



Chaos Guide 20/21

Information and Advice about Studying in Giessen!



[asta.uni.giessen](https://www.asta.uni.giessen)



[asta-giessen.de](https://www.asta-giessen.de)

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Editorial

AStA der JLU, Referat für Öffentlichkeitsarbeit

Photocredits

All photos were taken by the AStA of JLU or given to us privately.

The cover picture was taken by Louisa Schaffrath.

Dear new students at JLU,

As the General Students' Committee (AStA - the representative of the student body at JLU), we would like to welcome you to our university and to Gießen!

For most of you, this is the beginning of a completely new phase in your lives. You will learn exciting and less exciting things, make new friends, get lost in the university not only once and many of you will discover a city you have never been to before. This winter semester you can expect a lot more challenges besides the usual big and small obstacles at the start of your studies because of the Coronavirus. Your first semester at JLU will be characterized by online lectures and exams which you will probably write in sports halls and with a mask over your face.

But don't let that get you down! Hard times have always welded us together. So you will certainly stick together with your fellow students and receive support from your lecturers, be it in small groups or online. To help you get started in this chaos, we have put together all kinds of important information about the university and life in Giessen in our *Chaos Guide*".

In the beginning, there is a small overview of what the AStA is. You will find interesting facts about university politics and which departments the AStA has. Thereafter, you can find out in which political groups or student councils you can get involved and what is hidden behind mysterious abbreviations like StuPa or FSK.

Afterwards, you will find some information on living in Gießen. Finally, there is the most exciting part of the *Chaos Guide*, in which you can find out what you can do in Giessen in your leisure time. Last but not least, many exciting initiatives are presented, in which you can also get involved.

We wish you a great start in your studies and hope that you will quickly settle in Giessen despite the Coronavirus.

Yours truly,

The AStA

What is the AStA?

AStA is the abbreviation of Allgemeiner Studierendenausschuss – General Students' Committee in English. It is our task to represent you as students within university politics and to provide services for you.

OUR SERVICES FOR YOU

For example, we take care that you can travel throughout Hesse at a fixed price by public transport with the Semesterticket. So that you are not only dependent on the busses in Giessen, you can also cycle through Giessen with one of our rental bikes for 1 hour free of charge. Furthermore, we offer free legal and psychological counseling for students. You can find out more about our services on page 26.

DISCOUNTS AT LOCAL EVENTS

We cooperate with several local businesses, associations and initiatives. That's why you get discounted tickets at events of the Giessen 46ers, FC Giessen and at the annual "Stadt ohne Meer" (City without Sea) festival. Furthermore you can visit the Giessener Stadttheater for free with the theater ticket and go to the Giessener Freibäder whenever you want for 2 € per semester thanks to the Freibadflatrate.

THE DEPARTMENTS OF THE ASTA

The work of the AStA is carried out by speakers who are elected via the political lists. The speakers take care of our finances, cooperations and employees or organize events in the areas of traffic, sustainability, anti-fascism and much more. Also, the annual AStA parties are planned and organized by a department.

WANT TO JOIN?

Would you, too, like to work in the interests of JLU students? Why don't you stop by one of the meetings of your student council, the autonomous departments, the various political lists or create your own group! On the following pages you can find out what all of this means, how the AStA fits into the context of university politics and what goes on there.

Student Self-Administration

In the student self-administration, students organize themselves in various committees to bring their interests to the university and develop their own projects. Here, you can find out which committees and possibilities exist on the side of the student self-administration.

STUDENT BODY

That's you! With your registration you are automatically a member of the student body. 8€ of your semester fee goes to the budget of the student body each semester. This makes it possible to carry out political activities and to provide services for students. The services are initiated and implemented by the student parliament, the AStA, the student councils or the student council conference. (For more information see "Student Parliament", "AStA" and "Student Representatives")

STUDENT ELECTIONS

Once a year, you may cast your votes for representatives in various committees at the university. In the university elections, several political lists compete for seats in the student parliament, the senate and the student bodies. Do you want to be elected yourself to represent the interests of the students? Then join one of the existing lists or find out how to create your own!

THE UNIVERSITY POLITICAL GROUPS („LISTS“)

Political groups at university deal with issues relating to the university and studying, and their lists are usually submitted for election to the student parliament and the senate. The lists are always looking for new members! If you feel addressed by a list, just contact them and have a look at it.

THE STUDENT PARLIAMENT (STUPA)

The StuPa is the highest institution of the constitutional student body. A total of 31 representatives sit here and decide on student matters. The number of seats of each list in the StuPa is determined once a year by the university elections. Currently, six lists are represented in the student parliament. The two major lists are the green UniGrün and the social-democrat Jusos. Besides them, there exist the leftist dielinke.SDS and the centre-left GUT as well as the centre-right RCDS and the liberal LHG. The student parliament meets in public and in every session there is the possibility to ask questions to current officials of the student self-administration. So, come and visit the meetings! The dates are announced via the website of the university or the AStA and via e-mail.

