



Ei Gude!
Welcome to
Frankfurt.



Foreword



Dear New Citizens of Frankfurt,

It is a pleasure to address you as new citizens who have decided to make Frankfurt your home, like 750,000 other Frankfurt locals before you. In fact, the number is rising by the year.

A cordial welcome to Frankfurt!

Frankfurt is a very attractive city, appealing to people of all ages and irrespective of why they have come here. Whether they're come to Frankfurt for personal or professional reasons. We are happy to greet every new arrival. After all, Frankfurt is Germany's most international city. The city is truly diverse, with a population made up of people from 180 different countries, making Frankfurt a cosmopolitan and lovable place. The city and the surrounding region both have so much to offer in terms of culture and countryside.

This Guide for Newcomers is filled with a lot of helpful information and tips about life in Frankfurt. So enjoy discovering the city. And feel truly at home here!

Yours sincerely

Peter Feldmann
Lord Mayor of the City of Frankfurt am Main

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FRANKFURT COMPACT

PORTRAIT OF THE CITY, CIVIC OFFICES AND CITY POLITICS



City portrait

Frankfurt am Main is a small-scale metropolis and, at the same time, the centre of the Rhine-Main area, one of the most powerful economic areas in Europe. More than 750,000 Frankfurt residents live here in Germany's fifth-largest city. Since Roman times, Frankfurt has been one of the region's most important urban centres. Here, on the Nidda River, the Romans established an administrative centre for their settlements and military bases along the Main River and in the Wetterau. Frankfurt was first mentioned in a document in 794. It was a Free Imperial City from 1372, and was the election and coronation city of German emperors until 1806.

Thanks to an imperial trade fair privilege granted in 1240, Frankfurt developed into a leading European trading centre. Merchants from all over Europe offered their goods on the Römerberg in the heart of the city. With the advent of printing, not only printed paper but, above all, new ideas were disseminated via the Frankfurt Fair.

Paulskirche (St. Pauls Church) - Cradle of German Democracy

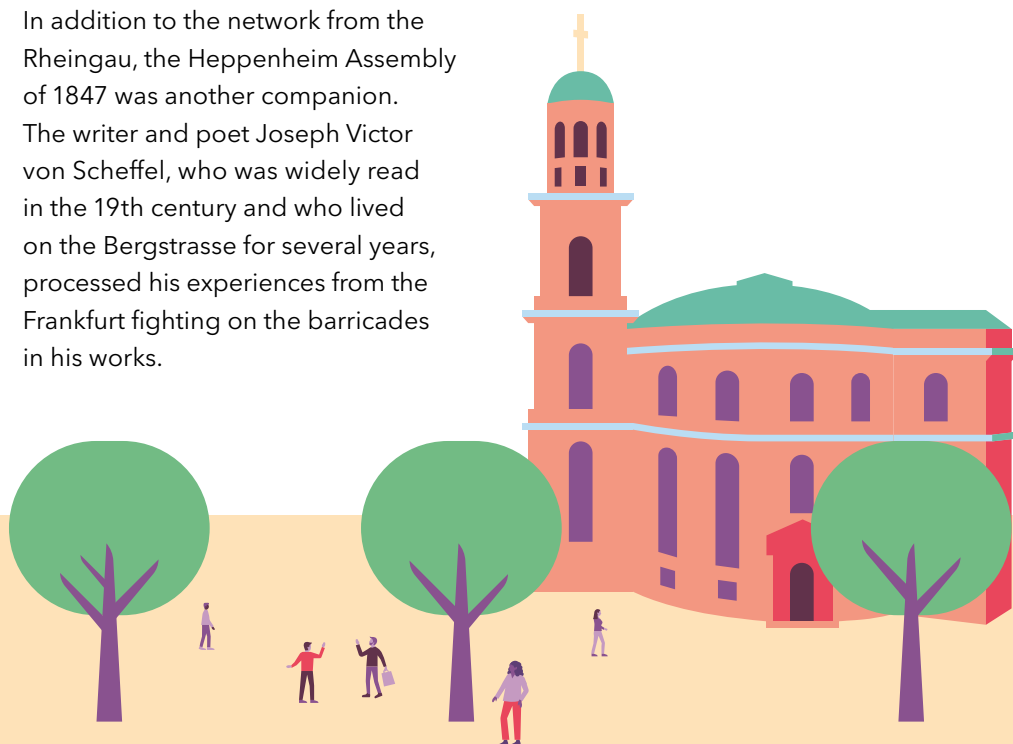
Not least for this reason, the German Revolution of March 1848, the first attempt towards a democratic all-German nation state, found a particularly receptive audience in Frankfurt. As the home to the German Confederation, the Free Imperial City was virtually the German capital at the time. In the meetings of the many kingdoms, principalities and city republics, all-German and some European matters were negotiated and decided. Consequently, it was only natural to gather the forces wanting to create a new and more modern Germany here. From Frankfurt, the elections for the first all-German parliament were organised. The Paulskirche offered the largest and most modern hall in the city at the time, with room for over 500 delegates. Built as the cathedral of Protestantism, it went down in history as the cathedral of German democracy.

On 18 May 1848, the delegates met for the first time. Spectators crowded the gallery, which at that time enclosed the actual hall, and carried the parliamentary dispute outside. The whole city became an open stage, and its society itself an actor in the political process.

Parties did not yet exist, but like-minded delegates very quickly formed parliamentary groups, which gave rise to “clubs” and associations that founded affiliated societies as the forerunners of later parties in the states of the German Confederation. The ideas of the parliamentarians and the conflictual development of the revolution were intensively followed and controversially discussed on the streets, in restaurants and in the salons of high society. Women had neither the right to vote nor the right to stand for election at that time, so they could not take part in parliamentary deliberations. However, it was precisely in the salons of the bourgeoisie, which were often organised by the ladies of the house, that women exerted a considerable influence on the formation of opinion. In short, all of Frankfurt hummed and buzzed with politics, dispute and a spirit of optimism.

Due to the proximity to Frankfurt, a broad democracy movement formed in the region. This was how the “Hallgartener Kreis” came into being in the Rheingau under the popular liberal of the so-called “Vormärz” era, Johann Adam von Itzstein. Its members included the poet of the German national anthem, Heinrich Hofmann von Fallersleben, the writer Ferdinand Freiligrath and Heinrich von Gagern, later president of the Frankfurt National Assembly.

In addition to the network from the Rheingau, the Heppenheim Assembly of 1847 was another companion. The writer and poet Joseph Victor von Scheffel, who was widely read in the 19th century and who lived on the Bergstrasse for several years, processed his experiences from the Frankfurt fighting on the barricades in his works.



