
Fact sheet

Here is some information, addresses etc., which might be of interest for newly arriving but also senior-BMC postdocs.

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1. Day care options

1.1. Kita am Campus

(ground floor of the Mensa building)

Structure:

2 groups from 1 year until kindergarten age

1 kindergarten group (starting from 2.5 years to 3 years until school)

1 group for little ones below age 1

Open to employees of the LMU and students.

You can register once your child is born.

Opening hours:

Monday to Thursday 7.30 am to 6 pm

Friday 7.30 am to 5 pm

Contact:

Großhaderner Str. 6

82152 Martinsried-Planegg

Phone: 089 – 2180 – 74010

Management: Jana Grell

Email: [jana.grell\(at\)stwm.de](mailto:jana.grell@stwm.de)

For further information and upcoming Q and A meetings please check this link:

<http://www.studentenwerk-muenchen.de/studieren-mit-kind/unsere-einrichtungen/uebersichtskarte-kinderkrippen-martinsried/martinsried/>

1.2. Die Klopferspitzchen e.V.

(located close to the Max Planck Institute of Biochemistry)

Structure:

Small facility (parents´ initiative) for 11 kids age 1 to 3.5

Opening hours:

Monday	8 am to 5 pm
Tuesday to Thursday	7.45 am to 5 pm
Friday	8 am to 3.30 pm

Contact:

Die Klopferspitzchen e.V.

Am Klopferspitz 14a

82152 Martinsried

Phone: 089-8578-2742

Management: Heidi Nöll

Email: klopferspitzchen(at)neuro.mpg.de

For further information please check this link: <https://www.klopferspitzchen.de/>

1.3. pme Familienservice GmbH (pme family service)

All employees of the LMU can use the consultation service of the pme family service. They offer consultation regarding childcare and they can connect you to babysitters, nannies and au pairs. Furthermore, they provide information on day-care centers (nursery, kindergarten and after-school care club).

In addition to personal consultation you can access several services (kita database for a search within a selected area, information on talks and chat consultation) via the LMU-specific pme portal "Mein Familienservice" (My Family Service). You can access it via LMU's portal for employees. Please note that you need your campus identifier to login.

The following services are free of charge for you (costs covered by LMU):

- consultation and placement services
- admission to pme family service lectures
- 30 days of backup childcare per calendar year and family

You have to pay:

- a charge for the placement of au pairs (200 Euro)
- a fee for the inhouse holiday programs at LMU
- the regular child care (i.e. babysitter, nanny, kindergarten)

For further information please contact

Eva Harter

Office for Equality and Inclusion

Leopoldstrasse 3

80802 Munich

Phone: 089 – 2180 – 5068

Email: Eva.Harter@lmu.de

1.3.1. LMU Inhouse Holiday program

At LMU, inhouse holiday programs for children from 3-12 years are offered in cooperation with pme family service. The holiday programs take place on Pentecost (Pfingsten) and during two weeks of summer holidays. In case Easter is during lecture time, there is usually an additional inhouse holiday program.

Parents have to pay a fee for the holiday program (two thirds of the costs are covered by LMU). The announcements for the holiday programs are sent via "Infodienst" and are listed on the Office for Equality and Inclusion's Website.

Please check here:

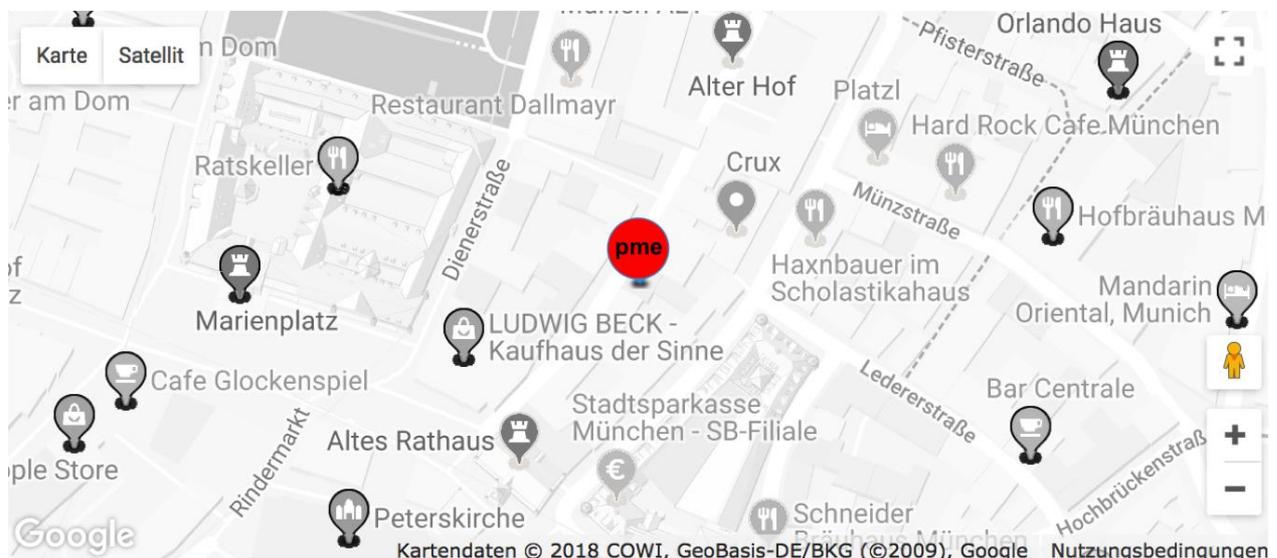
<http://www.frauenbeauftragte.uni-muenchen.de/kindwiss/beratungfamilienservice/inhouse/index.html>