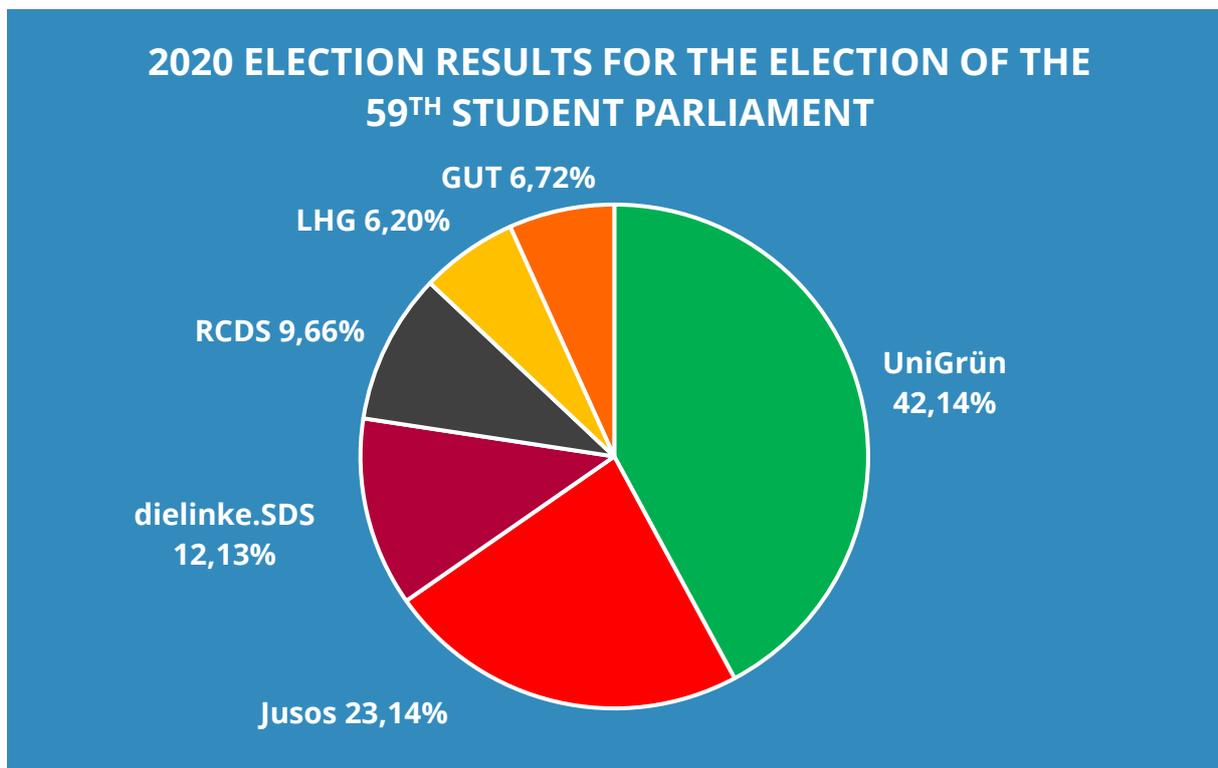
THE GENERAL STUDENT COMMITTEE (ASTA)

The AStA is the executive branch of the student body. It is similar to a Students' Union in the UK. The members (so called "Referent*innen") are elected by the student parliament. They work in different areas, for example in the negotiation of the semester ticket and the theater ticket, in university political affairs or concerning ecological topics. The AStA also offers free legal and psychological counseling. If you have any questions, suggestions, criticism, etc., just let us know!

At the time of writing, the new AStA was not yet occupied because the elections in September had just taken place. You can find the latest news either directly in the AStA building or online!

STUDENT COUNCILS

The student councils ("Fachschaften") are responsible for answering all questions concerning your course of study. The members of the student councils are experts here, since they are studying the same subject as you. They also take care of solving problems, for example with examinations, but the student councils offer much more! Read more about them in this booklet and talk to your student council!



Autonomous Departments

INTERNATIONAL STUDENT REPRESENTATION (ASV)

As the Foreign Students' Association (ASV), we represent the interests of all foreign students at JLU. We are available to answer questions about studying, finding accommodation, dealing with authorities and everyday student life in Germany. We are also happy to help with financial problems.

DEPARTMENT FOR STUDENTS WITH DISABILITIES AND CHRONIC ILLNESS (ABER)

We represent the interests of students with disabilities and chronic diseases. We are also happy to advise you. Please contact us, if there are possible barriers for you or if you want to apply for a compensation of disadvantages.

BI*-GAY-TRANS*-QUEER-DEPARTMENT (AB*ST*QR)

We see ourselves as an open, inclusive space that can be shaped by all people. In particular, we are a safe space for all bi, gay, pan- and asexual/romantic, transsexual, trans, non-binary, inter and queer people. The task and goal of the department is to bring together people from different backgrounds who are affected by sexism, racism and other forms of discrimination (also intersectional). Together, we campaign for self-determination, emancipation and against discriminating norms and conditions. We regularly organize events on various queer topics and are also available for individual support and advice on queerness at the university.

FAMILY DEPARTMENT (AFR)

Students with children are often exposed to considerable double burdens. As an autonomous family department, we are committed to making the university more child- and parent-friendly. We, therefore, represent the interests of students with children towards the university and the Studentenwerk.

QUEER-FEMINIST WOMEN | | DEPARTMENT (QFF | | R)

We see ourselves as a lobby group for the students of the Justus Liebig University of Giessen. We offer a safe space for (queer) political education, the examination of current feminist issues and current discourses in gender studies. Furthermore, we would like to offer the opportunity to try out and develop one's own identity within a protected space. In addition to the organization of irregular events such as lectures, readings and parties, we offer various regular event series.



Picture by Talisa Frenschkowski

Student Councils

Another way to get involved in something that concerns all of you, and to quickly meet new people, is to visit the student council (“Fachschaft”) of your respective degree program. Our student representatives have put together some information about the student bodies:

NEW AT THE JLU? THE STUDENT COUNCILS GOT YOUR BACK!

The student council can answer first questions about the study program and explain incomprehensible things. By the way: All students are passive members of the student council of their own subject! (In everyday life, the student body usually refers to active or elected students).

Elected? Every year in May you can elect students from your own faculty who are candidates for the student council. Depending on the student body, the student body council has 5 to 14 members.

Their task is, among other things, to represent the students of their department in committees of the university self-administration (such as directorates, examination board, appointment committee, etc.).

YOU HAVE PROBLEMS OR WORRIES IN YOUR STUDIES? THEN THE STUDENT COUNCIL IS THE RIGHT PLACE TO GO – THEY WILL HELP YOU!