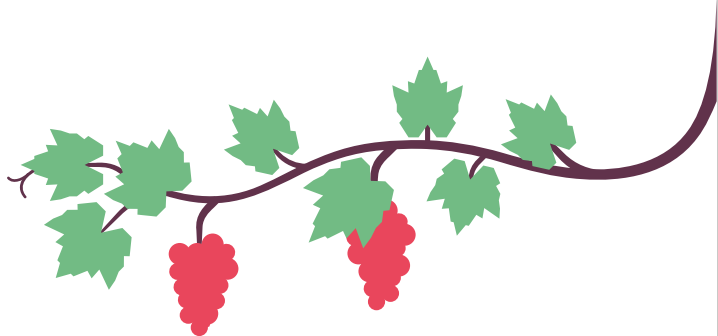
The community of Petterweil in the Wetterau also achieved great fame through the rally of the delegate and revolutionary Robert Blum. In the house of pastor Heinrich Christian Flick, conspiratorial meetings were held in preparation for the “Frankfurter Wachensturm” (storming of the Frankfurt guard house). The house of the pharmacist Theodor Trapp in Friedberg was a central communication hub in the network of Wetterau revolutionaries around Flick and Friedrich Ludwig Weidig.

As is well known, the founding of a democratic Germany at the time failed after about a year due to the resistance of the princely houses. Although the common state existed in 1871 and also had a parliament, this Reichstag did not have any influence worth mentioning. Two more attempts were necessary until, after the failure of the Weimar Republic and the end of the Nazi regime in the Second World War, a real parliamentary democracy was realised, first in West Germany, and another forty years passed before the second German state could join it. Both the Weimar Constitution after the First World War and the German Basic Law after the Second World War often referred back to the draft of 1848; the basic and human rights formulated in the Paulskirche were especially adopted in the constitutions of 1919 and 1949 with hardly any changes.

During the Second World War, both the medieval old town and the Paulskirche were destroyed. The reconstruction of the city refrained from restoring the old cityscape, instead launching an urban planning modernisation that, among other things, gave Frankfurt its high-rise architecture that is unique in Germany. In keeping with the motto “culture for all”, since the 1980s the city has created a dense network of community centres and, above all, a variety of museums, known as the Museum Embankment, theatres as well as other cultural institutions. The central location, the economic success story, the political and cultural liberality – all this has contributed to Frankfurt being the most international city in Germany today, where every second resident has a migration background.

In recent years, however, the search for visible anchors of identity in the cityscape has led to the reconstruction of at least part of the historic old town in the Dom-Römer area. The renovation of the Paulskirche is also being discussed intensively from this point of view. While many details still need to be clarified, it is already certain that on the initiative of Lord Mayor Peter Feldmann, with the support of Federal President Frank-Walter Steinmeier and Minister of State for Culture Claudia Roth, the Paulskirche will be linked even more closely than before to its parliamentary history and will continue this line into the future:

As a symbol and place of learning for a democratic culture, democracy should not only be experienced here as a form of state, but also as a form of life and society.



Wine city of Frankfurt - tradition to this day

Frankfurt is widely known as the apple wine city (colloquially known as "Ebbelwei" city), and you can enjoy Frankfurt's national drink from the "Gerippste" (a special ribbed glass) at one of the rustic apple wine pubs in Old-Sachsenhausen. Unbeknown to many people, Frankfurt has a centuries-old wine tradition. Wine was grown in many places in and around Frankfurt until the 19th century, and noble wine from Mainfranken and the Rhine was shipped to all of Europe; wealthy Frankfurt residents bought vineyards or stored wine in their cellars as an investment.

Not many major German cities can boast of having their own vineyard. With its "Lohrberger Hang", Frankfurt even has a piece of the famous Rheingau wine-growing region within its city limits. It is thanks to Napoleon and secularisation that the city has been able to call a vineyard its own since 1803. In this way, the vineyards on the Lohrberg and in the Rheingau, together with the associated farmhouses, became the property of Frankfurt.

The city's vineyards cover an area of around 25 hectares. Most of it is located in the Rheingau on the banks of the Main in Hochheim. Here, Riesling, Pinot Blanc, Pinot Noir, Chardonnay and Cabernet Sauvignon grow in prime locations. Only a small part of the Riesling growing area is located within Frankfurt city limits on the Lohrberger Hang in the Seckbach district. Around 10,000 bottles of "Lohrberger" Riesling are produced every year from grapes grown within the city limits.

One city, many districts

There are 43 districts, and no two are alike. Picturesque half-timbered houses along the romantic Nidda River with horse breeders and meadow orchards, opulent Gründerzeit quarters with hip designer shops and trendy restaurants in the shadow of bank towers, as well as former industrial locations directly along the Main River that have been undergoing rapid change for over a decade – Frankfurt's districts all have their own face, a history that goes back over a thousand years and their very own atmosphere.

www.frankfurt.de ▶ *Frankfurt Entdecken & Erleben* ▶ *Stadtportrait* ▶ *Stadtteile*

TIP: Guided tours and guided walks

Visit www.frankfurt.de ▶ *Frankfurt Entdecken & Erleben* ▶ *Touren und Führungen* for a selection of tour organisers offering guided city tours, theme tours, boat trips and after-work walks round the city and its surroundings.



City and citizens

Your connection to the City of Frankfurt: Citizens Advisory Service

Are you new to Frankfurt? Would you like to learn more about the many services the City of Frankfurt offers? At the Citizens Advisory Service, you can find out all sorts of interesting things to do in Frankfurt, and about its municipal departments and public institutions.

Bürgerberatung - Citizens Advisory Service, located in the new Old Town

Hinter dem Lämmchen 6, 60311 Frankfurt am Main

E-mail: buergerberatung@stadt-frankfurt.de

www.frankfurt.de/english-citizens-advisory-service

Dial 115 for general civic assistance

Where do I register with the authorities once I've moved into my new home?

How do I register a business?

What documents do I need to apply

for a new ID card? Where in Frankfurt does one go for civil weddings?

People have all sorts of questions regarding official life in the city, but often don't know who to ask - now there's one hotline to help you get the right answers: Simply dial 115. The hotline will direct you straight to the right municipal department or responsible agency.



Mängelmelder (defect report) FFM

Litter, road damage, defective traffic lights, street signs, street lighting, playground equipment or park benches - you can report anything here.

The defect reporter at www.ffm.de is your central address for reporting defects.

#cleanffm - join in!

We are #cleanffm, an initiative for more cleanliness, more quality of life, more Frankfurt. Additional wastebaskets, more staff and more frequent cleaning tours, but also an active, positive-minded community that celebrates Frankfurt and wants to make the city even more attractive.

All Frankfurt residents are welcome to strengthen and actively shape our community. It's very simple:

You can start by liking us on Facebook and Instagram. www.cleanffm.de



Service with a smile - Frankfurt Citizens' Offices

Our "Bürgerämter" (Frankfurt Citizens' Offices) are the first point of contact for people who are relocating to Frankfurt. We offer many services. You can easily go to whichever Citizens' Office is most convenient for you. There are Citizens' Offices in the city centre (Central Citizens' Office), in Höchst, Nordwest, Dornbusch, Sachsenhausen, Bergen-Enkheim and Nieder-Eschbach, as well as smaller Branch Offices in Fechenheim, Kalbach, Nieder-Erlenbach and Harheim. You can conveniently make an appointment online or by phone.

