



Welcome Guide

WELCOME to ISH

Founded in 1957, the International School of Hamburg (ISH) was the first of its kind in Germany. Our 750+ students currently represent more than 50+ nationalities.

Our mission is to provide students with a values-driven international education which seeks to develop their full potential and to foster understanding, respect for others, freedom of thought and expression, enjoyment of learning and personal responsibility.

ISH recruits highly qualified, experienced teachers from all over the world and uses a combination of the International Primary Curriculum (IPC), the IB Middle Years Programme (MYP), the IB Career-Related Programme (IBCP) and the IB Diploma Programme (IBDP) – globally standardized, time-tested and highly regarded curricula. Combined, they allow a seamless flow from kindergarten/preschool right through to high school diploma/IB diploma.

However, some challenges associated with attending a new school remain. While adapting to a new culture and place becomes easier each time, this requires good planning, much effort and strong nerves. This Welcome Guide, frequently also called the “Blue Book”, is meant to help new ISH families with this process.

The recommendations in this Welcome Guide have been compiled by the parent community in conjunction with the school. We hope you find it useful. This Guide does NOT contain detailed information on daily procedures, academics, rules of conduct etc. Depending on whether your children attend Junior School or Secondary School, please refer to the appropriate Handbook.

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1. General Information

ISH - OUR MISSION

As an international community of learners, we nurture inquiring minds, compassionate hearts and balanced lives.

ISH - OUR VISION

ISH is a welcoming and inclusive community where innovative thinkers teach and learn together. We believe in the power of education to develop global citizens who lead lives of purpose and meaning.

KEY CONTACTS

To reach teachers or administration staff at the school, please email to reception@ishamburg.org or call our reception at +49 (0)40 8000 50 100. In case you know the direct email addresses or phone numbers you are very welcome to use those instead.

Some main email addresses for general contact:

ISH Reception	reception@ishamburg.org
	info@ishamburg.org
Accounting	finance@ishamburg.org
Admission	admissions@ishamburg.org
Board	board@ishamburg.org
Counseling	counseling@ishamburg.org
Facility Management	fm@ishamburg.org
Human Resources	hr@ishamburg.org
IT	it@ishamburg.org
PTA	pta@ishamburg.org

PARENT TEACHER ASSOCIATION (PTA)

Objectives of the Parent Teacher Association (PTA):

- To promote intercultural understanding & international friendship within the ISH community and to help new ISH families settle comfortably.
- To develop and support efforts that will secure the optimum benefit for the students' academic, social and physical education.
- To promote a cooperative relationship and to facilitate communication between the parents and ISH as well as to provide a forum for parents and staff to express and exchange views and ideas concerning educational as well as other associated aspects of ISH.

Membership to the ISH PTA is automatic for all current parents, faculty and staff members of ISH. During the Annual General Meeting each May, the PTA Board is selected and voted by its members.

If you would like to find out more about joining the PTA board, please contact us at pta@ishamburg.org, or speak to one of us at school.

PTA announcements and communication will be shared via:

- ISH Newsletter
- International School Hamburg PTA, Facebook Page (Closed Group)
- Bulletin Board in the Foyer near the Security Office
- Monthly Coffee Mornings
- Country Reps

Volunteers are vital to the success of all efforts of the PTA. Please consider sharing your time and talents for these groups. To contact the PTA, email PTA@ishamburg.org

DRAGON'S DEN

The PTA encourages students and faculty to propose projects that would enhance the school experience, and are non-academic related. Each spring, projects are presented to a jury for selection to be awarded a budget for execution. Donations raised from the International Fair or other charity events go towards funding approved projects.

Additional information will be shared in January on the PTA Facebook page, in the ISH Newsletters and posted on the PTA Bulletin Board.

PTA PROGRAMMES & EVENTS

All dates are tentative and subject to change due to governmental regulations regarding COVID-19. Dates will be confirmed via PTA communication as well as posted on the Veracross website.

WELCOME COFFEE

1ST DAY OF SCHOOL, IN AUGUST AND JANUARY, 8:30-10:30

On the first day of the term, you are invited to join the PTA for a cup of coffee or tea, learn about upcoming events, and meet some friendly faces whilst catching up on school life.

HAMBURG CITY TOUR

1ST WEEK OF SEPTEMBER, TBA, 8:30-14:00

A guided tour of Hamburg is organized for new parents, with points of interest, historical information and tips on using public transportation. Look for SignUp information at the Welcome Coffee and on the International School Hamburg PTA Facebook page.

SPECIALTY SUPERMARKET TOUR

2ND WEEK OF SEPTEMBER, TBA, 8:30-14:00

Join a guided tour of specialty markets, learn about local offerings and discover where to find favorite ingredients from other cultures. Look for SignUp information at the Welcome Coffee and on the International School Hamburg PTA Facebook Page.

ANNUAL FAMILY BBQ

2ND WEEKEND OF SEPTEMBER, TBA, 12:00-15:00

Enjoy a relaxing afternoon with a delicious BBQ and connect with the community while your children have fun.

COFFEE MORNINGS

1ST WEDNESDAY OF EVERY MONTH

All members of the ISH community are invited to meet the PTA and other parents for a cup of coffee after drop off, in the cafeteria. It's a great opportunity to meet people and make new friends, to gather information on various events as well as to ask any questions you may have. Upcoming coffee dates, speakers and topics will be shared on the PTA Facebook page, in the ISH Newsletter and posted on the PTA Bulletin Board.

HALLOWEEN TRUNK 'R TREAT

OCTOBER 31

The Rot-Gelb parking lot will be transformed into a spooky Halloween scene. Children dressed in costumes will enjoy Trick 'r Treating by visiting multiple decorated cars, with candy given out by participating ISH parents. Further details will be shared on the PTA Facebook page, in the ISH Newsletter, etc.

INTERNATIONAL FAIR IN NOVEMBER, TBA

By far, this is the most popular event of the school year. The whole school community comes together to prepare the most delicious foods from their home countries. Given the number of nationalities, it is safe to say that you won't find such a variety of foods anywhere else in Hamburg. Enjoy the best culinary delights from around the world! The proceeds will help fund many great school projects and also support local charities.

SPRING FEST AND FLEA MARKET IN MAY, TBA

Purchase a table or blanket space to sell your gently used items, shop for new finds, and enjoy a delicious BBQ. This PTA fundraising event is open to the general public, and includes many fun activities for children.

PTA ANNUAL GENERAL MEETING IN MAY, TBA

A review of the past year of events, activities, charitable donations and financial statements will be presented at this formal meeting. In addition, current Board Members are discharged and new Board Members are elected.

COUNTRY REPRESENTATIVES PROGRAMME

This Programme provides an opportunity to connect with a parent in your own native language that understands the differences from your 'home' country, and can introduce you to other expat families from your culture. They will also share their experience and cultural advice on the unspoken and unseen do's and don'ts that come up when adjusting and acclimating to a new culture.

Within the school there is a Country Representative for each country or region, someone who has volunteered to be a key contact to help new families settle, provide additional communication and organizational help between the PTA and families for school events, and foster a sense of community within the school environment.

By the time the school year begins, you should have been contacted by your Country Representative. If you have not, please contact pta@ishamburg.org

COUNTRY REPRESENTATIVES

Country	Email Address
Australia	pta.countryrep_AU@ishamburg.org
Canada	pta.countryrep_CA@ishamburg.org
China	pta.countryrep_CN@ishamburg.org
Denmark	pta.countryrep_DK@ishamburg.org
Finland	pta.countryrep_FI@ishamburg.org
French Speakers	pta.countryrep_FR@ishamburg.org
Germany	pta.countryrep_DACH@ishamburg.org
India	pta.countryrep_IN@ishamburg.org
Israel	pta.countryrep_IL@ishamburg.org
Italy	pta.countryrep_IT@ishamburg.org
Japan	pta.countryrep_JP@ishamburg.org
Korea	pta.countryrep_KR@ishamburg.org
Netherlands	pta.countryrep_NL@ishamburg.org

New Zealand	pta.countryrep_NZ@ishamburg.org
Norway	pta.countryrep_NO@ishamburg.org
Russia and bordering countries	pta.countryrep_RU@ishamburg.org
Turkey	pta.countryrep_TR@ishamburg.org
South Africa	pta.countryrep_ZA@ishamburg.org
Spanish Speakers	pta.countryrep_ES@ishamburg.org
Far East	pta.countryrep_SG@ishamburg.org
Sweden	pta.countryrep_SW@ishamburg.org
UK	pta.countryrep_UK@ishamburg.org
USA	pta.countryrep_US@ishamburg.org
Rest of the World	pta.countryrep_WORLD@ishamburg.org

OTHER PARENT GROUPS

WISH - WELCOME TO ISH PROGRAMME

Organised by the WISH Team, this programme aims to make every new student and family feel welcome by greeting you at the Orientation Days, and offering additional support in the weeks following your start at ISH.

The WISH Team is composed of parents from the Early Childhood Centre (ECC), Junior School and Secondary School, who will not only provide you with all the necessary information relevant to your children's age and grade, but also assist you in successfully navigating your way through ISH. If you want to get in personal touch with your Grade Level representatives, please contact wishteam@ishamburg.org

CLASS PARENTS PROGRAMME

In the Junior School, classroom teachers will provide information about how to volunteer for a position as class parent during the Open House Evening.

Typically, class parents are involved in:

- welcoming new parents
- assisting parents in getting to know each other
- distributing class contact lists
- assisting on class field trips
- meeting with the class teacher regularly
- attending school meetings to gather information
- support teachers in holiday celebrations

Secondary School class parents are also invited to volunteer as reps for each grade level. More information will be available at the start of the school year from the Secondary School Principal.

BOOSTER CLUB PROGRAMME

A group of parents who provide refreshments during sports events and competitions against other international schools. Proceeds will fund new sports equipment and uniforms. To contact the Booster Club, email boosterclub@ishamburg.org.

ISH CLUBS & ACTIVITIES

BOOK CLUB

MONDAY EVENINGS, 7:30 - 10:00

Meetings every 6 weeks on a Monday evening in a private setting to discuss an English book which was voted on earlier within the group. For further information please contact the PTA at pta@ishamburg.org.

WALK AND TALK

1ST THURSDAY OF EVERY MONTH, TBA

External excursions to different places of interest in and around Hamburg. Previous destinations included the forest of Falkenstein, Blankenese Treppenviertel, Karolinentempel and Sternschanze. Upcoming destinations will be shared on the PTA Facebook page, in the ISH Newsletter and posted on the PTA Bulletin Board.

COOKING CLASS

3RD THURSDAY OF EVERY MONTH, TBA

A monthly cooking class will be held live in our school kitchen, the session will be recorded and streamed virtually with a wider group. For those who want to participate live (maximum numbers depend on the actual restrictions) please fill free to sign up in a special sheet, all others can enjoy the class from their own kitchen while following the instructions of the monthly chef and preparing their own meal for the family at home.

ISH SPORTS GROUPS

Parents, teachers and students are encouraged to tie up their sneakers and join the ISH Community sports teams. For more information please check out the information boards in the foyer or sportshall corridor or contact the ISH Athletic Director. Due to Covid-19 actual restrictions additional ISH Clubs and Activities will be communicated via the newsletter and on the PTA facebook page (closed group).

2. School Information

START TIMES

For ECC and Junior School (P1 to grade 5) the official start time is 8:30. Students should arrive by 8:25 at the latest so they can be in their classroom by 8:30. Supervision on the JS school playground starts at 8:15.

In Secondary School (grade 6-12), students are required to be in class with their tutors at 8:15. Registration takes place from 8:15 to 8:25 every morning, while the classes begin at 8:30.

For late arrival procedure please check the handbook of your part of the school. Please note that students should not arrive before 8:00.

ABSENCES

Parents must excuse ALL absences from school. This can be done either via veracross, email, written note or phone call with your school secretary (email addresses can be found in the handbooks).

This also includes students who are 18 years of age or older as well as students leaving school earlier for a particular reason (medical appointment, renewal of passport etc.)

Please note that the daily attendance record information is available online for you via Veracross.

INFORMATION CHANNELS

The community uses many forms of communication, as the idea is to cater to different preferences.

EMAIL

During your time at ISH you will be receiving a lot of emails. Please make sure you check your **Spam** or **Junk** emails, as unfortunately, some of the communication does not always land in the main Inbox. Senders of emails are typically the

Junior and Secondary School Principals and Secretaries, the Head of School, the Faculty, the Counsellors, and the Class Parents.

NEWSLETTER

Once a month, an email is sent, containing a table of contents and a link to the ISH Newsletter. Clicking the link will start an automated download of the PDF-file. The Newsletter remains a key source of information about what's going on throughout the school, some of which you won't be able to find elsewhere.

VERACROSS

ISH uses a school management system called Veracross. This is a database that is accessible in different contexts to staff, faculty, students, and parents. All constituents can use the Veracross Portals, which display information tailored to the user logged in. Teachers use it as an academic learning platform, tracking class attendance of their students, keeping a grade book, building class websites to offer learning resources, communicating with their students and parents etc. This data is displayed in the Student and Parent Portals, along with school-wide and personalized calendars, a directory, report cards, timetables etc. The Portals are also used to schedule Parent/Teacher Conferences, to sign-up for after school activities, to complete enrollment and re-enrollment processes, and much more. Parents can also view medical and contact information that the school has on record for their children, and they can submit changes to their own contact data and which information about the family should be displayed in the directory.

The Portals have a responsive design and can be viewed comfortably on phones and tablets as well. The directory in Veracross is available as an app for mobile devices. Veracross is the main source of (academic) information for the school community. It is home to the school calendars and displays school-wide events as well as person-specific information to the user. All school calendars can be brought to

your mobile device via a subscription link, and parents and students can even get the homework assignments via a calendar feed. You can reach Veracross via the following URL: <https://portals.veracross.eu/ish>

LOGIN AND ASSISTANCE

Upon arrival parents are issued a username and password for the Veracross Parent Portal. You will find a guide on how to use this portal by clicking “Guide to the Parent Portal” in the “Links & Resources” section. Parents can change their password or retrieve it by clicking “Can't access your account?” on the login page for the Parent Portal.

OTHERS

SOCIAL MEDIA

ISH is active on a variety of social media channels. There is a closed PTA Facebook group, plus a PTA Classifieds Group for buying/selling and recommendations. In addition there is an instagram page and a closed ISH Alumni FB Group - all former students are strongly encouraged to join. The Marketing department also manages an official open Facebook page for the entire school, which posts general news about the school and has an instagram account (internationalschoolofhamburg).

Besides being on FB, ISH also has a strong presence on the professional networking platform LinkedIn, more specifically: (1) a company page, (2) a university page and (3) a closed Alumni group. All three will appear upon entering “International School of Hamburg” in the LinkedIn search bar. (1) and (2) are aimed at externals and won't provide any news not available on FB. The alumni group provides the added benefit of being able to see other group members' profiles – an invaluable feature for fresh graduates who want to network with alumni, e.g. with the goal of finding a job. You will find links to the social media channels at the bottom of the homepage at

www.ishamburg.org as well as the site's alumni section
www.ishamburg.org/community/alumni

WEBSITE NEWS

www.ishamburg.org has a news section under the navigation point "Community" www.ishamburg.org/community/news. Usually 3 news items receive a special feature on the homepage under Highlights and Events. The news found here reflects highlights of our school.

POSTERS AND BOARDS

Poster frames can be found around the school, promoting upcoming events. Rules apply pertaining to the posters. For further information, contact the Marketing Office. Pin boards are placed throughout the school, offering relevant information regarding PTA news, sporting events, ECAP activities and Cafeteria menu, etc. Next to the Reception is an advertising board aimed at parents personal interests, such as house rentals, furniture for sale and other services.

FLYER RACK

The school displays a number of flyers from organizations and businesses. These are for your personal use. Feel free to take them. Should you have your own business or wish to recommend one, please bring your flyer or information brochure to the Reception.

LIBRARY

Welcome to the ISH libraries, a place where our community connects to inquire, to discover and to collaborate!

Our Junior and Senior School library share a large, bright space and have a comprehensive selection of books and other resources. We are open on school days from 8:00 to 16:00. Any changes to these times will be posted on the library door.