The student council helps with numerous problems: it promotes student interests by mediating between students, lecturers, professors and institute management. For example, the student council can help with examination questions or unfair evaluation.

Still not convinced? Don't worry! In addition to the organizational tasks, the student council also ensures a pleasant change from everyday study life and ideal networking with other students of your subject, for example through specially organized subject-related excursions, events or parties!

BE A PART OF YOUR STUDENT COUNCIL!

The diverse tasks of the student council are very beneficial for you! You can develop and implement ideas around your studies! Everything is possible, just try for yourself and help shape your university. Uni is more than just studying. You can learn a lot from the experiences, the ideas and the exchange of ideas and at the same time use this platform to help shape your university!

KEEP IN MIND

Without elected student councils, your student council has less scope for action. That means: less say in the study, less co-decision, but also less parties, less barbecue = less fun. And seriously: who wants that?

Take the chance, visit your student council and maybe you will be a candidate in the next elections!



Picture by Ariane Murid

Living in Giessen

“Ersti” or newcomer in Gießen: Have you already applied to the Studentenwerk for a place in a dorm? If not, then you should do so as soon as possible. Because the number of applications is high.

It is quite unlikely to get a place in a dormitory immediately after applying. Therefore, you should apply as early as possible, and not just two weeks before the semester starts!

WHERE DO I REPLY?

<https://ipack.studwerk.uni-giessen.de/ipack3/index.html#admission>

(Studentenwerk Gießen - Residence application Online)

WHEN SHOULD I REPLY?

Immediately after registration and the decision to move to Gießen.

WHAT TO DO IF I STILL HAVEN'T RECEIVED A CONFIRMATION FROM THE STUDENTENWERK DESPITE ALL THE EFFORTS?

Since the number of applications to the Studentenwerk is quite high, it may take a long time before a rental offer is sent out. However, you don't need to worry: if you are registered and regularly confirm the waiting list e-mails, you will receive an offer by e-mail if available. If time is running out at the beginning of the semester, you can search for a different apartment in Gießen.

HOW DO I FIND AN APARTMENT IN GIESSEN?

You can find private apartments on various websites. In contrast to some other university towns, the rent in Giessen is still relatively relaxed. It is always worth making sure that you can get from your apartment to the university by bike or public transport. For those who don't mind a few kilometers by bike or for enthusiastic riders of bus and train, the Giessen area offers many affordable and beautiful apartments and shared apartments.

But also, the surrounding area of Giessen offers cheap and beautiful apartments and shared apartments. In order to find your dream apartment, it makes sense to look around on different housing exchanges.

PLACES TO FIND APARTMENTS:

Websites:

- www.wohnungsboerse.net
- www.ebay-kleinanzeigen.de
- www.immobilienscout24.de
- www.wg-gesucht.de
- www.immonet.de
- und viele andere Webseiten.

More Chances to Find an Apartment:

- **Facebook-Groups**
- The newspapers of Gießen: **Gießener Anzeiger, Gießener Allgemeine Zeitung**

Notice Boards (especially for shared apartments):

- Neue Mensa (Otto-Behaghel-Straße 27, 35394 Gießen)
- Mildred-Harnack-Fish-Haus (Leihgesterner Weg 16, 35392 Gießen)
- Foyer Philosophikum II (Karl-Glöckner-Str. 21, 35394 Gießen)
- Cafeteria Philosophikum II/Cafe am Kunstweg (Karl-Glöckner-Str. 21, 35394 Gießen)
- Universitätsbibliothek (Otto-Behaghel-Straße 8, 35394 Gießen)

IMPORTANT WHEN DECIDING FOR A SHARED APARTMENT (WG)

You should make sure that you get more information about the residents before you move into a shared flat. It happens that rather affordable shared flats are offered with shady intentions in the background. Residents with inappropriate ideologies, e.g. right-wing extremists who want to win new roommates – not for their apartment, but for their ideology. They often try to influence the roommate towards joining their political leaning. You should rather stay away from such things.

FOUND A FLAT?

Make sure that you look at the apartment in daylight. In a small room it will be unpleasant if there is mold. Read the rental agreement in its entirety so that there are no discrepancies later. Is the room freshly painted? Sometimes this is an attempt to cover up the mold. If you notice anything, you should mention it before signing the contract.

The previous tenants can give you more information about the apartment. 

Before signing, you should read the rental agreement carefully and do not be pressured to sign it. As AStA, we offer a free tenancy law consultation. Contact us if something seems strange to you and you have questions about it.

RENT REDUCTION

If problems occur in your apartment, such as failure or limited functioning of the heating system, no hot water supply, mold in the apartment or places in need of repair, you have the right to reduce the rent due to a defect. Whether the landlord makes various promises but does not keep them or postpones repairs each time, you have the right to have the rent reduced. You can give the landlord a period of time to correct these faults. Do not forget: Under no circumstances should this be done only orally, but either in writing by registered mail, by fax or by e-mail. If you have such problems, you are welcome to contact the AStA and take advantage of the tenancy law advice!

YOU DIDN'T FIND AN APARTMENT? YOU DON'T HAVE TO SPEND THE NIGHT OUTSIDE!

For students in emergency situations, the Studentenwerk has provided accommodation that can be used for seven days. Attempts for negotiations to stay there for weeks or months until an apartment can be found will be unsuccessful. It is strictly seven days, after which one must leave the emergency accommodation. But at least a good solution in an emergency.



Picture by Irimi Anastasiadou

Leisure

“GIESSEN KOMMT VON GEIL” (roughly translated: It’s called Gießen because it’s great!) is something you can read on stickers everywhere in the city. Why Gießen is so „geil“, you will see on the following pages.

The first impression of Giessen often corresponds to the reputation that Giessen has. If you walk from the train station via Frankfurter Strasse to the so-called elephant loo, you will initially classify Giessen as an inconspicuous, gray small town with one or two architectural sins. But anyone who has lived here for a few months usually gives Gießen a very special place in their heart. There are many reasons for that.

