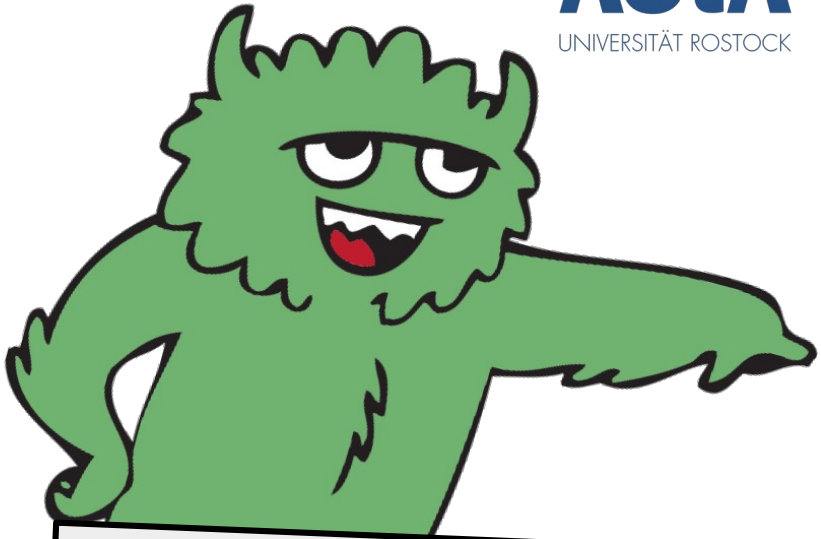




BOOKLET
FOR ALL SOON-TO-
BE PARENTS AND
STUDENTS
WITH CHILD(REN)

Dear fellow student,

This booklet is the result of a lengthy search and gathering of information that was preceded by several months and in some cases almost years of own experience and the sometimes bitter search for help in the labyrinth of questions. In short: this is a matter of the heart. This booklet aims to help you and the many many other students with children and all those soon-to-be parents avoid unnecessary stress. It is an attempt to bundle as much information as possible about studying with children at the University of Rostock and to present possible solutions to problems. The focus is placed on problems linked directly to studies and how they are financed. There is already sufficient material on when, where and how health-related and social support is available during pregnancy and thereafter. We would be very grateful for any questions, suggestions and requests for the further development of this booklet. Please contact studiumkind.asta@uni-rostock.de. Use this address to contact the current project staff at the Students' Union.

Good luck, and don't get yourself down!

Rostock in January 2024,

Yours, Maya - Project Member Studying with Child(ren)

It's unfortunate that this guide wasn't available when I was pregnant, so a big thank you to Maya for bringing it to life. All the better for you that you now have this wealth of information at your fingertips. My office hours will continue to take place at the family café. I am always available there, with my child, and I am happy to hear about your problems, because we can only change things if we know what is going wrong. We are aware of many issues, many are being addressed (bureaucracy...), we are still looking for ways to make this transparent, but we never tire of hearing about what is going badly or what is not working at all.

I wish you lots of success and send my best regards,

Rostock, October 2025

Malenka – AStA Project Member Studying with Child(ren)

Contents

STUDY ORGANISATION.....	6
THE POSSIBILITIES AT A GLANCE.....	8
Leave of absence.....	8
Regular continuation of studies.....	9
Continuation of studies at a reduced extent.....	10
Dropping out of studies completely.....	10
MONEY, MONEY, MONEY !?.....	12
Initial equipment from the <i>Bundesstiftung Mutter und Kind</i>	12
Reimbursement of semester fee due to social reasons.....	13
Maternity pay.....	14
Parental allowance.....	15
Child benefit.....	17
<i>Kinderzuschlag</i> (supplementary child allowance).....	18
Childcare supplement pursuant to § 14b BAföG.....	19
CHILDCARE OPTIONS.....	20
Crèches/Nurseries/Daycare.....	20
Emergency childcare.....	22
CAMPUS LIFE WITH YOUR CHILD(REN).....	23
Mensa (cafeteria).....	23
Baby changing facilities.....	24
Library services.....	24
General accessibility.....	25
KESS Rooms.....	26