Zentrales Bürgeramt - Central Citizens' Office Citizens' Office, Statistics and Elections

Zeil 3, 60313 Frankfurt am Main

Service hotline: 115

E-mail: buergeramt.zentrale@stadt-frankfurt.de

www.frankfurt.de/english-citizens-office-statistics-and-elections

City politics

The most important municipal institutions

The City Council is Frankfurt's highest decision-making body, comprising 93 members, the city councillors, who all work pro bono. These councillors are chosen in local elections and hold office for a period of five years. The City Council elects the members of the city's government, the municipal administration. The Lord Mayor is directly elected by the citizens of Frankfurt. The members of the 16 Frankfurt local consultative councils, known as local consultative councillors, serve as the primary points of contact and intermediaries between Frankfurt citizens and the municipal administration. The Foreigners' Council is elected by those Frankfurt citizens who are not naturalised Germans and seeks to represent their interests at the municipal level.

www.frankfurt.de/english ► Service & City Hall ► City Politics

TIP: Official reception for Frankfurt newcomers

Lord Mayor Peter Feldmann regularly welcomes new Frankfurt citizens with a small reception held at the Kaisersaal. If you would like to participate in the next reception, please send an e-mail to neufrankfurter@stadt-frankfurt.de.

Experience city politics live

City Council meetings and committees as well as the local consultative council sessions are open to the public. Visitors are welcome to attend. Please note that an admission ticket must be booked in advance for City Council meetings – simply send an e-mail to einlasskarten.stvv@stadt-frankfurt.de. All committee meetings feature a Questions & Answers session, during which citizens may ask questions concerning all items on the day's agenda. The local consultative councils have open question times when citizens can directly discuss issues with the council members.

www.frankfurt.de/english ► Service & City Hall ► City Politics



SIGHTSEEING ATTRACTIONS

Römer City Hall and the Römerberg

From the 9th century onwards, the Römerberg served as the venue for markets, trade fairs, tournaments, festivals, public hangings – and the election and coronation of the Emperor. The Römer, Frankfurt's City Hall on the west side of the square, is one of the oldest and most beautiful in all of Germany. Opposite is the "Ostzeile" – a row of historical half-timbered houses rebuilt in 1986 according to the original plans.

Kaiserdom (Imperial Cathedral)

St. Bartholomew's Cathedral was built upon the walls of a small Merovingian chapel from the 7th century. With a 500-year history, emperors once were crowned here as rulers of the "Holy Roman Empire of the German Nation". In 1987, the museum in the cloister of Frankfurt's imperial cathedral was opened. If you want to see even more of Frankfurt, you can climb the 300 steps of the cathedral tower and be rewarded with a magnificent view.

Old Sachsenhausen

Here, amidst cobblestone streets and plazas, fountains and half-timbered houses, visitors will feel like they've been taken on a trip back in time. The maze of narrow lanes is thronged by cider taverns.



New Frankfurt Old Town

Frankfurt's heart has been restored – the old town between the Römerberg and Kaiserdom has been completely rebuilt. The blend of reconstructed buildings and new designs highlights Frankfurt's history as a European metropolis.



Alte Oper Frankfurt

Razed to the ground by bombing raids in 1944, Frankfurt's ostentatious turn-of-the-20th-century opera building was rebuilt true to the original. Since then, around 300 concerts and events a year have attracted numerous culture enthusiasts to the Great Hall, the Mozart Hall or the Clara Schumann Foyer.

Goethe House and Goethe Museum

Johann Wolfgang Goethe's family home is one of the most important and popular memorials to the poet in Germany. The Goethe Museum is right next door.

Museum Embankment

The Museum Embankment is one of the premier museum complexes in both Germany and Europe. With the unique cultural offerings on both sides of the Main River, Frankfurt has an outstanding reputation among art lovers.

Main Tower

The only high-rise in Frankfurt, with a public observation platform on its roof, from where, 200 metres above the ground, visitors can enjoy a great bird's eye view over the city.

LIFE IN FRANKFURT

HOUSING, HEALTH AND MOBILITY



Frankfurt is a lively and lovely city and is rated very highly in all national and international league tables where cities are compared in terms of quality-of-life, transportation links, the quality of the housing and healthcare.

Housing

Boomtown Frankfurt

Frankfurt was already setting the international pace many years ago with its skyline. And today, new building projects repeatedly stimulate things. The construction of the new European Central Bank, the redesign of the Europa Quarter, and the new Old Town are just a few examples of trailblazing activities. With the city's population growing at breath-taking speed, building new housing and ensuring the housing market is socially equitable is a central task for the municipal development planners.

Speak to the Housing Office - they are happy to help

The "Amt für Wohnungswesen" (Housing Office) is the central point of contact for questions on the subject of housing in Frankfurt. Citizens can find out everything they need to know here about the procurement of publicly subsidised housing or applying for housing benefits to help with housing costs. You can find support in remedying housing defects or in questions of tenancy law, or get advice on how to determine the local rent for your flat with the help of the "Mietspiegel" (rent index) of the City of Frankfurt. For all information on these and all other services provided by the Housing Office, please visit: www.wohnungsamt.frankfurt.de

Amt für Wohnungswesen - Housing Office

Adickesallee 67-69, 60322 Frankfurt am Main

Tel.: (069) 212 347 42 (general enquiries)

E-mail: info.amt64@stadt-frankfurt.de

www.frankfurt.de/english-housing-office

Public order and safety

Some of Frankfurt's largest citizens' service sections fall within the scope of the "Ordnungsamt" (Department of Public Order), including the Vehicle Registrations Office, the Driving License Office, the Foreigners Registration Office, and the Lost Property Office. It's also the place to obtain a resident's parking permit. NB: the service centre for all motor-vehicle-related matters is located elsewhere, namely at Am Römerhof 19.

Ordnungsamt - Department of Public Order and Safety

Kleyerstraße 86, 60326 Frankfurt am Main

Tel.: (069) 212 01 (City Headquarters)

Tel.: (069) 212 440 44 (City Police)

E-mail: ordnungsamt@stadt-frankfurt.de

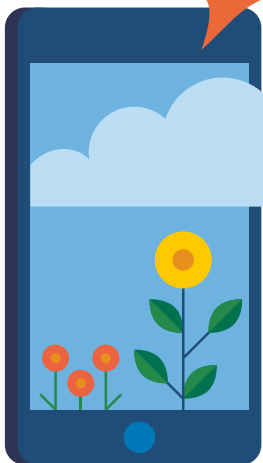
www.ordnungsamt.frankfurt.de

TIP: Assistance with environment-related questions

Dial Frankfurt's environmental hotline if you have any questions regarding environmental protection and related issues.