GREEN GIEßEN

During a walk through Giessen, there are many green places to find. In the middle of the city center the botanical garden (oldest botanical garden in Europe) invites you to stroll and discover plants. If you are looking for a meadow in the city center to chill out, the Theaterpark is the right place. Outside the ring of plants, the extensive meadows at the Lahn river invite you to barbecue, chill and celebrate. Or should it be more sportive with e.g. Yoga or Frisbee? Then come to the Wieseckau city park with its Schwanenteich pond, sports fields and the “Stangenpark”. Giessen also has something very special to offer: the Old Cemetery! During a walk you can learn a lot of interesting things about the Old Cemetery via audio walk (<http://audiowalk-giessen.de>), or you can dare to wait for the ghosts of Henriette Fürth's parents or Wilhelm Conrad Röntgen in person at the witching hour.

May it be a little further? Then up on the Schiffenberg to the old monastery, not far from the Philosophikum I and II campus. You can also take a bike ride along Wieseck or Lahn! Forest lovers will appreciate the Philosophers' Forest and the Mine Forest with its fairy-tale winding paths and collapsed and overgrown mine entrances.



Picture by Louisa Schaffrath

SWIMMING

In and around Giessen there are plenty of opportunities to go to a lake or to one of the numerous open-air swimming pools when the weather is fine. Thanks to the AStA-Pool-Flatrate (marked with *; 2€ per summer semester), you don't have to pay anything when you enter the swimming pool, just show your student card! In winter, there is also the possibility swim indoors or to warm up in a sauna.

Schwimmbäder

- Freibad Ringallee*
Gutfleischstr. 24, 35390 Gießen
- Freibad Kleinlinden*
Sportfeld 25, 35398 Gießen
- Freibad Lützellinden*
Schwimmbadstraße, 35398 Gießen
- Badezentrum Ringallee (mit Sauna)
Gutfleischstraße 24, 35390 Gießen
- Westbad (Sportbad)
Gleiberger Weg 31, 35398 Gießen
- Hallenbad Pohlheim
Schwimmbadstr. 25, 35415 Pohlheim
- Waldschwimmbad Lich
Alte Gießener Straße, 35423 Lich

Badeseen

- Heuchelheimer Seen
5,8 km from Gießen
- Dutenhofener See
6,7 km from Gießen
- Wißmarer See
8,4 km from Gießen

UNISPORT

Both the university and the Technical College Mittelhessen (THM) offer a wide range of sports courses for very little money, such as aerobics, badminton, table tennis, field hockey, athletics, belly dancing, capoeira, climbing, windsurfing – and many, many more. You can find the sports program on the websites of JLU and THM.

Allgemeiner Hochschulsport Universitätszentrum

Kugelberg 58, 35394 Gießen

www.uni-giessen.de/ahs

www.thm.de/sport

VEGAN GIESSEN

Vegan eating and shopping is no problem in Giessen. Kebab, cake and changing dailies – everything vegan and organic can be bought at “Vegannatural” in Schiffenberger Weg. If you like to drink an oat milk coffee and enjoy a vegan cake with it, the “Café Geissner”, the “Kleinpaulsen” or the “Schwätzer und Söhne” is just right for you. The cafeterias at university also serves vegan dishes every day, which are not only super delicious but also affordable. Many

more cafés and restaurants where you can find vegan food can be found on the Instagram page @giessenvegan.

PARTYING IN GIESSEN

This year, everything is different. Normally, you would get to know the Giessen pub scene during freshers' week. But for you it will take a little while until you can really party in Giessen. But as we all know, anticipation is the most beautiful joy. And so you know where to go when the party finally starts again, we have put together the highlights of Giessen's nightlife for you.

BARS AND CLUBS

There are many pubs in Giessen. Whether sitting comfortably in the beer garden of the "Apfelbaum", playing table soccer in the "Klimbim" or darts in "Pit's Pinte" – in Giessen, pubbers will always get their money's worth. If you like the Caribbean feel, the best thing to do is to enjoy a cocktail in the Beach Bar at Schwanenteich in summer. Karaoke and quiz lovers should definitely stop by the Irish Pub in the Dammstraße. Giessen's clubs are characterized by a changing program, whether mainstream or alternative, rocking, electro or motto evening. Just have a look at their homepages!

LATE NIGHT KIOSKS („SPÄTIS“)

You celebrate outside or at home and you run out of drinks and nibbles? No problem for the super-late nights in Gießen! There is one around the corner, almost everywhere: Dammstrasse (at the Döner-Dreieck), (lower) Frankfurter Strasse, Krofdorfer Strasse (Weststadt), Ludwigstrasse at the UHG (university main building) and Südanlage.

HOTSPOTS

- UHG
- Lahnwiesen
- Döner-Dreieck
- Party Bunker

HOTACTIONS

- AStA/Campus Parties
- Giessen kocht (Giessen cooks)
- WG-Flohmarkt (students' flea market)
- Fachschaft Parties (parties organized by the students' councils)
- Nachttanzdemo (nightly dancing protest)
- And of course the legendary home parties

