



KATHOLISCHE UNIVERSITÄT
EICHSTÄTT-INGOLSTADT



Navigating student life as a parent

A practical guide



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Introduction by the President

Dear students,

„It takes a village to raise a child“, says an African proverb. In this brochure, you will find initial information on how we would like to contribute our part to help you balance your studies and family life.

Studying is a major challenge in itself, which brings with it a great need for orientation: How do I set up my timetable? What deadlines do I have to meet? How do I finance my studies? If, as a young parent, you not only have to plan for yourself but for your offspring in addition, everyday life becomes even more complicated.

The Catholic University of Eichstätt-Ingolstadt was the first university in Bavaria to set out to become more family-friendly over 20 years ago: Starting with practical help such as baby changing facilities on campus, free children’s meals in the canteen or offering childcare in the University crèche, to setting up a central advisory service to which you can turn with your questions.

From the very beginning, we have sought close contact with those who are to benefit from this – you, the students at our University. And I would like to encourage you to continue to help shape the KU as a family-friendly University and to contribute your experience. So if you would like to point out aspects of family-friendliness that could be improved from your everyday experience, please let us know.



Feel free to contact the persons or centers mentioned in this guide – first and foremost our Center for Marriage and Family in Society, whose staff I sincerely thank for their work.

We hope that this guide will provide you with some initial answers to your questions. The advice centers listed are happy to provide you with individual information and support. I wish you and your children a good time with us at the KU.

Gabriele Gien
Prof. Dr. Gabriele Gien, KU President

On campus with kids

1. Nappy changing facilities

You can find nappy changing facilities at the following locations in Eichstätt:

- Aula Library (Departmental Library 2, Ostenstr. 1),
- the canteen,
- Main Library (Family room),
- Main Building D (Ladies' and Men's toilets)
- building at Marktplatz 7
- the Kapuzinerkloster (Ingbert-Naab-Saal - INS).

At our Ingolstadt campus, you will find a nappy changing facility in the first aid room in HB-U05.

2. Playground in the Eichstätt Hofgarten park

In the Hofgarten park in front of the Sommerresidenz is a playground where you can spend some quality time with your child. Swings, sandpit, a seesaw and more ensure outdoor fun right in the middle of campus.



3. Offers from the Eichstätt canteen

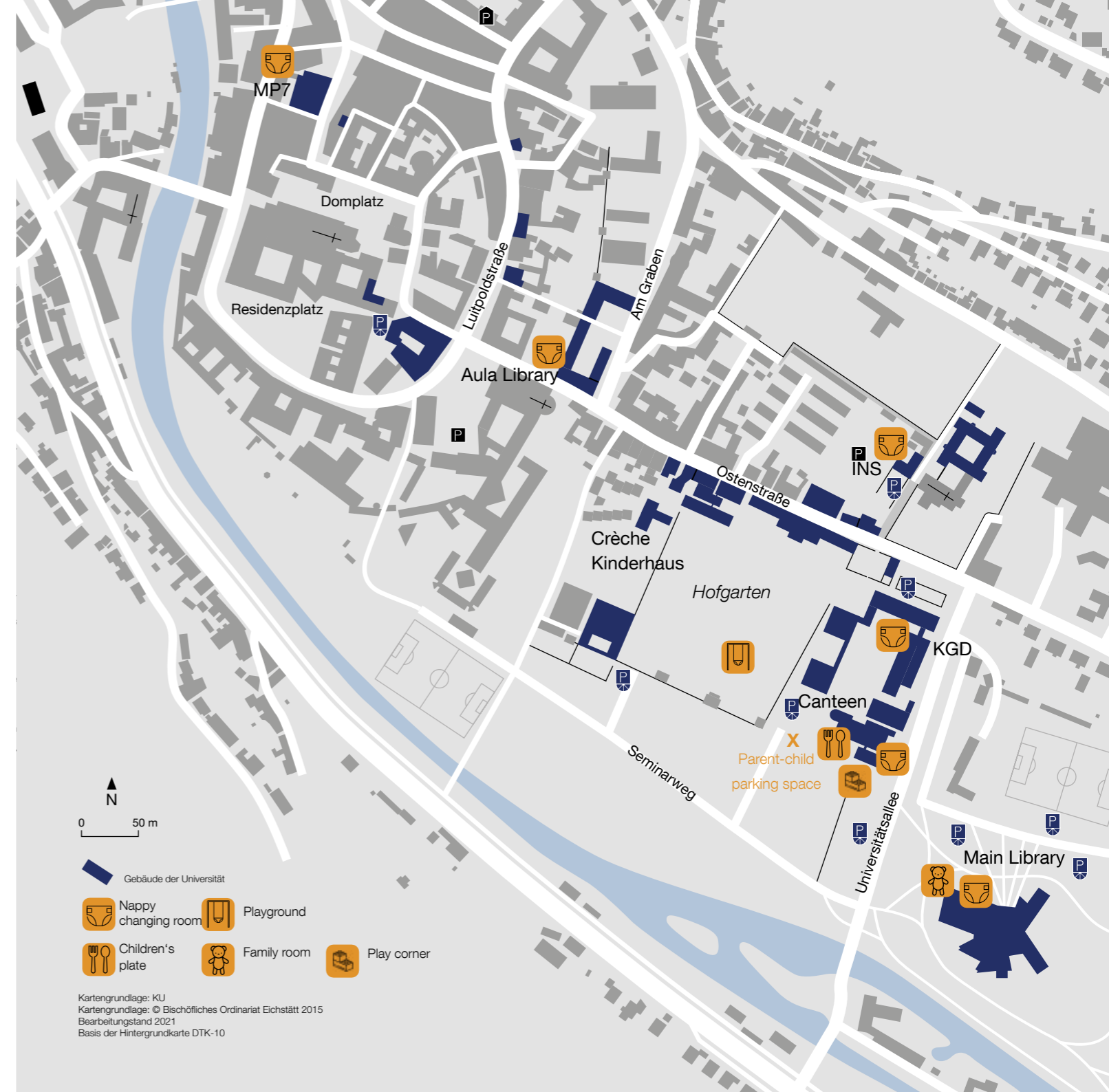
In addition to a play corner, the canteen (Studierendenwerk Erlangen-Nuremberg) in Eichstätt offers a children's plate as a free addition to your order. The children's plate is not available separately. In order to obtain your children's meal card, please make sure the following requirements are met:

- the parent named on the card must be enrolled at a university within the area of responsibility of the Studierendenwerk Erlangen-Nuremberg during the current semester,
- the child named on the card must be younger than 11.

Information

You can find out more on the Studierendenwerk Erlangen-Nuremberg website:

werkswelt.de



4. Family room

There is a family room available in the building of the Main Library in Eichstätt (room number UA002).

It is a nice place to feed or change your child or just have a rest. There are also toys for toddlers. The family room can be used without prior registration.



5. Parent-child parking for student parents

There are parking spaces both in Eichstätt and Ingolstadt which can be used by students when they bring their child to campus. These are available for parents until their child starts school.

In Eichstätt, there is a designated parking area in the parking lot in front of the canteen. In Ingolstadt, parent-child parking is available at the KU's large employee parking lot.

For being able to use these parent-child parking spaces, a special parking permit and a parking transponder are required, which can be requested from the room administration department.

Please submit an informal application using your KU e-mail address and include a certificate of enrollment and proof of the child's age. The parking permit is valid for the current semester and must be extended accordingly.



Information

For obtaining a parking permit, please contact Department III/2:

E-mail: raumanfragen@ku.de

6. KidsBox - the movable children's room



The KidsBox is designed as a movable children's room and is equipped for babies and children up to elementary school age (<https://my-kidsbox.de/>). You can use the KidsBox if you have to bring your children to work or University as an exception or if you want to organize childcare for an event.

In **Eichstätt**, the KidsBox is located in the Aula (Main Building) and should also be used primarily in this building. Due to its size, it is very difficult to transport the box to other buildings. However, it is possible to borrow materials from the KidsBox at any time for use in other buildings.

In **Ingolstadt**, the KidsBox is located in the Georgianum. Here too, materials can be borrowed from the box for use.

7. Welcome gift for KU babies

Newborn children of KU students and employees receive a welcome gift from the University, including the original KU baby onesie. The gift comes in a box which is hand-painted by the children in the University's crèche Uni-Kinderhaus.



Information

If you would like to use the KidsBox or receive the welcome gift, please contact the ZFG:

E-mail: familie@ku.de

Student life as a parent

1. Student parents at the KU

On 25 June 2014, the Senate of the Catholic University of Eichstätt-Ingolstadt (KU) drafted and approved family-friendly policies for KU students.

Excerpt:

“The Catholic University of Eichstätt-Ingolstadt (KU) strives to help every student fulfill their personal and academic potential. The University is committed to supporting students who have to balance their studies with family life. One of the University’s highest goals is to provide equal opportunities. No one should be subject to disadvantages due to family commitments. To this end, these guidelines have been drafted in accordance with the current version of the General Examination Regulations (Allgemeine Prüfungsordnung, APO) for Bachelor’s and Master’s degree programs at the Catholic University of Eichstätt-Ingolstadt (KU) from 26 November 2014. The individual examination regulations for all KU degree programs include family-friendly policies as detailed in these guidelines. All lecturers and in particular the boards of examiners must adhere to the family-friendly policies.”

2. Semester of leave

You can request a semester of leave for the time leading up to and following the birth of your child. During your semester off, you can still complete examinations or other assessment requirements and attend classes. More information is available in Section 14 of the General Examination Regulations (APO), last updated 26 November 2014.

2.1 Submitting a request

You can request a leave of absence at the Student Office. Please state the reason for your request in your letter and present your maternity record or your child’s birth certificate. It is not possible to request leave retroactively for a semester in the past. You must submit a new request for each semester that you are on leave, but you only need to present the birth certificate once when you submit the initial request. You can submit your request as early as the re-registration period and at the latest by the end of the first month of classes for the semester in question.

Unlike other leave requests, a semester off due to pregnancy can also be granted for your very first semester of study. A leave of absence for parental leave is not calculated into time off requested for other important reasons. You can request up to two semesters of leave, past or future, due to other reasons (semester abroad, etc.). Those semesters will not factor into the amount of leave time you have to care for your child. You can find the request form for a leave of absence on the Student Office’s website.

2.2 Parental leave

As a parent studying at the KU, you can request up to six semesters of leave during the period of parental leave stipulated by law. Time off for maternity leave counts against your total time in this case. The deadline is extended for each additional child – depending on the date of birth of the child – by up to three more years. Parents are entitled to take up to 3 years of parental leave per child. Both parents



may take parental leave during the same period of time.

They must request parental leave before the child's fourth birthday. Part of the leave period (up to 24 months) can be taken between the child's third and eighth birthday. A new request must be submitted for each semester of leave entitlement. If you are a student and pregnant, your due date indicated in your *Mutterpass* (maternity record booklet) should fall within the semester you are requesting off.

2.3 Financial considerations

During the leave period you cannot claim federal student grant funding (BAföG). But you can request an extension of the maximum duration of the federal student grant. Your semester fee (*Semesterbeitrag*) for re-registration must be paid by the applicable deadlines even if you are on leave.