Tel.: (069) 212 39100, e-mail: umwelttelefon@stadt-frankfurt.de

Information on climate-friendly shopping, consumption, travel and funding opportunities for climate protection projects is provided by the Municipal Energy Agency of the City of Frankfurt at www.klimaschutz-frankfurt.de.



Energy and waste disposal

For matters regarding electricity, natural gas, water and heating, please contact Mainova AG, a large regional energy utility (www.mainova.de, Tel.: 0800 11444 88). And the Frankfurter Entsorgungs- und Service GmbH (FES) is the largest waste management company in the Rhine-Main region. It is responsible for the collection of residual waste, organic waste, waste paper, packaging waste, bulk garbage, old electronic appliances and smaller amounts of toxic chemical waste. For pick-up times and drop-off locations, please call the FES service hotline on 0800 200 800 70 or visit www.fes-frankfurt.de.

Environmental awareness

The "Umweltamt" (Municipal Environmental Agency) and the Umweltforum Rhein-Main (www.umweltforum-rhein-main.de) seek to promote environmentally friendly development and environmental protection. Their collaboration has spawned the "Frankfurt Agenda" City Map. It features a list of key addresses as regards sustainable living and shopping, providing tips and ideas on how to live in an eco-friendly and climate-friendly manner. www.agenda-stadtplan.de

Green City

Frankfurt is on its way to becoming a sustainable city – a so-called "Green City". How have CO₂ emissions and water consumption developed? What sustainability projects are there? How can I make my everyday life more sustainable? All these aspects of sustainable development are explained on an online portal. The portal also lists event tips on the Green City theme. www.frankfurt-greencity.de

Fair trade

Frankfurt am Main has been a "Fair Trade Town" since 2011, showing responsibility for people and their living and working conditions worldwide. There are numerous groups and institutions active around the topic of fair trade in Frankfurt. The Fair Trade Coordination Centre of the City of Frankfurt is happy to answer your questions and provide you with information: Tel.: (069) 212 730 53, e-mail: fairtrade@stadt-frankfurt.de

Health protection in focus

Local Health Authority Frankfurt am Main

Maintaining, improving and protecting the health of the people of Frankfurt in the best possible way is the working focus of the staff of the "Gesundheitsamt" (Frankfurt Local Health Authority). Health protection includes, for example, averting health risks to the population through proper infection protection and the monitoring of drinking water. Other services, such as the assistance of a family midwife from Early Stages Support or preventive health protection measures such as "Zahnfit - mach mit!" are also part of the range of services in addition to the school entrance examinations. The Local Health Authority offers competent and unbureaucratic help, for example, during various consultation hours, through counselling, events, information material and much more.

The focus areas include paediatrics, hygiene and infectiology, migration and health, health in old age, psychiatry and dentistry. In addition, the Local Health Authority offers a wide range of services for families, children and migrants who need help or advice in difficult situations. At humanitarian consultation hours, people from all over the world who live in Frankfurt am Main and do not have health insurance can find access to the health care system. The Local Health Authority also offers extensive services to protect and restore health, from the public health officer service to consultation hours on travel vaccinations. We are happy to advise and inform about the possibilities of preventive health care and not only help with physical, but also with mental and social problems. The Local Health Authority is also responsible for medical examinations and the medical supervision of health care professionals.
www.frankfurt.de/english-local-health-authority

Gesundheitsamt - Local Health Authority

Breite Gasse 28, 60313 Frankfurt am Main

Telefon: (069) 212 339 70

E-mail: info.gesundheitsamt@stadt-frankfurt.de

Healthy throughout the year!

"Gesund durchs Jahr!" is a special series of events for people of all ages that shows you in a clear and practical manner how to maintain or improve your health. www.frankfurt.de/gesund-durchs-jahr

"GUT GEHT'S" - going well

Starting from Frankfurt's city districts, "GUT GEHT'S" aims to maintain, improve and enhance the health of all citizens in Frankfurt am Main and to prevent illness. www.gut-gehts-in-frankfurt.de

TIP: Mobility made simple

The multimodal web portal of the Department for Transport ("Straßenverkehrsamt") provides up-to-date traffic information in the city area. www.mainziel.de

Mobility

Public transport

The Verkehrsgesellschaft Frankfurt am Main or VGF for short (www.vgf-ffm.de - Municipal Passenger Transport Authority) and the Rhein-Main-Verkehrsverbund or RMV for short (Rhine-Main Passenger Transport Association) are the two companies responsible for local public transport in Frankfurt. The latter organises and coordinates bus, tram and suburban train services on the around 14,000 square kilometers of the Frankfurt-Rhine-Main metropolitan region, getting approx. 2.5 million people to their destinations each day. Nine suburban train lines (S-Bahn) connect downtown Frankfurt with Wiesbaden, Mainz, Darmstadt, Friedberg and Hanau, while nine subway lines (U-Bahn) connect at Konstablerwache and Hauptwache. Above the ground, countless tram and bus routes connect all the districts to the city centre. Information on timetables, system maps and travelcards is available from the eight RMV mobility centres, located, for example, at Hauptwache and the Main Train Station. Alternatively, simply call the RMV service hotline on (069) 24 24 80 24. www.rmv.de

Cycling

In Frankfurt, a bicycle is often not only the most environmentally-friendly mode of transport, but also the fastest. The online portal of the Municipal Cycling Office offers the latest info, interesting facts and figures and helpful tips on cycling in Frankfurt. www.radfahren-ffm.de

Shopping

Local and international shopping

Sales on the Zeil, Frankfurt's main shopping street, are among the highest in Germany. Major department stores and retail chains tempt shoppers to take a leisurely stroll beneath the plane trees. Many of Frankfurt's districts likewise have great shopping streets, be it Berger Strasse in Bornheim, Schweizer Strasse in Sachsenhausen or Leipziger Strasse in Bockenheim. Events such as the Bergerstraßenfest, the Schweizer Straßenfest or city marketing campaigns in the city centre offer the opportunity to constantly rediscover the shopping locations.

Thanks to Frankfurt's highly diverse population, shoppers can buy food and beverages from all around the world. From North and South American foods to Moroccan, Turkish and Persian specialties to Chinese and Japanese treats, the largest selection is no doubt to be found in the many stores in the district round the main station. Further out from the city centre, shopping malls have a great range of products on offer, for example, the Nordwestzentrum, the HessenCenter in the east or the Skyline Plaza near the Europa Quarter.