NIGHTLIFE AT ONE SIGHT



1. **AK 44**, Alter Wetzlarer Weg 44 (Info store and left cultural center with many live concerts)
2. **Ascot**, Ludwigstr. 16 (Quaint and totally cozy smokers' pub)
3. **Dachcafé-Skybar**, Ludwigsplatz 11 (Drinks in airy heights with a view over the whole of Gießen, but expensive)
4. **Enjoy Bar**, Asterweg 6 (cozy Reggae Bar with billiards, table soccer, darts and changing cocktail evenings)
5. **Irish Pub**, Walltorstr. 27 (Pub with live music, karaoke, pub quiz)
6. **Kaffee Wolkenlos**, Henselstr. 10 (quaint and cozy pub; watch "Tatort" together on Sundays)
7. **Klimbim**, Ebelstr. 2 (original students' and smokers' pub with billiards and table soccer)
8. **Mr. Jones**, Bahnhofstr. 94 (two-story diner, café and bar)
9. **Scarabée**, Riegelpfad 8 (Student cellar since 1962 - daily changing music)
10. **Sowieso**, Liebigstr. 21 (especially beer, but also board games)
11. **Strandcafé**, Zu den Mühlen 2a (Snacks and drinks at the Lahnwiesen)
12. **Türmchen**, Marktplatz 7 (Foods and Drinks next to the Kirchturm)
13. **Ulenspiegel**, Seltersweg 55 (Cellar disco with more than just disco)

not in map section:

- **Lokal International**, Eichendorffring 111 (Bar and culture in the student residence; cheap)
- **MuK**, An der Automeile 16 (very hip alternative art, parties and concerts)
- **Pit's Pinte**, Grünberger Str. 31 (pub in old-guy style, young and punk; fair prices)
- **Strandbar**, Am neuen Teich (Vacation feeling at the Schwanenteich)



Picture by Aditya Upadhyaya

GETTING HOME AFTER PARTYING

- **Night-busses: Saturn und Venus**

Unfortunately, there are only two night-busses in the city of Giessen, which can take you for extremely long journeys. But take a look at your public transport app, maybe you'll be lucky. (More information under "Traffic"). After all, the night busses are free of charge for all people.

- **Minicars**

Yes, riding a car is really bad for the climate. But what to do if the night buses don't take you home? For your safety, minicars can usually take you around town for a few euros at a fixed price (it can be difficult to get a car during rush hours).

- Gießen Car 0641 4 30 30
- Lahn City Car 0641 82 0 82
- Unicar 0641 666 66
- Sparcar 0641 333 33
- Star Taxi und Minicar 0641 33 33 7
- Taxi Blitz 0641 96 202 35
- And others

Be Active – in Giessen!

All the offers that make Giessen such a lively city are only possible thanks to the work of many active people who come together in countless groups.

If you want to be part of one of these groups, too, then take a good look at the following pages and think about where you want to become active. Maybe you will find some gaps in the offer, which you can fill with your own groups and projects.

ALLRAD – ALLMENDE LASTENRAD PROJEKT

We are moved by the idea of the common good. We take care of load bikes and lend them to you on a donation basis. We are in favor of fewer cars and more space for gardening, walking, resting, playing, biking, socializing ... and we support the free bus and train fare. What does it take for a good life and what not? And what is ok for the planet anyway?

www.dasallrad.org
post@dasallrad.org

AMNESTY INTERNATIONAL – ORTSGRUPPE

We are committed to respecting human rights by participating in campaigns through information stands in the city or at cultural events. We also organize events, such as film screenings/ lectures/ exhibitions, in order to sensitise people for human rights issues.

Open Meeting: 2nd and 4th Wed, 20:15
KHG, Wilhelmstr. 28, 1. Stock
udo.altmann@gmx.de
www.amnesty-giessen.de

AN.GE.KOMMEN E.V.

We are committed to the integration of all people with a migration background. In order to achieve this goal, the group offers a variety of opportunities to meet as well as German courses, language partnerships and much more. If you would like to help, work with young people and meet new people, come around!

Open Meeting: Mo, 18:00-20:00
Walltorstraße 3
info@angekommen-giessen.de
www.angekommen-giessen.de

ARBEITSKREIS ERNÄHRUNGSÖKOLOGIE

We do not consider nutrition only as eating and drinking. The human being not only has an influence on their health through their eating habits, but also on society,

ernaehrungsoekologie@googlemail.com
www.facebook.com/Ernaehrungsoekologie

environment and economy. The task of nutrition ecology as an interdisciplinary science is to show the complex interrelationships between the areas, to research for solutions to problems and to incorporate the results. With the help of lectures, workshops and film screenings we want to make this science clear and pass it on.

BUNDJUGEND – ORTSGRUPPE

The BUNDjugend is the independent youth organization of the Bund für Umwelt und Naturschutz (Alliance for Environment and Conservation). Together with the AStA, the BUNDjugend has initiated a Give Box. We also have many information stands at street festivals, screen printing workshops, clothes exchange parties... We show what a sustainable, future-proof lifestyle can look like and what practical offers are available for it. Often, we go to festivals and protests together – because not only individuals, but also politics must act! At the moment, the group is somewhat dormant, so we are happy to see new people with their ideas!

Bundjugend.giessen@mail.de

www.bundjugendhessen.de/mitmachen/jugendgruppen/bundjugend-giessen

CRITICAL MASS

We cycle through the city together to draw attention to environmentally friendly mobility, more consideration for the roads and a humane and sustainable urban development. The more, the more colorful and funnier! Just come along with your bike and ride through the city with us!

Every 1st Thu , 19:00

Every 3rd Su, 16:00

In front of the UHG

Facebook: [criticalmassgiessen](https://www.facebook.com/criticalmassgiessen)

EXTINCTION REBELLION – ORTSGRUPPE

Extinction Rebellion is a group that wants to draw attention to the climate catastrophe, the ecological crisis and its consequences and to bring about a system change towards more democracy and social justice. To this end, we use historically proven forms of peaceful civil disobedience and learn together how to treat each other, ourselves and our environment with respect.

Instagram: [xr_giessen](https://www.instagram.com/xr_giessen)

Facebook: [xrgiessen](https://www.facebook.com/xrgiessen)

www.extinctionrebellion.de

giessen@extinctionrebellion.de

FOODSHARING – ORTSGRUPPE

Are you tired of wasting food? We save edible food from being thrown away by various companies and distribute it publicly. You can find the times and places of the distributions on the Facebook page. You want to pick up food from farms yourself? Then become a food saver now!

