8 Daily Life

8.1 Shopping

Opening times of most shops:
Mon – Sat from approx. 9.00 a.m. to 8.00 p.m., some food shops in Ulm even till midnight, closed on sundays. From 10.00 p.m. onwards it is not allowed to sell alcoholic beverages in Ulm due to legal regulations.

Foods

In Ulm und Neu-Ulm, you can find the following supermarkets, for example:

- **Kaufland**: Blaubeurer Straße 29 (Ulm), Vorwerkstraße 2 (Neu-Ulm)
- **Rewe**: Virchowstraße 1-9, Trollingerweg 14 (Ulm Eselsberg), Leipheimer Straße 55, Wegenerstraße 1 (Neu-Ulm), Magirusstraße 45, Bahnhofstraße 1/1, Römerstraße 120 (Ulm Weststadt), Wielandstraße 56 und Schwamberger Straße 35-43 (Ulm Oststadt), Hummelstraße 7-11, Marktplatz 9 (Blaustein)
- **Edeka**: Bahnhofstraße 5 (inside the Galeria Kaufhof, Ulm)

Besides the “normal” supermarkets, which can be found all over the city, there are discounters at a good bargain.

- **Aldi**: Blaubeurer Straße 47 (Ulm), Pfaffenweg 28, Wegenerstraße 3 (Neu-Ulm), Max-Hilsenbeck-Straße 1 (Blaustein)
- **Lidl**: Wielandstraße 54 (Ulm Oststadt), Wörthstraße 59 (Ulm Weststadt), Im Starkfeld 59 (Neu-Ulm), Max-Hilsenbeck-Straße 4 (Blaustein)
- **Norma**: Herrenkellergasse 18 (Ulm city centre), Leipheimer Straße 97 (Neu-Ulm), Ehinger Straße 19, Magirusstraße 40 (Ulm Weststadt)
- **Netto**: Münsterplatz 16 (Ulm city centre), Söflinger Straße 120 (Ulm Söflingen), Hauptstraße 72 (Neu-Ulm), Bahnhofstraße 11 (Blaustein)
**Daily Life**

**Farmer's Market**
You will find a farmer’s market in Ulm on the Münsterplatz and at the Petrusplatz in Neu-Ulm, where farmers from the surrounding region offer fresh vegetables, fruits and other food (both markets take place on Wednesdays and Saturdays, in Ulm starting at 6.00 a.m. to 1.00 p.m.; in Neu-Ulm starting at 7.00 a.m. to 1.00 p.m.).

**Shopping Malls**
As in most German cities, you will find the best shopping opportunities in the city centre. However, there are also some shopping malls in Ulm.
- **Facheinkaufszentrum**: Blaubeurerstraße 10-50 (Ulm), several stores (also IKEA)
- **Blautalcenter**: Blaubeurer Straße 95 (Ulm), [Link](only in German!)
- **Glacis-Galerie**: Bahnhofstraße 1/3 (Neu-Ulm), [Link](only in German!)

**Used Things, Car Boot Sales**
- You will find **Second Hand shops** at: [Link](only in German!)
- In the category “**Die gute Tat**” in the newspaper *Ulmer Wochenblatt* (Chapter 6), you will find free furniture and home appliance.
- **Flea markets**, once a month at the Volksfestplatz in Neu-Ulm and at irregular dates at the other places, ask local students for other markets. Get more information for exact dates at local press or ask local students, also for other markets.
- **Facebook-Group “FreeYourStuff Ulm/Neu-Ulm”**, here you will find free things, but you have to hurry up: First come, first serve! [Link](link)


8.2 Telephone

All service numbers starting with 0800 can be dialed free of charge. Numbers starting with 0900 are usually high-priced.

**Public Telephones**

Most of the public phone booths are operated by the Deutsche Telekom [Link](only in German!). You can use cash to pay but more convenient for payment are telephone cards which you can obtain at the “T-Punkt” (Deutsche Telekom Shop) and at the post office. Other public telephones are located in Internet cafes where international calling rates are often cheaper. Calling cards (using the 0800 prefix and PIN) are accepted at most telephone booths and offer a cheap alternative for calls abroad. Be sure to inform yourself in advance about the exact rates, conditions and validity among the different calling card providers. Further information can be found at: [Link](only in German!)

