportunity to watch a movie that has not been released yet, but you will not know what it is until it starts.

You can find a list of sneak previews under:

www.kinofans.com/kinoprogramm/Frankfurt+am+Main/Sneak-Preview-film-10002-Spielzeiten.htm

DVDs

Watching DVDs from Multiple Regions: If you want to unlock your DVD player so that it will play DVDs from any region go to this web site:

www.moneysavingexpert.com/shopping/dvd-unlock

You can also download the program *dvd43* onto your laptop, so you can watch DVD's from any region on your laptop. (Never heard of this, I would take it out)

The „Video City“ video shop offers by far the most comprehensive selection of films on DVD and VHS in the Rhine Main area. They stock around 67.000 titles, thanks to DVD a large proportion of them in the original version.

<https://kultur-frankfurt.de/portal/en/Film/22VideoCity22videoshop/345/0/24450/mod1013-details1/1438.aspx>

Renting Movies

There are various shops around Frankfurt that rent out movies. If the DVD case has „*Sprache Englisch*“ on the back, then you will be able to watch it in English. Most movies are in English so it is worth checking out these shops if you want to rent a movie. Normally you need your ID/passport to get a rental card.

For a list of rental shops see: www.yelp.com/c/frankfurt-am-main/videoandgames

Local libraries also rent out movies, especially for kids.

<https://frankfurt.de/leichte-sprache/stadtbuecherei>

Theatre

In relation to its size, Frankfurt has a vast array of cultural offerings. More than 100 times a week the curtain rises on shows on more than 20 stages and for about 50 groups. Performances include concerts, opera, theatre, operettas, musicals, shows, variety theatre and cabaret. Frankfurt has the largest theatrical establishment in the federal state of Hesse. In addition to the "Old Opera" (Alte Oper), which is a site for guest performances, the city has the municipal theatre SchauspielFrankfurt, founded in 1903, and the Frankfurt Opera (Oper Frankfurt).

The following are some select venues from Frankfurt's eclectic theatrical scene. You can find more theatres in the city of Frankfurt am Main's culture portal:

<https://kultur-frankfurt.de/portal/en/Stage/Start/0/0/0/0/1437.aspx>

Further general information about theatres in Frankfurt can be found here:

<https://frankfurt.de/english/museums-and-theatres/theatres>

The **English Theatre Frankfurt** is continental Europe's largest English-speaking theatre, producing a mixture of classics, comedies, thrillers, and contemporary plays as well as musicals each season. In terms of its audience, 70 percent are native German speakers and 30 percent are from the extensive English-speaking community at home in and around Frankfurt.

Address:

Gallusanlage 7

60329 Frankfurt am Main

www.english-theatre.org

The **International Theatre** considers itself the cultural home of citizens with foreign roots. It is also seen as a platform for bringing cultures from all over the world to the citizens of Frankfurt and the Rhein-Main Area. The International Theatre stages 150 events with 100 guest performances every year, with a focus on drama, but also including world music, ballet, movies, readings and exhibitions.

Address:

Hanauer Landstr. 5 - 7 (Zoo-Passage)

60314 Frankfurt am Main

www.internationales-theater.de/home-en-GB

Outdoor Activities

In Frankfurt

There is a lot to do in Frankfurt and you can find a good overview of all sights in Frankfurt here:

<https://frankfurt.de/en/english/discover-and-experience/sightseeing>

Opera and Main Games The square in front of the Alte Oper and the Taunusanlage are transformed into a play paradise during the summer holidays. Even at the Main Games on the Museumsufer, those who stayed at home will not get bored with box slides, bouncy castles and, above all, the club's pirate ship. www.abenteuerspielplatz.de

Other Frankfurt and surroundings indoor and outdoor tips can be found here:

<https://frankfurt-mit-kids.de/ausflugsziele-fuer-kinder/> (Google Translate provided on website)

In the Taunus:

For information about activities in the Taunus, see: www.taunus.info

Here is a selection suggested by MSF parents:

Taunatours - Erlebnisgastronomie

Birthday parties, brunch, indoor/outdoor climbing, Canoe tours, Geo tours, etc.

Königsteiner Straße 13

61389 Schmitt-Oberreifenberg

www.tauna-tours.de

Sportpark Kelkheim

Birthday parties, climbing hall, boulder, outdoor climbing garden, etc.