CHECKLIST & TIMELINE.....27

CONTACTS.....30

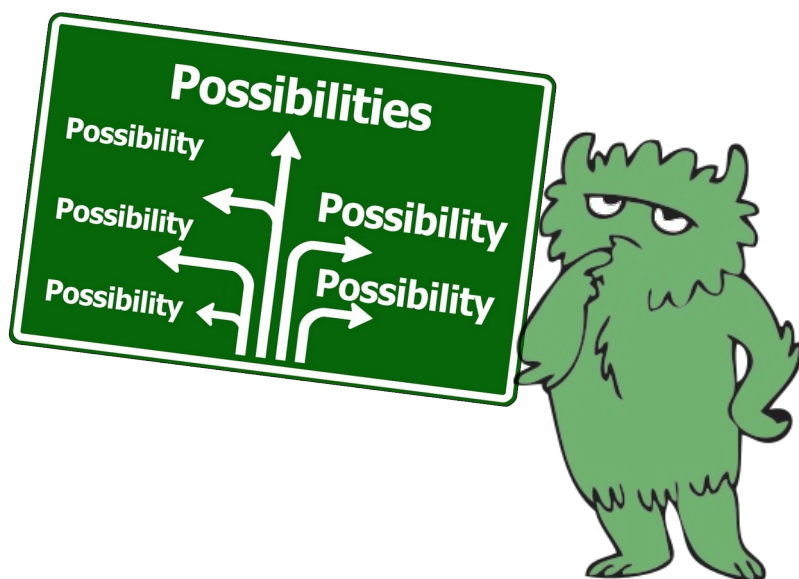
ORGANIZING YOUR STUDIES

No matter whether you are in your 1st or 13th semester - first things first, take a deep breath and then arrange a meeting with the respective academic advisor or the Student Advisory Service.¹ These will help you draw up your timetable for the next semester and will look what you will be able to achieve realistically prior to birth. It can be helpful to request a different kind of examination if the regulations allow it. The academic advisors should have an open ear for all kinds of questions - otherwise you can always turn to your Department Student Council for subject-specific brainstorming. Important: students also have a right to maternity leave and protection, i.e. more specifically, they may not take any examinations within 6 weeks prior to the estimated date of birth and in the first 8 weeks after birth.² However, if you explicitly declare your willingness to take an examination, you may of course take it. Please also note: You are not obliged to

¹<https://www.uni-rostock.de/en/study/study-organization/during-studies/consultation-during-studies/>

²[Maternity leave - University of Rostock](#)

inform the university (in that case the Examination Office) of your pregnancy! However, if you submit a request for recognised withdrawal from an examination at short notice and the reason for this is your pregnancy or your recently born child, it is better if you have informed the university of your condition as soon as possible so that you will not be faced with problems later on, or in this exact moment. That can save a significant amount of stress, especially if you are planning to take examinations in the last 6 weeks prior to the estimated date of birth, where the child might decide to come early. :)



THE POSSIBILITIES AT A GLANCE

Leave of absence

...ideally during the semester of or after the birth and possibly longer. The question of all questions for many pregnant students – not the only solution and by no means a must. First and foremost, you should be aware of the consequences: if you receive BAFöG, this will be suspended during a semester of leave. On the other hand, you will then be entitled to benefits from the job center, such as Wohngeld”³ or “Bürgergeld”. In many cases, it may be sufficient to structure your study plan in such a way that you do not need to take a leave of absence at all. If, for example, the child is born during the lecture-free period, you may be able to attend two courses in the following semester. Since babies sleep a lot at the

³https://rathaus.rostock.de/de/service/aemter/amt_fuer_soziales_und_teilhabe/wohngeldreform_und_heizkostenzuschuss/257532

beginning anyway, try taking your child with you, or perhaps you have someone who can take them for a walk in the meantime and lets you know if you are needed. Your BAFöG entitlement is extended by one semester per pregnancy and per year of a child's life, so you won't need to worry about that. You can apply for your semester of absence at the Students' Registration Office.⁴ Important: You can also apply for a second semester of absence!