All students receive a library user number, which allows them to borrow books, DVD's, reference books, magazines and other audio and visual material. Parents are encouraged to use this facility and may request a user number.

STUDENT ID CARDS

The student ID card (Schülerschein) verifies that children and teenagers are still attending school. It offers benefits such as discounted entrance to museums, cinemas etc. You can obtain an ID card at the Reception; you only need to bring a passport-sized photograph of the student.

NURSE

In case of emergency or illness, all medical information (including the immunization record) on the health record forms should be kept up to date. In line with the German law, the school nurses require a signed "Medical and Accident Treatment Health Form" for each child. By handing in this form either directly to the nurse or to the reception, you give the school nurse permission to administer any kind of OTC (over the counter) medication. Note that without which, this is not possible. For all prescribed medications, a medical doctor's order is necessary. If you would like the teaching staff or chaperones to administer OTC or prescription medication on a school trip you have to give your written consent and enclose a written order by your medical doctor.

The health record forms and more information are available under the icon "Admissions" on our website. If you have specific questions related to health or medicine, please contact our reception team at reception@ishamburg.org or call (0)40 8000 50 100 and they will forward your message.

SCHOOL COUNSELORS

In the Junior School, the counselor works with children from a child-centered perspective, which means that each child is unique and is viewed according to his or her developmental level. A strong belief in the child's ability to actualize self is nurtured and appreciated.

In Secondary School, counseling is seen as a collaborative process in which counselors and students work together to define and follow through with a personal improvement plan.

COLLEGE & UNIVERSITY COUNSELING

There are currently two counselors serving the needs of students with regard to college and university preparation.

Our ISH College Counselor serves all students and their families with the exception of the UK. She coordinates and administers all college related tests such as SAT, ACT and PSAT. She frequently announces guest speakers and other important information in the newsletter and via the Veracross Calendars.

Our UK College Counselor, assists all interested students intending to apply to UK universities. She takes students to a university fair in the UK and coordinates the UCAS application process.

STUDENT SUPPORT SERVICES

The Student Support Services Team (SSST) provides support for students, who experience academic difficulties and have been identified through a referral process as needing additional support in order to successfully develop their fullest potential.

SECURITY AT ISH

It is the responsibility of school security staff to take all necessary reasonable action to ensure the safety of the community. This includes a regular inspection of the premises and the campus perimeter. Two alarm systems are currently in use at the school; fire alarm and bomb alert. In case of an alarm, all people on the premises should leave the building by the nearest exit and move away to a safe distance. Please follow the instructions of a staff member in charge. Parents will be informed when it is safe to re-enter the building.

LOCKERS

All students from P3 to G12 will have their own individual locker. Individual contracts need to be signed between the parents and ASTRA Direct for liability reasons, but no fees will be charged from the parents.

LOST AND FOUND

There is a designated lost and found room (#026) next to the cafeteria towards the sports hall. Valuable items should be handed-in and claimed at Reception. Students are strongly advised to label all items to avoid loss. The school cannot be held responsible for expensive equipment if it is lost or stolen. Unclaimed items before the winter and summer breaks will be donated to charitable organizations.

3. Life in Hamburg & Germany

In order to help make your time in Hamburg as enjoyable as possible, we recommend becoming accustomed with the local culture, customs and etiquette. Reference books, such as “Culture Shock! Germany: A Survival Guide to Customs and Etiquette”, “Germany: Unraveling an Enigma” or “Germany – Culture Smart!: The Essential Guide to Customs & Culture”., are most useful.

Your PTA Country Representative will also be happy to assist your settling into the community, and you are encouraged to participate in all the events offered.

Our website www.ishamburg.org contains a wealth of information. In addition, there are also plenty of external sources that are particularly useful. We strongly recommend you take a look at:

- www.english.welcome.hamburg.de/
- www.newinthecity.de/en/hamburg
- www.internations.org/hamburg-expats
- www.thelocal.de/
- www.howtogermany.com
- www.expatica.com/de
- www.hamburg-magazin.de (for German speakers)

THINGS TO DO

Hamburg offers a diverse [variety](#) of activities and events throughout the year, the likes of which you would expect to find in any exciting cosmopolitan city. Hamburg is the second largest port in Europe, featuring canals and bridges, lakes and beaches along the Elbe. The picturesque shores of the Elbe offer bicycle paths, sunbathing areas, cafes and restaurants.

Visitors can observe the world's largest container and cruise ships making their way to the Port of Hamburg from the four corners of the world. From the beautiful Alster lake, boat rides can be taken to admire majestic homes and international hotels. Canoes can be rented along the canals and enable you to discover the labyrinth of waterways.

The city centre features covered shopping galleries and pedestrian areas offering an international variety of shops, food and entertainment.

INDOOR PLAYGROUNDS

<p>Rabatzz Kieler Straße 571 22525 Hamburg Tel.: 040 5470 9690 www.rabatzz.de</p>	<p>Jump House Kieler Straße 572 22525 Hamburg Tel.: 040/5407011 www.jumphouse.de/hamburg</p>
<p>SprungRaum Am Neumarkt 38c 22041 Hamburg Tel.: 040 60953850 www.sprungraum.de</p>	<p>Indoor Soccer in Hamburg Kieler Str. 565, 22525 Hamburg Tel.: 040 5404244 www.soccer-in-hamburg.de</p>

EVENTS & ACTIVITIES IN & AROUND HAMBURG

HAMBURGER DOM

The Hamburger Dom is the biggest funfair in northern Germany. You can experience thrills and nostalgia three times a year, and enjoy its colourful booths, carousels and high-tech rides. In addition, you will find culinary delights, from small snacks to traditional German fare.

www.hamburg.com/dom

ALSTERVERGNÜGEN

The popular city festival around the Alster Lake in Hamburg usually takes place in August. Around the inner part of the Alster (Binnenalster), you can enjoy many attractions and performances from artists as well as a variety of food stands. The visual highlight of the Alstervergnügen is the fireworks display at about 22:00.

www.hamburg.com/events/maritime/11874058/alstervergnuegen/

HAMBURG HARBOUR BIRTHDAY CELEBRATION

Hamburg is home to the world's greatest port festival. Aside from delicious food and souvenir stands, a great number of different ships sail into the harbour. Year after year more than one million visitors from Germany and abroad visit Hamburg for three days of maritime superlatives.

Exact dates and calendar of events:

<https://www.hamburg.com/port-anniversary/>

JAPANESE CHERRY BLOSSOM FESTIVAL

Every year in May, Hamburg ceremonially welcomes the cherry blossoms with a fantastic fireworks display - a spectacle that attracts thousands to the outer Alster. This is a great opportunity to rent a boat ahead of the event, to watch the fireworks from the lake rather than from the crowded shore.

REEPERBAHN FESTIVAL

The Reeperbahn Festival takes place at the end of September and is one of Germany's biggest club festivals. It has a distinct alternative touch and because of the attached digital conferences, it is frequently compared to SXSW. Over 30,000 visitors stroll and party around Hamburg's most iconic (yet notorious) street - the Reeperbahn.

www.reeperbahnfestival.com

SCHLAGERMOVE

The Schlagermove is Germany's biggest Schlager (=Oldies) Music Festival and takes place every July. About 500,000 people dress up in colourful – and often eccentric – costumes and parade through the inner city, accompanied by more than 40 different party trucks. www.schlagermove.de

AFRIKA FESTIVAL

The Africa Festival takes place on the last weekend in August. It is an opportunity to get to know this wonderful continent, enjoy live music on an open-air stage, a colourful market, an exhibition of African art and activities for families. www.alafia.de

HAMBURG MARATHON

With more than 17,000 participating athletes, the Hamburg Marathon is Germany's biggest spring marathon. It runs through the city of Hamburg and draws roughly 1 million spectators. www.haspa-marathon-hamburg.de

ALTONALE

The Altonale is Hamburg's largest cultural festival and usually takes place for a period of two weeks in June. It started 17 years ago and introduces a variety of literature, film, art, theatre and music from local artists. There is a large open-air festival on the streets of Hamburg-Altona during the main weekend, complemented by a huge flea market. Specialty food is prepared by local restaurants and cafes. www.altonale.de

ELBJAZZ FESTIVAL

The Elbjazz Festival is a mix of workshops, movies, performances, exhibitions and a children's programme with jazz music at its core. The locations are extraordinary- an old freight ship or ship yard, huge docks and there are barge rides from stage to stage. It is usually held the last weekend of May and attracts a crowd of around 15,000 enthusiasts.

www.elbjazz.de

DOCKVILLE FESTIVAL

The Art and Music Festival MS Dockville takes place in Hamburg-Wilhelmsburg every August. The three-day festival hosts acts from the independent, alternative and electro scenes. Talented newcomers are also given the opportunity to present themselves. The festival is attended by around 25,000 people every year.

www.msdockville.de

KAMPNAGEL FESTIVAL

The Kampnagel Summer Festival offers an exciting look at the contemporary pop and arts scene, as well as a peek at other cutting edge art forms.

www.kampnagel.de

KIELER WOCHE

The Kieler Woche (Kiel Week) is the greatest sailing event in the world and the largest summer festival in northern Europe. For a week in June, more than three million visitors from all over the world enjoy the multi-faceted life of Kieler Woche. 5000 yachtsmen and women, 50 countries, 200 yachts, surfboards, almost 40 sailing events and more than 400 regatta starts on eleven racecourses.

www.kieler-woche.de

A SUMMER'S TALE FESTIVAL

For 3 to 4 days in August, the small village of Luhmühlen celebrates A Summer's Tale. It is not your ordinary Open Air Festival. Besides the music acts, it offers events like Yoga-, Thai Massage- or Brewing Workshops. Enjoy this festival in a relaxed environment surrounded by beautiful nature.

www.asummerstale.de

SCHLOSSFESTSPIELE SCHWERIN

Since 1993 the Schlossfestspiele Schwerin has hosted a series of events held at the Mecklenburg State Theatre in the Old Garden, against the backdrop of the gorgeous Schwerin Castle, the State Theatre and the State Museum. Great operas from Verdi, Puccini and other composers are performed.

www.schlossfestspiele-schwerin.de

HAMBURGER DERBY

This event has been around since 1920, and is absolutely unique in the world. It is not only a fascinating tournament, but one of the outstanding social events in the Hanseatic city.

www.hamburgderby.de

PERMANENT EVENTS & ACTIVITIES IN HAMBURG

HAMBURG DUNGEON

Learn about the history of Hamburg in a very special way: You will be included in a very vivid and sometimes scary walk through different crucial events in Hamburg's history. The Hamburg Dungeon is located in the "Speicherstadt" and very popular, so make sure to be there early.

Kehrwieder 2-3, Block D, 20457 Hamburg

Tel. 01806 66690140, www.thedungeons.com

MINIATUR WUNDERLAND

This is the biggest railway model in the world. The trains travel around an area of 900 square meters on rails with a total length of 9 kilometers. It is located in the "Speicherstadt".

Kehrwieder 2-4, Block D, 20457 Hamburg

Tel. 040 3006800, www.miniatur-wunderland.de

HAGENBECK'S ZOO

Hagenbecks's heritage-protected grounds have been one of the most popular destinations for more than 100 years – and they are more popular than ever. You can see 1850 animals from 210 different species in a simulated botanical environment. The aquarium is also worth a visit.

Lokstedter Grenzstraße 2, 22527 Hamburg, Tel. 040 5300330, www.hagenbeck.de (You can buy tickets online)

KUNSTHALLE

The Hamburger Kunsthalle is one of the largest and most important museums of art in Germany. Its superb permanent collection takes visitors on a journey through seven centuries of art history, from the medieval altars of Master Bertram through to the stars of the contemporary art scene such as Gerhard Richter and Neo Rauch.

In addition to its permanent collection, the Hamburger Kunsthalle has also won international acclaim for the quality of its special exhibitions, which attract thousands of visitors to the city every year. Glockengießerwall, 20095 Hamburg, Tel: 040 428131200, www.hamburger-kunsthalle.de

DEICHTORHALLEN

The Deichtorhalle is a museum close to the main train station in Hamburg, which often has very good photography and modern art exhibitions. Deichtorstraße 1, 20095 Hamburg. Tel.: 040 321030, www.deichtorhallen.de

HAMBURGER FISCHMARKT

The Hamburg Fishmarket attracts over 70,000 visitors to the Elbe every Sunday. Here you can find fresh fish, fruits and tropical flowers. It is also a great place to go, at least once, after a long night out. The opening times every Sunday from April to November are 5:00 to 9:30 and 7:00 to 9:30 from November to March. The “Fischmarkt” has a very special atmosphere and its famous hawkers are not to be missed! Große Elbstraße 1, 20000 Hamburg

PLANTEN UN BLOMEN

The vast urban park in central Hamburg is a wonderful destination for people seeking relaxation. The recreation area extends from St. Pauli to the Alster. The name means plants and flowers. The park is famous for its water-light concerts, public theater and music performances. Additionally, it is known for the playgrounds and attractions for children. All events are free to attend. There is also an ice skating rink www.eisarena-hamburg.de measuring 4300 square meters, which is used in the summer as a roller and in-line skating rink. Jungiusstrasse 1, 20355 Hamburg www.pflanzenunblomen.hamburg.de

PLANETARIUM HAMBURG

It is one of the world's oldest, and one of Europe's most popular planetariums. It is located in the district of Winterhude and housed in a former water tower at the centre of the Stadtpark. Hamburg Planetarium is your unique "travel agency" for trips into deep space and past times, touching all your senses. Experience virtual journeys to the most remote recesses of the universe and enjoy live concerts and poetry under the stars. Some journeys are offered in English language.

Otto-Wels-Strasse 1, 22303 Hamburg, Tel. 040 42886520,
www.planetarium-hamburg.de

SCHWARZLICHTVIERTEL

Have you ever played blacklight minigolf with 3D-effects? On about 1000 m² you can explore an 18-hole course. Afterwards you can either enjoy snacks and drinks, or take part in some fun mini games.

Kieler Straße 571, 22525 Hamburg, Tel.: 040 219019150,
www.schwarzlichtviertel.de

LASERTAG

Popular long before Barney's exploits in "How I met your Mother", Lasertag is the perfect way to get away from your daily routines by diving into live-action sci-fi adventures. TITLA Lasertag is Europe's biggest Lasertag Arena, and different from the usual "retro" experience because it uses Lasertag 2.0 technology including superior taggers (reaching 100+ meters in daylight), communications equipment, mods (to give back energy and ammo on the field) and more. Wittekopsweg 41a, 22415 hamburg, Tel.: 0172 3617036, www.tilta.earth

ROCK CLIMBING

The Nordwandhalle in Wilhelmsburg is the perfect place to do indoor climbing and bouldering. It offers state of the art climbing walls and equipment. Am Inselpark 20, 21109 Hamburg, Tel: 040 209338621, www.nordwandhalle.de

BOWLING

The “Gilde Bowling 44” is close to school and offers 24 modern bowling lanes, 5 billiard tables and snacks and drinks. Baurstr. 2, 22605 Hamburg, Tel.: 040 88128555, www.gilde-bowling.de

SOCCER: HSV VS. ST. PAULI

Hamburg boasts two soccer clubs and their rivalry is legendary. The Hamburger SV (www.hsv.de) and FC St.Pauli (www.fcstpauli.com). Both Teams have die-hard supporters.