Sportcamps for kids during vacation

Mainblick 51a

65779 Kelkheim

www.sportpark-kelkheim.de/startseite.html

Klettergarten Kelkheim

Birthday parties, outdoor climbing garden

Lorsbacher Strasse 41

65779 Kelkheim

www.sportpark-kelkheim.de/Einzelheiten/Kletterwald/Anfahrt.html

Freizeitpark Taunuswunderland

Haus zur Schanze 1

65388 Schlangenbad

www.taunuswunderland.de/freizeitpark

Freizeitpark Lochmühle

Birthday parties, BBQ

Lochmühle 1

61273 Wehrheim

Tel. 06175 790060

www.lochmuehle.de

Freilichtmuseum Hessenpark

Rural life in Hessen, birthday parties

Laubweg 5

61267 Neu-Anspach

www.hessenpark.de/index.php?id=home

Römerkastell Saalburg

Archäologischer Park, birthday parties

Am Römerkastell 1

61350 Bad Homburg

www.saalburgmuseum.de

Hiking

www.fuchstanz-taunus.de/index.html

www.feldberghof.com

Opel Zoo Kronberg

Birthday parties, great playground, good Restaurant „The Lodge“

Königsteiner Str. 35

61476 Kronberg

www.opel-zoo.de

Landgasthof Rote Mühle

Kids play ground, traditional German food
Rote Mühle 1

65812 Bad Soden

www.zur-roten-muehle.de

Gimbacher Hof Kelkheim

Gimbacher Weg

65779 Kelkheim/Taunus

www.hof-gimbach.de

Maislabyrinth

July- September, birthday parties

Maisfeld Kurmainzer Str. 136

61440 Oberursel

www.maisgeister.de

Indoor Activities

Boulderwelt

Indoor climbing
August-Schanz-Straße 50
60433 Frankfurt
Tel. 069 95416560
www.boulderwelt-frankfurt.de

Halli Galli Kinderwelt MyZeil

Indoor playground, birthday parties
Zeil 106-110
60313 Frankfurt/Main
Tel. 069 133 847 73
www.halligalli-myzeil.de

Halli Galli Kelkheim

Indoor playground, birthday parties
Lorsbacher Str. 41
65779 Kelkheim
Tel. 06195 672850
www.halligalli-kelkheim.de

Tollhaus Bad Vilbel

Indoor playground, birthday parties
Theodor-Heuss-Str. 48
61118 Bad Vilbel
www.dastollhaus.de

Lazergame

Birthday parties
www.laserzone.de

Bowling

Birthday parties
Hans Mess Str. 2c
61440 Oberursel
Tel. 06172 688000
www.magic-bowl.de/oberstedten

Indoor Cart 2000

Birthday parties
Kruppstrasse 121
60388 Frankfurt am Main
Tel. 069 424241
www.indoorkart-2000.de

Indoor Carrera Race Track

Birthday parties
Alt Zeilsheim 45
65931 Frankfurt/Zeilsheim
Tel. 069-25750575
www.raceway-frankfurt.de

Angelika Rauleder's Creative Workshop

Creative sessions also during MSF holidays for students from 5 to 15.
Angelika Rauleder is a school mum.
Alexanderstr. 12
60489 Frankfurt a.M. (Rödelheim)
Tel. 0163 / 24 21 933
therapie-rauleder.de

Summer/Holiday Camps

Because of its beautiful central location, Frankfurt and surroundings have a lot to offer.

Kidz Playground

Sports during school holidays
Vorwärts Frankfurt 1874 e.V
Rebstöcker Weg 17
60489 Frankfurt - Rödelheim
Tel. 069 95416560
www.kidz-playground.com/english

Kids Camp America

In and around Frankfurt
Sing songs, sports, art and drama
All in English

Outdoor Kids

Holiday activities: Play soccer like the pros, geocaching through the forest, learn to dance or take a trip to the climbing park.
SV Blau-Gelb-Frankfurt in Frankfurt
Ginnheim
+49 176 31535035
info@outdoorkids.online
<https://outdoorkids.online/?lang=en>

Ferienkarussell of the City of Frankfurt

The holiday carousel of the city of Frankfurt is an educational and leisure program. During the

Hessian holidays, Frankfurt children and young people – whether with or without disabilities – and their families can participate in the community, spend free time together and discover new things.

The programme provides an overview of the diverse projects in the fields of art and theatre, media and music, nature, sport and play.

The holiday retreats, educational weeks and adventure days are intended to provide children and young people between the ages of 6 and 15 with exciting holidays and social contacts. Through joint activities and experiences in the group, boredom and isolation are to be avoided and alternatives are offered to actively and creatively shape the free time.

□ <https://ferienkarussell-frankfurt.de/>

Attractions outside Frankfurt

Because of its beautiful central location, Frankfurt and surroundings have a lot to offer. Below, you will find some suggestions, but after exploring you might find something new. Please let us know, so we can add it to our list!