Regular continuation of studies

...a good option, especially in the first months of a child's life for parents who are not breast-feeding - you can expect things to get livelier later on. But of course, this is completely dependent on what you are studying and in which semester! It makes sense to obtain detailed advice on this matter. Depending on the teacher—you should discuss this in advance—you can also try to take your child with you to classes. For this you could use the KidsBox (more in the chapter “Campus life with

⁴[https://www.uni-rostock.de/studium/studienorganisation/im-studium/beurlaubung/\[de\]](https://www.uni-rostock.de/studium/studienorganisation/im-studium/beurlaubung/[de])

children”).

Continuation of studies at a reduced extent

After consulting with the academic advisor, you can see how you can continue your studies in a slightly reduced form even with a small child. Especially in a degree program with a heavy workload, it can also be very useful to have an individual study plan approved by the relevant examination board in order to have better planning security. This also allows you to avoid the pitfalls of official part-time study, which means, for example, that you would no longer be eligible for BAFöG funding. → However, part-time study does not just happen, and in some cases it can be very helpful (if you are not dependent on BAFöG). Your SPSO should state whether the program can be studied part-time, but academic advisors/examination offices or student councils should also be able to answer this question. Here is an overview of all part-time programs that are designed as minor

subjects.⁵

Dropping out of studies completely

Probably the most radical option. Deregistration and the related consequences should be considered carefully, both with a view to a possible resumption of studies, as well as organisational issues such as health insurance etc. You will also forfeit all of the other entitlements linked to student status.

Whatever you decide to do - make sure you always seek help from the corresponding contacts and information centres if you have any needs, questions, or issues. Here is a link to the general student advisory service's advisory navigator, which will help you find the various points of contact more easily.⁶ You are not alone!

⁵https://www.uni-rostock.de/studium/studienangebot/alle-studiengaenge-und-abschluesse/?tx_solr%5Bfilter%5D%5B0%5D=studyType%3ATeilzeitstudium

⁶<https://www.uni-rostock.de/studium/studienorganisation/im-studium/beratungsnavigator/>

**MONEY,
MONEY,
MONEY !?**



Initial equipment from the
Bundesstiftung Mutter und Kind

This foundation helps pregnant women in need. ‘A woman is in need if her income fails to cover the financial burden of pregnancy, birth, and looking after and raising an infant and other state benefits are not provided on time or are only insufficient.’ That means that you must be able to cover your own needs with your previous income, but not the additional costs of pregnancy and the expected child. You must contact one of the information centres prior to submitting a request. These will then roughly calculate whether you would be entitled to funding and then send on the request to the foundation.

This is definitely worth it, especially for the first child. The maximum funding amount varies from year to year, but it can be as much as € 1500! Further information can be found here⁷ and you can find a nearby information centre here.⁸

Reimbursement of semester fee due to social reasons

If you are short of funds, you may request the reimbursement of the semester fee due to social reasons, which in fact applies to all students at the University of Rostock. Since June 2023, the full amount of the semester fee is returned. The request form can be found on the AStA's webpages.⁹ Please note! If you live in a shared flat with your partner and you are both students, you have to submit a joint request form, or you both need to submit

⁷<https://www.bmfsfj.de/bmfsfj/meta/en/publications-en/federal-foundation-mother-and-child-86488>

⁸[https://www.dajeb.de/beratungsfuehrer-online/beratung-in-ihrer-naehe/\[de\]](https://www.dajeb.de/beratungsfuehrer-online/beratung-in-ihrer-naehe/[de])

⁹<https://www.asta-rostock.de/downloads-und-formulare/downloads/>

your own request form, which is then calculated accordingly.