WEEKEND ACTIVITIES AROUND HAMBURG

HANSA-PARK

Germany’s only seaside amusement park is perfect for children and young teenagers. It contains roller coasters, carousels and many more attractions. Am Fahrenkrog 1, 22730 Sierksdorf, Tel: 045 634740, www.hansapark.de

HEIDE PARK & RESORT

A leisure park in the heart of the Lüneburger Heide with a holiday camp for overnight stays. An hour’s drive from Hamburg, it offers 50+ rides. Heidenhof, 29614 Soltau , Tel.: 01805 919101, www.heide-park.de

SERENGETI PARK

An animal and leisure park, set in over 110 hectares, around 1500 exotic animals are kept in open-air enclosures. Visitors can travel through by bus or in their own cars. Note the animals are rather lively and love to play with cars. Am Safaripark 1, 29693 Hodenhagen Tel.: 051 6497990, www.serengeti-park.de

SEA LIFE CENTRE

1500 square meters of freshwater and saltwater aquarium, with over 2500 animals from around 150 species in 33 tanks, designated to replicate their natural environment. If you go there, you should definitely enjoy a nice walk on Timmendorfer Beach. Kurpromenade 5, 23669 Timmendorfer Strand, Tel.: 045 0335880, www.visitsealife.com

SNOWDOME BISPINGEN

The adventure world Snow Dome Bispingen is located directly on the A7 motorway between Hamburg and Hanover. The 23,000 sqm, 300 m long piste, is the perfect playground for all skiers, snowboarders and sledging-fans. For those who like to stay longer, there is a hotel nearby. Horstfeldweg 9, 29646 Bispingen, Tel.: 05194 43110, www.abenteuer-resort.de

OZEANEUM STRALSUND

Ozeaneum is a public aquarium in the city of Stralsund. It is a main attraction of the German Maritime Museum, arguably one of the three largest institutions of its kind in Europe. Hafenstr. 11, 18439 Stralsund. Tel.: 03831 2660610, www.deutsches-meeresmuseum.de

ENGLISH CINEMA & THEATRE

<p>Cinemaxx Dammtor Dammtordamm 1 20354 Hamburg Tel.: 040 80806969 www.cinemaxx.de Shows movies in English on Sundays.</p>	<p>Abaton-Kino Allendeplatz 3 20146 Hamburg Tel.: 040 41320321 www.abaton.de Shows most movies in English. Look for O.F. or O.V. (original version with no subtitles) or OmU (original version with German subtitles).</p>
<p>The English Theater of Hamburg Lerchenfeld 14 22081 Hamburg Tel.: 040 2277089 www.englishtheatre.de Features plays in English.</p>	<p>Savoy Filmtheater Steindamm 54 20099 Hamburg www.savoy-filmtheater.de Very comfortable state of the art seating. All movies in English.</p>
<p>Hamburg Players Oberaltenallee 20a 22081 Hamburg www.hamburgplayers.de Hamburg's oldest English Language Theatre Group.</p>	<p>Zeise Kino Friedensallee 7-9 22765 Hamburg www.zeise.de Every Tuesday all day, movies are shown in the original language.</p>

INTERNATIONAL RADIO & TELEVISION

Cable in Hamburg offers, in addition to most German channels, a small selection of international programmes including BBC World, CNN, TV5, as well as some other European channels from neighbouring countries. If you want to receive more, you need to get satellite equipment and a decoder depending on which programme you would like to watch.

FOREIGN CLUBS & ORGANISATIONS IN HH

Foreign clubs and organisations provide a great forum for connecting with other expatriates for various purposes such as business networking or for staying in touch with home country culture and traditions. They usually know how difficult the transition from your own country is and may have useful advice.

Amerika-Gesellschaft Hamburg e.V. Tel.: 040 5366885 amerika-gesellschaft-hh@t-online.de	American Women's Club Hamburg Tel.: 0176 22180791 www.awchamburg.org
Anglo-German Club Tel.: 040 45015512 www.anglo-german-club.de	Anglo-German International Women's Association e.V. Tel.: 040 814309 www.agiwa-hamburg.de
The British Club of Hamburg www.british-club-hamburg.de	Professional Women's Forum Tel.: 040 8218 58 www.bpw-hh.de/
Amerikazentrum Hamburg Tel.: 040 70383688 www.amerikazentrum.de	Nederlandse Vereniging Hamburg www.nederland-in-hamburg.de

<p>The English Speaking Union Tel.: 040 220 0396 www.esu.org</p>	<p>Hamburg English-Language Teaching Association (HELTA) www.helta.de</p>
<p>Hamburg Exiles Rugby Football Club www.hamburg-exiles.de</p>	<p>International Women's Club Tel.: 040 5261539 www.iwchh.com</p>
<p>Hamburger China-Gesellschaft e.V. Tel.: 040 2508415 www.hcg-ev.de</p>	<p>German-American Women's Club of Hamburg dafchamburg@gmx.de www.vdac.de/en/clubs</p>
<p>Caledonian Society Tel.: 040 44830236 http://britain-in-hamburg.de/</p>	<p>The Foreign Lawyers Association in Germany Mittelweg 161, 20148 Hamburg Tel.: 040 366534</p>
<p>American-German Business Club Tel.: 0171 7428781</p>	

LEGAL REGULATIONS PERTAINING CHILDREN

According to the German Youth Protection Act (Jugendschutzgesetz), persons:

- Under 14 years of age are classified as children
- Persons from 14 > 17 years are adolescents
- Persons 18+ are adults.

Starting at the age of 7, a child is responsible for the damage he/she causes to others. Limited criminal responsibility begins at 14 years and any crime committed by a 14 year old can be tried in juvenile court.

RESTAURANTS

Children and adolescents under 16 years are not allowed in restaurants, discos, etc. between 05:00 and 23:00 unless accompanied by a parent, guardian or person acting with parental authority.

- 16 > 17 years allowed without parents up until 24:00.
- 16 > 17 years need accompaniment between 24:00 > 05:00

DANCING & CONCERTS

Children and adolescents under 16 years can only attend public dance events if accompanied by a parent or custodial person/guardian. In some cases, written consent may be required. Night clubs can only be entered at age 18 and over.

ALCOHOL

From the age of 14, adolescents can drink wine and beer only if they are in the company of their parents. At the age of 16, they can drink beer, wine and champagne. Drinking of other alcoholic beverages (including sugared alcohol containing beverages) is strictly for age 18 and over.

SMOKING & DRUGS

Tobacco products must not be sold to persons under 18 years old, and neither is smoking allowed in public places. Most bars, clubs and restaurants have banned smoking. All drugs, not prescribed by a doctor, are illegal in Germany.

PUNISHMENT

All physical punishment to a child is illegal in Germany.

CINEMA

Parents or guardians must always accompany children under 6 years of age to the cinema. Children are allowed to watch a film alone without their parents being present:

- 6 > 13 years until 20:00
- 14 > 15 years until 22:00
- 16 > 17 years until 24:00
- 18 years + no restrictions

e.g. if a 13 year old goes with friends to see a film that finishes at 20:05, a parent or person with parental authority must accompany them.

DRIVING

The rights to require a driving license for the following are:

<u>Age</u>	<u>Vehicle</u>
15 years	Motorized bikes up to a speed of 25 km/h
16 years	Mopeds up to 50 km/h and light motorcycles up to 80 km/h
17 years	Probationary age for supervised driving
18 years	Cars (Class 3) and motorbikes up to 20KW (class 1a)

WORKING

Children aged 14 and over, in full-time education, may undertake some work. Individuals need to check regulations with the local authorities. Full-time employment can be started at 16 years of age. However, night shifts are not permitted until the age of 18.

4. Transportation

TRANSPORT TO ISH

The following sub-section elaborates on the various options of transportation to school.

PUBLIC

S-Bahn line S1/S11 to Klein-Flottbek. Take bus #21 in the direction “Niendorf Nord”. Exit after two stops at “Hemmingstedter Weg”.

Alternatively, by foot, there is a 10 mins walk by path. Exit Klein Flottbek station to the Botanical Gardens, walk along Ohnhorststrasse past the bike sheds. Take the first right onto Hesten and a left on the scenic Max Emden Weg. This takes you past the Hamburg Polo Club grounds to Hemmingstedter Weg, where you need to take a right.

- Bus #283 stops at Hemmingstedter Weg .
- Bus #37 stops at nearby Ostermeyerstrasse. Both stop at the Elbe Einkaufszentrum (shopping mall/centre), which is 5 mins walking distance to ISH.

For more options, visit “Hamburger Verkehrsverbund” (www.hvv.de). Type in your individual route or use the “HVV App” for smartphones, or Deutsche Bahn (deutschebahn.com) and use the search or download Deutsche Bahn’s DB Navigator App for smartphones. This includes nation-wide train, subway, U-Bahn and bus schedules.

If students wish to purchase a reduced-rate season ticket for the bus or train, they will need to confirm that they are a student of ISH. Confirmation of attendance can be obtained at the Reception.

ISH SCHOOL BUS

The school buses run around the Alster neighbourhoods, departure at several stations and bus stops at various times, arrival at 8:10 at ISH. As a result, supervision on the Junior School Playground also starts at 8:15.

For more information on the bus schedules and the bus cost, please contact the Admissions team.

TRANSPORT BY CAR

ISH features a drop-off zone in front of the main entrance, where cars are not allowed to park or even wait. ISH also features a school parking lot with a limited number of designated spaces for parents. If the lot is full, parents may make use of the overflow parking lot at the nearby Rot/Gelb Club (Hemmingstedter Weg 140). Parents are reminded to be extra cautious of the students who are walking or biking to or from the school. Overall, traffic is a source of continuous friction between ISH and its neighbours. In the interest of good relations, please do everything you can to minimize inconveniences for the local community.

BIKES

ISH features a bike shed. It has a roof and sidewalls to protect the bikes from bad weather. Students are reminded to bring a bike lock to ensure extra security. Helmets are compulsory to the age of 13.

WALKING & RUNNING

Mothers and fathers in running gear are not an unusual sight at ISH, especially during morning drop-off. Why not join them? Take a relaxing walk with your kids to school, then run back. The only thing in your way is the typical Hamburg weather...

DRIVING

In general, driving in Germany is not difficult as traffic is typically quite orderly. However, there are some important

rules you need to know and you need to be aware of the meaning of the traffic signs.

Firstly, here are some useful advices about driving in general:

- The speed limit in towns is 50 km/h and in some residential areas (e.g. Hemmingstedter Weg) 30 km/h.
- Outside built-up areas the speed limit is 100 km/h if not stated otherwise.
- On many German highways, the speed limit is 130 km/h. In some places, there is no speed limit.
- Road signs are the same throughout Europe.
- At intersections, when not otherwise indicated, traffic from the right has priority; this includes small streets joining larger ones. This is a critical rule! However, at roundabouts, a vehicle coming from your left and already on the roundabout has priority.
- Pedestrians have priority on zebra crossings.
- Seat belts are mandatory for all passengers. All cars must be equipped with a warning triangle, a First Aid kit and a yellow reflective high visibility Safety Vest.
- Children are only allowed to travel in the front seat of a car if they are 12 years of age or older. They have to be at least 1.50m in height and 36 kg in weight. By law, children under 12 years of age, below 35 kg in weight and under 1.50m tall must be strapped into an appropriate car seat at all times whilst riding a vehicle.
- It is mandatory to change to winter tyres in the winter months. If you have an accident on an icy road without the correct tyres, you may have problems claiming anything from your insurance company.
- Using a mobile phone that is not hands free while driving is prohibited.
- Get a Parking Disc (Parkscheibe). It's a blue cardboard or plastic card with an adjustable time dial. You can find them at most gas stations. Signs indicating that you must use a parking disc will also indicate the length of time you can park. Turn the dial so that the arrow points to the time of your arrival, rounded-up to the next half hour.

- If a parked car is impeding your way, oncoming traffic has priority and you must wait behind the parked car until it is safe to pass. This will happen to you often. Exercise patience.

GETTING A DRIVER'S LICENSE

As a rule, Germans are very good drivers. This is due in part to the fact that they take getting a license very seriously. Germans, ages 18 and older are required to take a minimum of 25-45 hours of professional instruction, along with a grueling theoretical test. This is both time-consuming and expensive.

You will need to check with your company or relocation agent to see if your current license can be transferred. If you are moving from another EU country, your license will probably transfer, and you will be spared the torture and expense of the theoretical and practical exams. South Africa, Israel and Japan also have reciprocity with Germany. Most Canadian provinces have reciprocity. Currently Australia and New Zealand do not have reciprocity. However, these laws are subject to change, so check with your relocation advisor on specifics.

If you are moving from the US, reciprocity agreements are state-by-state. Whether or not you have to take the driving tests will depend on which state you come from. Some states have full reciprocity. Others will require you to take both the practical and theoretical tests. Reciprocity agreements keep changing, so consult your company or relocation advisor about reciprocity within your state.

If you hold a Non-EU driver's license, you must apply for a Führerschein (German driver's license) within your first six months of arriving in Hamburg. This time limit begins the day of your "Anmeldung" (registration of address with the local authorities).

This means that if you are one of the unlucky souls who have to pass the theoretical and/or practical exams, you have six months to do so before you can no longer drive legally.

If you take the theoretical test, be prepared, as it is not easy. You can take the test in different languages though. There are study aids to help you pass the test that you should really use!

If you must also take the practical test, be prepared to pay dearly. You must go to a “Fahrschule” and you will pay high fees. Foreigners do not have to take nearly as many hours of instruction as new German drivers. You really only need a lesson or two to know how to pass the test. If they try to make you take more than a couple hours of instruction, do not do it. You may also have to take a first aid class that will be taught in German.

If you plan on getting a German license (with or without reciprocity), do so within three years of establishing residency in Germany. If you wait longer, you'll have to start from scratch and take the same number of behind-the-wheel and theory lessons as a first-time applicant in order to obtain a German license.

Certified driving School in English

Fahrschule-Weber & Co. GmbH, Hallerplatz 11, 20146
Hamburg Tel.: 040 448972 or 0172 4992472 www.fahrschule-weber-hamburg.de

TRAFFIC VIOLATIONS

Some fines can be collected on the spot, provided the driver has enough cash on hand. Otherwise, your name and address will be taken and a ticket along with a payment slip will be sent to you. Failure to pay traffic violations promptly can lead to larger fines, loss of license or imprisonment. If you accumulate 8 points from traffic violations you lose your license. There is not enough space to name all traffic violations and their consequences, as there are many from speeding violations over parking violations to drunk and drug driving violations. See www.howtogermy.com/traffic-violations or

www.bussgeldkatalog.org/german-driving-laws for more information.

PARKING RULES

There is no parking:

- Within 5 meters of a cross road or a T-junction.
- On zebra lines.
- If there is less than 3 meters between your car and the middle of the street.
- In bus stop areas

CHARGED & PAY PARKING

There are two types of charged/ pay parking: As you pull into a lot or a garage you often have to take a parking ticket. When you are about to leave you then pay by finding a “Kassenautomat” (automatic cashier). Then, there are signs posted that say the parking requires a “Parkschein”. Park your car and find the Parkschein machine. Insert money and watch the display. The time noted is the time that you must leave the lot by. Afterwards, place the receipt visibly on your car’s dashboard and make sure to be back in time! You can also download “easypark” or “park and joy” and pay by app/phone, registration needed.

FREE PARKING

There are many streets in which parking is free, especially in residential areas. Sometimes there will be a sign stating that only those who live/work there or have a special pass may park. Some spaces may be free of charge but you can only park there for a limited length of time. Then you will need the blue “Parkscheibe” as mentioned earlier again.

PUBLIC TRANSPORT

The public transportation system in Hamburg is efficient. It is operated by the “Hamburger Verkehrsverbund” (HVV) and covers both subways, buses and Elb ferries. On its website,

you can download an informative brochure in English about public transport in and around Hamburg. It provides you with a comprehensive introduction to the available ticket types and also explains different ways to buy them. Go to www.hvv.de for further information.

HVV TICKETS

It is important to know that the ticket prices are based on (unfortunately quite confusing) fare zones instead of a certain number of stations. There is the possibility to download the HVV or the HVV Switch App, which allows you to buy your tickets online at a reduced fee and also calculates the exact fee when entering the departure and arrival station.

You can also buy tickets from vending machines underground and some bus stops in ticket offices that are located next to some stations. Additionally, you can buy tickets directly from the bus driver but not in the underground trains or subways. Moreover, children under the age of 6 years can use Hamburg's public transport free of charge!

You can choose between Single Tickets, Day Tickets and Group Tickets. If you plan to use the HVV several times a day or at least twice for a larger distance, it pays off to select a day ticket. It offers you unlimited public transportation services and the highest flexibility. If you travel in groups of up to five people, get the group ticket. It even pays off with the second person and allows you to travel around for the day between 9:00 and 18:00.

As a HVV ticket holder, you have the opportunity to go on board on six harbour ferries that are part of the public transportation network. With that, you can enjoy a harbour boat trip on the Elbe River basically for free all day!

