

2018

Jungle Book



A survival Guide from LSM

Doctoral candidates

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Welcome!

Dear future LSM Student,

Congratulation and welcome to the LSM! You have made a great choice to join the exceptional research cluster located here in Munich. We are sure that you have a lot of questions and a lot to get sorted out before actually arriving and settling in Munich.

Here in the Jungle Book, your LSM student council has put together a small guide to help you better navigate through the German administration system, find housing as well as get acquainted with this wonderful city. This book is an accumulation of student knowledge and experiences, here to help you adjust to life in Munich. However, if you notice any missing information or would like to add information you feel would be helpful please let us know by sending an email to Jasmin Moneer: moneer@bio.lmu.de

We look forward to meeting you at our next LSM social event!

Sincerely,

Your LSM Student Council

*The LSM Graduate School is not liable for the content within the Jungle Book. All information provided is from students for students and is to be used only as a reference to help with questions new students may have upon arriving in Munich.

Important! Most links in this jungle book contain forms that you have to fill in before visiting the office in question. Make sure you visit these websites and read the information.

Important! It is a good idea to bring along at least €100 in cash, unless you have already set up your German bank account. Unlike many other countries, very few places in Germany accept credit cards, so until you have your German bank card it is good to always have a bit of cash on hand.

LSM Program Curriculum Requirements

See: http://www.lsm.bio.lmu.de/about_lsm/curriculum/index.html

Bare Essentials

Registering Your Address (Anmeldebestätigung)

One of the first things you need to do once you've arrived in Munich is to register your address in Munich within two weeks of your arrival.

- **If you reside in the city of Munich**

Kreisverwaltungsreferat (KVR), Amt für Ausländerangelegenheiten (Ausländerbehörde)
Rupertstraße 19, 803337 Munich
Subway line (U-Bahn) U3 or U6, Poccistr.

- **If you live in the greater Munich area**

You must go to the town hall (Rathaus) within the community where you live to register your address

For more information:

https://www.muenchen.de/rathaus/home_en/Department-of-Public-Order/Registration-Deregistration.html

Getting a Visa (Aufenthaltstitel)

- **If you reside in the city of Munich**

Kreisverwaltungsreferat (KVR), Amt für Ausländerangelegenheiten (Ausländerbehörde)
Ruppertstr. 19, 803337 Munich
Subway line (U-Bahn) U3 or U6, Poccistr.

- **If you live in the greater Munich area (by appointment!)**

Landratsamt München
Mariahilfplatz 17, 81547 Munich
Phone: +49 (0) 89 6221 0
Office hours: Daily 8:00 - 12:00, extended hours Thursday, 14:00 - 17:30

For more information:

https://www.muenchen.de/rathaus/home_en/Department-of-Public-Order/Registration-Deregistration.html

and

<http://www.en.uni-muenchen.de/students/int student guide/settling in/arrival checklist/index.html>

Registering at the LMU International Office in Person

- **Doctoral program requirements:**
http://www.lsm.bio.lmu.de/application/requ_ma/index.html
- **Application process for an individually supervised dissertation:**
http://www.en.uni-muenchen.de/students/degree/application_guides/application-guide_doctorate/leitfaden_promotion_en.pdf
- **Information about the different “Promotion” forms (Certificate of admission):**
http://www.uni-muenchen.de/studium/beratung/studienabschluss/weiterstudium/promotion/promotionsstudium_english.pdf

Important! As a requirement for your doctoral studies, you need to be registered at the LMU and matriculated as an LSM-student for a minimum of six semesters. These six semesters must be completed before you graduate. Registration also makes you eligible for the student transit ticket. Once enrolled, you can renew the ticket for the following semesters by paying the student fee before the given deadline indicated in your letter of enrolment. You will be sent a new student ID at the beginning of each semester.