Finding the right store

Frankfurt is a veritable shopper's paradise. Whether you're interested in great boutiques, the top fashion labels, local designers or modern shopping malls – the city has everything the heart desires. So how to get a handle on all the stores round town? The solution is simple: Frankfurt Shop-Finder is an ideal guide, helps you find your favourite brand with a single click, or inspires you with fashion, consumer electronics, furniture, beauty products or wining and dining. Helpful features like a full-text search for brands and search terms, the "Around Me" function for shops in your vicinity, and much more besides all make Frankfurt Shop-Finder a really useful digital retail assistant. www.frankfurt-kauft-ein.de



Markets

The Kleinmarkthalle, Frankfurt's famous market hall, offers a great range of different produce, is one of the city's main attractions for locals and tourists alike and, what's more, a culinary hotspot for fans of fine foods. There are also farmers' and producers' markets in many places, for example, every Thursday and Saturday at Konstablerwache. There, the farmers, butchers, winegrowers, beekeepers and gardeners from the region offer their goods. Over the years, these markets have become real meeting places in the district and are always worth a visit. www.hfm-frankfurt.de/market

TIP: Eco-friendly food

The "Klimagourmet" website lists the addresses of various organic food stores and markets in and around Frankfurt. While the section marked "Ernährung" on the "Klimaschutz" website offers you information and tips on climate-friendly nutrition. www.klimagourmet.de



FRANKFURT FOR YOUNG AND OLD

CHILDREN, FAMILIES AND SENIOR CITIZENS

Ei Gude!

Hey!



Statistics don't lie: Frankfurt is getting younger and younger, the birth rate is increasing, and an ever greater number of families live here. This is no coincidence, as Frankfurt caters superbly to young families: the opportunities in the fields of childcare and education, culture, recreation and sport alone are immense. Not to forget, there are plenty of institutions and associations dedicated to supporting senior citizens in Frankfurt.

Family support right from day one

Early Stages Support Services Guide

Who can provide answers to questions regarding pregnancy? Where will I get support for my child? Frankfurt offers a range of special services for parents-to-be and families with young infants. The "Frühe Hilfen" (Early Stages Support) online guide outlines all the services and provides information on parenting and childcare for mothers, fathers and families.

www.frankfurt.de/english ▶ *Service and Administration* ▶ *Municipal Offices* ▶ *Youth and Social Welfare Office* ▶ *Our service*

Child and family centres: a broad range

In recent years, a number of day-care facilities in Frankfurt have been transformed into exemplary child and family centres. The services on offer range from healthcare advice, parent counselling, parent-child courses, German and literacy courses to cooking and creativity classes. At the moment, there are 13 such centres - in Bonames, Eckenheim, Fechenheim, Gallus, Ginnheim, Goldstein, Griesheim, Innenstadt (downtown), Nordweststadt, Ostend, Preungesheim, Riederwald and Sossenheim.

www.frankfurt.de/kinderbetreuung

Local branch offices of the Youth and Social Welfare Office:

local help for locals

The "Jugend- und Sozialamt" (Youth and Social Welfare Office) has a decentralised structure. The local branch offices of the "Sozialrathaus" (Youth and Social Welfare Office) Bergen-Enkheim, Bockenheim, Bornheim, Dornbusch, Gallus, Höchst, North, East and Sachsenhausen provide social welfare counselling close at hand in the respective district.

To find out which local branch office of the Youth and Social Welfare Office is responsible for your area, visit www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Soziales und Gesellschaft* ▶ *Notlagen und Hilfen* ▶ *Sozialrathäuser*

A department just for children – Frankfurt Children’s Office

The “Kinderbüro” (Frankfurt Children’s Office), a full municipal department, is responsible for all issues regarding children and children’s rights. The office and the district children’s ombudsmen are active in developing and promoting a child-friendly city. The key event held by the Children’s Office is the “City of Children” campaign for children’s rights – each year, around 1 June, all sorts of activities are hosted to celebrate Children’s Day and highlight children’s rights. Another of the many special services is the District Maps for Kids, which show where to find the nearest playground, day-care centre, library and other places of interest to children. These maps are available free of charge at the Frankfurt Children’s Office.

Kinderbüro – Frankfurt Children’s Office

Schleiermacherstraße 7, 60316 Frankfurt am Main

Tel.: (069) 212 390 01

E-mail: kinderbuero@stadt-frankfurt.de

www.frankfurt.de/english-childrens-office

Children’s and Youth Protection Helpline: “Sympathetic ears”

You can reach the free Child and Youth Protection Helpline (0800 201 0 111) 365 days a year from Monday to Friday from 8 a.m. to 11 p.m. and on weekends and public holidays from 10 a.m. to 11 p.m. It provides advice on matters of child protection and in emergency situations. Parents, grandparents, children and professionals can also get advice on child protection services in Frankfurt. www.kinderschutz-frankfurt.de

Care and education

Day care centres: one online portal for everyone

In Frankfurt, there is a large, colourful variety and multitude of child day care offers in more than 870 day care centres and through the care of about 520 childminders. The online portal www.kindernetfrankfurt.de informs about the topic “Childcare in Frankfurt” and brings families and childcare providers together.

There are currently more than 54,000 childcare places available in day care centres, day care for children and for school children in after-school care centres and so called “Erweiterte Schulische Betreuung” (Extended School Care). Additional all-day and day care programmes in the area of school child care are offered through the support programmes of the State of Hesse. The staff of the “Infobörse Kindertagesbetreuung” (Day Care Info Centre) will be happy to advise you by telephone, in person and by e-mail about childcare options for children from the age of 0 to the end of primary school in day nurseries, kindergartens, after-school care centres as well as about the childcare options at Frankfurt schools and childcare in day care centres.

Infobörse Kindertagesbetreuung – Day-Care Info-Centre

Solmsstraße 27–37, 60486 Frankfurt am Main

Tel.: (069) 212 365 64, Fax: (069) 212 31061

E-mail: kindernetfrankfurt.amt40@stadt-frankfurt.de

Schools: large selection, excellent overview

When the children are older, the “Schulwegweiser” (School Guide) Frankfurt am Main provides an overview of the diverse school options and helps parents to find the relevant primary, secondary or vocational school, as well as all-day schools. Information on the range of schools is also available from the “Staatliches Schulamt” (State Education Authority) for Frankfurt at (069) 389 890 0. www.schulamt-frankfurt.hessen.de

Brochures: “Wegweiser Kinderbetreuung” (Childcare Guide) Frankfurt am Main and “Schulwegweiser” (School Guide) Frankfurt am Main

The brochures are available in analogue form and can also be accessed digitally, both on the website www.wegweiser-kita-schule-frankfurt.de and via the app “Kita & Schule” from Presse Verlagsgesellschaft mbH. You can find the app in the Google Play Store and Apple App Store (iPhone/iPad).

Youth VHS Frankfurt

The extensive programme of the “Volkshochschule Frankfurt” (or VHS, Frankfurt Adult Education Centre) is geared to the wishes and needs of children and young people: whether they feel like experimenting, wanting to create their own comic or manga, or learning the 10-finger writing technique on the computer. vhs.frankfurt.de/de/jungevhs

Media of every variety - the "KiBi"

Young multimedia users will be delighted by what is on offer at the 19 libraries and two mobile libraries run by the Frankfurt Municipal Library (see p. 52). The largest selection is to be found at the Children's and Young Person's Library in Bornheim. Aside from magazines and books in 11 languages, there are also CDs, computer games, board games, audiobooks and DVDs.