1.3.2. Backup child care at „Münchner Kindl“

In emergency situations (e.g. illness of the regular care person or closing times of the regular care facility) you can use the backup facility "Münchner Kindl" (<https://www.familienservice.de/web/muenchner-kindl>) of pme family service. Each family has an allowance of up to **30 backup days per calendar year**. **The costs are carried by LMU.**

In the back up facilities of pme family service your children (from 0-12 years) can be looked after on short notice. Just give pme family service a call until 6 pm the day before the back up is needed.

„Münchner Kindl“ is located close to Marienplatz in Burgstrasse 6, 80331 Munich.



What do I have to do to use the services?

In order to use pme's services you need to fill out the certificate of eligibility (Berechtigungsschein) and get it signed and stamped by your supervisor or department.

Please note that the certificate of eligibility is valid for 180 days from the date of issue. After expiry a new certificate of eligibility has to be submitted.

Download the certificate of eligibility here:

http://www.en.uni-muenchen.de/about_lm/introducing-lmu/diversity/career_family/family_service/berechtigungsschein_2015.pdf

Contact:

pme Familienservice München

Theresienhöhe 13a

80339 München

Phone: 089 – 544 – 794 0

Email: muenchen@familienservice.de

Toll-free hotline of the pme family service in case you need emergency child care:

0800 80 100 70 80

For further information please check here:

http://www.en.uni-muenchen.de/about_lm/introducing-lmu/diversity/career_family/family_service/index.html

2. Eltern-Kind-Raum (baby change)

There is a baby change room in the lecture building located left of the BMC library (ground floor, room N00.050). The room is equipped with a baby changing table, a chair for nursing and some toys.



To enter the room you need a code. The code can be obtained from the scientific manager of the BMC Henrike Klinker.

Contact:

Henrike Klinker

hklinker@bmc.med.lmu.de

3. Reserving seminar rooms in Building N

Contact:

Karin Siebzehnrübl

Phone: +49 (0) 89 2180-79156 / 79154

Fax: +49 (0) 89 2180-79000

Carolina Kufner

Phone: +49 (0) 89 2180-79154

Fax: +49 (0)89 2180-79000

Naomi Sung

Phone: +49 (0) 89 2180-79154

Fax: +49 (0)89 2180-79000

Email:

hoersaalservice.gh-m@verwaltung.uni-muenchen.de

4. Mensa

At the Campus Martinsried there are several options where you can buy food: Mensa, StuBistro in lecture building and coffee bar at Biozentrum.

At the Mensa and the StuBistro you can only purchase things with the so-called Legic card. At the coffee bar in the Biozentrum you can also pay with cash.

The card is available at the service point in the foyer of the mensa:

Service-Büro Mensa Martinsried

Opening hours: Mo - Fr 11.00 am - 1.15 pm

The weekly menu of the mensa is provided here:

http://www.studentenwerk-muenchen.de/mensa/speiseplan/speiseplan_412_-en.html#heute

In addition, there are vending machines for drinks, snacks and ice cream in the lecture building where the Legic card is also required.

5. IT-issues

Please check this link if you encounter IT problems:

<https://www.en.bmc.med.uni-muenchen.de/infrastructure/it/index.html>

Contact:

Karin Gipmann

it@bmc.med.lmu.de

6. Introduction to CAM (animal facility)

To use the core facility animal models (CAM) you need to receive an introduction.

Please contact the Vet Dr. Bastian Popper to schedule an appointment:

Contact:

Dr. Bastian Popper

bastian.popper@med.uni-muenchen.de

7. Service portal of the LMU

Unfortunately, all information is provided in German only.

Please check here to find a lot of useful information about LMU:

<http://www.uni-muenchen.de/lmu-intern/angebote-beschreibung/serviceportal/index.html>

in the category “meine Angebote” → “Mobilität” you find information how to get a discount when buying an “Isar Card” ticket for public transportation (also see section below)

8. Ticket for public transportation

If you use the subway/busses/suburban trains on a regular basis the “IsarCardAbo” is recommended.

The BMC is located in the 4th ring of the system, so depending on where you live you at least need an AboCard for Ring 1-4.