**Mobile Phones (Called “Handy” in Germany)**

Since most Germans possess a mobile phone, public pay-phones have become increasingly rare. The mobile phone network operators in Germany are T-Mobile, Vodafone and Telefónica. These operators have their own shops (T-Mobile is the mobile branch of the Deutsche Telekom, you find them in the “T-Punkt” stores), where you will find further information. Additionally, you can look up rates and rate comparisons (also from discounters) on [Link](only in German!). There are huge differences in prices, rates, services and monthly charges, but generally speaking you can distinguish between:

- **Pre-Paid:** no contract, no minimum running time, no minimum turnover / no monthly minimum amount
- **Contracts:** Duration of 2 years (cannot be cancelled ahead of time!), with monthly costs, but you will receive an inexpensive modern mobile phone

**Private Landline**

As calling costs via mobile phone or public telephones are quite expensive, it is recommended to have a landline installed if the duration of phone use is to be for a longer time period. In Germany there are currently many options. The standard way is to go with the Deutsche Telekom or “T-Punkt”. When moving into a new apartment it is recommended to assume responsibility of the existing telephone line of the previous tenant, as connection costs for a new line are significantly higher.
Once you have established a telephone connection with the Deutsche Telekom, it is possible for you to take advantage of cheaper telephone rates through other contractors by dialing a prefix prior to each call. A list of the current rates from various contractors can be found at: Link or Link (only in German!). The costs for these calls through the contractors will be automatically included in your telephone bill. Another alternative is to use a mobile network operator or TV/cable provider for your private landline.

**TELEPHONE DIRECTORIES**

Telephone directories are available online at: Link (only in German!). Here you can access all following telephonebooks:

- “Das Örtliche” for your city, the national phone directory: “*Das Telefonbuch*” and the commercial directories: “*Gelbe Seiten*” (yellow pages).
- National directory assistance by Deutsche Telekom (of course, there are also a lot of other providers), costs: minimum 1,99 €: ☎ +49 11833 (in German) or ☎ +49 11837 (in English) or ☎ +11836 (in Turkish)
8.3 Internet
All students who are matriculated at one of the three universities get their own e-mail address and full access to computer pools of their university. Most student residences also provide internet access, which is the most convenient and cheapest way to have internet access at home.

You will find further information about computer pools, accounts and WLAN access at the computer centre of your university:

- **Ulm University**: [Link](#)
- **Ulm University of Applied Sciences**: [Link](#)
- **University of Applied Sciences Neu-Ulm**: [Link](#)

DSL (Digital Subscriber Line)
DSL is available throughout the whole city of Ulm and Neu-Ulm. You will often receive DSL-Hardware (WLAN) when signing a contract (be aware of minimum duration). Costs: 20,00 - 30,00 €, depending on provider and bandwidth.

There are also a lot of providers (Telekom, 1&1, O₂, Freenet, Kabel BW, SWU etc.) offering home phone and DSL flat rates in a bundle, inform yourself on their websites.

You may share your DSL connection with your roommates to decrease your personal costs.

There is free public Internet Access for 1.5 hours per day during the opening hours of the Ulm Public Library. You need a valid library card, though. Members of the library who have their own laptop can use the Wifi connection during the library’s opening hours.

Ulm Public Library, Vestgasse 1 (next to the city hall Ulm), [Link](#) (only in German!)
You can use library’s computers and the free public internet access of the Public Library of Neu-Ulm for max 30 minutes. If you have your own Laptop, you can ask library employers to provide your WLAN access for as long as you need. Stadtbücherei Neu-Ulm, Heiner-Metzger-Platz 1, Link (only in German!)

**8.4 Contribution Regarding Broadcast Services**

A licence fee is charged to every apartment in order to fund the public broadcasters. In principle, every household has to pay 17.50 € monthly - and this is irrespective of whether any devices in a household are available and/or used.

According to the principle "One apartment, one contribution", only one person must pay, no matter how many people live there. An apartment is defined as any structurally enclosed space unit that is suitable for living or sleeping and is accessible via a staircase, an entrance hall, or from the outside. Bathroom and kitchen are irrelevant.

Apartments are considered as:

- Single apartments - even if it is just one room, but accessible by public, the tenant has to pay the contribution.
- Double apartments
- Shared apartments and residential communities

Since residential communities are considered as apartments, for each shared apartment only one adult person must be registered and must pay the contribution. The residential community itself may decide, which person pays. Among each other there is an obligation to pay compensation. It does not matter if all roommates and/or fellow residents have their own lease. All other inhabitants who are possibly still registered, you can (and should!) deregister.

**Warning!** Within rental law it is not allowed, that student housing offices (e.g. Studierendenwerk) pay the broadcast contribution and split this proportionate over rent or operating costs. People, who recive social services (e.g. BAföG) can be exempted from the contribution.
Note! Students, who have registered their room in the student dormitory merely as their secondary residence are not exempted from the contribution. The contribution is paid per apartment and not per person. Who has several apartments, pays in principle several times.

Warning! intentional or negligent non-contribution is considered as a regulatory offense and can be punishable with a fine.
Further information on Link (only in German!) or under follow phone number 01806 999 555 01 (weekdays 07:00 a.m. – 07:00 p.m, pay hotline)
8.5 Mail

Letters are delivered in Germany mainly by Deutsche Post, parcels also by other companies (DHL, UPS, GLS, Hermes, etc.).
Website of the Deutsche Post: [Link](only in German!)