Maternity pay

This is an extremely complicated topic, especially for students. The general rule of thumb is that you are entitled to maternity pay if you are in training and working in marginal employment at the same time. Furthermore, it makes a difference if you have your own statutory health insurance or you are insured in a family health insurance scheme. This has an effect on who is responsible for the payment. The family portal provides a good summary of this topic.¹⁰ It is best to find out whether you are entitled as soon as possible and you should discuss with your workplace who is responsible for submitting the request!

¹⁰[https://familienportal.de/familienportal/familienleistungen/mutterschaftsleistungen/bekomme-ich-mutterschaftsgeld-wenn-ich-geringfuegig-beschaeftigt-bin-zum-beispiel-minijob--125026\[de\]](https://familienportal.de/familienportal/familienleistungen/mutterschaftsleistungen/bekomme-ich-mutterschaftsgeld-wenn-ich-geringfuegig-beschaeftigt-bin-zum-beispiel-minijob--125026[de])

Parental allowance

As a student, you are also entitled to parental allowance. Unlike regular employment activities, there is no limitation to the amount of hours, so you can continue to study full-time, without losing out on any money. For (marginal) employment, the limit is 32 hours. Leave yourself enough time prior to birth to consider how you would like to use the time. Ideally, you will have your request form ready and will only need to send it off. Unfortunately, the process entails much more paperwork than for child benefit, so you need to leave yourself sufficient time – especially if you want to have it calculated (hot tip – this means you won't face any reductions if you are on social security benefits!!) ... which means you would need, for example, all of your pay slips from your employer from the past 12 months. By the way: it is now possible to fill everything out online.¹¹ For further information, visit the Federal Ministry for Family Affairs' webpages.¹² Please pay attention: The receipt of

¹¹[https://elterngeld-digital.de/ams/Elterngeld\[de\]](https://elterngeld-digital.de/ams/Elterngeld[de])

¹²<https://familienportal.de/familienportal/meta/languages/>

parental allowance obliges you to submit a tax return! This affects all years in which parental allowance is received. You can find more information about tax returns and parental allowance on the website of the Verein für Lohnsteuerhilfe (unfortunately not in English).¹³

Special conditions for international students: Foreign students can also receive parental allowance if they fulfil certain criteria. Citizens of EU member states, or Iceland, Liechtenstein, Switzerland or Norway, who live and work in Germany are entitled to parental allowance. However, if you come from another country and don't have a work permit in Germany, i.e. you are only here for vocational training and studies, you are not entitled to parental allowance.

[family-benefits](#)

¹³ <https://www.vlh.de/familie-leben/kinder/elterngeld-und-steuer-das-muessen-sie-wissen.html>

Child benefit

Anyone whose regular residential address is in Germany and who is fully liable to income tax, is entitled to child benefit for their children. The benefit amount 2026 is € 259 per child, regardless of income. The payment is made every month. All you need in order to request the benefit is the birth certificate of the child and your own tax identification number. Claims may only be backdated by a maximum of 6 months, so it makes sense to submit the form straight after birth so you're not faced with any financial disadvantages.¹⁴ It is now possible to submit the forms online.¹⁵

Special conditions for international students: Parents who are foreign citizens can also receive child benefits. For citizens of EU member states¹⁶, it is sufficient for your

¹⁴<https://familienportal.de/familienportal/meta/languages/family-benefits> and https://www.arbeitsagentur.de/datei/kg2-e-merkblattkindergeld_ba035395.pdf

¹⁵https://www.arbeitsagentur.de/datei/kb1-e-antrag-kindegeld_ba014064.pdf

¹⁶ Including Iceland, Norway, or Switzerland

usual residential address to be in Germany, or if you work here. For all other nationalities, there are either special regulations, or – if your Aufenthaltstitel (Residence Permit) is only for study purposes – no child benefit. Recognised refugees and asylum seekers have an unlimited right to child benefit.¹⁷