There is an option to get special discount on several types of tickets if you are employed by the LMU. You find all information here (unfortunately this page seems to exist in German only):

https://www.serviceportal.verwaltung.uni-muenchen.de/meine-angebote/mobilitaet_neu/index.html

If you do not want to apply for the job ticket version, you can order the Abo-Ticket online (unfortunately in German only, when you switch the page to English you only get information, you cannot order an AboCard):

<https://redaktion.mvv-muenchen.de/tickets/zeitkarten-abos/onlineantrag-abo/index.html>

Service centers, where you can buy the Isar-Card are at:

Hauptbahnhof

Ostbahnhof

Marienplatz

For an explanation of the different zones (“Ring-System”) please check this link:

<https://www.mvg.de/dam/mvg/plaene/tarifplaene/tarifplan-innenraum.pdf>

<https://www.mvg.de/dam/mvg/plaene/tarifplaene/tarifplan-gesamt.pdf>

For an overview of all subway and suburban train lines please check here:

<https://www.mvg.de/dam/mvg/plaene/liniennetzplaene/schienennetzplan.pdf>

9. Registration of Residency

If you are moving to Munich and your stay will be longer than 3 months you have to register your address within two weeks of your arrival. You also have to report a change of address within the City of Munich (i.e. you stay in temporary housing after moving and then change into another apartment).

Use the link below to find out more:

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

10. Insurance agents and yearly tax claim

If you need help concerning insurance or your yearly tax claim please contact the speaker or deputy speaker. We can recommend a few places which might be of help for you.

11. Special deals with different companies if you are employed by LMU

There are some special offers for LMU employees, i.e. Drive Now.

For further information please check here:

<https://www.uni-muenchen.de/kooperationen/partnerangebote/index.html>

12. Funding options

12.1. Grant office LMU

Please check this link to get information on support and advice on third-party funding

http://www.en.uni-muenchen.de/scholars/services/researchservices/third_party_funding/index.html

12.1. Other

FöFoLe:

This is a special program for medical students doing laboratory work to achieve their doctorate. Accepted students get paid ~340Euro per month for 18 month. The applying supervisor must be “habilitated” or have a habilitated colleague as supporter for the project. If the project is accepted and a doctoral student really starts working on the project, supervisors will receive 8000 Euro for chemicals etc. (not much, but might help a little bit).

For further information please check here (unfortunately in German only):

<http://www.med.uni-muenchen.de/promotion/foerderung/foefole/index.html>

https://www.med.uni-muenchen.de/forschung/foerderprogramme/foefole/foefole_merkblatt.pdf

Friedrich-Baur-Stiftung:

This grant allows funding of up to 10.000 Euro per person. Only 2 people from a department (Faculty of Medicine, including BMC) can apply per year (it is possible to apply multiple times). The funding is for senior postdocs (or young PIs) for pilot projects, or projects that will allow them to develop an independent research plan, for co-funding for certain equipment but also for a 3-4 month stay in a different institution to learn a new technique etc. (but not for conferences, salaries or projects already

funded via DFG or other funding institutions). Usually the deadline is somewhere at the beginning of February each year and the departments should get a letter about this together with the application specification from the dean of the medical faculty. All is in German but the application can be written in English. The application has to be sent via post together with all the required attachments/documents (no online application). Takes up to 4 months until applications are reviewed and decision is sent.

For further information please check here:

http://www.klinikum.uni-muenchen.de/Friedrich-Baur-Institut/de/institut/friedrich_baur_stiftung/

„Wissenschaftszeitgesetz“:

Sorry, but all pages are in German.

<https://www.gesetze-im-internet.de/wisszeitvg/BJNR050610007.html>

https://de.m.wikipedia.org/wiki/Wissenschaftszeitvertragsgesetz#GNovelle_2015/2016_und_die_aktuelle_Rechtslage

<https://www.bmbf.de/de/karrierewege-fuer-den-wissenschaftlichen-nachwuchs-an-hochschulen-verbessern-1935.html>

13. German course

Please check this website for further information:

<http://www.begleitkurs-deutsch.de/en/>

German course through International University Club

There are German courses organized on Martinsried Campus (either in BMC or Biology buildings) through the International University Club (IUCM). The registration is obligatory and it is done online on the provided web page:

http://www.iucm.de/en/content/Home_IUCM

At the registration page one has to choose the preferred location of the course (as they are also in the city). It might be if they do not have enough people, that they will not organize a course in Martinsried, however there is usually a big request (many master or even medical foreign students participate) so this should not be a problem.

The course costs only 140 euro, it is twice per week for 1,5 hours, usually starts at 6 pm or 7.45 pm. There is also a requirement to make a presentation (or two), there is an exam at the end and they give a certificate from LMU. It is possible to get money back via different SFBs etc.

From experience of people who already attended such a course, those courses are good, academic oriented (higher levels B2-C1) but of course this depends on the teacher (they have many different ones) and people in the course. The most advanced levels (from C1) are usually only in the city and they tend to be more literature and social science oriented