For more information about registration:

<http://www.en.uni-muenchen.de/students/degree/registration/index.html>

For more information about matriculation:

http://www.en.uni-muenchen.de/students/int_student_guide/studying_at_lmu/applying_registering/registration/index.html

For registration, you need to visit the international office:

http://www.en.uni-muenchen.de/about_lmu/contact/int_office/index.html

Important! You must visit this office **TWICE** – once, to submit your application for registering and a second time, to matriculate. After registering at the university’s International Office, you will be sent a letter of acceptance. You need to keep this letter and bring it with you for matriculation. If you do not matriculate, you must re-register for another semester. You can, however, ask for your last application file to be pulled from the records so that you do not need to re-submit all the documents. You must bring with you a new application form and, just in case, it is always good to bring your original documents with you!

Health insurance

Health insurance coverage in Germany is mandatory and is generally paid for through a combination of funds provided by your employer and deductions from your monthly wages. If you need a visa before entering Germany and/or do not have your own travel health insurance, you should figure out your German health insurance before coming. If you enter Germany without German health insurance and have a work contract with the University, they will automatically sign you up for health insurance with a company they choose. Matriculated doctoral students may be eligible for discounted student health insurance as long as the insurance company is not fully aware of you being a 'promotions' student.

There are two types of health insurance: private and public. Most of the LSM students sign up for public insurance. You can also refer to the LMU webpage for more information: http://www.en.uni-muenchen.de/students/int_student_guide/settling_in/safety_health/health_insurance/index.html

Here are some addresses of health insurance companies:

- **AOK München**
- **AOK Freising**
- **Techniker Krankenkasse (TK) München**
- **Barmer GEK**
- **DAK Gesundheit**
- **Deutsche Insurance**

Opening a bank account

This will be one of the first things you will need to do after your arrival in Munich. You should look at the available options offered by several different banks before choosing the account that is right for you.

Opening a bank account is easy. You do not need a start -up amount of money to do it. You should, however bring a sufficient amount of cash with you to tide you over until you have opened an account. It is not a good idea to bring all the money that you think you will need in cash. Instead, online bank transfers, traveller's cheques or a banker's draft are alternative ways to access your money that are safer. Munich is a very safe city but it is always recommended not to carry large amounts of cash with you when traveling.

To open an account with most banks, you will need to provide proof of identification and date of birth (e.g. passport, ID card), as well as verification of health insurance in Germany and your address, which can also be your address at the university if you still don't have a permanent one.

Below are some banks that you may wish to consider:

- Deutsche Bank
- Stadtparkasse München
- CitiBank
- Post Bank
- Sparda Bank
- Commerz Bank
- HypoVereinsbank
- Münchner Bank
- Volksbank
- Raiffeisenbank

Unfortunately, not all German banks offer an English webpage, however most people in Germany speak sufficient English, and you shouldn't have troubles getting by with English.

Accommodations

Student Accommodations

Living expenses will depend on the type of accommodation that you have.

One of the cheapest housing options is to live in student housing. In Munich, the student housing is run by the Studentenwerk, which is responsible for the students from all universities in Munich. It is recommended to apply for student housing as soon as possible as there are usually 1-3 semester waiting lists to get a student apartment, depending on the area where you would like to live. Information about student housing opportunities can be found at: <http://www.studentenwerk-muenchen.de/en/accommodation/>

Shared Accommodations

If you choose to find your own housing, it will generally be cheapest to find a shared flat or Wohngemeinschaft 'WG'. You will also be required to participate in the deposit payment (see below) together with the other flat mates.

<http://www.wg-gesucht.de/>

<http://www.wg-welt.de/>

<http://www.studenten-wg.de/>

<http://www.studenten-wohnung.de/>

<http://www.studentenwohnungsmarkt.de/>

Private Accommodations

If you wish to live alone or to rent your own flat, you will need to be prepared for some upfront costs. In Germany, the typical deposit (Kaution) is in the range of two to three months' rent, which you will get back at the end of the lease. Consider that when you leave it will take at least one month until you get your money back, provided there was no damage to the apartment. Additionally, many people use agents to rent out their apartments, which generally will cost between 2-3 months' rent (Provision) and is non-refundable. Finally, not all apartments in Germany come with a kitchen, so this is one more factor to consider when looking for flats. A few helpful sites to have a look at:

<http://home.immobilienscout24.de/395848/offers//listed/Aktualität/0>

<http://www.immobilienscout24.de/de/finden/wohnen/index.jsp>

<http://www.mrlodge.com/search/>

The Friday paper of the [Süddeutsche Zeitung](#) has housing listings and can be picked up early from the Hauptbahnhof on Thursday night

Apartment Terminology

Short Form	German	English
Zi.*	Zimmer	Room
EBK	Einbauküche	Built in Kitchen
KT	Kaution	Deposit
	Provision	Agent Fees
B	Bad	Bathroom
DG	Dachgeschoss	Apartment directly under the roof (Attic)
EG	Erdgeschoss	Ground Floor Apartment
Wfl.	Wohnfläche	Living Area
KM	Kaltmiete	Rent without Utilities
WM	Warmmiete	Rent including Utilities
ZKB	Zimmer Küche Bad	Room Kitchen Bathroom

*A 1 Zimmer apartment is the equivalent to a studio/bachelor flat, where bedroom, kitchen and living room are all one room.

More Short forms:

http://de.wikipedia.org/wiki/Liste_der_Abkürzungen_%28Wohnungsanzeigen%29

Living costs (These calculations do not include leisure activities.)

Living expenses for each university student vary considerably. Basic prices for food, personal costs, bills, insurance, etc., will be fairly consistent wherever you study – expenses more specific to Munich and to the Biozentrum relate to accommodation and travel.

The following estimates the minimum you might expect to spend per month to live in reasonable comfort in Munich. Estimates cover accommodation, food and travel.

Accommodation	€ 400 - € 700
Food and Utilities	€ 300
Travel (Zones 1–4)	€ 30 - € 65
Total	Around € 1000 per month

Living in Munich

Living in Munich

Munich is a vibrant, cosmopolitan city, and there is no end to the opportunities that living here can give you. The experience of living in Munich is an exciting one, and although moving may seem daunting at first, these pages are designed to make relocation and settling in as smooth as possible.

With vast numbers of restaurants, theaters, shops, cinemas and museums all within reach, as a student in Munich you will never be in short supply of entertainment. Especially when there are so many free activities to enjoy.

You can find information about what the city of Munich has to offer here:

<http://www.muenchen.de/int/en/>

Food and Groceries

Cheaper Options:

Aldi or Lidl

Penny Markt or Netto

The big two:

Rewe

Edeka

Specialty Food Stores: http://www.toytowngermany.com/wiki/Asian_food_stores

Anglo American Shops

If you miss some of the products from back home, these shops might be able to satisfy your needs.

Anglia English Bookshop Schellingstr. 3

+49 (0)89 28 36 42

Huge choice of English books, mainly history and politics, travel and fiction.

Words' Worth

Schellingstr. 21a

80799 München

A good selection of English books; orders British and American books.

G & A Grocery Store

Baaderstraße 65

Glockenbachviertel

80469 München

Longing for peanut butter or chocolate chip cookies? These and a ton of other typical American products are sold here.

O'Leary's Irish Shop

Müllerstraße 37

80469 München

Clothes, food and drinks imported from the green island.

Pomeroy & Winterbottom

Reichenbachstraße 38

80469 München

Very british! Products for the home and culinarian specialities.

USA World
Korbinianstraße 50
80807 München
Original American food.

Latin American Shops

Mercado Latino
On Viktualienmarket close to Frauenstraße
80469 München
Argentinian owner but also has other South American specialities

Freiraum Café
Pestalozzistraße 8
80469 München
Café and shop with Latin-American specialities.

Asian Shops

Bollywood Store
Augustenstr. 88
80798 München
If you are looking for your original Indian spices to cook and feel like home, this is the right place.

Galeria Kaufhof (Marienplatz)
Kaufingerstraße 1-5
80331 München
Selection of American food in the food section on the lower level.