Packstation

If you send and receive packages regularly, it is recommended to use the DHL packstation. This service is free of charge and independent from opening hours. This service has become widespread and offers the convenience of letting the sender be informed per e-mail or text message when a shipment has arrived.

Postage of Deutsche Post

- postcards: within Germany 0,45 €, international: 0,90 €
- letters: within Germany 0,70 €; international: 0,90 €, depending on the size and weight
- parcels and small parcels starting at 4,99 € within Germany (Online-Price)

More about postages on [Link](

Stamps can be bought at every post office and at automatic vending machines.

Post Offices

Bahnhofplatz 2 (Ulm City Center, main office)
- Opening hours: Mon - Fri: 8.30 a.m. - 6.30 p.m. and Sat: 9.00 a.m. - 1.00 p.m.

Gartenstraße 20 (Neu-Ulm city center, main office)
- Opening hours: Mon - Fri: 9.00 a.m. - 6.00 p.m; Sat: 9.00 a.m. - 12.30 p.m.

You will find more Information about branches, points of sale, DHL parcel shops, mail boxes and parcel stations under this [Link](. Here type in the city, the post code or the streetname. Many branches are located in supermarkets and retail stores. If you need help you can always ask the staff for assistance. Registration and further information at: [Link](.
8.6 Health Care

Seeing a Doctor or a Dentist

- In many countries, it is customary to go to the ambulance at a hospital first if you get ill. In Germany, you only go to the ambulance in case of an emergency (Chapter 11) or at night or weekends, when the doctors’ offices are closed.
- Everybody should have a general practitioner as personal doctor. You should find a doctor for yourself before you get ill. Doctors usually have large signs outside their offices. Look around in your neighborhood. Also check the web e.g. Link (only in German!) or yellow pages. The best way is probably a recommendation by a friend or neighbour.
- The dental clinic of Ulm University offers a wide range of dental treatments. A special offer is the student treatment course, in which the treatments are carried out inexpensively by the students under the supervision of licensed dentists.
  +49 (0)731/500 64110, Link (only in German!)
- In order to treat patients of public insurance companies, doctors need to have a contract with those companies. On their signs it will usually say “Alle Kassen”. If it says “Privatpraxis”, even clients of public health insurances will get treated as private patients, i.e. they have to pay their bills themselves, but they will only get a small part refunded by their insurance.
- Please bring your health insurance or EHIC card every time you go to see the doctor or dentist.
- For in-hospital treatment, you have to make a co-payment of 10,00 € a day. Maximum is for 28 days in a year.

Medication

- You will receive all medically required drugs. They are obtained from dispensing pharmacies (Apotheke).
- The co-payment for prescribed drugs is 5,00 € to 10,00 € in most cases.
8.7 Garbage – Avoidance, Separation and Recycling

In Germany people are in general very environmentally aware and therefore try to avoid waste of resources and pollution of the environment.

**Deposit For Beverages**

Beside the normal system of returnable bottles (glas and plastic) for beverages, you also have to pay deposit for a lot of disposable bottles (glas and plastic) and cans in order to motivate people to return them. Depending on the type of beverage and filling capacity you may or may not have to pay a deposit. For juice usually you do not, for water however and beverages like cola you have to pay almost always a deposit. Watch out for the logo of the Deutsche Pfandsystem GmbH. If you find this emblem on a bottle or can, you will have to pay 0,25 € deposit.

However, you won’t find that emblem on every bottle that you have to pay a deposit for. Empty bottles and cans can always be returned at the store where you bought them and also at every bigger shop, which also sells these types of disposable bottles and cans. Take care not to damage the bottles and cans so you won’t have problems with the return!

**Sorting And Recycling Waste**

The rules for recycling are imposed by local authorities, the system can differ from town to town.

- **Gelber Sack and Gelbe Tonne** (for potentially recyclable garbage)
  For all „light“ plastic and metallic packing materials, such as yoghurt cups, plastic bags, styrofoam, milk and juice packs, cans, spray cans, that may carry the symbol “der Grüne Punkt” and are not mentioned somewhere else. Make sure everything is completely empty. You can pick up yellow (plastic) sacks at the recycling stations or in the Bürgerbüro of Ulm or Neu-Ulm (Chapter 4).

- **Glass** (glass containers, placed together with the paper containers in your neighbourhood) Bottles (the not returnable ones) etc., but no light bulbs, mirrors and window panes.
• **Paper and cardboards** (blue garbage can)
  All kinds of paper, e.g. newspapers, magazines, cardboard and packaging material. Clean paper only – no coated paper (from milk- or juice packs) or tissues.