***Kinderzuschlag* (supplementary child allowance)**

If your income is not sufficient to cover the costs of your family, you may be entitled to supplementary child allowance (KiZ) if you fulfil certain requirements. The allowance is sometimes also referred to as “Kindergeldzuschlag”. You are only entitled if your regular income does not exceed a minimum and a maximum limit - depending on the number of children. Try out the calculation tool!¹⁸ It can amount to up to € 250

¹⁷https://www.arbeitsagentur.de/datei/kg-en-asylberechtigte_ba035100.pdf

¹⁸<https://web.arbeitsagentur.de/kiz/ui/start> [de]

per child, so it's definitely worth it

Childcare supplement pursuant to § 14b BAföG

Students who receive BAföG payments are also entitled to a childcare supplement for every child under the age of 14 years living in their household. The supplement currently amounts to € 160 per child and doesn't have to be paid back. You can request the supplement by submitting form 4¹⁹ initially after the birth of the child and later for each subsequent application.

In addition, the maximum funding period is extended, so if you are unable to complete your studies within the standard period of study due to pregnancy and childcare (which is likely, but not necessarily the case), you can still continue to receive BAföG. Again, this does not increase the amount of BAföG you will have to repay later. You can apply for one additional semester for the pregnancy and

¹⁹https://www.bafög.de/bafog/shareddocs/downloads/formblaetter/v2022/formblatt_4.pdf?_blob=publicationFile&v=5
[\[de\]](#)

one semester for each year of the child's life (up to the age of 5), i.e., a maximum of 5 semesters. A new application must be submitted for each year of the child's life. It may sound like a lot of work, but it's definitely better than burning out because you're trying to work on the side or finish your studies within the standard period of study. If necessary, seek advice or support in filling out the applications.

If you are eligible for BAföG, you are not entitled to “Wohngeld” (housing benefit), but if you are not (or no longer) eligible for BAföG (and can provide proof of a negative decision), you can apply for “Wohngeld”.

Child support for single parents

If you are a single parent, you should definitely seek child support. If you encounter difficulties, you can apply for an advance on child support (Unterhaltsvorschuss)²⁰ from the Youth Welfare Office (Jugendamt). It is also worth mentioning that you, as a single parent,

²⁰<https://rathaus.rostock.de/de/service/aemter/jugendamt/unterhaltsvorschuss/332279>

are entitled to childcare support. You may be entitled to this if you are the primary caregiver for the child and are therefore unable to work or continue your studies to the full extent, especially during the first three years of the child's life. To qualify, the other parent must be financially capable of paying, regardless of whether you were married or not. It is best to contact the Youth Welfare Office²¹ or, if necessary, your lawyer for childcare support. (There is also “Unterhalt für die werdende Mutter” (support for the expectant mother); you can certainly seek advice on this as well).

If you receive “Bürgergeld”, for example during a leave of absence, you can have your additional needs assessed.²²

²¹https://rathaus.rostock.de/de/service/aemter/amt_fuer_soziales_und_teilhabe/unterhaltsberatung/279204

²²<https://www.buergergeld.org/mehrbedarf-alleinerziehende/>

CHILDCARE OPTIONS

**Crèches/
Nurseries/
Daycare**



At some point, most parents reach the point where they would like to have enough time for their own lives or studies again. Luckily, in Germany parents are entitled to childcare from the age of 1 upwards. This has been completely free in Mecklenburg-Vorpommern since January 2020. If you already know when you would like to recommence studies, you can register your child in Rostock's nursery planner from birth onwards.²³ There you can select your preferred nursery and the age from which you require childcare. Students are covered by an agreement with the city, or more precisely with a provider, that is supposed to guarantee a childcare place in the city centre.²⁴ Depending on where you live, it can

²³[https://www.kitaplaner-mv.de/rostock/elternportal/de/\[de\]](https://www.kitaplaner-mv.de/rostock/elternportal/de/[de])