El Patio
Verena von Roehrich
Herzogstraße 88, 80796 München.
Mexican food and drinks.

Cohibar
Herzog-Rudolf-Straße 2
80539 München

Latino drinks, people, music and a nice atmosphere. Enjoy dancing or margaritas? Then, this little place can be your weekend's shelter.

Maharani Indisches Restaurant
Baldeplatz 1
80469, München
Excellent indian cuisine.

YEN´c Hot Pot Gourmet
Garmischerstr. 10
80339 München
Experience a very original Chinese Hot Pot.

Beer Halls and Beer Gardens

There are numerous beer-halls in Munich that are worth trying:

Augustinerkeller: <http://www.augustinerkeller.de/>

Chinese Tower: <http://www.chinaturm.de/>

Hofbräuhaus: <http://www.hofbraeuhaus.de/>

Hirschgarten: <http://www.hirschgarten.de/>

Kloster Andechs: <http://www.andechs.de/kloster-andechs.html>

Cinema

There is a big English language Movie Theater in Munich.

<http://www.cinema-muenchen.com/>

A cool little cinema with only one projection room, playing all movies in their original version (mostly English movies). U-bahn station Stiegelmaierplatz U1

Museum Lichtspiele

<http://muenchen.movietown.eu>

Plays mostly movies in their original version. Near Deutsches Museum.

Others: <http://www.muenchen.de/int/en/events/movie-broadcast/cinemas.html>

Museums

Deutsches Museum

<http://www.deutsches-museum.de/>

Masterpiece of Science and Technology, It is the world's largest museum of technology and science.

Pinakotheken

<http://www.pinakothek.de/node/6974>

The website lists 4 Museums in Munich. Give them a try!

Every Sunday you can visit several museums for an entrance fee of just 1 Euro. These museums include the Pinakotheken, the Egyptian museum, the Museum Mensch und Natur (if you are enrolled as a biology student, you can visit this museum for free at all times), the Glyptothek, the Museum Brandhorst, the Bavarian National museum and the archeological Staatssammlung.

Driving

After living 6 months in Germany you are no longer allowed to operate a vehicle without a German license. If you have a valid driver's license from your home country you may be eligible for a direct conversion. In some cases you will be required to take a written test, a driving test or may be required to do driving lessons.

<http://www.howtogermy.com/pages/driving.html>.

<http://www.adac.de/infotestrat/ratgeber-verkehr/fuehrerschein/auslaendische-fuehrerscheine/default.aspx?tabid=tab2>

The office for licensing in Munich is located:

Führerscheinstelle München, Fahrerlaubnisbehörde, Eichstätter Str. 2, 80686 München

You will need to bring:

- Drivers License
- Driving record
- Date First Licensed (this may be on your license already but make sure the date on your license is not just the renewal date)
- Translation of your license into German (This can be done with ADAC)

Pharmacy

Apotheke is the German name for a Pharmacy. Look for a sign with a big red “” logo.

<http://www.apotheken.de/> should list all the pharmacies in Germany and also list the pharmacies open during night/emergency hours (Notdienste). Be aware that they will charge you an extra fee for everything you buy during emergency hours.

Doctors

There are many general practitioners and all sorts of different specialists in Munich. The German public insurance should cover most of the expenses unless they are cosmetic-related. Be sure to ask the doctor or your health insurance if you are covered BEFORE receiving treatment. Here is a list of doctors that speak English in Munich:

<http://photos.state.gov/libraries/frankfurt/9318/english%20speaking%20services/Doctors%20and%20Medical%20Services%20Munich%20Bavaria.pdf>

If you want to find a doctor who speaks your language, go to <http://www.kvb.de/>. Click on *erweiterte Suche* and then [+]*ausklappen* on *Weitere Optionen* and search for your language.

Emergency

Emergency phone numbers in Germany might be different from the ones in your country.

Police: 110

Fire department and Ambulance: 112

In an emergency, never hesitate to call the police. The operators will be able to speak English!