• **Biotonne** for biodegradable waste (brown garbage can, *Biomüll*)
  Food garbage, coffee filters, tea bags, plants, even used tissues.

• **Restmüll** for all other kinds of waste. Everything not mentioned above will have to go to the *Restmüll* (remaining garbage). But keep in mind that you will have to pay for the disposal of *Restmüll*, whereas all the other kind of waste can be disposed free of charge (except *Biomüll*).

• **Recyclinghöfe** for bulky or hazardous waste and electronic devices
  There are recycling stations (*Recyclinghof*) all over the city, where you may deposit all kind of hazardous waste (e.g. batteries, paints, oil), bulky waste (e.g. furniture, carpets, wood, window panes) and also old electronic devices. You can also bring all the types of waste listed above (except *Biomüll*). You will need a car to access these recycling stations.

Each student residence has its own system for dividing up the cleaning work. Ask your room mates how things work in your dorm or your particular flat share.

More information on recycling and public recycling stations/containers can be found on the websites of the waste management companies of Ulm and Neu-Ulm:

EBU Ulm [Link](#)
AWB Neu-Ulm [Link](#)
(only in German!)
8.8 Holidays

Germany is one of the countries with the most holidays (Feiertage) in the world. On holidays the universities and shops are closed, trains and busses operate according to the Sunday schedule. Most of the holidays are national holidays, but some holidays are state specific. Bavaria has the most holidays (15), Baden-Württemberg one less (14).

<table>
<thead>
<tr>
<th>Nationwide holidays (Bundesweite Feiertage)</th>
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<tbody>
<tr>
<td>01.01. New Year’s Day / Neujahrstag</td>
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<tr>
<td>Good Friday / Karfreitag</td>
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<tr>
<td>Easter Monday / Ostermontag</td>
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<tr>
<td>01.05. German Labour Day / Tag der Arbeit</td>
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<tr>
<td>Ascension / Christi Himmelfahrt (40 days after Easter, always on Thursdays)</td>
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<tr>
<th>Holidays in Baden-Württemberg, Bavaria and other mainly catholic states</th>
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</thead>
<tbody>
<tr>
<td>06.01. Epiphany / Heilige Drei Könige</td>
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<tr>
<td>01.11. All Saints / Allerheiligen</td>
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<tr>
<th>Holidays only in Bavaria</th>
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<tr>
<td>15.08. Assumption Day / Mariä Himmelfahrt (in Neu-Ulm all shops, offices and the University of Applied Sciences will be closed, but in Ulm all universites and all shops and offices will be open and working!)</td>
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</tbody>
</table>

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<tr>
<th>Holidays only in Ulm and Neu-Ulm</th>
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<tbody>
<tr>
<td>Schwörmontag: every 3rd or 4th Monday in July. Many shops and offices (also all three universities) will be closed in the afternoon.</td>
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</tbody>
</table>
8.9 Religious Facilities

Protestant (Lutheran)

- Münster, Münsterplatz 21, Ulm city centre, 📞 +49 (0)731/379945-0
- Petruskirche, Petrusplatz 8, Neu-Ulm city centre, 📞 +49 (0)731/97486-50
- Pauluskirche, Frauenstraße 110, Ulm Oststadt, 📞 +49 (0)731/22728
- Lukaskirche, Hermann-Stehr-Weg 5, Ulm Eselsberg, 📞 +49 (0)731/53881

Catholic

- St. Georg, Beethovenstraße 1, Ulm Oststadt, 📞 +49 (0)731/15387-0
- St. Michael zu den Wengen, Wengengasse 6, Ulm city centre, 📞 +49 (0)731/63583
- St. Maria Suso, Mähringer Weg 51, Ulm Eselsberg, 📞 +49 (0)731/53145
- St. Johann Baptist, Johannesplatz 4, Neu-Ulm, 📞 +49 (0)731/97059-0

Orthodox

- Russian Orthodox Registered Association, Judenhof 9, Ulm city centre, 📞 +49 (0)731/1849165
- Serbian Orthodox Church, Furttenbachstraße 11, Ulm Weststadt, 📞 +49 (0)731/36080045

Islamic

- DITIB Ulm, Turkish Islamic Registered Association, Herrlingerstraße 68, Ulm, 📞 +49 (0)731/33135

Independent Churches

- Protestant-Methodistic, Erlöserkirche, Römerstraße 85, Ulm Weststadt, 📞 +49 (0)731/30479
- Protestant-Baptistic, John-F.-Kennedy-Str. 6, Neu-Ulm, 📞 +49 (0)731/7086508

Jewish

- Synagogoue Ulm, Weinhof, Ulm city center, 📞 +49 (0)731/14071910
- Jewish Community in Ulm, Neutorstraße 28, Ulm city centre, 📞 +49 (0)731/1436788