FREQUENCY AND HOURS OPERATION OF HVV

Trains and buses usually run every 5 or 10 minutes within the inner city. On some less frequented routes such as concerning regional buses, you might have to wait 20, 40, or

60 minutes for the next bus to arrive. Some of the less frequently used routes are operated by the on-demand shuttle ioki, which is included in your ticket. To call an ioki, please download the HVV IOKI App. Once you know where your accommodation is located, it's a good idea to check which station(s) is/are nearby and to print the station timetable to spend more relaxing time enjoying your breakfast instead of hurrying and then waiting at the bus station.

In addition, it's important to know that public transportation in Hamburg is only provided as an all-night service from Friday to Sunday and before public holidays. From Monday to Friday, they pause between approximately 00:30 and 5:00, in which case you could use one of the night buses or take a taxi. You can download the HVV night bus map from Monday to Friday or the HVV night services map on weekend nights as PDF files if you wish to see the covered routes at a glance.

TAXIS IN HAMBURG

Taxis in Hamburg can be recognized by their cream finish and their taxi sign on top. When you spontaneously need a taxi, you can hail one with a lit yellow/black taxi sign on top, which indicates its availability

The taxi rate in Hamburg is legally fixed and therefore binding for each taxi company and driver.

If you wish to call a taxi, try those operators:

- Hansa-Taxi: +49 40 211211
- Taxiruf: +49 40 441011
- Taxi Hamburg: +49 40 666666
- Uber: <https://www.uber.com/global/en/cities/hamburg/>

or download:

- Free Now (formerly known as 'My Taxi')
- Moia

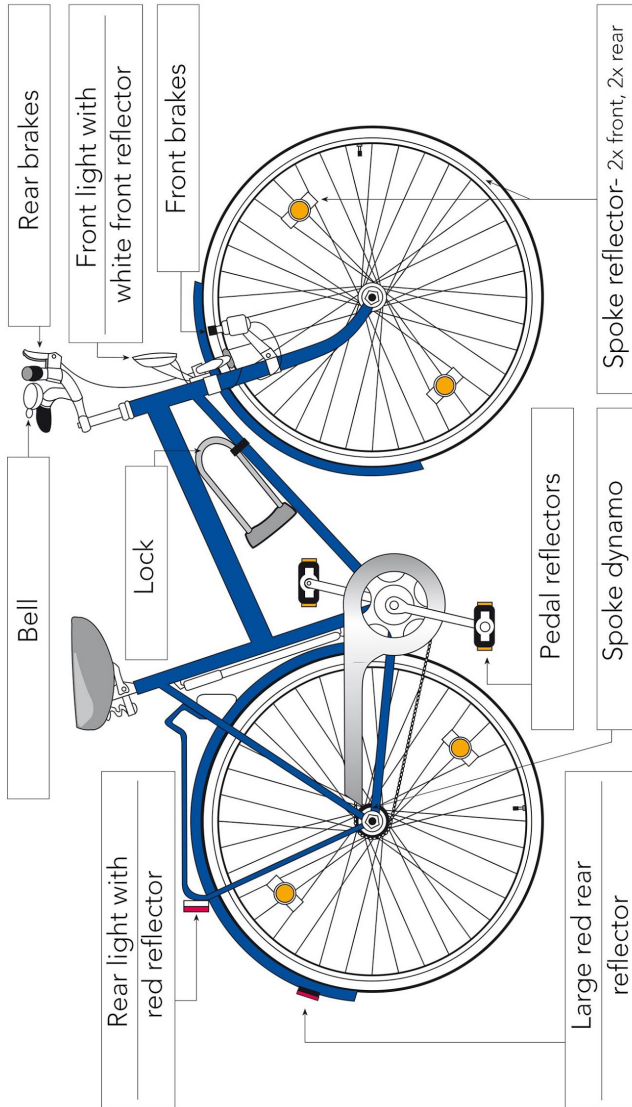
BICYCLES

Children under the age of 8 years are not allowed to cycle on the streets, but only on the sidewalk or bike path. Parents with children ages 8 and under can bike on the sidewalk when accompanying them. Children between 8-10 years old can choose between sidewalk/bike path and street. Children above 12 years must bike on a bike path or street. Helmets are mandatory for children 14 and under. While all those 16 years and above are not required to wear a helmet, beware that German courts have ruled that under certain circumstances insurance companies have to pay less damages or none at all in the case of an accident in which a helmet would have provided some or complete protection.

You are not allowed to ride a bicycle under the influence of alcohol and at all times you must show “due care and attention”, for example being on your mobile phone while cycling is not permitted.

Bikes are also required to legally have lights fitted for evening and wet weather cycling. For more details on biking rules in Germany go to: www.bicyclegermany.com and search for German bicycle laws.

For bicycles to be road-worthy in Hamburg, they need to be equipped with the right amount/colour of reflectors, lights, brakes, etc. The graphic below shows the equipment required by law.



STADTRAD HAMBURG

Hamburg is one of approximately 100 cities worldwide to offer a public bike rental system. There are over 1800 red bicycles available for rent all over the city. There is a registration fee. If your trip from one bike station to another takes less than 30 minutes you won't be charged. Hire and return are very simple and for further information check: www.stadtrad.hamburg.de (also available in English) and/or use the "StadtRAD Hamburg" app.

E-SCOOTER HAMBURG

Since 2019 electric scooters are allowed to participate in German traffic. To rent and use e-scooters you just need to download the apps of the current providers in Hamburg Circ, TIER, Lime and VOI. More information on <https://www.hamburg.com/getting-around/14177900/e-kick-scooters/>

Electric scooters may be used from the age of 14.

CAR SHARING

share-now.com requires a smartphone and registration. Once registered the respective smartphone apps can be used to locate and reserve a car within Hamburg. You open the car with the app, drive to where you want to go then leave the car in a parking lot.

AIR TRAVEL

There are a number of low cost airlines departing from Hamburg's '[Helmut Schmidt Airport](#)' such as Ryanair, Easy Jet, Vueling, Eurowings or Norwegian and ordinary airlines like Lufthansa, Air France etc.

TRAIN TRAVEL WITH DEUTSCHE BAHN

Train travel around Germany has a reputation for being very reliable. Check on the [DB website](#) or the Bahn App for further information.

If you intend to travel on a regular basis, you can purchase a Bahncard, which will give a significant discount on your travels.

It's important to note that the Bahn guarantees your transportation, but not a seat. Therefore it makes a lot of sense to make seat reservations on more crowded routes or during rush hours and on holidays. Keep in mind that there is more than one kind of train. There are super-fast ICEs, local express trains, rapid transit suburban trains, S-Bahn trains, U-Bahn trains...it will take you some time to sort them all out, but it's worth it.

BUS TRAVEL

Bus travel across Germany is usually the cheapest, but also the slowest option. If your destination is fairly close, bus travel might provide the greatest value. For example, a bus return ticket Hamburg-Berlin can be as cheap as €20, while the price of a train ticket never drops below €60 unless you work with card discounts.

Useful sites:

- www.flixbus.de
- www.berlinlinienbus.de
- www.fernbusse.de

Please note: Each German state has a different holiday schedule, so you may want to be aware of that when driving through Germany. For information about German School holidays: <http://www.holidays-info.com>

5. Medical Care

EMERGENCY TELEPHONE NUMBERS

	Phone
Ambulance	112
Fire	112
Police	110
Doctor's Hotline / Corona Hotline	116117
Doctor's Emergency Call Center	+49 (40) 228022
Emergency Pharmacies	+49 (40) 228022
Emergency Veterinarian	+49 (40) 434379
Medical Emergency(children only)	+49 (40) 889080
Dental Emergency Service	+49 (40) 471733260
Poison Information Center	+49 (40) 551 or 19240

HOSPITALS (KRANKENHAUS)

Hamburg has over 35 hospitals and specialist facilities offering round-the-clock medical care.

Most hospitals offer A&E services (*Zentrale Notaufnahme*) in addition to stationary care. Some facilities specialise in particular medical fields such as pediatric medicine. Here you can find the [full list of hospitals in Hamburg](#) and their specialties (in German). Most importantly the '[Altonaer Kinderkrankenhaus](#)' at Bleickenallee 38 in Altona is always the first approach for emergencies regarding your children.

PHARMACY/DRUGSTORE (APOTHEKE)

For prescription medication from your doctor or over the counter medicines, you will need to look for an “Apotheke” sign. They usually have a green cross outside the building, or alternatively a large red “A”. There are a lot of pharmacies around the Hamburg area. On weekends only certain pharmacies will be on duty. The address of the nearest pharmacy on duty will be posted on the front window of any pharmacy/drugstore or in the local newspaper.

DOCTORS (ÄRZTE)

Doctors are listed on the Internet and in this booklet. Most doctors in Germany will have some knowledge of English. The doctors listed within this booklet have been recommended by former or present ISH parents.

Please note that most doctors’ offices are closed on weekends and opening hours may vary. Also, many doctors’ offices are closed on Wednesday and Friday afternoons. Be sure to make an appointment ahead of time. Most doctors have a “Sprechstunde” (consultation hour), during which you can simply drop in, and be prepared to wait.

MEDICATION

The following medications are available from the Apotheke without a doctor’s prescription. Always consult the pharmacist if you feel unsure about medication. Good pharmacists will volunteer their advice and most speak English.

Important: ISH cannot act as guarantor of the effectiveness of any particular medication and cannot take any responsibility whatsoever in regard to the consequences of using any medication.

Symptoms	Medication brand name	Ingredient/Remarks
Headache	Aspirin	Acetylsalicylsäu

<p>“Kopfschmerzen”</p> <p>Pain</p> <p>“Schmerzen”</p>	Paracetamol	<p>re, ASS – not to be taken when having toothache/ asthma</p> <p>Not recommended for children</p>
<p>Toothache</p> <p>“Zahnschmerzen”</p> <p>Fever</p> <p>“Fieber”</p> <p>Pain</p> <p>“Schmerzen”</p>	Nurofen, Dolormin, Benuron	Ibuprofen, Paracetamol – available as tablets, suppository or syrup
<p>Joint- or Back Pain</p> <p>“Gelenk- oder Rückenschmerzen”</p>	Voltaren	Diclofenac
<p>Menstrual pain</p> <p>“Regelschmerzen”</p>	Dolormin /Ibuprofen Naproxen	Ibuprofen Naproxen
<p>Earache</p> <p>“Ohrenschmerzen”</p>	Otalgan	Phenazon – only for pain. Medication for inflammation needs a doctor's prescription
<p>Running nose</p> <p>“Schnupfen”</p>	Otriven, Olynth Sea Salt Spray	Different concentrations for children and adults. Natural
<p>Sore throat</p> <p>“Halsschmerzen”</p>	Lemocin (children) Dobendan strepsils	Herbal
<p>Nausea</p> <p>“Übelkeit”</p>	Vomex, Vomacur Iberogast drops	Herbal

Stomach cramps "Magenkrämpfe" Biliary colic "Gallenkolik"	Buscopan	
Diarrhoea "Durchfall"	Iberogast drops Imodium	
Heartburn "Sodbrennen"	Talcid, Maloxan, Rennie	
Athlete's foot "Fußpilz"	Canesten, Lamisil	
Yeast infection "Scheidenpilz"	Kadefungin, Once	Combi packages available with cream and suppository
Ointment "Heilsalbe"	Bepanthen	
Bruises "stumpfe Verletzungen"	Traumeel cream Thrombareduct Arnika Salbe	
Cuts/graze/open lesion "Desinfektion - offene Wunden"	Bepanthen antiseptic cream /Betaisodona (ointment) Octenisept (spray) Prontosan spray	
Cough "Husten" Suppressed "stillend" Congestion "lösend"	Prospan syrup Silomat, Mucosolvan, ACC	Herbal At night time
General burn	Brand-/Wundgel	
Irritated eyes "gereizte Augen"	Euphrasia eye drops	

Teething child "zahnendes Kind"	Osanit (globules) Dentinox (gel)	
Allergy "Allergie" Eye / nose "Auge/Nase"	Fenistil (drops), Cetirizin tablets or syrup Vividrin (spray and drops), Livocab	
Mosquito bite "Mückenstich"	Fenistil Gel, Soventol	
Sunburn "Sonnenbrand"	Fenistil Gel/ Bepanthen Lotion	
Hemorrhoids "Hämorrhoiden"	Faktu, Mastu	
Constipation "Verstopfung"	Lactulose (mild) Laxoberal (strong)	
Motion sickness "Reiseübelkeit"	Superpep chewing gum	
Sprain "Verstauchung" strain "Zerrung"	Voltaren Heparin Sport Gel	

MEDICAL PRACTITIONERS

IMPORTANT: ISH cannot act as guarantor of the competence of any particular doctor and cannot take any responsibility whatsoever in regard to the consequences of accepting advice or treatment.

FAMILY PRACTITIONERS/ HAUSÄRZTE

Dr. Witte Jürgensallee 126 22605 Hamburg Tel.: 040 821445	Dr. Heide Harting Godeffroystr. 29 22587 Hamburg Tel.: 040 861480
Dr. Harol Rosner Anne-Frank-Str. 2A 22587 Hamburg Tel.: 040 862524	Dr. Hans J. Albrecht Babendieksstr. 21 22587 Hamburg Tel.: 040 867975

INTERNISTS/ INTERNISTEN

Dr. Reusse Nienstedtener Markplatz 9 22609 Hamburg Tel.: 040 828224	Orthopaedic Medicine Waitzstr 4 22607 Hamburg Tel.: 040 8990080
Dr. Boris Tuschick Dr. Siemssen Waitzstr. 12 22607 Hamburg Tel.: 040 8993944	Chirurgische Gemeinschaftspraxis Osterstr 36-38 20259 Hamburg Tel.: 040 4017810

DENTISTS/ ZAHNÄRZTE

Dr. Sven Wegdell Blankeneser Landstr. 25 22587 Hamburg Tel.: 040 861034	Dr. Leonie Brolund Nienstedtener Str. 10 22609 Hamburg Tel.: 040 826630
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<p>Dr. Roswita Pielcke Dr. Alf Henning Beseler Str. 48 22607 Hamburg Tel.: 040 8993 667</p>	<p>LS Kids (Pediatric Dentists) Friesenweg 2A 22763 Hamburg Tel. 040 46863840</p>
<p>Dr. Christina Esser Dr. Victoria Rost Paul-Negermann-Platz 5 22765 Hamburg Tel.: 040 30377766</p>	<p>Dr. Christoph Ivens (Adults and Children) Waitzstrasse 1 22607 Hamburg Tel.: 040 8907171</p>
<p>Elbweiss Drs. Lütchens Erik-Blumenfeld-Platz 27, 22587 Hamburg 040/818283</p>	<p>Dr. Alina Boberg Wedeler Landstr. 43 22559 Hamburg-Rissen 040/818130 info@dr.alinaboberg.de</p>

ORTHODONTISTS/ KIEFERORTHOPÄDEN

<p>Dr. Bettina Söder English speaking Orthodontist Beselerplatz 9 22607 Hamburg Tel.: 040 894000</p>	<p>Dr. Bublitz & Partner Glißmannweg 5 22450 Hamburg www.dr-bublitz.de</p>
<p>Kieferorthopädie Elbvororte Dr. Stephanie Wodianka Baron-Vogth-Str. 75 22609 Hamburg Phone: 040/829288</p>	<p>Dr. Hans-Joachim Müller Sülldorfer Kirchenweg 1A 22587 Blankenese Tel.: 040 869379</p>

DIABETES CARE / DIABETES BEHANDLUNG

Diabetes Praxis Blankenese diabetespraxisblankenese.de	
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EAR-NOSE-THROAT DOCTORS/ HALS-NASEN-OHREN (HNO) ÄRZTE

Dr. Darwich & Dr. Abele Waltzstasse 15 22607 Hamburg Tel.: 040 898580 info@hnopraxis-hamburg.de	Dr. Christa Wilke Langelohstr. 158 22549 Hamburg Tel.: 040 41421500 www.hnopraxishamburg.de
Dr. Anne Rollin Beseler Platz 11 22607 Hamburg Tel.: 040 89064882	

GYNECOLOGISTS/ FRAUENÄRZTE

Dr. Catherine Demmel Donnerstraße 10 Haus 2 22763 Hamburg (Ottensen) Tel.: 040 39904360 www.agonmvz.de	Dr. Gudrun Schittek Witts Allee 1A 22587 Hamburg Tel.: 040 860605
Dr. Barbara Heeckt Waltzstr. 7 22607 Hamburg Tel.: 040 46008033	Dr. Judith Kouematchoua Beim Schlump 52 a 20144 Hamburg Tel.: 040 41304546

PEDIATRICIANS/ KINDERÄRZTE

Dr. Martin van Bömmel &	Dr. Köhrer
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<p>Bettina van Bömmel Waitzstrasse 16 22607 Hamburg Tel.: 040 892014</p>	<p>Beim Schlump 90 20144 Hamburg 040/448144 kinderarzt-eimsbuettel.de</p>
<p>Dr. Mohammed Said Bahnhofstrasse 52 22587 Blankenese Tel.: 040 865962</p>	<p>Kinderärzte Friesenweg Friesenweg 2 22763 Hamburg Tel.: 040 3806476</p>
<p>Dr. Jan Heinemeyer Kroonhorst 9d 22549 Hamburg 040/8320441</p>	<p>Dr. Thorsten Eichler Hoheluftchaussee 36 20253 Hamburg 040/4210830</p>

PHYSICAL THERAPY/ PHYSIOTHERAPIE

<p>Anne Brinkmann Friedensallee 271 22763 Hamburg Tel.: 040 88167887</p>	<p>Franziska Conzen-Nehb Elbe Einkaufszentrum 22609 Hamburg Tel.: 040 80010344</p>
<p>Bewegungsraum Haubachstraße 74 22765 Hamburg Tel.: 040 570 131 95 www.bewegungsraumhamburg.de</p>	<p>Physio Aktiv Nienstedter Marktplatz 29 22609 Hamburg Tel.: 040 27871077 www.physiopunktaktiv.de</p>
<p>Meike Ölert Carnio Sacrale Therapy www.meike-oelert.com</p>	<p>Bettina Neidhardt Osteopath (English speaking) Seestr. 24 22607 Hamburg www.bneidhardt.de</p>

PSYCHOTHERAPISTS & PSYCHIATRISTS / PSYCHOTHEAPEUTEN & PSYCHIATER

You can find psychologists in your area on the website www.psycinfo.de. Just type in your zip code and you will get a listing of nearby services.