3. Part-time studies

Another way of balancing your studies and family life is to choose a part-time program. Some programs at the KU can be completed in part-time. Please contact the responsible

Information

If you have questions on leave times, please contact the Student Office:

[ku.de/en/study-at-the-ku/during-your-studies/organizing-your-studies/academic-progress-administrative-matters/semester-of-leave](https://www.ku.de/en/study-at-the-ku/during-your-studies/organizing-your-studies/academic-progress-administrative-matters/semester-of-leave)

person in the Examinations Office for more information. If your degree program is available as a part-time program and you wish to pursue that option, please inform the Student Office. Switching between full-time and part-time study options is only possible during the re-registration period for the upcoming semester.

The following degree programs are currently being offered on a part-time basis:

- **Bachelor's programs:** Applied Musicology and Music Education, Education (Pedagogy), European Languages and Cultures, Geography, Mathematics.
- **Master's programs:** Education for Sustainable Development, European Languages and Cultures, Journalism with focus on Innovation and Management, Environmental Processes and Natural Hazards, Inclusive Music Education/Community Music, Taxation.

Further information on part-time study programs can be obtained from the KU Student Advisory Service and under Section 28 of the General Examination Regulations (APO). Part-time study programs are excluded from BAföG funding.

4. Extending your period of study

Students with family responsibilities may apply for extra time to complete their Bachelor's or Master's examination. In accordance with Section 11 (4) APO, the deadline for the failure at the final attempt can be extended. The application for such extension should be addressed to the

board of examiners and submitted to the Examinations Office. The Examinations Office will forward it to the board of examiners. The application should specify by how long you would like to extend the deadline and explain the family commitments due to which you wish an extension. Please include documentation to substantiate the request. The application must be submitted before the relevant deadline.

5. Extending the deadline for submitting the Bachelor's or Master's thesis

According to Section 12 (5) of the General Examination Regulations (APO), students with family commitments may request an extension of up to four weeks for the completion of their Bachelor's or Master's thesis. Please submit this request directly to the board of examiners. The application should specify by how long you would like to extend the deadline and explain the family commitments due to which you wish an extension. Please include documentation to substantiate the request. The application must be submitted before the relevant deadline.

6. Examinations

In general, an examination is deemed to have been failed if you exceed the deadlines for registering for or de-registering from the exam or for taking the exam for reasons for which you are responsible. If these deadlines are exceeded due to family commitments, you can state and substantiate the reasons that justify exceeding a deadline in writing immediately after their occurrence and apply for

an extension of the deadline in accordance with Section 20 (4) APO. Please address your application to the boards of examiners and submit it to the Examinations Office, which will forward it to the responsible board of examiners. Your application should specify the examination in question and the family commitments that kept you from meeting the registration/de-registration deadline or sitting the exam. Possible reasons include caring for an ill child or being the only available person to look after the child. Please include documentation to substantiate the request.

Information

More information is available on the Examinations Office's website:

[ku.de/pruefungsamt](https://www.ku.de/pruefungsamt)

7. Required attendance

In courses with required attendance, you are not allowed to miss more than 25 percent of the class as per Section 22 (2) of the General Examination Regulations (APO). Should you miss more than 25 percent, you can submit an application to the board of examiners, in which you request the necessary ECTS credits for the module to which the class belongs despite your absences. The board of examiners can provide you with an alternative way to reach the desired learning outcome. Please submit your request directly to the board of examiners. In the request, please explain

the family commitments that prevented you from fulfilling the required attendance to the necessary extent. Please include documentation to substantiate the reason. The board of examiners will then carefully consider your family situation and work towards finding a family-friendly solution.

8. De-registration

You also have the option of formally terminating your studies before completing your degree program. You should only consider this option if you have exhausted all other possibilities (for example, taking leave of absence). The readmission process is effected in accordance with the corresponding applicable legal regulations. The continuation of your studies is governed by the version of the examination regulations as applicable at the point in time of re-enrollment.

Please note: If you officially terminate your studies with the goal of returning later to complete them, you might encounter problems further along in the course of your studies. Please consult with an advisor before taking this step! The Student Office can provide you with all the information you need.

9. Pregnancy and maternity protection

Since January 1, 2018, the Maternity Protection Act also applies to students. The rights of the Maternity Protection Act apply automatically and are not dependent on whether the expectant mother notifies the university of the pregnancy or not. However, many rights can only be guaranteed if the university is notified of the pregnancy.

9.1 Notification of pregnancy and breastfeeding

The student should therefore inform the KU of her pregnancy and the expected date of delivery as soon as she knows that she is pregnant. The notification must be sent to the Student Office, the corresponding form can be found on the website of the Student Office. If a student is working for the KU in addition to her studies for example as a student assistant, she should also notify the HR department of her pregnancy. Proof of pregnancy in the form of a medical certificate or a midwife's certificate must also be provided with the notification to the KU.

9.2 Protection periods

The maternity leave period starts six weeks before the estimated due date. If the actual day of childbirth deviates from the due date, the protection period shall be extended or shortened accordingly. The protection period after childbirth is eight weeks or twelve weeks in case of multiple birth or premature birth. Furthermore, the protection period in case of premature birth shall also be extended by the time which could not be used up before childbirth. The protection period will be calculated by the Student Office as soon as the student has notified the University of the estimated due date and will be communicated to the student.

9.3 Waiver of protection periods

If the student waives the protection periods, she can continue her studies during the actual maternity protection period. She will then still be able to sit examinations and take courses after 8 p.m. or on Sundays or public holidays.

The waiver must be communicated to the Examinations Office. The declaration of waiver may be revoked at any time, however, only with effect for the future (at the earliest starting from receipt of the revocation by the Examinations Office).