Wineries: www.touringinwinecountry.com/germany/wineries

Legoland: www.legoland.de

Europapark: www.europapark.de/en

Mathematikum Gießen: www.mathematikum.de

Technik Museum Speyer: www.technik-museum.de

PLAYMOBIL®-FunPark: www.playmobil-funpark.de

Ravensburger Spieleland: www.spieleland.de

For even more ideas and inspiration on all you can see and do in the area, please check:

www.newinthecity.de/en/sports-leisure-in-frankfurt-rhein-main/nature-excursion-frankfurt-rhein-main/3252-nature-excursions-in-frankfurt.html

General Information

Staying in Touch with MSF

You can always reach MSF by email, phone or post.

Metropolitan School Frankfurt gGmbH

Eschborner Landstrasse 134 - 142

60489 Frankfurt am Main

Germany

Tel.: +49 (0) 69 9686 405 - 0

Fax.: +49 (0) 69 9686 405 - 20

Email: office@m-school.de

MSF emails „Notes to Parents” – an informational bulletin packed with information from all 3 divisions – two times a month. Please make sure you read the Whole School section and the one from your division(s)!

You will find the information about the school, as well as the Parents Handbook, the school calendar, the lunch menu and the school shop for school merchandise on the MSF website:

www.m-school.de

MSF is also present on social media channels:

Facebook - <https://www.facebook.com/MetropolitanSchoolFrankfurt>

Instagram - https://www.instagram.com/metropolitan_school_frankfurt/

YouTube - <https://www.youtube.com/channel/UCIJA6vEvPUJSaxoWDFxhXQ/videos>

First day of primary school (*Einschulung*)

The first day of school is a special event for German 1st graders. It is generally celebrated with a family lunch and the famous *Schultüte*: a big cardboard cone, nicely decorated and filled with candies, chocolates, toys and stationery. Many families take pride in producing their own special cone, but nice, ready-made options are also available at most supermarkets or stationary shops.

Should you have any questions regarding this tradition, please do not hesitate to ask the Welcoming Committee – we are here to help!

Tipping

In restaurants, taxis, etc., it is common practice to leave a tip of around 5 to 10% of the total bill (providing that you are satisfied with the quality and service).

It is not typical to be given the bill, then leave your money on the table. You normally state the amount you wish to tip you before you pay with cash or credit card.

(e.g. The bill is €16.00 – you give the waiting staff €20.00 and say “Make it €18.00”)

More information under:

<https://www.tripsavvy.com/how-much-to-tip-in-german-restaurants-1519954>

Cancelling Contracts

Most contracts require a three month’s written termination notice, however, it is always advisable to check their notice period (*Kündigungsfrist*).

You can find very useful information under: *How do I cancel German contracts?*

Learning German

Would you like to learn German in a friendly, international environment? The Volkshochschule (VHS) organizes a variety of courses, among which language courses in German for everyday life, starting nearly every month. They offer high-quality courses at attractive prices for learners from multicultural backgrounds. However, prices for the German classes do not include books or other learning material.

For information in English about the **Volkshochschule Frankfurt** see:

www.vhs.frankfurt.de/desktopdefault.aspx/tabid-295/526_read-2275

You can find the nearest VHS centre under: www.vhs.de

In Rödelheim, near the railway station and not too far from the school there is the **Zentrum für Deutsche Sprache und Kultur**

<https://www.zdsk.de/?lang=en>

where you can find courses for all levels of German. It has been tested by various parents of the school with satisfactory results.

It also offers online courses:

<https://www.tandem-frankfurt.de/?lang=en>

If you are taking your first steps in German, also consider this fantastic website:

Deutschewelle: www.dw.de

Here you have a Learn German section, where you can find German courses and plenty of audio material for German students.

Translations

Generally, you can request a list of translators from your Consulate or Embassy.

You can also consider using one of the various translation portals, like

Translatorbase® www.translatorbase.com/default.aspx, to get free quotes and compare fees.

Bits & Bobs about the postal service

If you do not want to get junk mail, just tape a piece of paper with the words:

Bitte keine Werbung! on your mailbox.

If you get a note from the post office saying that you need to go to the post office to pick up a package, then you only have one week to do this. After one week your package will be returned to the sender. They may ask for ID, so you may want to take your passport or driver's license along.

Your package may be accepted by someone else in your building. If this happens, a note will be placed in your mailbox telling you that you have a package and which neighbour has your package. This also means that you may be asked to sign for someone else's package occasionally, if you happen to be home and they aren't.

Any piece of mail that is larger than normal or an odd shape will cost you more to ship. This means a larger size postcard can cost you quite a bit of money.