²⁴<https://www.uni-rostock.de/en/university/organization/>

make sense to send your child(ren) to a facility near to the university - but please remember that this might leave you with a journey to make in the non-lecture period. Experience has shown that it can often make sense to choose a nursery close to home. In the planner, you can choose from three different scopes of childcare: half-day (4 hrs.), part-time (6 hrs.), and full-time (max. 10 hrs.). As students, you are generally entitled to a full-time place - however, only if the other parent is themselves in training/a student, or in regular full-time employment. The request must be submitted to the competent council department by the end of every semester. Even if you have a full-time place, you do not have to leave your child in the nursery for 10 hours. We recommend checking the possible childcare hours before you select your preferred nursery. If you already know that your classes regularly take place until 5.00 p.m., you should choose a nursery that is open until 6.00 p.m. For most facilities, you should be able to make an appointment to visit in advance.

[university-administration/familienfreundliche-hochschule/
family-office/childcare/](http://university-administration/familienfreundliche-hochschule/family-office/childcare/)

If you or your child do not have your primary residence in Rostock, you are still entitled to a place in a daycare center due to your studies here, but you must submit the application to the youth welfare office of your primary residence (being close to work is sufficient justification). You can still use the daycare planner to find the various facilities, register your interest, and get in touch (just don't use it to submit your application!).

All those of you who live in Rostock should also look at the pages from the competent department for social affairs.²⁵

Emergency childcare

If unexpected stress arises and you can't simply miss that one block seminar, or the nursery has planned staff-study days in the middle of the semester and you have nowhere else you can "park" your child, you still have access to alternative childcare thanks to a cooperation agreement between the university and the association Elternzeit -

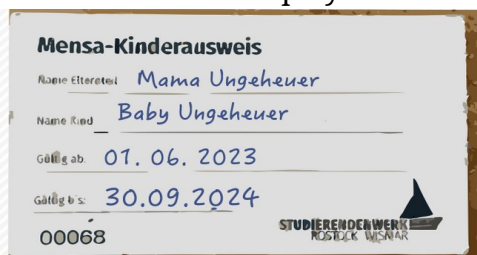
²⁵https://rathaus.rostock.de/de/service/aemter/amt_fuer_soziales_und_teilhabe/kindertagesbetreuung/krippe_kita_kindertagesbetreuung_informationen_fuer_eltern/331460

Rostocks Familienservice. If required, get in touch asap with the university's Family Office and fill out this form.²⁶ (the association used to be called fambeki - so don't let that confuse you)

CAMPUS LIFE WITH YOUR CHILD(REN)

Mensa (cafeteria)

Not easy to eat out comfortably with your child(ren)? It is at the Mensa! All of the Mensas in Rostock have play areas where your children can play after they have eaten whilst the grown-ups eat up or drink a cup of coffee. There are plenty of high chairs and baby changing facilities, and you can get yourself a kids' pass. This provides free meals to students' children. It is half a



²⁶[https://www.uni-rostock.de/storages/uni-rostock/UniHome/Verwaltung/Antrag_zur_Betreuungsfinanzierung_fambeki_2018.pdf\[de\]](https://www.uni-rostock.de/storages/uni-rostock/UniHome/Verwaltung/Antrag_zur_Betreuungsfinanzierung_fambeki_2018.pdf[de])

portion for every child (who has a pass and whose parent(s) studies) until they are 14. After they turn 14 kids of students pay students-prices. Further information on requesting the pass can be found here.²⁷ The children's meal card is now also issued until the end of the student's studies (i.e., always in combination with a valid student ID card). And it can be received via mail. It is also worth noting that "pregnant women and parents with small children [...] have priority over other people waiting"²⁸, so don't hesitate – whether you have a sleeping baby in a sling, a whining toddler in a baby carrier or in your arms, a hungry child clinging to your trousers, or whether the child is already waiting hungrily at the table with another familiar person — grab your child's Mensa card and speak to one of the staff members at the respective cafeteria to ask for a children's meal. Even if you are pregnant what might not be immediately apparent, you have the right to skip the line!