If the student does not declare her waiver but still takes part in an examination or corresponding courses or assessments, her participation is deemed to be an implied declaration of waiver. The participation in the examination is valid. In this case, the student will not be able to claim entitlement to her protection period afterwards.

9.4 Risk assessment

The University is obliged to carry out a risk assessment together with the student. The respective faculty manager and/or Dean (in collaboration with the Security Officer of the KU) shall be responsible for carrying out the risk assessment. In the context of such a risk assessment, it shall be investigated and determined whether the course of study creates a situation which poses a potential health risk to the expectant student or the unborn child. If this is the case, the University shall take appropriate measures in order to eliminate the risk situation. If no appropriate measures for eliminating the risk are available, it is not possible for the student to waive the protection period.

If a student is working for the KU in addition to her studies for example as a student assistant, a separate risk assessment must be carried out with regard to the hazards that may arise in connection with her workplace and activities.

The KU Security Officer is responsible for carrying out this risk assessment.

9.5 Adjustments to compensate for disadvantages

The student must not be adversely affected by the pregnancy and parental leave. For example, she shall be entitled to take breaks from examinations, assessments or courses with required attendance in order to breastfeed her child or she must be given the possibility to complete other coursework components in compensation for an internship. The respective lecturers shall be notified in due time in order to ensure enough time for planning and organization.

9.6 Time off for medical examinations and breastfeeding

A pregnant student must be granted leave for medical examinations in connection with her pregnancy. During the first twelve months after childbirth, the mother has the right to breastfeed her child at least two times a day for half an hour.

Information

You can find comprehensive information on the protection periods, pregnancy notification and risk assessment on the Student Office's website:

ku.de/en/study-at-the-ku/during-your-studies/organizing-your-studies/academic-progress-administrative-matters/maternity-protection-and-parental-leave

10. Parental leave

Students are entitled to parental leave in the same way as employees. However, this only applies to students who are employed but plan to work less than 32 hours per week during parental leave. Parental leave allows both parents to take unpaid leave for up to 36 months until their child is three years old. Up to 24 of the 36 months can be used later between the ages of three and eight.

Generally speaking, taking parental leave does not have any direct relation to claiming parental allowance. Parental leave is available to all employees. You must submit parental leave requests in writing to your employer no later than seven weeks prior to the start date of your requested leave; no official confirmation by the employer is necessary.

Information

You can find the guidelines for family-friendly regulations for students at the KU on this website:

[ku.de/en/campus-life/family-friendly-ku/information-for-students](https://www.ku.de/en/campus-life/family-friendly-ku/information-for-students)



1. Center for Marriage and Family in Society (ZFG)

The Center for Marriage and Family in Society is the KU's main point of contact for questions regarding studying as a parent. Here, future parent students can get support and advice. The Center's employees are there to discuss



possible individual solutions for expectant or young student parents together via e-mail, phone or zoom or in a personal appointment. The consultation covers topics such as childcare, study planning to balance family

and care responsibilities or KU offers for employees and students with family and care obligations.

Contact

Center for Marriage and Family in Society
Marktplatz 4
85072 Eichstätt, Germany
Phone: +49 8421 93-21141
E-mail: familie@ku.de
[ku.de/zfg](https://www.ku.de/en/campus-life/family-friendly-ku)
[ku.de/en/campus-life/family-friendly-ku](https://www.ku.de/en/campus-life/family-friendly-ku)

2. Student Advisory Service

The Student Advisory Service at the KU is here to assist prospective students and those already enrolled in finding the right degree program, answering questions about the application and admission process, handling enrollment, finding housing, financing your studies, and more. The advisors can also help with questions regarding the organization of your studies, as well as changing your degree program or study subject.

Contact

Student Advisory Service
Marktplatz 7
85072 Eichstätt, Germany
Room: MP7-001 / 002
Phone: +49 8421 93-21283 or 93-21480
E-mail: studierendenberatung@ku.de
[ku.de/en/study-at-the-ku/advice](https://www.ku.de/en/study-at-the-ku/advice)

3. Subject advisors at the faculties

If you have questions about a specific program, about subjects and their career prospects, or if you have detailed questions about the structure of the program, please contact the subject advisor for that specific department.

Contact

[ku.de/en/study-at-the-ku/advice/subject-advisors](https://www.ku.de/en/study-at-the-ku/advice/subject-advisors)

4. Student Office

The Student Office is your point of contact for all organizational matters related to starting and pursuing your studies. Here, you can enroll, apply for degree programs with admission restrictions, re-register, apply for a semester of leave or change your study subject or degree program.

You can find all application forms on the Student Office's website. The website also provides information for international prospective students and professionals without a high school diploma or equivalent qualification. If you would like to find out more about leave of absence, health and accident insurance, or have your period of study certified, you will find everything you need here as well.

Contact

Student Office Eichstätt
Marktplatz 7
85072 Eichstätt, Germany
E-mail: studierendenbuero@ku.de

Student Services Campus Ingolstadt
Auf der Schanz 49
85049 Ingolstadt, Germany
Room: HB 010a
E-mail: wfi-studierendenbuero@ku.de

ku.de/studierendenbuero

5. Student Representative Council

The Student Representative Council represents the concerns and interests of students at the KU towards the University Administration and the public. Details on how student representation is organized at the KU can be found on the Council's website. Under the „News“ section, you will find dates, events, and announcements.

The Student Representative Council serves as a central point of contact for you as a student, handles your concerns confidentially if you wish, and helps you find the right people to speak with.