Open Meeting:
Every 2nd Wed, 20:00
Alte UB (FB 09)

Facebook: FoodsharingGiessen
t.me/FoodsharingGiessen

FREIWILLIGENZENTRUM FÜR STADT UND LANDKREIS GIEßEN E.V.

We are an information and advice center for questions concerning volunteering. We provide support in the search for suitable volunteer work. In addition, we offer further training opportunities for volunteers and advise associations and other projects. Our overarching goal is to establish and maintain sustainable, long-term structures and a culture of recognition in the voluntary sector.

Mo and Wed 10-12 and 14-17

Ludwigstraße 6

Tel.: 0641 306 2258

freiwilligenzentrum@giessen.de

FRIDAYS FOR FUTURE – ORTSGRUPPE

Also in Gießen, students have joined the global protests against environmental destruction and for a reasonable

Check us out on Facebook: FFF

handling of climate change on the basis of scientific facts. With an open organizational structure, in which everyone can participate and through the constant gathering of experience, the future demonstrations should draw even more attention to this existential topic!

GEMEINSCHAFTSGARTEN DES ASTA „PARADIESCHEN“

The “Paradieschen” was created in cooperation with the ASTA of JLU and [raumstation3539](https://raumstation3539.de). We want to create a small paradise for herbs, vegetables and fruit from our own cultivation in our city. You feel like getting involved, balancing and exchanging? Free space, cooperation, campfire and feasting? Experiments, workshops, self-organisation and lots of great people? Then just come along without obligation – previous knowledge is not required.

Meetings announced via FB/Telegram
Prototyp, Georg-Phillip-Gail-Str. 5

t.me/gemeinschaftsgartenparadieschen
www.facebook.com/groups/374482086433205/
paradieschengiessen@web.de

We communicate via Telegram. You can also find current news in the facebook-Group.

GIVEBOX

The Givebox is a round-the-clock walk-in closet, where you can anonymously give away or take away functional utility items that you no longer need – no matter whether it's a sweater, DVD or picture frame. We all have things that we no longer need, but that would be too good to throw away. Sharing them is sustainable, frees you from junk and creates a new consciousness beyond classic consumption and possessions.

Givebox 1

Cooperation: GSW and BUNDjugend
parking area Lincolnstraße/Hannah-Arendt-Straße

Givebox 2

Cooperation: Raumstation3539
Prototyp, Georg-Phillip-Gail-Str. 5

GREENPEACE – ORTSGRUPPE

You want to volunteer and actively protect nature? We organize exciting lectures, information stands and other activities. You can find an overview of our previous activities on our website. Everyone is cordially invited to visit the open plenum.

Tue, 19:30, Ostanlage 25 a
info@giessen.greenpeace.de
www.giessen.greenpeace.de
Facebook: greenpeace.giessen

HILFE FÜR NEPAL - NAMASTE DIDI E.V.

We are a young group which stands up for underprivileged people in Nepal at eye level. Our concept is to support already existing local activities that were conceived by the Nepalese themselves and to create awareness for their situation. If you would like to get to know us, please write an email.

Hilfe-fuer-Nepal@namaste-didi.de

INITIATIVE FÜR NACHHALTIGEN GARTENBAU UND ERNÄHRUNGSSOUVERÄNITÄT (INGE)

We are a motley group of students and non-students who have come together to create and cultivate a garden. All have the opportunity to contribute their own ideas to develop a diverse and sustainable garden system. We garden, observe, discuss, experiment, learn and organize ourselves as much as possible. For some it is the fun of community gardening, for others the goal of self-sufficiency. We are happy about your contribution to our project!

inge-giessen@riseup.net

Meadow at the cycling track R7, near
„Am Wallborn“, 35396 Gießen-Wieseck

JUGENDWERKSTATT

We are a non-profit qualification and educational institution that supports disadvantaged young people and the long-term unemployed in their entry into the profession. We also offer projects, internships and volunteer work. In our department store you can find second-hand furniture, books, household goods and textiles at fair prices. If you need a bicycle repaired or are looking for a solid, used bicycle, visit the bicycle repair shop.

Store

Tue/Wed/Fr 9:30-16:30

Thu 9:30-18:00

Sat 9:00-13:00

Bicycle repair shop

Mon-Fr 9:00-12:30

Mon, Tue, Thu 13:00-15:30

Alter Krofdorfer Weg 4

info@jugendwerkstatt-giessen.de

www.jugendwerkstatt-giessen.de

KÜCHÉ

We are a student-organized café on a donation basis. We mainly run the café, but concerts, film evenings, join-in buffets and networking meetings also take place here. We would like to provide an open space of encounter for people and initiatives in a cozy atmosphere and thus help to culturally shape life in Giessen. You can get involved in the Café or with the organization.

Opening Hours and Events

Facebook: [studentischeideenkueche](#)

MEDINETZ

In many cities, medical networks exist as a point of contact for people who, for various reasons, have limited access to medical assistance. We are all students. Depending on your capacities you can take over a “cell phone service”, care for and accompany patients, become politically active, organize projects, participate in the nationwide networking and much more...

medinetz-giessen@posteo.de

Facebook: [Medinetz Gießen](#)

www.medinetzgiessen.de/

Open Meeting: Tue, 19:30-21:00

Institut für Geschichte der Medizin

Iheringstraße 6

PROTOTYP

The Protoyp is a cooperation between raumstation3539 and the city of Giessen. Our goal is to install a cultural and commercial courtyard with studios, workshops, offices, event and rehearsal rooms in Giessen. In the prototype, there are an event room for concerts and readings and a room shared by initiatives, groups and companies. In addition, the headquarters of the GIENNALE, a

Georg-Philipp-Gail-Straße 5

coworking space and a garden, which is used by the urban gardening group “Paradieschen”, are located there.