²⁷<https://www.stw-rw.de/de/mensen-und-cafeterien/informationen/kinderteller-kinderausweis.html> [de]

²⁸<https://www.stw-rw.de/de/mensen-und-cafeterien/informationen/kindertellerkinderausweis.html>

Baby changing facilities

The Family Office website provides a list of all diaper-changing facilities on campus.²⁹ For example in the main building of university (ground floor, hallway between the entrances) and in the Bebel Tower (ground floor, right side) in the accessible restrooms. In addition, there are changing facilities in the accessible restrooms at the Ulme and Süd mensa (dining halls); at the St. Georg Mensa(dining hall), however, they are unfortunately only available in the women's restroom. The changing facility at Parkstraße 6 is located in the women's restroom on the ground floor, but the building is a construction site at the moment. Otherwise, appropriate facilities are also available in all KESS rooms or in the restroom across the hall. Sometimes it's surprising where a changing table has been squeezed in—for example, there's one in the narrow hallway in front of the restrooms near the Orthopedics Lecture Hall on Doberanerstraße.

29



Library services

Unfortunately, as not all of the library locations are currently (this will also apply to the near future) accessible and equipped with corresponding facilities, it is possible to have media delivered to other locations (e.g. Bebel Tower to the Schwaansche Straße). It is also possible to ask members of staff to find the literature for you to save you walking through the library with your child(ren).

General accessibility

In spite of all of the efforts made by the university in recent years, if you have small children it is still sensible to have a sling or carrier with you at all times, so you can leave your buggy or pram somewhere if necessary.



KESS Rooms

The uni provides students and members of staff with children access to so-called “Child, Parent, Play and Study Rooms” (German acronym “KESS”) at several locations on campus. Here, the children can play, crawl around or sleep whilst the parents work.

Unfortunately, the furnishings in the individual rooms have suffered a little over the years, but the family office is working hard to maintain, replace, and clean the equipment.

The room in the Linguistics and Literary Studies Library

in the **Schwaansche Straße (container building)** is accessible during the library's opening hours. It is located on the first floor. There is no lift, but leaving your pram/buggy under the stairs is not a problem.

There is a further KESS room at the **Südstadt Library**. This is accessible via a lift from the ground floor. A key card can be retrieved from the loan desk. It is much smaller than the room in the city centre, but there is a PC that you can work at.

The largest and best equipped KESS room currently is the one at **House 3 of the Ulmencampus** (Room 117, 1st floor left, accessible via lift or stairs). You can request access to this room via your ITMZ Copy-Card (might change for 2026), which is also a key-card, by e-mail or telephone at the family office (doreen.block@uni-rostock.de, +49 381-498 1316). A changing table and toilet seat for children are located in the toilets directly opposite to the room.

For those studying at the Faculty of Medicine, there is another **KESS Room at the Campus Schillingallee** (Schillingallee 70, Room 414, 3th floor). You can request

access to it by sending this form to the Office of the Dean of Studies at the Faculty.³⁰ but there is a construction site, as far as I know?

KidsBox

These are available at various locations on campus, and you can request one via an online form. Officially, they are intended for “exceptional cases, brief emergencies, or events”³¹. They are designed to keep your baby or child (up to elementary school age) occupied for a while, so you can concentrate and have a little relief.

³⁰https://www.med.uni-rostock.de/fileadmin/Verwaltung/studiendekanat/Studieren_mit_Kind/kess_zugang.pdf

³¹<https://www.uni-rostock.de/universitaet/organisation/verwaltung/familienfreundliche-hochschule/familienbuero/kidsbox/>

EQUAL OPPORTUNITIES, RIGHTS

A plan to compensate for the additional challenges faced by students with children is currently being developed; unfortunately, it is still unclear whether it will be approved and how it will be implemented. This is also intended to amend the policy on sick days for children; currently, only parents with primary custody are permitted to be excused from classes when their child is sick, but in the future, this will also be possible for parents who share custody. In addition, the support measures are intended to offer greater flexibility (regarding exams).