CHILD PSYCHOLOGISTS/ KINDERPSYCHOLOGIE & FAMILY PSYCHOLOGISTS/ FAMILIENPSYCHOLOGIE

The school counselors also have a list of recommended psychologists for children.
Former ISH counselor Makia Motton Matheis opened her own private practice for [Child, Adolescent & Family Therapy](#)

HOMEOPATHS & HOLISTIC THERAPY/ HOMÖOPATHIE

Gabriele Rassaerts Rothenbaumchaussee 26 20148 Hamburg Tel.: 040 63677408	Matthias Strelow Bernstorffstraße 117 22767 Hamburg Tel.: 040 438670
Ilona Münzer Gohorpstrasse 57 22605 Hamburg Tel.: 040 8904033	Herr Christoph Frieling Baron-Voght-Straße 82 22609 Hamburg Tel.: 040 827756

RADIOLOGISTS/ RADIOLOGEN

Radiologie Blankeneser Bahnhof Sülldorfer Kirchenweg 2a	List of radiologist clinics: www.radiologische- allianz.de
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22587 Blankenese	
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ENDOCRINOLOGISTS/ ENDOKRINOLOGIE

MEDIPLEX (Private office) Endokrinologie Dr. med. Waller Neuer Wall 43 20354 Hamburg	Praxis für Endokrinologie und Diabetologie Max-Brauer-Allee 52 22765 Hamburg Tel.: 040 87000170
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GASTROENTEROLOGISTS/ GASTROENTEROLOGE

Prof. Dr. med. Norbert Breuer Waitzstr. 9 22607 Hamburg Tel.: 040 893277	Dr. med. W. E. Garbe Facharzt für Innere Medizin/Gastroenterologie Bornheide 11 22549 Hamburg Tel.: 040 803053
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DERMATOLOGIST / HAUTARZT

Marisol Calcagni-Buehler Blankeneser Bahnhofstr. 40 22587 Hamburg	Dr. med. Daniela Kasche Dockenhudener Str. 15 22587 Hamburg Tel.: 040 863617 www.dr-kasche.eu
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6. House Information

GENERAL INFORMATION

The word for rental is “Vermietung”. You will find estate agency names and addresses on the Internet under “Immobilien”. You will also find house listings on the school noticeboard and on the PTA Facebook Classifieds Group for buying/selling and recommendations page.

Here is a list of house rental websites:

- www.immobilienscout24.de
- www.immonet.de
- www.meinestadt.de

The deposit (Kautiion), usually equals the price of 2 months rent and one month in advance, and is expected at the outset. It is common that the apartment/house is painted at the end (or sometimes at the beginning) of the lease at the tenant’s own expense. This depends on the contract and should be clarified before moving in. Always ensure that a very precise inventory of fixtures is carried out before you move in. If any changes need to be made during tenancy, please check with your agent or landlord first.

It is common in Germany to take out long leases, e.g. two to five years. Don’t be fooled by signing a lease which is only cancelled on leaving the country. If you possess a pet, do not forget to advise your landlord.

Most homes come unfurnished, not all accommodation comes with a fully fitted kitchen or light fittings.

Kitchen, bathrooms and hallways are not counted in the number of rooms, so a two-bedroom apartment with living and dining room for example, is called a four-room (4-Zimmer) apartment. Electric voltage in Germany is 220 Volts.

All properties are advertised quoting the living area in square meters and number of rooms. The rent is based on a basic rent (Kaltmiete) plus service/house charges (Nebenkosten).

The total rent is called “Warmmiete”. “Nebenkosten” charges are for utilities such as refuse collection, building insurance, sewage, street cleaning, land tax etc. They are added to the rent as a fixed monthly rate and at the end of the year, there is an adjustment between the payments made and the actual cost of the services. Charges for heating, electricity and water are usually paid directly by the tenant to the relevant authority.

RELOCATION SERVICES

Relocation services can help with everything from finding accommodation to learning the language to helping your children settle in. If you have already worked with a relocater for your move to Hamburg, chances are you will use him or her again for your next move or another one assigned by your company. But not all parents joining ISH have the benefit of having someone take care of them. If you are in the rare situation that you are actively looking for a relocater in Hamburg, feel free to try one of the following:

<p>Jenny Shilliday Palladium Mobility Group jenny.shilliday@palladium-mobility.com</p>	<p>Sandra Huelsebruch Relocation Service Hamburg sandra.huelsebruch@relocation-service-hamburg.de</p>
<p>Katalin Geis KaleidosGlobe k.geis@kaleidosglobe.de</p>	<p>Jörg Holsten Progedo relocation joerg.holsten@progedo.de</p>
<p>Martina Brühl Relocation & Real Estate martina-bruehl-immobilien.de</p>	<p>Expatriate Network Birte Helberg http://www.expatriatenetwork.de</p>
<p>Kerstin Luong The Red Relocators kluong@the-red-relocators.com</p>	

MOVERS

Lavendelhof Michael Hensel Neufeld 5 25554 Dammfleth Tel.: 0172 4106136 mh@lavendelhof.de	HMP-Umzüge Worldwide Moving Tel.: 040 30062222 www.umzug-hamburg.com
Bernhard Storck jr. GmbH Internationale Umzüge & Möbelspedition Saseleer Bogen 18 22393 Hamburg	Transport Krumpf Ottensen info@krumpf.de Tel.: 040 54 88 76 54 https://www.krumpf.de

INSURANCES

Insurance in Germany is mostly mandatory. For existing insurance policies from your home country such as Accidental Death and Disablement, Term Life, Annual Travel or Health, it is recommended that you check with your existing insurer to ensure that your policy is valid whilst residing in Germany. Please contact a local professional for correct advice concerning the appropriate type of insurance. There are far more insurance possibilities than those mentioned here.

HOUSEHOLD INSURANCE

This insurance is optional and serves to indemnify you for loss of, or damage to your possessions. Included are all belongings contained in your home. Fixtures and fittings are attached to the buildings and not owned by you are generally excluded as they are the responsibility of the landlord. Coverage includes risks of fire, burglary, storm damage and/or vandalism. In some instances, tariffs include coverage for bicycles, but this

is not universal. Breakage of window panes can also be insured separately; this is a good idea when the panes of glass are large and costly to repair. Loss of keys (home or office) may also need to be insured separately. The amount of risks covered depends on the insurance company and you should be aware of what risk coverage is included.

THIRD PARTY LIABILITY INSURANCE

This is an advisable insurance. Under German law, there is no ceiling on the level of damages an individual could have awarded against them for an act they committed – even if the act was committed innocently. This insurance provides cover to you or to any insured member of your family in the event you commit an act for which a German court would consider you negligent.

Examples of ordinarily negligent may be knocking over a vase whilst visiting a shop or friend or causing bodily injury to another whilst skiing or engaging in other sports. Note that separate insurance policies are required for dogs and horses, anyone driving a car, sailing a boat, piloting an aircraft or hunting.

VEHICLE INSURANCE

Before a person can register a car in Germany he or she must have proof of third party liability coverage for all damage or injury to another person, car or object.

There are numerous factors in addition to coverage that influence the insurance price. New drivers pay more than experienced drivers; those living in urban areas pay more than those in rural areas, and those who have been found liable in accidents pay more than those who haven't.

If you have a good driving record in your home country you can get credit for it here.

Depending on the degree of insurance you want to get, there are two types of vehicle insurance:

- Teilkaskoversicherung (Partial Cover): Pays for theft of the whole car or of parts of the car, for damages caused by a storm, fire, hail, short circuit or attack by wildlife (may vary for different animals).
- Vollkaskoversicherung (Full Cover): Contains all the benefits of Teilkasko plus self-caused damages and accidents, hit and runs and damages by strangers/kids.

Note that the Full Cover is naturally more expensive than the Partial Cover. More information can be found on www.check24.de

HEALTH INSURANCE

Germany has a reputation for having one of the best healthcare systems in the world, providing its residents with comprehensive health insurance coverage. Approximately 85% of the population are mandatory or voluntary members of the public health scheme while the rest have private health insurance. You have two main options for health insurance while living in Germany:

- Government Health Insurance System (GKV): Most German residents are members of the governmental system.
- Private Health Insurance (PKV): Generally, private health plans cover a wider choice of medical and dental treatment and provide broad geographical coverage. By having private health insurance you are considered a private patient and can expect more service from the medical profession. The hospitals and doctors depend to a certain extent on private patients to supplement their incomes and therefore welcome them. A private patient can also request and will often get, doctors who speak their native language.

PET INSURANCE

There is third party liability insurance as well as health insurance for cats and dogs. The health insurance for your pet can be important, as the costs for therapy, treatment and medication can be high, in case of a severe disease or an accident.

A third party liability insurance for dogs and cats can also be useful, as costs of damages can rise to huge amounts without this insurance. For further information visit www.agila.de

BOAT / YACHT INSURANCE

Pantaenius

Großer Grasbrook 10



20457 Hamburg

www.pantaenius.com/de-en/

RECYCLING/ WASTE MANAGEMENT

The [waste disposal system in Hamburg](#) is very environmentally and consumer-friendly. However, as with many things in Germany, there are rules you must learn and follow. Waste is divided into various groups, below is a brief description.

Garbage Item	Where It Goes
Paper – newspaper, magazines, empty pizza boxes, toilet rolls, cardboard, etc.	Blue Bin or bundled outside the house, collected once a month. Large paper containers are also found on streets for public use.
Glass – bottles and containers with no deposit.	Containers on many streets. You must sort by glass color.

<p>Recyclables – cans, plastic, polystyrene, aluminum, and “composite materials” like beverage cartons.</p>		<p>Yellow Bins or in yellow bags obtained at the Recycling Hof or from the Recycling Truck which collects the yellow bags and bins every second week.</p>
<p>Glass and plastic Bottles with deposit (Pfand)</p>		<p>Automated machines at all supermarkets – after putting in the bottles you get a receipt to be redeemed at the cashier.</p>
<p>Biological waste – kitchen scraps like inedible parts of fruits and vegetables, nutshells, egg shells, tea leaves, etc. garden waste, straw.</p>		<p>Brown or green “Bio-Tonne” bin, collected every 2 weeks by Recycling truck or compost heap. Alternatively bring to the Recycling Hof (free of charge).</p>
<p>Ordinary waste – What’s left after being separated.</p>		<p>Black/grey bin, once a week. Large amounts can be brought to the Recycling Hof, but a fee applies.</p>
<p>Larger items – furniture, TVs, everything which is bigger than the black/grey bin</p>		<p>Phone Sperrmüllabfuhr at 040 2576 2576 to have items collected (fee depending) or bring to the Recycling Hof.</p>
<p>Old clothes and shoes.</p>		<p>Containers in various places or occasionally a slip in your mailbox offering a collection of used clothing, Recycling Hof.</p>
<p>Batteries and energy saving bulbs.</p>		<p>In containers found in shops or brought to the Recycling Hof.</p>

Cork	In containers found in shops like ALNATURA or brought to the Recycling Hof.
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Don't forget about the annual flea market organized by the PTA. You may be able to recycle your household items by selling them! Alternatively – or in addition – you can offer your items in the [PTA classified Facebook group](#). Of course, you always have the option to sell through one of the following online portals and apps:

- www.ebay-kleinanzeigen.de/
- www.dhd24.com
- www.kleinanzeigen.meinestadt.de

If you can't sell an item and it's too big for a regular garbage can, you can have the Stadtreinigung (www.stadtreinigung-hh.de) come by and pick it up for a fee.

On their website under the section “Ihr persönlicher Abfuhrkalender” you can fill in your address, tick the box and then click “suchen”. It shows the next dates for waste collection. If you submit your email address, you'll get a reminder one day prior to collection.

Alternatively, you can bring the item to a so-called Recycling-Hof (recycling centres). There are quite a few around. The ones closest to ISH are at Rodenbarg, 22525 Hamburg, and Brandstücken 36, 22549 Hamburg. Opening hours vary, but in general Monday—Saturday. Don't forget to take ID & proof of address as it may be asked for.

More information available through our GreenISH Junior Club, please contact Xenia Braun (x.braun@ishamburg.org).

SERVICES AROUND THE HOUSE

GENERAL MAINTENANCE SERVICE/ HANDYMAN

Michael Hensel Tel.: 01724106136 Hensel.trade_services@t-online.de	Sven Doering Tel.: 0160 6364744 Sven.d@gmx.de
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WINDOW CLEANERS / FENSTERPUTZER

Luca De Caro Tel: 0176 48750856	Mr Halman Tel: 0172 4574973
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PLUMBER / INSTALLATEUR

Luetge Haustechnik (In Bahrenfeld) Tel.: 040 48509066 www.sanitaer-heizung-notdienst.de	Michael Bätjer (In Blankenese) Tel.: 040 87007780 www.m-baetjer.de
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HEATING TECHNICIANS/ HEATING OIL SUPPLIERS

Carl Hass GmbH (In Bahrenfeld) Tel.: 040 892001 info@carlhass.de	Louis Hagel (In Wilhelmsburg) Tel.: 040 757777 www.getoil.de
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WINDOW REPAIRS/ GLASER

Glaserei Peter & Michael	Glaserei Rolf und Weber
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Wockenfuß GmbH
Tel.: 040 8502739
info@glaswockenfuss.de

Tel.: 040 7427000
info@rolfundweber.de
www.rolfundweber.de

HOUSE CLEANING / HAUSREINIGUNG

Book a Tiger
www.bookatiger.com/de-en

Miss Finish
Tel.: 040 368811188
www.missfinish.de

7. Services for Daily Life

BANKS

For specific details please check with your bank. First of all, please note that some independent shops in the local area do not accept credit cards, although this is changing rapidly.