911 also works in many places

Go to <http://www.muenchen.de/int/en/themen/emergency-help/emergency-services.html> for other emergency services like **Lock and Key Services**, **Plumbing** and **Pest Control**.

German language

In order to make the most of your experience here in Germany, it helps to know the language. LSM offers German Classes every semester. You can check out the LSM or the LMU Website for more information. <http://www.lsm.bio.lmu.de/curriculum1/german/index.html>

Internet

If you are living by yourself, rates can sometimes be expensive, but there are many deals available. Many people living alone also ask their neighbours to share.

Mail

Make sure that your name is on your mailbox; otherwise no mail will be delivered to you! Also, be aware that under German law, the postal service is not allowed to leave packages unless someone signs for them and they are brought inside.

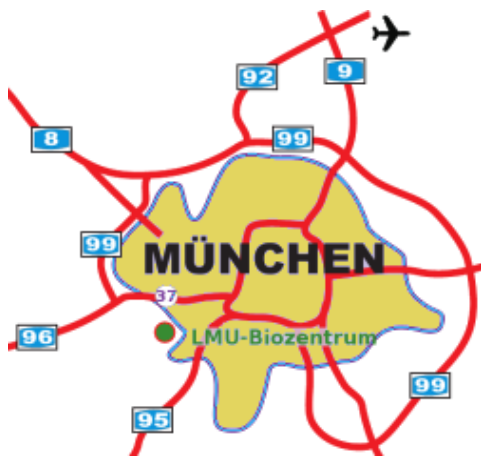
Telephone

There are plenty of options for cell phone service in Germany. You can either get a contract or do a pay as you go service by buying pre-paid cell phone cards. Usually, in order to get a contract, you will have to show your residence permit.

Getting to LMU

How to get there

LMU has a number of campuses around Munich, all of which are easily accessible through the use of public transport.



Address:

Biozentrum der LMU Biologie, Großhaderner Str. 2
82152 Planegg-Martinsried
Tel.: +49 (0)89 / 2180 - 0

The LMU Biocenter is situated in Martinsried, a suburb in Munich's South-West: 82152 Planegg-Martinsried, Großhaderner Str. 2, Tel.: + 49 (0)89 / 2180-0

By Car: Motorway Nürnberg: exit at "Mittlerer Ring", direction "Autobahn Lindau", exit at "Blumenau", continue towards Gräfelfing. Past "Großhadern", then look for the

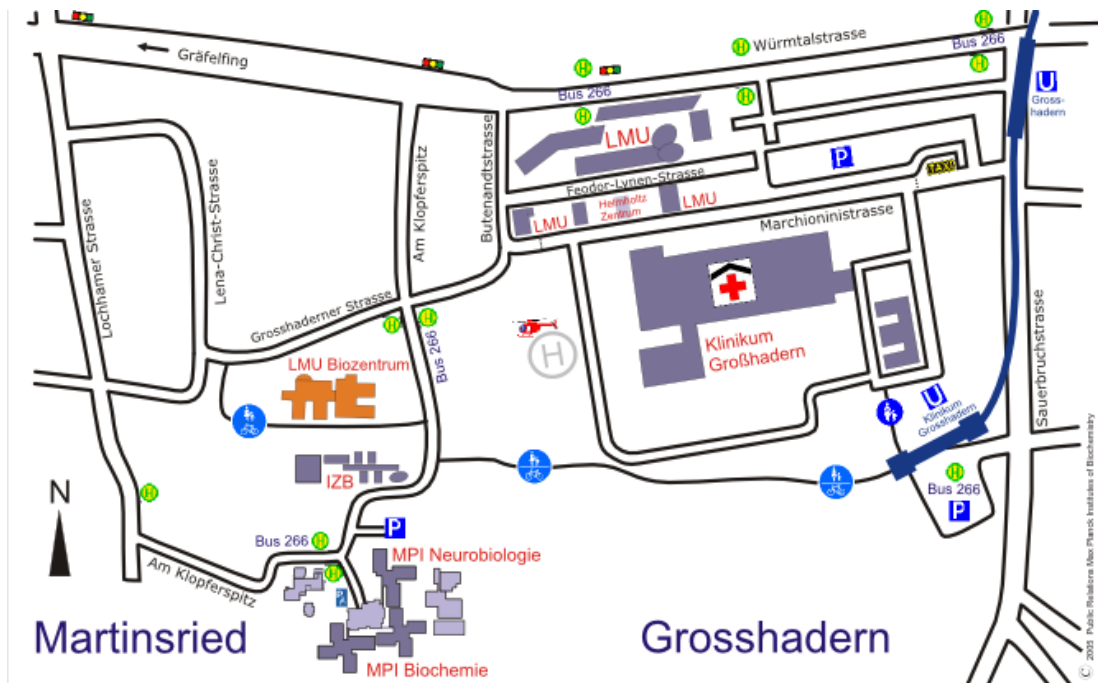
sign "LMU-Biozentrum".