RAUMSTATION3539

raumstation3539 is a cooperative that aims to make Gießen a better place to live through personal commitment. It functions as a network node and gives a sustainable perspective to many initiatives from the fields of culture, society, ecology and cooperative economy. In the URBANAUTIK program, we offer consulting for corresponding projects. The headquarters is the Anschlussverwendung, which also houses a coworking space and a pop-up store.

Plenum: Every 2nd Wed in the quarter
Anschlussverwendung, Grünberger Str. 22
or at prototyp

info@raumstation3539.net
www.raumstation3539.net
Facebook: raumstation3539

STADTACKER

We are young, motivated people who garden close to the city at the Schwanenteich. Everybody is invited to make practical experiences and bring in their own ideas. The field is cultivated organically without pesticides and industrial mineral fertilizers. We would like to show interested people how food can be cultivated and which positive and negative sides this has.

Open Meeting: Mon and Fr 18-20
at Stadttacker near Schwanenteich

info@stadttacker-giessen.de
www.facebook.com/groups/197395994379071

STINKNORMALE SUPERHELDEN

It should be perfectly normal to act environmentally conscious! Superheroes appear when the world is in danger, society is failing and it is necessary to act. We show people how easy it is to act environmentally consciously every day and that it can also be fun! To preserve a habitat for us, all living beings and the following generations and to promote the sustainable use of resources and holistic thinking! We grab important topics, plan actions and show creative solutions.

Regular Plena and events in Giessen and Marburg
mi.superhelden@posteo.de
Facebook: StinknormaleSuperheldenGiessen

VIVA CON AGUA DE SANKT PAULI E.V. – ORTSGRUPPE

We are an international network and are committed to humane access to clean drinking water and basic sanitation. As a local group, we are also starting many creative activities in Giessen to raise awareness of the issue and to improve the living conditions worldwide in a sustainable way.

Meeting at the beginning of the month, see FB
www.facebook.com/vca.marburg
marburg@vivaconagua.org
www.vivaconagua.org

WELTLADEN

Fair trade is our business, whether in the store at Schulstrasse 4 or in the educational work for sustainable development. Interested people are always welcome - we are looking for you for FAIRänderung (changes toward more fairness).

mitmachen@weltladen-giessen.de
www.weltladen-giessen.de
Facebook: WeltladenGiessen

WG FLOHMARKT

Come on in! Every year in the summer we invite you to the students' flea market to find new owners for old treasures in the most beautiful way. In over 30 Giessen shared flats, people dawdle, swap, but also drink, dance and much more. You have never seen such a flea market before – the whole city becomes a flea market. Be active and dawdle with!

facebook.com/wgflohmarkt
www.wg-flohmarkt.de
info@wg-flohmarkt.de

TELEGRAM: GIEßENER GRUPPEN

In the channel “Giessener Gruppen” you will find an overview of a variety of exciting groups – from eco-bubble to carpooling to the cultural calendar. Download the app now - a MUST for all Giessen residents!

<https://t.me/giessenergruppen>

Services of the AStA

PSYCHOLOGICAL COUNSELING

The Psychological Student Counseling Service of the AStA of Justus Liebig University is available to help you with a free consultation. It supports students with psychological and psychotherapeutic methods.

In personal conversations, we offer advice on the following topics:

- Stress, excessive demands and work disorder
- Difficulties caused by stress disorders
- Problematic addictive drug use
- Anxiety (e.g. exam anxiety, social anxiety)
- Depression
- Eating disorders
- Discussion with relatives within the framework of the consultation
- Psychological diagnostics and problem explanation
- Information on consulting and treatment practices
- Primary diagnosis

LEGAL COUNSELING

Your landlord raised the rent again without any reason? Your BAföG application was wrongly rejected or you have to deal with legal disputes within the family? The free legal advice of the AStA is at your side. Six lawyers advise you on the topics of rent, BAföG, family, administrative, social, foreigners and general law. On our website you will find more information about the consulting services and the office hours.

Where can you find us?

Jürgen-Dietz-Haus (next to the Mensa)
Otto-Behaghel-Str. 25 D, Raum 16.1
35394 Giessen

ASTA AND TRANSPORT

The AStA Transport Department is not only concerned with answering students' questions and negotiating semester tickets with the transport associations. Our work extends far beyond this. We work together with various initiatives and groups to ensure that there is a shift towards a socially and ecologically ethical transport in Giessen and the surrounding area. The main focus of our work is to improve the quality of life of the citizens of Giessen – a large part of whom are students – by significantly reducing motorized traffic. This leads to less air and noise pollution, which in turn leads to a reduction in health burdens and environmental and climate damage and also to more safety for pedestrians and bicyclers.

Imagine the “Anlagenring” (streets surrounding the city center of Giessen) as a street where you can ride your bike safely or cross as a pedestrian without fear of accidents. Instead of parked cars, sealed surfaces should be removed and turned into green spaces. By the way, there

is a citizens' petition on the website <https://giessen-direkt.de/giessen/de/ideaPtf/53747/single/3> for the rededication of the two inner lanes of the Anlagenring to a bicycle road, which you could sign. If you want to know how pleasant cycling can be on bicycle lanes in the city center, then head for Goethestraße, Löberstraße and Lonistraße! These have been bike lanes since the summer of 2020. In the long term, however, the goal is to create a network of bicycle lanes that connect the campuses with the city center and the train station.

If you don't own a bike or if you don't have it with you when you need it, there are numerous possibilities to rent one of Nextbike's rental bikes in Giessen. You can easily do this by downloading the Nextbike app and authenticating yourself as a student. Instructions for renting and returning bikes can be found at the stations, in the app and on the websites of the AStA and Nextbike. With Nextbike, students can easily rent up to three bikes at the same time and use them for 60 minutes free of charge. Meanwhile, these conditions are also available in other German cities – with the exception of Bremen, Nuremberg, Kiel and Usedom. We have worked this out for you!