You can get full rate information at any post office by requesting the free brochure "Leistungen und Preise". You will find a partial list of postal rates used in Germany

under: www.howtogermaany.com/pages/postal.html

Clothes sizes, Weights & Measures

When it comes to clothing and shoe sizes, Europeans, Americans and the British use very different systems. Not only is there the difference in Metric versus Imperial, but there are different philosophies in some areas, especially in children's sizes. And not even the British and American sizes are always the same.

Women's Dresses and Suits

European	32	34	36	38	40	42	44	46	48	50
UK	4	6	8	10	12	14	16	18	20	22
Japan	5	7	9	11	13	15	17	19	21	23
USA	2	4	6	8	10	12	14	16	18	20
LETTER	XS	S	S	M	M	L	L	XL	1X	2X

Women's Blouses & Sweaters

European	40	42	44	46	48	50	53
UK	34	36	38	40	42	44	46
USA	32	34	36	38	40	42	44

Women's Shoes

European	35	35 ½	36	37	37 ½	38	38 ½	39	40	41	42
UK	2 ½	3	3 ½	4	4 ½	5	5 ½	6	6 ½	7	7 ½
Japan	21	21 ½	22	22 ½	23	23 ½	24	24 ½	25	25 ½	26
USA	5	5 ½	6	6 ½	7	7 ½	8	8 ½	9	9 ½	10

Men's Pants

US (inches)	28	30	32	34	36	38	40	42	44	46	48
International (cm)	71	76	81	86	91 ½	96 ½	101 ½	106 ½	112	117	122

Men's Suits, Coats and Sweaters

European	42	44	46	48	50	52	54	56	58
UK	32	34	36	38	40	42	44	46	48
Japan	S	S	S	M	L	L	LL	LL	LL
USA	32	34	36	38	40	42	44	46	48

Men's Dress Shirts

European	36	37	38	39	41	42	43	44
UK	14	14 ½	15	15 ½	16	16 ½	17	17 ½
Japan	87	91	97	102	107	112	117	122
USA	14	14 ½	15	15 ½	16	16 ½	17	17 ½

Men's Shoes

European	37 ½	38	38 ½	39	39 ½	40	41	42	43	44	45	46
UK	5 ½	6	6 ½	7	7 ½	8	8 ½	9	9 ½	10	10 ½	11 ½
Japan	25	25 ½	26	26 ½	27 ½	28	28	28 ½	29 ½	29 ½	30 ½	30 ½
USA	6	6 ½	7	7 ½	8	8 ½	9	9 ½	10	10 ½	11	12

Children's Clothes

European	92	104	104	116	128	140	152	24	25	27	28	30
UK	0.5	1	1	2	3	4	5	7	8	9	10	11
USA	1	2	2	3	4	5	6	8	9	10	11	12

Infant and Toddler Shoes (Typically birth to 6 years old)

European	16	17	18	19	20	22	23	24	25	27	28	30
UK	0.5	1	2	3	4	5.5	6	7	8	9	10	11
USA	1	2	3	4	5	6	7	8	9	10	11	12

Children's Shoes (Typically 6 to 12 years old)

European	28	30	31	32	33	34	36	37	38	39
UK	10	11	12	13	1	2	3	4	5	6
USA	11	12	13	1	2	3	4	5	6	7

Girl's Shoes

European	26	27	28	28	29	31	31	32	34	35
UK	7.5	8.5	9.5	10	11	12	13	14	1.5	2.5
Japan	15	15	16	16	17	18	19	20	21	22
USA	9	10	11	12	13	14	1	2	3	4

Boy's Shoes

European	30	31	32	33	34	35	36	38
UK	11	12	13	14	1.5	2.5	3	4
Japan	17	18	19	19	20	21	22	23
USA	12	13	14	1	2	3	4	5

Length:			
British/US	Metric	Metric	British/US
1 inch	2.54 cm	1 cm	0.39 inch
1 foot	30.48 cm	1 m	3.28 feet
1 yard	91.44 cm	1 km	0.62 mile
1 mile	1.6 km	8 km	5 miles

Capacity:			
Imperial	Metric	Metric	Imperial
1 pint (USA)	0.47 l	1 l	0.265 US gallons
1 pint (UK)	0.568 l	1 l	1.76 UK pints
1 pint (USA)	3.78 l	1 l	0.22 UK gallons
1 pint (UK)	4.54 l	1 l	35.211 fluid oz

Temperature Conversions:

Degrees Fahrenheit (°F)	Degrees Celsius (°C) *
32°	0°
40°	4°
140°	60°
150°	65°
160°	70°
170°	75°
212°	100°
275°	135°
300°	150°

*Celsius equivalents have been rounded.

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Disclaimer

The present guide is an arbitrary selection of information that cannot be considered as complete and/or exhaustive. We cannot be held responsible for any omissions or unintentional errors.