To open a current account you will need your passport (provide proof of identity) and money for the initial deposit. If you bring cash, your account is opened immediately. Once a bank account has been opened, an EC card will be issued. There may be a monthly charge for keeping the account depending on the bank. The EC card is invaluable for transactions; it can be used for payments at shops, hotels, ticket offices, department stores and even supermarkets. It is also the card to use for getting cash from ATM's (in German "Geldautomat"). The bank will issue you a personal identification number (PIN) to use for the ATM's. Bank account statements (Kontoauszüge) are not regularly sent to your home. You must go to the bank and insert your EC-Karte into the machine to print off a statement. If you do not do this about once a month, your bank will mail you a copy and you will be charged a fee.

Most bills are paid by bank transfer "Überweisung".

A standing order "Dauerauftrag" can be used for recurring payments of a set sum, e.g. rent, insurance premiums, etc. The sum is deducted automatically from your account on an agreed date and transferred to the account of the recipient. The bank will provide the form. Direct debit "Lastschrift" can be used for recurring sums that vary in size, e.g. telephone, gas and electric bills. You give the recipient a direct debit authorization (Einzugsermächtigung), which authorizes the recipient to deduct the respective amounts from your account. At any time the authorization can be cancelled to stop the direct debit. As a safeguard against abuse, there is an unrestricted right for 90 days to recall any sum that was deducted.

POST

The Deutsche Post has an excellent website accessible in German and English: www.deutschepost.de

Stamps are called “Briefmarken”. To mail a package, the cost is based on the size of the package and the weight. Beware – rates are significantly higher for “non standard” size letters or cards. Buying your stamps and postages online at [DHL online shop](#) saves you money and time. DHL packages can be sent from the Post Office.

TAXES & BROKERAGE/ STEUERBERATUNG

<p>Maute Steuerkanzlei (Ask for Nancy, she speaks English) Tel.: 040 226343930 maute@steuerkanzlei.de</p>	<p>Steve Wearn at Capital Plan (Experienced independent British advisor) Tel.: 015110613746 Wearn@capitalplan.de</p>
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LAWYERS /RECHTSANWÄLTE

<p>Rechtsanwalt Jan H. Jütting (Criminal Law, for English speaking clients) Tel.: 040 36807683</p>	<p>Dr. Peter G. Ahner & Partner (Civil Law, taxes, insurance, banking financial etc.) Tel.: 040 3899890 info@as-law.de</p>
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OTHER SERVICES

LOCKSMITHS / SCHLÜSSELDIENST

<p>AOS Schlüsseldienst Hamburg Tel.: 040 32961679 www.aos-schluesselnotdienst-hamburg.de</p>	
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CAR REPAIR / AUTOWERKSTATT

<p>Gerhard Kagerah Lederstr. 39 22525 Hamburg Tel.: 040 408304 info@kagerah.de</p>	<p>Stop and Go Stellingen Kieler Str. 595a 22525 Hamburg Tel.: 040 67044820 www.stopandgo.de</p>
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FLOWER DELIVERY

<p>FloraPrima GmbH Tel.: 01805 455615 www.floraprima.de</p>	<p>Fleurop AG Tel.: 030 713710 www.fleurop.de</p>
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INTERIOR DESIGN AND LIFESTYLE MANAGEMENT

<p>Elke Cassebaum (former ISH mum) Feng Shui Consultant Corneliusstr. 2 22607 Hamburg Tel.: 040 88168886</p>	<p>Olivier Leduey Le Tapissier (Upholsterer) Am Rathenaupark 13 22763 Hamburg (Ottensen) 040-383846 www.le-tapissier.de</p>
<p>Studio Stern Interior Design Nernstweg 12 22765 Hamburg</p>	<p>Simone Haas Interior Design, Commission Painting, Private lessons Hsimone80@yahoo.com</p>

www.studio-stern.de	
Lange Geller Kuehl (Partners) August-Bolten-Weg 3 22587 Hamburg Tel.: 040 696528330	Tebolo / Knutzen (carpet, blinds, curtains, etc.) Schnackenburgallee 119 22525 Hamburg Tel.: 040 5400980

SELF-CARE

MASSAGE AND WELLNESS

Holmes Place Bahrenfeld Gasstraße 2 22761 Hamburg https://www.holmesplace.com	Meridian Spa Quickbornstr. 26 20253 Hamburg www.meridianspa.de
Nivea Haus Hamburg Jungfernstieg 51 20354 Hamburg Tel.: 040 82224740 www.nivea.de/nivea-haus	

LIFE COACHES

<p>Lucinda Railton Metabolic Balance and Reflexology Tel.: 0151 46346189 LJRholistics@gmail.com</p>	<p>iWellness with LJR Natural Weight Management Programme Mobile: 0151 46346189 LJRholistics@gmail.com</p>
<p>Ingrida Schaefer Personal Performance Coach Hohe Bleichen 18 20354 Hamburg Tel.: 040 35714450</p>	<p>Soul Life Therapy Schulterblatt 24 20357 Hamburg www.timeforyoursoul.com</p>

FITNESS TRAINERS

<p>Fit4TheGame Kühnehöfe 3 22761 Hamburg Tel.: 040 88128533 info@fit4thegame.com</p>	<p>Vivian Bootcamp and Fitness Group, corporate and personal fitness Tel.: 0152 26944336</p>
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HAIRDRESSERS

<p>Kevin Murphy Hairdresser Ottenser Hauptstr. 59 22765 Hamburg Tel.: 040 3902796</p>	<p>Outfit Hamburg Eppendorfer Weg 229 20251 Hamburg Tel.: 040 463956</p>
<p>Hair Art by Sabine Meyer (She speaks English and will come to your home) Tel.: 0172 413 0281 kontakt@hairart-meyer.de</p>	<p>Aldo Beselerstr. 24 22607 Hamburg Tel.: 040 8907201</p>

<p>Francesca Whitfield (Mobile hairdresser) Franny@frannywhitfield.com</p>	<p>Aveda - Secret Garden St. Anschar Platz 10 20354 Hamburg Tel.: 040 - 209 339 17 - 0 www.aveda.secretgarden-hamburg.com</p>
<p>Martin Max Hopfensack 22 20457 Hamburg Tel.: 040 30393836</p>	<p>Rolf & Bernd Blankenese Blankeneser Bahnhofstr. 32 22587 Hamburg Tel.: 040 352515</p>

COSMETICS

<p>Kosmetik Institut Dominika Nawroth Tel.: 040 5500429 www.kosmetik-bahrenfeld.de</p>	<p>Carmen Warmbold (Speaks Spanish and German) Tel.: 040 828180</p>
<p>Anna Litting Rosenhagenstr. 2 22607 Hamburg Tel.: 040 21054368</p>	<p>Cosmetic am Landhaus Beselerstr. 27 22607 Hamburg Tel.: 040 81666900</p>
<p>Antja Meyer Chiropody & Pedicure Tel.: 040 81666900</p>	<p>Let's Sugar Bahnhofstr. 61 22880 Wedel</p>
<p>SIXISLAND Dockenhudener Straße 9 22587 Hamburg Tel: 040 35989929</p>	<p>LOVE YOUR SKIN Osterstr. 134 20255 Hamburg Tel.: 040 60050721 Mobil: 0176 23722820</p>

CHILDCARE

Moving to a new city and away from trusted friends and family might put an extra strain on childcare. Trying to find a good nursery for your baby or toddler?

- **Kinderhaus Othmarschen**, a lovely nursery taking care of children up to three years old.
- **Happy Nest** is an English speaking home child care (Tagesmutter) for children from 18 months to 3 years old. Playing and learning environment in a beautiful house with a garden for a maximum of 5 children every day. Possibility for part time. Open from 8:30-14:30. Same vacation schedule as ISH. Boothsweg 16, 22609 Hamburg. Contact Giovanna De Giuli Morghen
Tel.: 0157 82068172

LANGUAGE COURSES

LANGUAGE LESSONS

(HOSTED BY PEOPLE ASSOCIATED WITH THE SCHOOL)

German (Advanced beginners) Britta Thoma brittathoma@gmail.com Tel.: 0173 5975 721	German (Beginners) Maren Kraemer-Dreyer mkraemerdreyer@gmail.com Tel.: 0176 478 58 088
English Anna Last Anna_maria.last@icloud.com Tel.: 0172 632 0466	French Isabelle Moulin-Steiner isabelle.moulinsteiner@gmail.com

LANGUAGE LESSONS IN HAMBURG

The “[Volkshochschule](#) (VHS)” (Adult Education Center) offers courses during the day and in the evening, usually twice a week at moderate prices. It is located in different areas in Hamburg; the closest to ISH is:

Volkshochschule Hamburg West

Waitzstr. 31, 22607 Hamburg Tel.: 040 8905910

For other locations go to: www.vhs-hamburg.de

PRIVATE LANGUAGE LESSONS IN HAMBURG

The following institutes are private and more expensive than the VHS:

Colon Language Center Colonnaden 96 20354 Hamburg Tel.: 040 345850 www.colon.de	Berlitz Kurze Mühren 2 20095 Hamburg Tel.: 040 5281093 www.berlitz.de/hamburg
SPRACHfix Bogenstr. 45a 20144 Hamburg Tel.: 040 4221345 deutschlernen@sprachfix.de	Goethe Institut Hühnerposten 1 20097 Hamburg Tel.: 040 2385430 www.goethe.de
Tandem Hamburg International Lang. Schule Haus am Fleet Steinhöft 5-7 20459 Hamburg Tel: 040 381959 www.tandem-hamburg.de	Deutsch Akademie Mönckebergstraße 11 20095 Hamburg Tel.: 40 30039366 www.deutschakademie.de hamburg@deutschakademie.de .de

If you prefer learning in a private environment, there are also private German Tutors such as:

<p>SprachRAUM Judith Morgenthal Sülldorfer Kirchenweg 68 22587 Hamburg judithmo@t-online.de</p>	<p>Petra Haardt p.haardt@petrahaardt.de</p>
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RELIGIOUS COMMUNITIES

<p>Roman Catholic St. Elisabeth Church Oberstr. 67 20149 Hamburg</p>	<p>The Anglican Church of St. Thomas Becket Zeughausmarkt 22 22587 Hamburg</p>
<p>Maria Grun Catholic Church Schenefelder Landstr. 3 22587 Hamburg</p>	<p>Mission Catolica Española Holzdamm 22 20099 Hamburg</p>
<p>International United Methodist Church Schillerstr. 31 22767 Hamburg</p>	<p>St. Paul's Evangelical Lutheran Church Kirchenstr. 2 22869 Schenefeld</p>
<p>Danish Seamans' Church Ditmar-Koel Str. 2 20459 Hamburg</p>	<p>Finnish Seamans' Church Ditmar-Koel Str. 6 20459 Hamburg</p>
<p>Swedish Gustav-Adolf Church Ditmar-Koel Str. 36 20459 Hamburg</p>	<p>Norwegian Seamans' Church Ditmar-Koel Str. 4 20459 Hamburg</p>

Rabbi Dov-Levy-Barsi Hohe Weide 34 20253 Hamburg	Russian Orthodox Church Stiftstrasse 17 20099 Hamburg
International Baptist Church Michaelis Passage 1 20459 Hamburg	Greek-Orthodox Community Sievekingsallee 12b 20146 Hamburg
Hindu Temple Hamburg Billstr 77 20539 Hamburg	Hindu Temple Stellingen Volkspark 81 22525 Hamburg
Church of Jesus Christ of Latter Day Saints Elbchaussee 180 22605 Hamburg	Islamic Center Hamburg Schöne Aussicht 36 22005 Hamburg

8. Sports & Clubs

German school holidays differ from the International School holidays. All German club activities (sports, music, etc.) are arranged according to the German holiday schedule.

AMERICAN FOOTBALL

Hamburg Huskies Bei den Tennisplätzen 65 22119 Hamburg timo.mueller@gohuskies.de	Hamburg Pioneers Jahnring 26 22297 Hamburg Tel.: 016094966102 info@hamburg-pioneers.de
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BADMINTON

ETV Badminton Bundesstr. 96 20144 Hamburg Tel.: 040 4017690 www.etv-hamburg.de	SV Lurup Badminton Flurstr. 7 22547 Hamburg Tel.: 040 834083 geschaeftsstelle@svlurup.de
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BASEBALL

Hamburg Stealers Langenhorst 23 22453 Hamburg office@stealers.de	Hamburg Knights Bundesstraße 96 20144 Hamburg info@etv-hamburg.de
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BASKETBALL

<p>SC Rist Wedel Am Steinberg 16 22880 Wedel Tel.: 04103 3535 gs@scrist-wedel.de</p>	<p>Groß Flottbek von 1901 Waitzstraße 19 22607 Hamburg info@tvgf.de</p>
<p>BG Harburg Hittfeld e.V. Stinnweg 1 21220 Seevetal Tel.: 01795946329 info@sharks-basketball.de</p>	<p>BG Hamburg-West (Cooperation Partner of ISH) Goldhähnchenstieg 3 22547 Hamburg Tel.: 0172 7239685 simon@bghamburg-west.de</p>

DANCE

<p>Children and Adult Flamenco Ballet & Modern Dance Sagebielsweg 4 22587 Hamburg Tel.: 040 86624293</p>	<p>Ballettschool Lola Rogge Elbchaussee 499 22587 Hamburg Tel.: 040 863344</p>
<p>Irish Step Dancing for all ages and levels www.gabriellschool.de</p>	<p>Irish Set Dancing (1 Euro per class) www.setdance-hamburg.de</p>

FITNESS CLUBS

<p>Holmes Place Gasstr. 2 22761 Hamburg Tel.: 040 8534 4000 www.holmesplace.de</p>	<p>Fitness First Bahrenfeld Stresemannstr. 300 22761 Hamburg Tel.: 040 18133200 www.fitnessfirst.de/hamburg</p>
<p>Juka Dojo Fitness Club Langenhagen 9A 22609 Hamburg Tel.: 040 825841</p>	<p>Sportlife/Aquafit Paul-Ehrlich Str. 2 22763 Hamburg Tel.: 040 88905560</p>
<p>Shaping-Up Dormienstr. 1a 22587 Hamburg Tel.: 040 87971859</p>	<p>Fit4TheGame Kühnehöfe 3 22761 Hamburg Tel.: 040 88128533</p>

HANDBALL

<p>SV Osdorfer Born Jörg Kunde Tel.: 040 8326236</p>	<p>ETV Hamburg Eimsbüttel Wiebke Hahnen Wiebke.hahnen@hotmail.de</p>
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HORSE RIDING

<p>Reitstall Klövensteen Uetersener Weg 100 22869 Schenefeld Tel.: 040 8308070</p>	<p>Reiterunterricht H.W. Glissmann Sülldorfer Kirchweg 246 22589 Hamburg Tel.: 040 876770</p>
<p>Reitlanlage Flottbek</p>	

Reitstall Butler Hemmingstedter Weg 2 22607 Hamburg Tel.: 0177 2166310	
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MARTIAL ARTS

Zanshin Dojo (Discount for ISH) Mendelssohnstr. 15 22761 Hamburg Tel.: 040 89070352 www.zanshin-dojo.de	Tensho Stresemannstr. 52 22769 Hamburg Tel.: 0171 6237377 https://www.tensho.de
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SOCCER/ FOOTBALL

Fußball Groß-Flottbek Notkestr. 89 22607 Hamburg Tel.: 040 8902711 www.gfsv.de	FTSV Komet Blankenese Schenefelder Landstr. 85 22589 Hamburg www.komet-blankenese.org
Fußball Blankenese SVB Sülldorfer Kirchenweg 122 22587 Hamburg info@svblankenese.de	ETV Fußball Bundesstraße 96 20144 Hamburg info@etv-hamburg.de

SWIMMING

<p>Bäderland Blankenese several locations in HH check out the closest to you at www.baederland.de Tel.: 040 860179</p>	<p>Arriba Erlebnisbad Am Hallenbad 14 22850 Norderstedt Tel.: 040 5219840 www.arriba-erlebnisbad.de</p>
<p>Wedel Pool (Badebucht) Am Freibad 1 22880 Wedel Tel.: 041 0391470 www.badebucht.de</p>	<p>Freibad Marienhöhe Luzerneweg 1-3 22589 Hamburg Sülldorf Tel.: 040 188890 www.baederland.de</p>