Contact

Student Representative Council
Ostenstraße 26
85072 Eichstätt, Germany
Room: Studihaus (KGC)
Phone: +49 8421 93-21713
E-mail: konvent-sprecherrat@ku.de

6. Gender Equality Officers

The Gender Equality Officers at the KU work to prevent disadvantages for students as well as for academic and non-academic staff. The Gender Equality Officers support the University in the fulfillment of its task of implementing genuine equality for women and men and respecting

gender equality as a guiding principle. Furthermore, they are working towards minimizing existing inequalities.

They provide advice and contribute to:

- the conceptualization of plans to promote development and equality,
- the elimination of discrimination and the resolution of gender-based conflicts,
- family-related and gender equality issues raised by members of the University regarding their academic and professional situations (e.g. balancing family life and work, ensuring equal opportunities), as well as concerns regarding the accessibility of the University for people with disabilities and impairments.

Contact

For more information, please visit:
ku.de/en/the-ku/organization/officers/womens-and-equal-opportunity-officer
E-mail: uni-frauenbeauftragte@ku.de

7. Psychological counseling

Studying at university is sometimes a challenge. Students can turn to the Psychological Counseling Service for a sympathetic ear and guidance on issues such as academic difficulties, relationship problems, or parenting challenges. The counseling service guarantees absolute confidentiality.

Psychological counseling is funded by the Studierendenwerk Erlangen-Nuremberg and the KU.

Contact

Psychological counseling
Please make an appointment by e-mail:
TMueller@ku.de, Juliane.Deane@ku.de oder
Teresa.Haehnel@ku.de

Open office hours (by phone only):
Mondays, 9.00-10.00 a.m. with Julia Deane:
Phone +49 8421 93-21664
Tuesdays, 3.00-4.00 p.m. with Tanja Müller,
Phone +49 8421 93-21415

ku.de/en/study-at-the-ku/advice/psychological-counseling

THI Counseling Center for students in Ingolstadt:
thi.de/en/studies/thi-counselling-services/beratung-fuer-studierende/psychological-psychotherapeutic-counselling/

If you are in an urgent crisis situation, please contact:

- Bavarian crisis hotline: Emergency help, 24/7 Phone +49 800 655 3000
- Telephone counseling service (24 h), Phone +49 800 1110111 or +49 800 1110222 (free of charge)

8. Legal advice

For students at the KU, legal advice is available at the offices of the law firms Dr. Verghe & Partner (Eichstätt) and Rudolf, Goldschadt & Kollegen (Ingolstadt). The advice covers all areas of law. Any further advocacy activities that go beyond the conversation, such as drafting letters, representation in court or before authorities, preparing legal opinions, etc., require a separate mandate from the person concerned.

Students have to pay a fee of 5 euros at the legal office immediately when starting the consultation. The remaining costs of the legal advice are taken over by the Sozialwerk and settled directly with the law firm. If you require legal advice, contact one of the two offices mentioned, arrange an appointment and present your valid student ID. The legal office will record your student ID number.

Contact

Dr. Verghe & Partner mbB
Westenstraße 55
85072 Eichstätt
Phone +49 8421 97290

Rudolf, Goldschadt & Kollegen
Gymnasiumstraße 25
85049 Ingolstadt
Phone +49 841 9351380; kanzlei-rgk.de

9. General advice on student grant BAföG

For many students, financial aid under the German Federal Training Assistance Act (BAföG) is an important aspect of funding their studies. At the Studierendenwerk Erlangen-Nürnberg, you can get information about federal financial aid as well as guidance on how to apply.

Contact

For the Eichstätt campus

Amt für Ausbildungsförderung beim
Studierendenwerk Erlangen-Nürnberg
Geschäftsstelle Nürnberg
Andreij-Sacharow-Platz 1
90403 Nürnberg
Phone: +49 9131 8002-59

For the Ingolstadt campus

Amt für Ausbildungsförderung
Studierendenwerk Erlangen-Nürnberg
Geschäftsstelle Erlangen
Hofmannstr. 27
91052 Erlangen
Phone: +49 9131 8002-900

For more information on this topic, please visit:

bafög.de

10. Studierendenwerk Erlangen-Nuremberg

The Studierendenwerk Erlangen-Nuremberg plays an important role for KU students. It serves as a point of contact for questions about student life, such as those regarding BAföG or finding accommodation. In the „WERKsWeiser“ brochure, you will find information relevant to your studies and useful links.

Its social counseling office is also an important resource for you when it comes to studying while raising a child and the questions arising in that context. Consulting is often carried out in close collaboration with other partners inside and outside of the Studierendenwerk.



Contact

Studierendenwerk Erlangen-Nuremberg

You can find responsible contact persons on the website of the Studierendenwerk:

werkswelt.de

Social counseling office of the Studierendenwerk

Sabine Eschelbach

Phone: +49 9131 8002-757

E-mail: sozialberatung@werkswelt.de



Accommodation

1. Accommodation in Eichstätt

The St. Gundekar-Werk operates several student dormitories at its Eichstätt location. For students with children, there are three family apartments available for students with children in the Kardinal-Schröffer-Haus housing complex as well as three parent-child apartments in the „CubeStay“ building.

In addition, there are other housing complexes operated by non-profit and private organizations. As is the case at other universities, students often rent private apartments as well. It is always worth checking out the notice boards on campus.

There is a list of available private rooms and apartments online.

2. Accommodation in Ingolstadt

In Ingolstadt, too, there are several student housing options run by non-profit and private organizations that allow students to live near the city center and the University at affordable prices.

Information

For more information about the Kardinal-Schröffer-Haus, please visit:

St. Gundekar-Werk Eichstätt
Winkelmannstr. 1
85072 Eichstätt
Phone: +49 8421 98300-20

gundekar-werk.de

An overview of all student accommodation options in Eichstätt and Ingolstadt, as well as a list of available rooms and apartments, is available online at:

ku.de/wohnen

Childcare

1. University crèche “Uni-Kinderhaus“

Balancing the responsibilities of being a parent with those of being a student is a major challenge. The KU makes this balancing act easier by providing its own on-campus daycare center for students, the Uni-Kinderhaus.