During maternity leave, you do not need to provide a separate reason for withdrawing from an exam if you have notified your exam office or the appropriate person in your department of your pregnancy and childbirth. You can then retake the exam on the next available date.

If you encounter general problems or feel that you are being discriminated against or disadvantaged because of your maternity, please feel free to contact the AStA (Studying with a Child or the Office for Anti-

Discrimination & Diversity). It's best to report discriminatory behavior (on the part of faculty members) directly to an equal opportunity officer (there is now one for each faculty, as well as one for the entire university).³² Only when discriminatory behavior is reported non-anonymously can action be taken against it. Statements that constitute criminal offenses will, of course, result in direct consequences.

CHECKLIST & TIMELINE

AS EARLY AS POSSIBLE

- Clarify your study and work situation, prepare and maybe even submit some application forms.
- Find out whether you are entitled to maternity pay (the processing of such requests can take a

³²<https://www.uni-rostock.de/universitaet/vertretungen-und-beauftragte/gleichstellungsbeauftragte-gba/team-gleichstellung/>

while)

- Clarify if you will be a single parent which forms of child support you may get

FROM 2nd TRIMESTER

- Request initial equipment from the “Bundesstiftung Mutter und Kind”
- Prepare the parental allowance and child benefit application forms – in an ideal world, these should be ready before birth, it saves a whole load of stress
- Clarify in advance whether you are entitled to the supplementary child allowance

WHEN YOUR CHILD IS BORN

- Submit the applications for parental

allowance and child benefit

- if applicable, inform the BAföG Office and request the childcare supplement.
- Register on the nursery planner and apply for places – if a place is required in the city centre, use the cooperation agreement (see section on childcare)
- Request a kids' pass for the Mensa – of course not necessary straight away, but that way you would already have it :)
- check single parent support, if needed get advance payments from the “Jugendamt”

CONTACTS

- **AStA-Project Office Studies and Child**
 - studiumkind.asta@uni-rostock.de
 - Consultation hours during the Family Café in the Mensa Ulme, every Tuesday 3 to 4 p.m. and upon individual arrangement.
- **Social Counselling Service at the Studierendenwerk (Student Services)**
 - Franziska Delfs
 - sozialberatung@stw-rw.de
 - Tel.: +49 381 4592 643
 - <https://www.stw-rw.de/de/soziale-dienste/beratung/sozialberatung.html>
 - there will be a tutor for topics concerning studies with children more specifically

- **Family Office at the University of Rostock**

- Doreen Block
- doreen.block@uni-rostock.de
- Tel: +49 381- 498 1316
- Constultation hours: every Monday 9 to 12 a.m.

FAMILIEN CAFÉ



Für Austausch über, bei Fragen zu, Problemen bzgl. Schwangerschaft und Elternschaft im Studium oder zum Kennenlernen anderer Studierender mit Kind(ern), kommt gerne

dienstags zwischen 15:00 und 16 Uhr in die Spielecke! (Mensa Ulme)

studiumkind.asta@uni-rostock.de

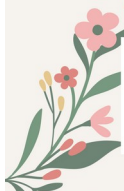


Handreichung für Studierende mit Kind(ern) und alle werdenden Eltern auf der AstA Homepage:



Für die Mensen gibt es einen Kinderteller (halbe Portion kostenlos) - zu beantragen beim StuWe/ Sozialberatung

STUDIUM +KIND




Studiengruppe auf Stud.IP vom AstA

ANSPRECHPERSONEN
 AstA: studiumkind.asta@uni-rostock.de
 Familienbüro: doreen.block@uni-rostock.de
 Soziale Dienste StuWe: sozialberatung@stw-rw.de

ASTA 