KiBi - Children's and Youth Library

Arnsburger Straße 24, 60385 Frankfurt am Main

Tel.: (069) 212 336 31

E-mail: kinderbibliothek@stadtbuecherei.frankfurt.de

www.stadtbuecherei.frankfurt.de

TIP: Student Ticket Hessen

One ticket. One year. One euro per day.

The Student Ticket Hessen ("Schülerticket Hessen") is a personal travel card for school students and apprentices at school or in vocational training in Hessen. www.rmv.de/schuelerticket



Fun and games for children and teenagers

Playgrounds, youth centres and more

Frankfurt's districts are home to some 130 children's centres, youth clubs, girls' clubs and youth offices run by private or public organisations. Playing outdoors, having fun, and being safe - this is possible in every one of Frankfurt's districts. There are dozens of playgrounds for different age groups, football pitches, playing fields, rinks for inline skating or scooters, forest playgrounds, and water playgrounds. Highlights include the supervised adventure playgrounds in Ginnheim/Dornbusch, Nordend and Riederwald.

www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Soziales und Gesellschaft* ▶ *Kinder & Jugendliche*

www.abenteuerspielplatz.de

Explore, research and learn along the Frankfurt GreenBelt

UNESCO recently included the Frankfurt GreenBelt on its list of places for learning sustainable development. The extensive event program encourages children, young people and families to discover the Frankfurt GreenBelt on foot or by bike, to explore the meadow orchards along the way, to learn to make apple juice, and much more besides.

www.frankfurt.de/efl and www.gruenguertel.de

Holiday offers: beat the boredom

To ensure there's not a minute of boredom during school holidays, "Holiday Carousel" organises a recreational and educational programme for children, youths and families that runs during the Easter, summer and autumn holidays. The programme focuses on art and theatre, (multi)media and music, nature, sports and other forms of fun and games. During the summer holidays, cultural institutions also offer a wide range of holiday activities for children and young people under the name "Fantasie verleiht Flügel" (Flight of Fantasy).

www.ferienkarussell-frankfurt.de

www.kultur-frankfurt.de ▶ *Kinder* ▶ *Fantasie verleiht Flügel*

Sports opportunities for children and young people - always on the move

From swimming courses for toddlers to basketball for young people: if you're interested in learning more about the sports opportunities for children and young people at the 420-plus Frankfurt sports clubs, simply visit www.frankfurt.de/sportvereine (sports clubs) - the opportunities are listed by type of sport and district.

Dive in: swimming pools

From paddling pools and large swimming pools, counterflow pools and spectacular waterslides to the classic one-metre or even 10-metre diving platforms – Frankfurt's adventure, indoor and outdoor pools have something for all young water lovers. For information on locations, special offers, prices and opening hours, contact Frankfurter BäderBetriebe.

www.frankfurter-baeder.de

TIP: Free admission to museums and swimming pools

A total of 16 municipal museums are free of charge for visitors up to the age of 18; and children and young people aged 14 years or less can use the municipal swimming pools for free.

www.freier-eintritt.museumsufer.de and www.frankfurter-baeder.de

Culture for kids and teens

Where, why, what? A children's cultural guide to Frankfurt

Frankfurt has lots to offer by way of culture for kids. To get a good idea of the range, there's the City's online cultural portal (www.kultur-frankfurt.de ► *Kinder*) as well as two brochures. The event magazine "Frankfurter Flöhe" (a collaboration between the Youth and Social Welfare Office and various facilities for children and young people) appears twice a year with information on theatre, film performances and museum services. The brochure is available free of charge at municipal libraries and the Citizens Advisory Service (see p. 10).

The "Kinderkulturführer Frankfurt am Main" (Children's Cultural Guide), published by the Department for Culture, bundles the various cultural offerings available for younger generations. It is free of charge and available from the Department for Culture; Tel.: (069) 212 368 38, e-mail: info.kulturamt@stadt-frankfurt.de. Children of families with limited financial means qualify for "Kulturpass-Kids" (a special culture ticket) from the "Kultur für Alle e.V." association. The ticket grants admission to more than 200 cultural institutions – for only 50 eurocents. www.kulturpass.net

Free admission to the zoo and over 35 museums:

experience culture with the KUFTI Culture and Leisure Ticket!

With the KUFTI Culture and Leisure Ticket, children and young people under 18 can visit Frankfurt museums and the Frankfurt Zoo free of charge. There's plenty to discover: tracking down prehistoric animals and dinosaurs in the Senckenberg Natural History Museum or wild animals at the zoo, learning about flying mail in the Museum for Communication, encountering football heroes in the Eintracht Frankfurt Museum or Darth Vader in the Film Museum – all with just one ticket. We hope you enjoy immersing yourself in new worlds and experiencing fantastic stories!

The ticket is free of charge for everyone under the age of 18 who lives in a household with a monthly net income of less than EUR 4,500 and lives in Frankfurt or attends a school or day-care centre in Frankfurt. Everyone else can purchase the ticket for EUR 29. The KUFTI is an offer of the City of Frankfurt am Main. www.kufti.de



Participating cultural institutions

Archäologisches Museum Frankfurt Bibelhaus Erlebnismuseum Bildungsstätte Anne Frank Caricatura Museum Frankfurt
Deutsches Architekturmuseum DFF – Deutsches Filmmuseum & Filminstitut Deutsches Romantik-Museum/Freies Deutsches Hochstift
ernst-may-haus Dommuseum Frankfurt Eintracht Frankfurt Museum Feuerwehrmuseum Frankfurt Fotografie Forum Frankfurt
Frankfurter Goethe-Haus/Freies Deutsches Hochstift Frankfurter Kunstverein Geldmuseum der Deutschen Bundesbank
Hindemith Kabinett im Kuhhirtenturm Historisches Museum Frankfurt Ikonen-Museum Frankfurt Institut Für Stadtgeschichte
Jüdisches Museum Frankfurt Junges Museum Frankfurt Liebieghaus Skulpturensammlung Museum Angewandte Kunst
Museum für Kommunikation Frankfurt Museum Giersch der Goethe-Universität Museum Judengasse
MUSEUM MMK FÜR MODERNE KUNST Portikus Porzellan Museum Frankfurt SCHIRN KUNSTHALLE FRANKFURT
Senckenberg Naturmuseum Städel Museum Stoltze-Museum der Frankfurter Sparkasse Struwwelpeter-Museum
TOWER MMK Weltkulturen Museum ZOLLAMT MMK Zoo Frankfurt

Museums: hands-on exhibitions and teaching programmes

Frankfurt has a museum just for kids. Since February 2018, Frankfurt's former Children's Museum has gone by the name of "Junges Museum Frankfurt" and is again housed in Historisches Museum Frankfurt. It features interactive exhibitions on themes specifically conceived for children of 6-14 years of age.