The Uni-Kinderhaus e.V. association is a self-managed parent-led initiative that grew out of a student support group. The purpose of the University crèche is to enable students to begin or continue their studies despite having a child or children. Children whose at least one parent is enrolled at a Bavarian university or university of applied sciences are eligible for admission to the Uni-Kinderhaus. Membership in the association is a prerequisite for admission.



Contact

Kinderhaus e.V.
Ostenstraße 18
85072 Eichstätt
Phone: +49 8421 93-21770
E-mail: uni-kinderhaus@ku.de

For more information about the Uni-Kinderhaus, its educational approach, tuition fees, and current hours of operation, please visit:

uni-kinderhaus.de

2. “Mobile Familie e.V.“ association

In April 2016, the KU joined the association “Mobile Familie e.V.”. The association offers students and employees free information and a referral service covering all aspects of daycare – whether a nanny, au pair, or short-notice care provider. They provide advice, information, and support for families who are in need of childcare solutions or support for their family members and help them find a suitable caregiver. During a personal talk about your family situation, they will work with you to develop tailored solutions.



Contact

Mobile Familie e.V.
Moshammerstr. 1
85049 Ingolstadt
Phone: +49 841 99398290
E-mail: info@mobile-familie.de
mobile-familie.de

2. Pedagogical Center

The Pedagogical Center and the KU have been collaborating since May 2017. As part of this collaboration, a limited number of spots are now available for KU students and employees at the facilities of the Pedagogical Center.

The Supporters Association of the Pedagogical Center and “Haus Miteinander” are a non-profit limited liability company with many years of experience in educational work. They are a social services provider in Ingolstadt and in Upper Bavaria (Region 10), and operate various educational and therapeutic facilities. The focus of their work is on the care, education, upbringing, and support of children and young people. The pedagogical foundations of the center are special needs education, Montessori education, and social pedagogy.



Contact

Pädagogisches Zentrum Förderkreis +
Haus Miteinander gGmbH
Johann-Michael-Sailer-Str. 7
85049 Ingolstadt
Phone: +49 841 4913-0
E-mail: info@pz-in.de
pz-in.de

3. Childcare in Eichstätt

In the district's Family App, you'll find the addresses of kindergartens, after-school day care centers, and schools in Eichstätt and the region.

"KinderWelt e.V." is a specialized service for child day care in the Eichstätt district. The daycare center is there to help if you are looking for a qualified daycare provider for your child. Throughout the entire care period, the specialized service is available to provide guidance and supports the child care providers in their work.

Information

For more information and a list of childcare facilities, please visit:

<https://familienapp-eichstaett.de/wissenswertes/kindertagesbetreuung-5877>

4. Childcare in Ingolstadt

There are a wide variety of childcare facilities in Ingolstadt; an overview can be found on the city's website.

Information

A list of childcare facilities is available at:

ingolstadt.de/Leben/Kinder-Jugend-Familie/Kinderbetreuung

5. KU vacation program for children

During school breaks that fall within the academic term, the KU offers a vacation program for the children of KU students and staff. For a small participation fee, children aged six to twelve can take part. In addition, there are a wide variety of other vacation programs available in the region. You can find an overview on the KU website under the family-friendly KU section.

Information

You can find information on the KU's vacation program and other offerings here:

ku.de/en/campus-life/family-friendly-ku/information-for-students/childcare

1. Student grant BAföG

If you are eligible for BAföG and live in the same household as your child, the monthly needs-based allowance increases by 160 euros per child. This child care allowance is granted to only one parent.

Information

For more information on BAföG, please visit:

bafög.de

The toll-free BAföG hotline is available Monday through Friday from 8 a.m. to 8 p.m. at:
Phone: +49 800 223-63 41

As a general rule, BAföG benefits are paid only as long as the student is actually enrolled in a study program. These benefits are also provided if, as a student, pregnancy prevents you from continuing your studies. However, the interruption of studies due to pregnancy may not last longer than three months. If studies are interrupted for more than three months, BAföG will no longer be paid out. After the end of the interruption of studies, it may be resumed.

In addition, financial aid may be granted beyond the maximum duration of support if pregnancy or raising a child is the reason for the extension of the study period.

2. Parental allowance

Parental allowance is another form of financial support in Germany available after the birth of your child. You are eligible for the basic parental allowance if you plan to care for your child yourself during the first few months after birth. It is paid out for 12 months, or 14 months if the so-called 'partner months' are used. This also applies to students if they did not work in the year prior to the birth and therefore had no income. For students without a regular income, the parental allowance is 300 euros net per month. The amount of parental allowance is independent of the number of weekly hours of study. In addition, it is possible to work part-time for up to 32 hours per week while receiving the basic parental allowance.

The duration of parental allowance being paid out depends on the chosen option. Under the basic parental allowance, both parents are jointly entitled to a total of 14 monthly payments. Parental leave benefits must be applied for in writing at the responsible parental leave office.

Information

Further information on parental allowance, as well as a calculator is available at:

familien-wegweiser.de/Elterngeldrechner

bmfsfj.de/bmfsfj/themen/familie/familienleistungen

You can submit an online application for parental leave benefits at:

www.zbfs.bayern.de/familienleistungen/elterngeld/

3. Child benefit

In Germany, child benefit is paid to all families regardless of income. It amounts to 259 euros per month for each child. Parents are entitled to child benefit at least until the child turns 18. Only one person can receive child allowance for a child at a time. In order to receive child benefit, you must submit a written application to the relevant Family Benefits Office (employment agency).