But what if you want to transport bigger things? This can get complicated with bicycle or bus. The solution: cargo bikes! You can rent them in Giessen via ALLrad on a donation basis. Just have a look at their website dasallrad.org. In the coming months, the AStA will also contribute to the cargo bike stock in Giessen and provide an e-load cargo bike for you. As soon as it is available, we will inform you on our website and our social media channels!

Besides the bicycle, public transport is an important pillar in the revolution towards socially and ecologically ethical transport. In Giessen, this is especially true for busses as well as trains. Since individual bus lines and trains belong to different providers, the times for changing trains are often not coordinated. Additional problems are the lack of accessibility of many stops and services as well as the insufficient public transport connection between rural areas and the city. Especially in the evenings and on weekends, busses do not run at all or only to a very limited extent. This is one of the reasons why more than 33,000 people commute to the city by car every day – and this number does not include students. There is an urgent need to connect rural areas and the dormitories as well as the campuses to the city center by means of public transport and to create a viable alternative to the car. In order to be able to manage the immense traffic to and from Giessen by public transport, there is only one logical option for our city: the Regio-Tram! Giessen is already well connected with a star-shaped rail network, which partly needs to be reactivated and expanded (e.g. by adding more train stops in the city, like behind the main university building, at the “Ulner Dreieck”). Those who want the best possible connection from the surrounding area to the city and back should speak out in favor of a Regio-Tram in Giessen via the Bürger*innenbegehren petition (<https://www.openpetition.de/petition/online/regiotram-giessen-jetzt-planen-statt-weiter-an-strassen-bauen-2>).

But the traffic revolution is not only about environmental and climate protection. Mobility must also be socially beneficial. Public transport employees must be fairly paid and their working conditions must be significantly improved. Improved quality of life in the city must not lead to an increase in rents and gentrification of individual districts. Public transport must be available free of charge to everyone – especially we students know how pleasant it is not to have to pay for the bus and how much quality of life this means. People without a car must not be further disadvantaged.

The Solifonds – Support association for students with financial needs

Many students know phases in which money becomes scarce. If an unexpected expense, job loss, illness or a child is added to this, some suddenly face financial difficulties through no fault of their own.



In such cases, some students see no other option than to de-register from university, because they can't pay the semester fee. Usually, students are then left on their own, as they can hardly get help from other public institutions in such situations. The termination of their studies is then often the direct result.

The Solifonds has been available for such cases since 2009. Equipped with funds from the student bodies of JLU and THM, the association can help financially distressed students at short notice.

Due to the Corona Pandemic, significantly more students have been exposed to enormous financial difficulties in the past six months. We have reacted to this situation and within a very short time we have set up a Corona hardship grant. If you have lost your job due to the Corona Pandemic and are in existential need without being entitled to BAföG or other social benefits, you can contact us at any time!

Please also take the opportunity to arrange a consultation appointment within the opening hours by e-mail at kontakt@solifonds-giessen.de. Especially during the re-registration period there is a high volume of applications with corresponding waiting times.

Every student at JLU and THM is eligible for funding, regardless of nationality. There is no legal entitlement to funding, as the Solifonds is a registered society.

Funding is provided in accordance with the funding guidelines of the Solifonds. The funding amount is calculated according to a fixed scheme. Independent of the calculation of the funding amount, a plausibility check is carried out in each case to ensure that only students in need receive funding.

More detailed information, deadlines, application forms in German, English and French can be found on our homepage www.solifonds-giessen.de.

*Notes on changes of office hours etc. can be found on the homepage under News.

Opening Hours

Mon-Wed 09:00-13:00

Consulting Hours

Th 09:00-11:00

www.solifonds-giessen.de
kontakt@solifonds-giessen.de

AStA der JLU, Raum 20
Otto-Behaghel-Str. 25D
35394 Gießen

Any more Questions?

Then get in touch! You can reach us through our website and our social media channels, by mail and during office hours.

- 🌐 www.asta-giessen.de
- 📘 www.facebook.com/asta.uni.giessen
- 📷 www.instagram.com/asta.uni.giessen

Monday: 10:00 – 14 :00
Tuesday: 10:00 – 14:00
Wednesday: 10:00 – 14:00
Thursday: 10:00 – 14:00
Friday: 10:00 – 14:00

DEPARTMENTS OF THE ASTA („REFERATE“)

- Anti-Discrimination and Anti-Fascism Department
antifa@asta-giessen.de
- Department of Finances
finanzen@asta-giessen.de
- Department of Coordination
koordination@asta-giessen.de
- Layout and Design Department
layout@asta-giessen.de
- Department of Ecology and Climate Justice
oekologie@asta-giessen.de
- Department of Political Education
pol.bil@asta-giessen.de
- Department of Traffic and Infrastructure
verkehr@asta-giessen.de
- Department of Digitalization, Study and Teaching
dsl@asta-giessen.de
- Department of University Politics
hopo@asta-giessen.de
- Department of Culture
kultur@asta-giessen.de
- Department of Public Relations
oeffentlichkeit@asta-giessen.de
- Department of Human Ressources
personalangelegenheiten@asta-giessen.de
- Department of Student Assistants
shk@asta-giessen.de
- Department of Housing and Social Affairs
woso@asta-giessen.de

AUTONOMOUS DEPRATMENTS

- Department for Students with Disabilities and Chronic Illness (ABeR)
aber@asta-giessen.de
Christian Müller (Speaker):
christian.mueller@asta-giessen.de
- Bi*-Gay-Trans*-Queer-Department (AB*ST*QR)
kontakt@schwulenreferat-gi.de
- Family Department (AFR)
afr@asta-giessen.de
- Foreign Student Representation (ASV)
asv@asta-giessen.de
- Queer-feminist Women|| Department (QFFR)
qffr@asta-giessen.de