Junges Museum Frankfurt

Saalhof 1, 60311 Frankfurt am Main

Tel.: (069) 212 351 54

www.junges-museum-frankfurt.de

Whether it's the Deutsches Filmmuseum, the EXPERIMINTA ScienceCenter FrankfurtRheinMain or Museum für Kommunikation, numerous Frankfurt museums place the focus of their educational efforts on promoting art and culture among children and young people. This is certainly the case at the "Minischirn", a special playful learning experience for children aged three to primary school age hosted by Schirn Kunsthalle Frankfurt (www.schirn.de/minischirn). Many museums participate in the "Saturday-Programme" for families from January to July and September to November on the last Saturday of each month. Special guided tours for families and workshops are offered free of charge. On the second-to-last Saturday in August, admission to Frankfurt's museums is also free of charge. Then, on the last August weekend, the Museumsuferfest takes place, turning the downtown embankment into one large festival park.

Theatre, literature and film: raise the curtains!

Frankfurt's theatre scene is richly diverse, even for younger audiences. The Theaterhaus in the heart of town stages plays and puppet theatre, while the Papageno am Palmengarten has made a name for itself as a musical theatre. And in Nordweststadt, the Kinder- und Jugendtheater stages plays based on well-known children's books. Readings for children and youth are held in both Frankfurt's municipal libraries in a series entitled "Junges Literaturhaus" ("Young House of Literature") and at the actual Literaturhaus. If your child is a fan of cinema, there's the movie theatre at Deutsches Filmmuseum in Sachsenhausen, at Filmforum Höchst, and at the "Mal Seh'n" movie theatre in Nordend. What's more, many of the city's mainstream cinemas host film events for children at the weekend, and often on Fridays as well.



FANTASTIC EVENTS FOR CHILDREN

Opern- and Mainspiele

During the summer holidays, the square in front of Alte Oper and Taunusanlage are transformed into a veritable children's paradise, while the "Mainspiele" fun and games on the Museum Embankment make certain no summer is boring - with slides, bouncy castles, a pirate ship and many other attractions for children www.abenteuerspielplatz.de

Frankfurter LeseEule

This international children's book exhibition is held in the venerable cellars of Römer City Hall every November. Hundreds of new children's books and books for young people are on display; each year the event is dedicated to a different theme. www.kinderkultur-frankfurt.de

Starke Stücke

Every spring, "Starke Stücke", an international theatre festival for children and young people, attracts first-class theatre ensembles to Frankfurt and the Rhine-Main region. www.starke-stuecke.net



Children's evening of art

Twice a year, children take over Kunsthalle Schirn for an evening of art and culture. On these two evenings, families with children aged four and up enjoy a very special cultural spectacle, featuring a colourful workshop programme and a children's disco. www.schirn.de



Struwelpeter race and mini-marathon

The Frankfurt Marathon traditionally includes a running event for up-and-coming marathon stars. The Struwelpeter race (420 m) and the mini-marathon (4.2 km) give children and young people aged 5-16 the chance to race - right to the famous finish line inside Frankfurt's Festhalle festival hall. www.frankfurt-marathon.com

Family sports festival

Those interested in learning more about new types of sport and healthy nutrition are urged not to miss the FamilienSportFest (part of the European Week of Sport every year from 23 to 30 September). Festival participants will have the opportunity to try their hand at more than 30 different types of sports. Admission is free of charge. www.beactive-frankfurt.de or www.familienportfest.de

Lucas-Filmfestival

Germany's oldest international children's and youth film festival has been coming to Frankfurt to present films from around the world for more than 40 years now. The festival invites cinema fans of all ages to watch movies and actively participate in the fringe activities on offer. www.lucas-filmfestival.de



Children's university

A few weeks after the start of the school year, professors from Frankfurt's Goethe University present their respective university subjects to children aged 8-12 in a child-appropriate manner, for registered school classes in the morning, and for individuals in the afternoon. www.kinderuni.uni-frankfurt.de

Senior citizens

Focal points and information centres: a variety of services

The "Älterwerden" (Getting Older) information centre, part of the Youth and Social Welfare Office, assists in all questions of getting older. It also has special consultation times for discussing subjects like sight or hearing impairments, or memory loss. The centre also organises day-trips and cultural excursions throughout the year. During summer, the information centre runs the "Aktionswochen Älterwerden in Frankfurt" (Getting Older Activity Weeks) – a series of special seminars as well as various information and activity offerings. An insightful brochure entitled "StadtteilService" (Local District Services) is also published for various of the Frankfurt districts. www.aelterwerden-in-frankfurt.de

A special care support centre was jointly established by the City of Frankfurt and statutory nursing care insurance funds in 2011. It is located at the "Rathaus für Senioren" (Municipal Senior Citizens' Advice Service). Freecall: 0800 589 365 9.

Rathaus für Senioren - Municipal Senior Citizens' Advice Service

Hansaallee 150, 60320 Frankfurt am Main

Tel.: (069) 212 499 11

E-mail: rathaus-fuer-senioren@stadt-frankfurt.de

Frankfurter Verband is the city's largest agency funding social welfare institutions in Frankfurt. Its broad range of services includes all sorts of support for Frankfurt's elderly, including sheltered homes, ambulant care, home emergency call services, and great leisure-time and events with "Aktiv Älterwerden" (Aging Actively). The Central Office for Care Home Placement, the social assistance for care home residents, the Care Authority and the Insurance Office are also located in the Municipal Senior Citizens' Advice Service.

Tel: (069) 299 807 0, www.frankfurter-verband.de

TIP: Magazine for senior citizens

All the news and interesting info: the "Senioren Zeitschrift" is available from the Citizens Advisory Service in the new Frankfurt Old Town (see p. 10). www.senioren-zeitschrift-frankfurt.de

Under the slogan “Gerne alt werden in Frankfurt” (growing old with pleasure in Frankfurt), there are, among other things, open meetings for senior citizens, advice on preventive care, support in various life situations, specific offers for people with dementia, as well as hospice and palliative advice.

Bürgerinstitut

Oberlindau 20, 60323 Frankfurt am Main

Tel.: (069) 972 0170

E-mail: info@buergerinstitut.de

www.buergerinstitut.de

Housing for the elderly

Self-determined living in old age is not an unfulfillable wish. Besides familiar ways, there are also new alternatives. If you want to change your living situation and live in a community, this is the right place for you:

Netzwerk Frankfurt für gemeinschaftliches Wohnen e.V.

- Network Frankfurt for Cohousing

Adickesallee 67-69, 60322 Frankfurt am Main

Tel.: (069) 915 010 60

E-mail: info@gemeinschaftliches-wohnen.de

www.gemeinschaftliches-wohnen.de

If it is not possible to remain in one's own home due to age or disability, the Housing Office can assist in finding a suitable senior-friendly or barrier-free flat in the publicly subsidised housing sector.

Amt für Wohnungswesen - Housing Office

Adickesallee 67-69, 60322 Frankfurt am Main

Tel.: (069) 212 365 22

E-mail: info.amt64@stadt-frankfurt.de

TIP: Senior Citizens' Ticket: unique in Germany!