TENNIS & HOCKEY

<p>Großflottbeker Tennis-, Hockey- & Golf Club e.V. (Partner of ISH) Otto-Ernst-Str. 32 22605 Hamburg https://www.gthgc.de</p> <p>Please also check the FlottKids Ballschule for 3-6 year old kids.All coaches speak English. Summer camps.</p>	<p>Rot-Gelb Club (Partner of ISH) Hemmingstedter Weg 140 22609 Hamburg Tel.: 040 81992966 www.thc-rot-gelb.de</p>
<p>Verein Aktive Freizeit e.V. (Discount for ISH) Bertrand-Russell-Str. 4 22761 Hamburg Tel.: 040 8906010 https://www.vafev.de</p>	<p>Hamburger Polo Club e.V. Kirsten Alsen Jenischstr. 26 22609 Hamburg www.hamburger-polo-club.de</p>
<p>SVB Tennisclub</p>	<p>Stellinger Tennis Center</p>

<p>Blankenese Michael Flohr Eichengrund 25 22589 Hamburg Tel.: 040 865625 www.sv-blankenese.de</p>	<p>Kieler Str. 572 22525 Hamburg Tel.: 040 5407011 www.tenniscenter-stelingen.de</p>
<p>Tennisclub Vier Jahreszeiten Windmühlenweg 55 22607 Hamburg Tel.: 040 821828 https://www.tcvj.de</p>	<p>THK Rissen Steffi Eckert-Goßler Marschweg 75 22559 Hamburg Tel.: 040 81956799 hockeybuero@thk-rissen.de</p>

YOGA & PILATES

<p>Myria Holzhäuser Pikartenkamp 5 22587 Hamburg Tel.: 0170 9499499 myria@blankenese-yoga.de</p>	<p>Grean Yoga Johann-Mohr-Weg 4 22763 Hamburg Tel.: 040 18121448 www.grean-yoga.de</p>
<p>Yoga/Pilates Othmarschen Stefanie König Alexander-Zinn Str. 14 22607 Hamburg www.stefaniekoenig.net</p>	<p>City Yoga Hamburg (all across the city) Tel.: 0176 70034619 kontakt@cityyoga-hamburg.de www.cityyoga-hamburg.de</p>
<p>Susanna Rantala Ibsen Yoga for everyone - beginner and advance yogi Susanne@rantalaibsen.com Follows the ISH schedule Tel: 0174 2190775</p>	<p>Ariane De Loecker English speaking Yolates classes. Please contact her directly: Tel.: 0172 3713609</p>

9. Shopping

GENERAL INFORMATION

German general stores are usually open Monday through Saturday from 10:00 to 22:00, grocery stores open from 8:00 to 21:00. They are closed on Sundays. However there are a few Sundays when they are allowed to be open. Bakeries have a Sunday/holiday morning exception. You can always find essentials at the larger gas stations. Shops are open on Sundays in the main train stations (Hauptbahnhof, Altona Bahnhof), on the Reeperbahn (Lidl and PennyMarket) and at the airport.

“Verkaufsoffener Sonntag” (Open Shopping Sundays), which means an area or town has special permission to open stores on Sundays. This happens four times a year in Hamburg.

The Fischmarkt is an outdoor market, open every Sunday from 5.00 am to 9.30 am (Winter 7.00-9.30) on the Große Elbstraße west of the Landungsbrücken.

POPULAR OPEN AIR MARKETS

Wochenmarkt Blankenese Tues. 8:00-14:00 Fri. 8:00-18:00 Sat. 8:00-13:00 Wed.9:00-13:00 for Bio products	Groß Flottbek and Osdorfer Landstraße Weds. 8:00-13:00 Sat. 8:00-13:00
Isemarkt in Eppendorf (second largest market in Germany) Isestraße Tues. and Fri. 8:00-14:00	Spritzenplatz Ottensen Tues. and Fri. 8:00-13:00 Weds. and Sat. Bio Market (11-18:30 and 9:30-15)

FOOD AND GROCERY SHOPPING

Bring your own bags to the supermarket. They will charge you for bags. You must also bag your own groceries, and as you will come to learn, you must do it quite quickly!

SUPERMARKETS

<p>EDEKA Volker Klein Offers a great variety of international food, opposite the Elbe-Einkaufszentrum. Julius-Brecht-Str. 5a 22609 Hamburg</p>	<p>REAL The largest in the area, with a large international section of specialties from around the world, and also clothing, toys, appliances Grandkuhlenweg 11 22549 Hamburg</p>
<p>KAUFLAND (huge American style supermarket) Stresemannstr. 300 22761 Hamburg</p>	<p>REWE Center Altona Max-Brauer-Allee 59 22765 Hamburg</p> <p>REWE Center ELBE Einkaufszentrum</p>
<p>ALDI A discount grocery store chain. Osdorfer Landstr. 1a 22607 Hamburg</p>	<p>LIDL A discount grocery store chain. Osdorfer Landstr. 8 22607 Hamburg</p>

SPECIALTY SHOPPING

<p>Andronaco Italian Cafeteria and specialty grocery store with an amazing assortment of wine, pastas, rice and Italian cheeses & cold cuts. Beerenweg 24-26 22761 Hamburg</p>	<p>Vinh-Loi Asian Supermarket Large Store near the Hauptbahnhof, you can also find self-rising flour here. Klosterwall 2 20095 Hamburg</p>
<p>Calpesa Has a great variety of Spanish Food and a good Tapas lunch! Schützenstr. 91 22761 Hamburg</p>	<p>Yuan Ye Chinese grocer by the Hauptbahnhof. Mönckebergstr. 3 20095 Hamburg</p>
<p>Sweet Dreams Best place to buy cakes. Lehmweg 41 20251 Hamburg www.ohhhmhhh.de</p>	<p>Market Yesilirmak Turkish grocer. Schanzenstr. 5 20357 Hamburg</p>
<p>British Shopping Hinterm Graben 21 21029 Hamburg</p>	<p>Asiamarkt E-Shin Grete-Neveermann-Weg. 24 22559 Hamburg (Rissen)</p>

<p>FrischeParadies Große Elbstr. 210 22767 Hamburg</p>	<p>Fisch Hagenah Great fresh fish. Schnackenburgallee 8 22525 Hamburg www.hagenah-hamburg.de</p>
<p>Punjab Shop Indian groceries, movies etc. Kieler Str. 631 22523 Hamburg</p>	<p>Casa Latina Latin American food. Bahrenfelder Str. 82 22765 Hamburg</p>
<p>Nord-Süd Kontor Fairtrade center Stresemannstr. 374 22761 Hamburg</p>	<p>Mix-Markt Russian Shop. Spreestr. 12 22547 Hamburg www.mixmarkt.de</p>

SHOPPING MALLS

<p>Elbe Einkaufszentrum Julius-Brecht-Str. 6 22609 Hamburg</p>	<p>Mercado Einkaufszentrum Ottenser Hauptstr. 10 22765 Hamburg</p>
<p>Alstertal Einkaufszentrum Heegbarg 31 22391 Hamburg</p>	<p>Europa Passage Ballindamm 40 20095 Hamburg</p>

ORGANIC FOOD

<p>ALNATURA Hahnenkamp 1 22765 Hamburg (Altona) or Am Rissener Bahnhof 23, 22559 Hamburg (Rissen)</p>	<p>Denn's Biomarkt Ottenser Hauptstr. 39 22765 Hamburg</p>
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<p>Mühlenhof-Kampen Tel.: 05491/905 33 17 info@kobangus.de www.kobangus.de Order meat directly from the farm.</p>	<p>Schröder's Bio Fleisch- und Wurstwaren (Also online shop) Seestern-Pauly-Str. 12 21493 Schwarzenbek</p>
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DO-IT-YOURSELF STORES

<p>Hornbach Eidelstedt Holsteiner Chaussee 49 22523 Hamburg www.hornbach.de</p>	<p>OBI Markt Altona Ruhrstr. 46-88 22761 Hamburg www.obide.de/maerkte</p>
<p>Bauhaus Lurup (Also has a very good gardening section) Rugenbarg 252 22549 Hamburg www.bauhaus.de</p>	<p>TOOM Baumarkt Peiner Hag 1 25497 Prisdorf www.toom-baumarkt.de</p>

FURNITURE

<p>IKEA Hamburg-Schnelsen Wunderbrunnen 1 22457 Hamburg</p> <p>IKEA Hamburg Altona Große Bergstr. 164 (parking) www.ikea.com</p>	<p>Möbel Schulenburg Gärtnerstr. 133 25469 Halstenbek www.moebel-schulenburg.de</p>
<p>Möbel Dodenhof Auf dem Berge 1 224568 Kaltenkirchen www.dodenhof.de</p>	<p>Möbel Höffner Holsteiner Chaussee 130 22459 Hamburg www.hoeffner.de</p>

Stilwerk Große Elbstraße 68 22767 Hamburg	Bo Concept Große Elbstraße 39, 22767 Hamburg Eppendorfer Marktplatz 2, 20251 Hamburg
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FROZEN FOOD DELIVERY

EISMANN www.shop.eismann.de	BOFROST www.bofrost.de
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ELECTRONIC STORES

Saturn (EEZ Shopping Centre) Mönckebergstr. 1 20095 Hamburg www.saturn.de	Media Markt Altona Paul-Neumann-Platz 15 22765 Hamburg www.mediamarkt.de
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TOY SHOPS

LEGO Store Hamburg Spitalerstr. 12 20095 Hamburg ww.lego.com/de-DE	BR Spielwaren (Elbe-Einkaufszentrum) Julius-Brecht-Str. 12 22609 Hamburg www.br-spielwaren.de
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10. Restaurants, Cafes, Bars & Pubs

GENERAL INFORMATION

There are no set rules for tipping in Germany. In most cases a service charge is included in the price of meals in restaurants. Tipping can vary from place to place and, depending on the

quality of service, can range from rounding up to the next euro to 10 percent of the total bill. Always tell the waiter or waitress how much you want to pay. If, say, the bill was €11.70, say "12 euros, please."

You'll get no glass of water from the waiter unless you ask for it. And if you do ask, be sure to specify "Leitungswasser" (tap water) if that's what you want. If you don't do this, the waiter will assume you want mineral water, and you'll find a fancy price for it on your bill. You will find that many restaurants will not serve you tap water as the German always drinks mineral water with fizz!

This is just a short list of restaurants recommended by ISH parents and staff. It is advisable to reserve a table at a restaurant as they can fill up very quickly. You may phone them directly or many can be booked through OpenTable: <http://www.opentable.de/hamburg-restaurants>

RESTAURANTS

BARS & RESTAURANTS NEAR ISH IN WALKING DISTANCE

Hygge Baron-Voght-Straße 179 22607 Hamburg Tel.: 040 82774160 www.hygge-hamburg.de	Zur Flottbeker Schmiede Baron-Voght-Str. 79 22609 Hamburg Tel.: 040 20918236 www.zurflottbekerschmiede.de
Quellental Quellental 36 22609 Hamburg Tel.: 040 82242270 www.quellental-restaurant.de	To'n Peer Stall Hochrad 69 22605 Hamburg 040/821793 www.ton-peerstall.de
Café Elb Wein Beselerstr. 27 22607 Hamburg Tel.: 040 88129819	Ruperti Rupertistr. 26 22609 Hamburg (Nienstedten) www.ruperti-restaurant.de
Knips Hamburg Jürgensallee 51 22609 Hamburg	

ASIAN

Echtasien Blankeneser Landstr. 1 22587 Hamburg Tel.: 040 1801932 www.echtasien.de	East Simon-von-Utrecht-Str. 31 20359 Hamburg Tel.: 040 309930 www.east-hotel.de
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<p>Tibet Harkortstieg 4 22765 Hamburg Tel.: 040 38611662 www.tibet-restaurant.de</p>	<p>Henssler & Henssler Große Elbstr. 160 22767 Hamburg Tel.: 040 38699000 www.hensslerhenssler.de</p>
<p>Coast by East Grosser Grasbrook 14 20457 Hamburg www.coast-hamburg.de</p>	<p>Man Wah (Chinese) Spielbudenplatz 18 20359 Hamburg Tel.: 040 3192511</p>
<p>Hokkaido Sushi Nienstedtener Str. 13 22609 Hamburg Super good and cheap sushi and poke bowls.</p>	<p>YOSHI im Alsterhaus (Japanese) Jungfernstieg 16-20 20354 Hamburg http://www.yoshi-hamburg.de</p>

FRENCH

<p>Café de Paris Rathausstr. 4 20095 Hamburg Tel.: 040 32527777 www.cafeparis.de</p>	<p>Bistro Caramagnole Juliusstrasse 18 22769 Hamburg Tel.: 040 40186115 www.caramagnole.kr</p>
<p>Petit Bonheur Hütten 85 20355 Hamburg Tel.: 040 33441526 www.petitbonheur-restaurant.de</p>	<p>Petit Amour Spritzenplatz 11 222765 Hamburg Tel.: 040 30746556 www.petitamour-hh.com</p>

GREEK

<p>Corfu Grill Hellkamp 43 20255 Hamburg Tel.: 040 8007050 www.corfu-grill-hamburg.de</p>	<p>Olympiade Rugenborg 18 22549 Hamburg Tel.: 040 8007050 www.restaurant-olympiade.de</p>
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INDIAN

<p>Shukria Eppendorfer Marktplatz 8 20251 Hamburg Tel.: 040 4801147 www.shukria.de</p>	<p>Shalimar ABC-Str. 46-47 20354 Hamburg Tel.: 040 442484 www.shalimar-hamburg.de</p>
<p>Goa – Tandoori Dockenhuder Str. 4 22587 Blankenese Tel.: 040 63731383</p>	<p>Maharani Hallerstr. 1 20146 Hamburg Tel.: 040 42949691</p>
<p>Maharaja Detlev-Bremer-Straße 41 20359 Hamburg, Tel.040 3174928 www.maharaja-hamburg.de</p>	

INTERNATIONAL

<p>Nil Neuer Pferdemarkt 5 20357 Hamburg Tel.: 040 4397823 www.restaurant-nil.de</p>	<p>Philipps Restaurant Turnmerstr. 9 20357 Hamburg Tel.: 040 63735108 https://philipps-restaurant.de</p>
<p>Vlet (traditional isst modern) Am Sandtorkai 23/24</p>	<p>Atlas Schützenstr. 9 22761 Hamburg</p>

20457 Hamburg 040/33475375-0	Tel.: 040 8517810 www.atlas.at
Kleine Brunnenstrasse Kleine Brunnenstr. 1 22761 Hamburg Tel.: 040 3990772 www.kleine-brunnenstrasse.de	Die Bullerie Lagerstr. 34B 20357 Hamburg Tel.: 040 33442110 bullerei.com
Brian's Steak & Lobster Milchstraße 25 20148 Hamburg Tel.: 040 57016737 www.brians-steak-lobster.com	Tschebull Mönckebergstraße 7 20095 Hamburg www.tschebull.de

ITALIAN & PIZZA

Gallo Nero Sierichstr. 46 22301 Hamburg Tel. 040-27092229 www.gallo-nero.net	Trattoria da Enzo Wexstrasse 34 20355 Hamburg Tel.: 040 35713366 www.trattoria-enzo.de
Positano Osteria Isestr. 147 20149 Hamburg Tel.: 040 51326699 www.positanoosteria.eatbu.com	Il Vagabondo Bahrenfelder Str. 242 22761 Hamburg Tel.: 040 3903598 www.ilvagabondo.de
Dal Fabbro Blankeneser Bahnhofstr. 10 22587 Hamburg Tel.: 040 868941	Boccone Am Klingenberg 34 22587 Hamburg Tel.: 040 87009707

www.dal-fabbro.de	www.boccone-blankenese.de
Il Forno (Pizza) Alsterdorfer Straße 86 22299 Hamburg www.pizza-bande.de	Mamma Mia (Pizza) Barnerstr. 42 22765 Hamburg Tel.: 040 3900386
Slim Jims (Pizza) Bei der Schilleroper 1-3 22767 Hamburg www.ilforno-hamburg.de	Luigi's Pizzeria (Pizza) Ditmar-Koel-Str. 21 20459 Hamburg Tel.: 040 41281718
"Farina meets Mehl" (Pizza) Gaußstr. 190 Tel.: 0172 3758432 www.farina.pizza	Mamma Trattoria Blankeneser Bahnhofstr. 31 22587 Hamburg (Blankenese) Tel.: 040 80007373 www.mama.eu