Information

For more information on child benefit, please visit:

bmfsfj.de/bmfsfj/themen/familie/familienleistungen/kindergeld

arbeitsagentur.de/familie-und-kinder

4. Supplementary child allowance and advance child support

In addition, the Family Benefits Office may grant a supplementary child allowance of up to 297 euros to low-income parents. The child allowance is granted for six months. Single-parent students are also eligible for advance child support payments for children up to the age of 12 if the non-custodial parent does not pay child support or does not pay it on a regular basis. Children between the ages of 12 and 18 may also receive an advance on child support under certain conditions. The amount of the advance child support payment depends on the child's age.

Information

For information on the federal child allowance in Germany, please visit:

arbeitsagentur.de/familie-und-kinder/kinderzuschlag-verstehen

For child support advance payments, please visit:

familienportal.de/familienportal/familienleistungen/unterhaltsvorschuss

5. German welfare benefit "Bürgergeld"

If your studies are eligible for financial aid under the Federal Training Assistance Act (BAföG), you are generally not entitled to ongoing benefits to cover your living expenses through the German welfare benefits program "Bürgergeld". An exception is made for cases of exceptional hardship, in which the Bürgergeld is granted as an interest-free loan.

This may be the case, for example, when

- studies were put on hold due to the birth of a child and the associated childcare responsibilities,
- the course of study takes longer than the period covered by BAföG funding due to pregnancy, and successful completion is at risk by a lack of funds.

Even if you are not eligible for Bürgergeld, you may be eligible for additional allowances and one-time benefits. For expectant mothers, starting from the 13th week of pregnancy, if there is a corresponding need, an additional allowance equal to 17 percent of the standard rate is granted.

Information

More information is available at:

arbeitsagentur.de

6. Foundations

6.1. Bundesstiftung Mutter und Kind

Pregnant women in financial need can apply for assistance from the Federal Foundation - Mother and Child ("Bundesstiftung Mutter und Kind"). Financial assistance is provided, for example, for maternity clothes, baby supplies, or furnishing the home. The amount and duration of assistance depend on the individual's circumstances. To be eligible for financial assistance, you must provide a pregnancy certificate and demonstrate that you are in a situation of financial hardship where your own income or other forms of support are insufficient to cover the costs associated with pregnancy, childbirth, and raising the child.

An application can only be submitted in person during pregnancy at a pregnancy counseling center, such as the one at the Eichstätt District Office or the Ingolstadt Public Health Department.

Information

More information is available at:

bmbfsfj.bund.de/bmbfsfj/meta/en/publications-en/federal-foundation-mother-and-child-86488

6.2 Sozialdienst katholischer Frauen

The „Madame Courage“ program, run by the Catholic Women's Social Service (Sozialdienst katholischer Frauen, SkF), supports single mothers who are in the final stages of their studies. The maximum financial assistance is based on the amount of BAföG benefits. You are eligible for financial assistance if you are a single parent, do not have sufficient income, and are in the final stages of your studies with the prospect of earning a degree. The application can only be submitted to the SkF Regional Association of Bavaria. The duration of funding is a maximum of two semesters.

Information

More information is available at:

skfbayern.de/aufgaben-projekte/projekt-madame-courage

6.3 Hildegardis-Verein

The Hildegardis Association provides interest-free loans to female students of Christian faiths who have no other sources of funding available to them. Funding is available for first and second degrees, as well as for additional qualifications and professional development programs. As an applicant, you must provide the association with details of your specific financial needs. The loans are granted up to a maximum total amount of 10,000 euros and are disbursed in monthly installments of 250 or 500 euros. The loan must be repaid no later than two years after the final installment is disbursed.

Information

More information is available at:

<https://hildegardis-verein.de/projekte/darlehen/>

7. Scholarships

7.1 Organizations for the promotion of gifted students

Organizations that support gifted students are funded by the Federal Ministry of Education and Research and provide financial support to students with outstanding academic achievements. There are 13 such institutions in Germany that award scholarships to undergraduate and graduate students. Academic excellence is just as important in an application as community or social involvement. Organizations that support gifted students reflect the diversity of society. There are religious and politically oriented organizations for the promotion of gifted students, as well as one with an entrepreneurial focus, one affiliated with labor unions, and one that is ideologically, religiously, and politically independent. The 13 organizations for the promotion of gifted students are, in alphabetical order:

- Avicenna-Studienwerk
- Cusanuswerk e.V.
- Ernst Ludwig Ehrlich Studienwerk
- Evangelisches Studienwerk e.V. Villigst
- Friedrich Ebert Stiftung
- Friedrich Naumann Stiftung für die Freiheit
- Hanns-Seidel-Stiftung
- Hans-Böckler-Stiftung
- Heinrich-Böll-Stiftung
- Konrad-Adenauer-Stiftung
- Rosa-Luxemburg-Stiftung
- Stiftung der Deutschen Wirtschaft
- Studienstiftung des deutschen Volkes

“Family in the University“ charter

All foundations grant financial support in accordance with the standards set by the Federal Ministry of Research, Technology and Space. Students receive a basic monthly grant of up to 855 euros. The exact amount is based on the federal student grant (BAföG) norm. An additional fixed sum of 300 euros per month is granted to all scholarship holders to cover costs directly related to their studies. Doctoral candidates receive a monthly scholarship of 1350 euros and an additional 100 euros per month to fund their research. Doctoral students with children are granted an additional 155 euros per month (family allowance). In addition, they are granted a monthly child allowance, which is 160 euros for students. Scholarships are only granted for the maximum duration of the federal student grant (BAföG). If this period needs to be extended due to pregnancy or childcare needs, the Federal Training Assistance Act (BAföG) regulations apply. The scholarship does not need to be paid back.