Motorway Stuttgart: ends in "Obermenzing", continue towards "Pasing" and then "Gräfelfing", where you should look for the sign "LMU-Biozentrum".

Motorway Salzburg or Garmisch: continue on "Mittlerer Ring" in direction "Großhadern, Stuttgart", from Großhadern continue towards "Gräfelfing" where you should look for the sign "LMU-Biozentrum".

By railway / public transit: IC, EC, ICE to "München Hauptbahnhof". When arriving at Munich central station (Hauptbahnhof) by train take the subway line 1 or 2 (U1: direction "Mangfallplatz"; U2: direction "Messestadt Ost") and get off at "Sendlinger Tor". From "Sendlinger Tor" take the subway line U6 towards "Klinikum Großhadern" and get off at the rear of the train at its final stop "Klinikum Großhadern". Exit the subway station and take the bus line 266 towards "Planegg" and get off this bus at the stop "Großhaderner Strasse".

By plane / public transit: Airport Munich: Take the "S-Bahn" S1 or S8 to station "Marienplatz", and take the subway line U6 as described above.



Transportation

For short-distance travel, see the MVV website: <http://www.mvv-muenchen.de/en/homepage/index.html>

For long-distance train travel, see the Deutsche Bahn website: <http://www.bahn.de/i/view/USA/en/index.shtml>

For car pooling see: <http://www.mitfahrgelegenheit.de/>

Cheap air travel from Memmingen: <http://www.ryanair.com/de>

There are free smart-phone Apps for short-distance travels: <http://www.mvv-muenchen.de/de/fahrplanauskunft/mobile-dienste/efa-app-mvv-companion/index.html>

Travel Expenses

Student Transit Pass

Student semester tickets are now available through the MVV. Semester tickets are valid for 6 months and can be used in the entire Munich area transit zone on all forms of transit (U-bahn, S-bahn, bus, tram). If you travel regularly with public transport, it will be cheaper to buy a semester ticket rather than single tickets. You must be matriculated at the LMU in order to buy a semester ticket and the ticket is only valid in combination with your student ID and an official document with a photograph of yourself on it (passport/ drivers licence). The standard student ticket that is included in your registration is only valid from 6pm to 6am and on the weekends. If you also want the day time covered, you can purchase an extension for €193,- per semester at the transit ticket machines in the U-Bahn or S-Bahn stations (you can find them easily, they have a yellow sticker on them

labeled "Semesterticket").

Further details can be found on the MVV website:

<http://www.mvv-muenchen.de> or

<http://www.mvv-muenchen.de/en/tickets-fares/tickets/school-and-higher-education/mvv-semesterticket/index.html>

Work Transit Pass

If you have a contract with the university, you are eligible to get a work transit pass. They are more expensive than the student semester ticket, but much more economical than buying monthly, weekly or daily tickets. The price of these cards will also depend on the number of zones that are being travelled. You must print out the IsarCard document and have it stamped by the University. Once stamped you must send this document via post/fax to the MVG. More information about the IsarCard can be found at: <http://www.bahn.de/p/view/angebot/pendler/jobticket.shtml> (this is all in German)