MEXICAN

EL TEQUITO Restaurant & Bar St.Pauli Fischmarkt 3 20359 Hamburg Tel.: 040. 319 32 78 www.eltequito.de	Mexico Strasse Taqueria Detlev-Bremer-Straße 41 20359 Hamburg www.mexikostrasse.com hola@mexikostrasse.com
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ORIENTAL

Hala	L'Orient
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<p>Beselerplatz 11 22607 Hamburg Tel.: 040 88167787 www.restaurant-hala.de</p>	<p>Bahrenfelderstr. 172 22765 Hamburg Tel.: 040 60785747 www.restaurant-orient.de</p>
<p>Teheran Adernauerallee 70 Hamburg Tel.: 040 28008992 www.restaurant-teheran.de</p>	<p>Mazza Moorkamp 5 20357 Hamburg Tel.: 040 2841917 www.mazza-hamburg.de</p>

PERUVIAN

<p>Leche de Tigre Peruvian Bar Nernstweg 32-34 22765 Hamburg Tel.: 0163 3126491 http://lechedetigre.de</p>	<p>Maria Magdalena Spritzenplatz 4 22763 Hamburg Tel.: 0176 23753938</p>
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PORTUGUESE

<p>A'Varina Karpfangstr. 16 20459 Hamburg Tel.: 040 372662</p>	<p>O Café Central Grosse Bäckerstr. 4 20095 Hamburg Tel.: 040 3751</p>
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SPANISH

<p>Portomarin Restaurant Dorotheenstr. 180 22299 Hamburg</p>	<p>Altamira Bahrenfelder Str. 331 Hamburg</p>
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Tel.: 040 46961547 www.portomarin.de	Tel.: 040 85371600 www.cafealtamira.de
El Toro Kleiner Schäferkamp 21 Hamburg Tel.: 040 459551 www.el-toro.de	Picasso Rathausstr. 14 Hamburg Tel.: 040 326548 www.picasso-hamburg.de

BARS

Christiansen's Pinnasberg 60 20359 Hamburg	Le Lion Bar de Paris Rathausstrasse 3 20095 Hamburg
Skyline Bar 20up Bernhard-Nocht-Str. 97 20359 Hamburg	Bar Da Caio - George Hotel Barcastrasse 3 22087 Hamburg
The Boilerman Bar Eppendorfer Weg 211 20253 Hamburg	Gaga Bar Spielbudenplatz 21 20359 Hamburg
Amaranto Winterhuder Weg 146 22085 Hamburg	Altes Mädchen Lagerstraße 28B 20357 Hamburg

11. Pets & Pet Care

GENERAL INFORMATION

All cities have their own specific laws regarding dogs and cats. If you live in rented property, the landlord's permission is required before you can keep a pet. As the owner is responsible for anything a pet does, it is recommended that you obtain a personal liability policy for your pets, particularly dogs, as you are subject to lawsuits if they cause an accident.

DOGS

It is recommended that any dog owner should register their pet at [TASSO e.V. - Komm zurück! Mit TASSO](#). Registration is free and highly recommended by all vets: any lost pet is first cross checked on Tasso to locate the owner. European-wide.

All dogs:

- Have to be registered for a dog tax.
- Should not bark during 'rest periods'.
- Have to have an identification number, either on a clearly visible tattoo or as a microchip. The number on this corresponds to one on the proof of examination (European Union requirement.).
- Need a passport and a valid rabies certificate, issued by a licensed veterinarian, if travelling between EU countries.
- Are not allowed in grocery stores, butcher shops and other shops where fresh food is sold. Some Konditorei, or cafes, don't allow them either.
- Need a train ticket for train travel.
- Should be leashed when outside of the owner's property with the exception of dog discharge areas.

Certain breeds of dogs present special problems and most states consider Pit Bulls, Staffordshire Bull Terriers and

American Staffordshire Terriers too dangerous and have banned their import.

For more detailed information on which breeds may be banned and in which states the ban is effective it would be wise to contact a specialist in importing pets. You can also go to: <http://bit.ly/1N9su3F> for a detailed list of banned breeds and other information about restrictions on dangerous dogs.

Your pet must have a passport to travel within the EU. Ask your vet about issuing a pet passport. All dogs are required to be registered for a dog tax (Hundesteuer) within 50 days of their arrival.

Registration forms can be picked up at Steuerkasse Hamburg, Steinstr. 10, 20095 Hamburg Zimmer 28 (Auskunft) Tel.: 040 42853758 (Only dogs need to be registered, not other house pets.)

Dog excrement bags (Gassibeutel) are available free of charge at all Budnikowsky drug stores at the cash desk and at all recycling centres and it is expected and binding by law that owners pick up their dog waste and dispose of it in the nearest garbage bin. Failure to do so could result in a monetary fine.

CATS

- Have to have an identification number, either on a clearly visible tattoo or as a microchip. This number corresponds to one on the proof of examination. (European Union requirement)
- Need a passport, issued by a licensed veterinarian. If travelling between EU countries, cats need a ticket for train travel.

SERVICES FOR FURRY FRIENDS

VETERINARIANS/ TIERARZT

<p>Kleintierpraxis Blankenese Dr. Wenzel (French, English) Hasenhöhe 3 22587 Hamburg Tel.: 040 86647455 www.kleintierpraxis-blankenese.de</p>	<p>Kleintierpraxis Nienstedten Dr. Katrin Wüstmann Rupertistrasse 34 22609 Hamburg Tel.: 80050575 kleintierpraxis-nienstedten.de</p>
<p>Dr. Oliver Schleif Elb Vet Tel.: 0151 17804512 www.elbvet-hamburg.de</p>	<p>Dr. Jens Freund Cranachstraße 68 22607 Hamburg Tel.: 040 8907969</p>
<p>Tierarzt Praxis Dr. Klingberg Semperstr. 60 22303 Hamburg Tel.: 040 63940691 www.tierarztpraxis-klingberg.de</p>	<p>Dr. Timmermann Hasselbinnen 3 22869 Schenefeld Tel.: 040 8307070</p>

DOG TRAINING/ COACHING

<p>Glückshunde Tel.: 0170 9084755 www.glueckshunde-hamburg.de</p>	<p>Birgit Hünemörder Bahrenfelder Chaussee 158 22761 Hamburg Tel.: 0171 9363704 BH@tiertherapie-online.de</p>
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BOARDING FOR CATS & DOGS

<p>Hundedorf Rellingen Pinneberger Straße 121A 25462 Rellingen Tel.: 041 6968890 hundedorf.eu</p>	<p>Astrid's Hundeschule and Tierpension (Dogs) Mühlenweg 25 25385 Horst www.astrids-hundeschule.de</p>
<p>Lüttes Pfoetenmobil Julia Klein, Tiermedizinische Fachangestellte Tel.: 017641437373 info@Luettespfoetenmobil.de</p>	<p>Dog Hotel Pfoetchenhotel (Dogs) www.pfoetchenhotel.de</p>
<p>Job's Tier-Hotel Königsgrund 2 21244 Buchholz i.d.N. (Dibbersen) Tel.: 04181 6152 service@jobs-tierhotel.de</p>	<p>Cattery (Ms. Aden, Cats) Fabersweg 1a 22848 Norderstedt Tel.: 040 5289191</p>

PET SHOPS & GROOMING

<p>Das Futterhaus Osdorfer Landstr. 188 22549 Hamburg www.futterhaus.de</p>	<p>Fressnapf Osdorf Osdorfer Landstr. 393 22589 Hamburg www.fressnapf.de</p>
<p>The Dog House Boarding Kennels and Groomers. Tel.: 040/58965817</p>	

DOG WALKER

Steffis Gassi Service & Steffis Hundehaus

Stephanie & Nick Rosu

Dogwalker in Hamburg & Doghotel with pick-up and drop-off service

Am Beek 4, 25364 Westernhorn

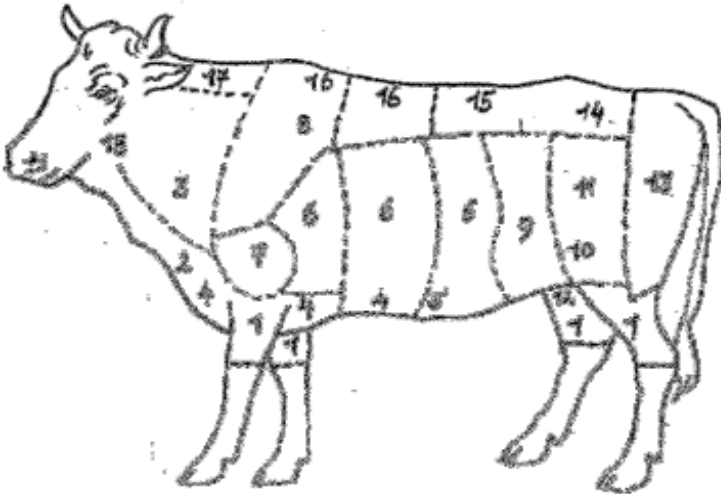
Tel.: 0177 4859287 www.steffisgassiservice.com

12. Appendix

MEAT CUTS

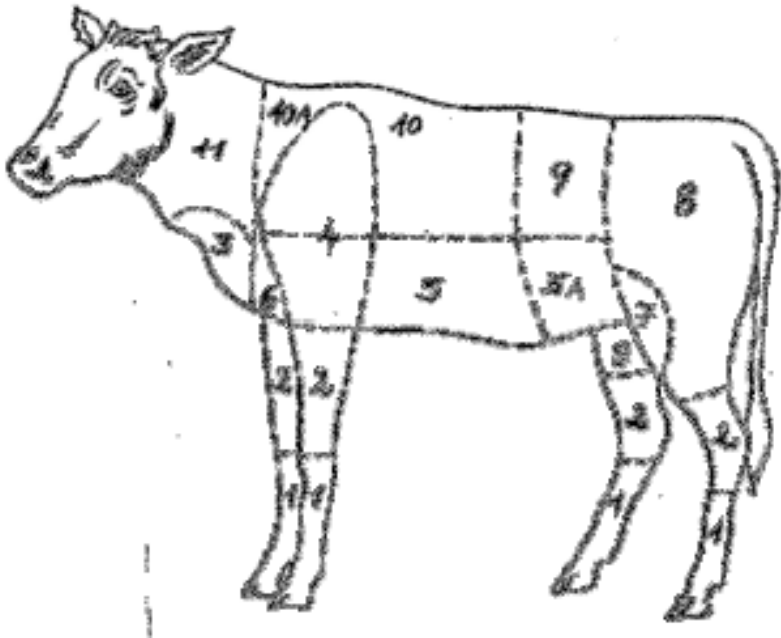
BEEF (RINDFLEISCH)

- | | | |
|----------------|------------------|------------------------|
| 1. Wade | 7. Blatt | 13. Schwanzstück |
| 2. Wamme | 8. Vorderkeule | 14. Flaches Roast Beef |
| 3. Mittelhals | 9. Dicker Lappen | 15. Filet |
| 4. Brust | 10. Kugel | 16. Hohes Roastbeef |
| 5. Bauch | 11. Hüftstück | 17. Nackenstück |
| 6. Rippenstück | 12. Euter | 18. Kopf |



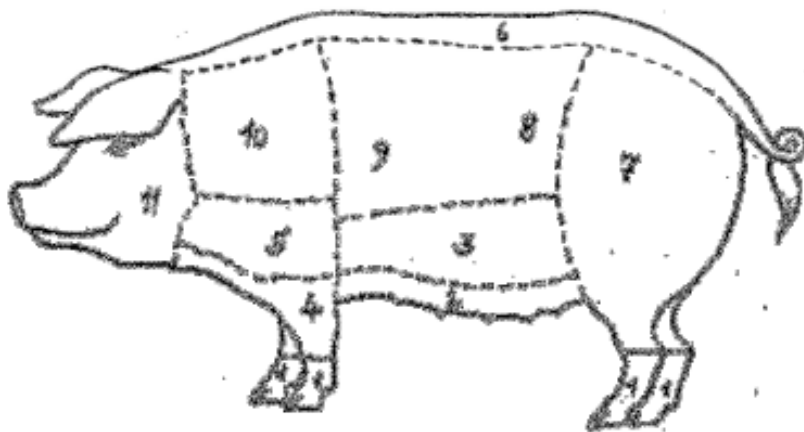
VEAL (KALBFLEISCH)

- | | | |
|----------------|-------------------------|-------------------|
| 1. Fuss | 5. Brust | 8. Keule |
| 2. Haxe | 5.a. Bauch | 9. Nierenstück |
| 3. Brustspitze | 6. Dünnes
Bruststück | 10. Kotelettstück |
| 4. Vorderkeule | 7. Nuss | 10.a. Nackenstück |



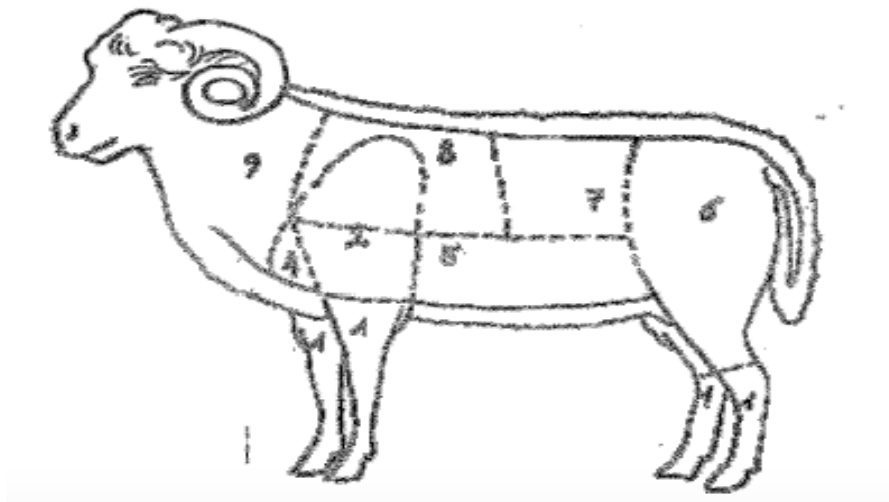
PORK (SCHWEINEFLEISCH)

- | | | |
|---------------|---------------------------|----------------------|
| 1. Fuss | 5. Vorderkeule | 13. Schwanzstück |
| 2. Bauchspeck | 6. Rückenfett | 9. Vorderes Kotelett |
| 3. Bauch | 7. Schinken | 10. Nackenstück |
| 4. Haxe | 8. Hinteres Kotelettstück | 11. Kopf |



LAMB/ MUTTON (LAMMFLEISCH)

- | | | |
|----------------|----------------|------------------|
| 1. Bein | 4. Vorderbrust | 7. Nierenstück |
| 2. Vorderkeule | 5. Brust | 8. Kotelettstück |
| 3. Bauch | 6. Keule | 9. Hals |



MEASUREMENT CONVERSIONS

For all types of conversion: www.onlineconversion.com

Lengths

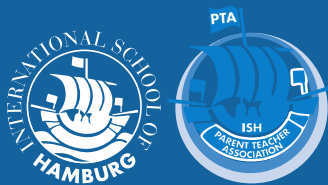
1 inch		2,54 cm		
1 foot	12 inch	30,48 cm	0,30 m	
1 yard	3 feet	91,44 cm	0,91 m	
1 mile	5280 feet		1.609,34 m	1,6 km

Weights

1 oz (ounce)		28,35 g	
1 lb (pound)	16 oz	453,60 g	0,45 kg

Liquid Measurements

US	Imperial				
1 fluid oz	0,961		30 ml	0,3 dl	
1 cup	n/a	8 fl oz	237 ml	2,4 dl	0,25 L
1 pint	0,832	16 fl oz	473 ml	4,7 dl	0,5 L
1 quart	0,832	2 pints	846 ml		1 L
1 gallon	0,832	4 quarts	3785 ml		3 ¾ L



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