Organizations for the promotion of gifted students also provide moral support. This may include various educational opportunities such as seminars, workshops, holiday academies or group projects, depending on the

organization. Interdisciplinary as well as subject-specific exchange are key components of these scholarship programs, as is networking. Before you apply, consider carefully which organization best fits your beliefs and values. These scholarships are available to students from Germany and the EU as well as international students who are eligible for permanent residency in Germany as per Section 8 of the Federal Training Assistance Act (BAföG). Please visit the individual organizations' websites for specific information on how to apply.

Information

For more information on the programs offered by the 13 organizations for the promotion of gifted students and doctoral candidates, as well as links to the websites of the individual organizations, please visit:

stipendiumplus.de

1. The network

Since September 2016, the KU has been a member of the “Familie in der Hochschule e.V.” (Family in the University) initiative. In doing so, it commits to ensuring that family life can be balanced with studies or work and to continuously advancing this goal.



The network of various universities functions as a best-practice club. It provides an opportunity to share experiences and thus develop standards for greater family-friendliness. The “Family in the University” charter is designed to meet the needs of students, employees, faculty, and researchers. It extends to all aspects of university life: Leadership and support, research, study and working conditions, health promotion, infrastructure, and networking. The participating universities have voluntarily committed to making these areas more family-friendly.

Information

More information is available at:
familie-in-der-hochschule.de

2. Mission Statement and goals of the KU

“The Catholic University of Eichstätt-Ingolstadt (KU) fulfills its social responsibility by supporting all its members in leading a good life in and with families in all aspects of life and all phases of qualification. It commits to ensure that family responsibilities can be balanced with academic studies or a career. The Center for Marriage and Family in Society (ZFG) at the KU supports and promotes the fundamental goal of family-friendliness through research and transfer projects in the church and public.”

In accordance with the charter, the KU pursues the following objectives:

- Expanding and enhancing counseling and information services, as well as maintaining ongoing dialog with all University members on family-related issues;
- Developing a family-friendly work structure, particularly with regard to work, study, and meeting schedules;
- Expanding child care options;
- Special attention to the needs and support of employees and students who are caring for family members;
- Ongoing expansion of infrastructure for families.

Contact

Center for Marriage and Family in Society (ZFG)
Marktplatz 4, 85072 Eichstätt
Phone: +49 8421 93-21141
E-mail: zfg@ku.de
ku.de/zfg
ku.de/familienfreundlich

Useful links for student parents

Counseling centers

Amt für Familie und Jugend
(Eichstätt District Office)
Residenzplatz 1
85072 Eichstätt
Phone: +49 8241 70-123
E-mail: jugendamt@lra-ei.bayern.de
landkreis-eichstaett.de

Caritas Kreisstelle Ingolstadt
Allgemeine Sozial- und Lebensberatung
Jesuitenstr. 4
85049 Ingolstadt
Phone: +49 841 309-128

Erziehungs- und Familienberatung Eichstätt
Ostenstr. 31a
85072 Eichstätt
Phone: +49 8421 8565
E-mail: erziehungsberatung@caritas-eichstaett.de

Katholische Beratungsstelle
für Schwangerschaftsfragen
Schrannenstr. 1a
85049 Ingolstadt
Phone: +49 841 93755-0
E-mail: schwangerenberatung@skf-ingolstadt.de
skf-ingolstadt.de

Koordinierende Kinderschutzstelle (KoKi)
Landratsamt Eichstätt
Residenzplatz 2
85072 Eichstätt
Phone: +49 8421 70-396
E-mail: koki@lra-ei.bayern.de
landkreis-eichstaett.de

Psychologische Beratungsstelle für
Ehe-, Familien- und Lebensberatung
Kanalstr. 16-18
85049 Ingolstadt
Phone: +49 841 93151811
E-mail: efl.ingolstadt@bistum-eichstaett.de

Staatlich anerkannte Beratungsstelle für
Schwangerschaftsfragen
Grabmannstraße 2
85072 Eichstätt
Phone: +49 8421 70-521
E-mail: schwangerschaftsberatung@lra-ei.bayern.de

VAMV - Verband alleinerziehender Mütter und Väter
Hasenheide 70
10967 Berlin
Phone: +49 30 6959786
E-mail: kontakt@vamv.de
vamv.de

Pregnancy

Bayerisches Staatsministeriums für Familie, Arbeit und
Soziales (for all pregnancy-related topics or problems):
schwanger-in-bayern.de

Bundesministerium für Bildung, Familie, Senioren, Frau-
en und Jugend (for topics connected to pregnancy):
[bmbfsfj.bund.de/bmbfsfj/themen/familie/
schwangerschaft-und-kinderwunsch](http://bmbfsfj.bund.de/bmbfsfj/themen/familie/schwangerschaft-und-kinderwunsch)

Bundeszentrale für gesundheitliche Aufklärung (BZgA):
familienplanung.de

Student parents

Comprehensive information of Studierendenwerk Gießen:
kind-und-studium.de

Info page of the Deutsches Studierendenwerk:
studierendenwerke.de/themen/studieren-mit-familie

Info page on studying abroad with child:
auslandsstudium-mit-kind.de

Children and family

Bayerisches Landesjugendamt (valuable tips and insights
into different development stages of your child):
elternimnetz.de/elternbriefe

Bundesministerium für Bildung, Familie, Senioren,
Frauen und Jugend:
bmbfsfj.de
familienportal.de

Zentrum Bayern Familie und Soziales (Bayerisches
Sozialministerium):
zbf.s.bayern.de

Bayerisches Staatsministerium für Familie, Arbeit und
Soziales:
stmas.bayern.de/familie.php



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