Everybody over 65 can travel on public transport throughout

Hessen for EUR 1 per day.

The Senior Citizens' Ticket costs EUR 365 per year and entitles senior citizens to use buses, trams, the underground, suburban trains and regional trains on weekdays from 9 a.m. and all day on weekends and public holidays. Those who want to travel at all times pay EUR 625 for the annual ticket, with which they can also travel in first class and take one additional adult and any number of children under 14 with them after 7 p.m. and all day on weekends.

Learning in retirement

Studying (again) in retirement? It's possible at Frankfurt's Goethe University. No formal education qualifications are necessary for senior citizens to sign up for these university courses. Tel.: (069) 798 230 84, www.U3L.uni-frankfurt.de

The “Volkshochschule Frankfurt” (or VHS, Frankfurt Adult Education Centre) offers its own education programme for senior citizens. Under the motto “Aktiv im Alter” (staying active in old age) you will find courses and events on conscious ageing, art, culture, health, languages, computing, the internet and much more. vhs.frankfurt.de/aktivimalter



COLOURFUL FRANKFURT

MULTICULTURALISM, DIVERSITY AND INCLUSION



Cześć!

¡Hola!



People from about 180 different countries and over 200 cultural and linguistic backgrounds now live in Germany's most international city. As a global city, Frankfurt stands for cosmopolitanism, diversity and tolerance - be it in terms of culture, religion or sexual orientation. Frankfurt wants everyone to be included in enjoying life in the city and refuses to let disabilities be an obstacle.

Getting settled swiftly after arrival

Germany's very first local integration authority - AmkA

"AmkA", the Office for Multicultural Affairs, is unique to Frankfurt. Founded in 1989 as Germany's first municipal integration authority, AmkA provides a first point of contact for all topics related to diversity, anti-discrimination and social cohesion in Frankfurt.

Amt für multikulturelle Angelegenheiten - Office for Multicultural Affairs at stadtRAUMfrankfurt

Mainzer Landstraße 293, 60326 Frankfurt am Main

Tel.: (069) 212 415 15

E-mail: amka.info@stadt-frankfurt.de

www.amka.de

AmkA.Info: Information and help

Be it a new city or a new phase of life: AmkA.Info offers orientation in an uncomplicated and confidential manner. It provides information on counselling centres, leisure activities and communities, and supports you in your dealings with the authorities. AmkA.Info also organises the "on-site consultation" service at the premises of stadtRAUMfrankfurt in the Gallus district. Here, people seeking advice receive free and confidential information on everyday topics - to some extent also in different languages of origin. www.amka.de/info



Guide AmkA.Info Online

The online portal offers information on counselling centres and services related to arriving and living in Frankfurt am Main in several languages. You will find helpful contacts, links and contact persons regarding topics such as registration and residence, living in Frankfurt, voluntary work and legal advice.

Those seeking advice will also find information on integration and orientation courses, as well as on the diverse services offered by the migration counselling centres and youth migration services and the brochure entitled "Sie wollen in Frankfurt oder Offenbach leben und arbeiten?" (You would like to live and work in Frankfurt or Offenbach?). The brochure provides information on topics related to health, housing and work in Frankfurt and Offenbach. It is available for download in ten languages – German, Bulgarian, Greek, Italian, Croatian, Polish, Portuguese, Romanian, Spanish, Turkish. www.amka.de/wegweiser

International schools and childcare facilities

Frankfurt is home to a wide range of childcare and education facilities that teach multilingually, in a foreign language, or in a particular mother tongue – as well as various international schools. Two online guides help you find suitable schools and/or childcare facilities for your children. Foreign-language pupils who have arrived from overseas can turn to the "Aufnahme- und Beratungszentrum für Seiteneinsteiger" (or ABZ, Admissions and Advice Centre) at the State Education Authority for Frankfurt for support in finding their feet at school. www.kindernetfrankfurt.de and www.frankfurt.de/schulwegweiser

Newcomers Festival

The annual Newcomers Festival, held at Römer City Hall, helps newcomers from around the world get settled in Frankfurt. Some 60 service providers as well as the municipalities and organisations from the entire region present what they do at this information fair. www.newcomers-festival.de

Foreign guides

The English-language "Newcomers Guide" (www.newcomers-network.de), the Spanish-language "La Guia" (www.guia-frankfurt.net) and a Turkish-language directory of activities (www.aktivisrehberi.de) provide lists of key contacts for living and working in Frankfurt.

City partnerships of the City of Frankfurt

Offers citizens the opportunity to get involved and participate. Numerous schools, associations and institutions organise exchange programmes. Further information: www.internationalesreferat.frankfurt.de

Naturalisation

German citizenship offers many advantages and opportunities. If you are interested in information on the requirements, rights and duties, as well as the naturalisation process, simply click www.amka.de/einbuengerung.

The "Standesamt" (Registry Office) offers the same information in person.

Standesamt Frankfurt am Main, Einbürgerung - Registry Office Frankfurt am Main, Naturalisation section

Rottweiler Straße 18, 60327 Frankfurt am Main

Tel.: (069) 212 362 91 (hotline)

E-mail: einbuengerung@stadt-frankfurt.de

www.einbuengerung.hessen.de



Peaceful coexistence with people from many nations

stadtRAUMfrankfurt: our house for everyone

Whatever people are planning when they are committed to a discrimination-free Frankfurt, stadtRAUMfrankfurt can be the place where it happens. Every quarter a programme is published with public events by very different associations, communities and institutions. There are discussions and workshops, exhibitions and performances, and much more. Supported by AmkA, everyone who wants to strengthen cohesion in Frankfurt can use the rooms in stadtRAUMfrankfurt free of charge. www.stadtraumfrankfurt.de

Diversity moves Frankfurt

On the online portal, interested people can find out what's going on in the city in terms of diversity, anti-discrimination and social cohesion. Among other things, migrant communities, organisations and institutions post their offers and events here. This also applies to recurring events such as Frankfurt's "Intercultural Weeks", which takes place every autumn and the "Vielfalt am Main" (Diversity on the Main) event, which invites people to take part in a demonstration and to enjoy a varied programme every two years in early July. According to plan, "Vielfalt am Main" will take place again in 2023 and 2025. www.vielfalt-bewegt-frankfurt.de

AmkA-calendar "Vielfalt bewegt Frankfurt"

With over 600 public holidays and memorial days, as well as many local traditions, it is the most comprehensive calendar in the German-speaking world. Almost every day there are occasions in Frankfurt am Main that are worth celebrating and remembering. Being more in touch with each other also means knowing what moves other people. www.amka.de/kalender

International "Stammtische"

There are several international "Stammtische" in Frankfurt. One is the International Stammtisch with the motto "Meet and Mingle in Mainhattan". The International Stammtisch gathers on the first Monday of every month for lectures, events and meetings in various locations. www.newcomers-network.de ▶ *Newcomers Stammtisch*

NEWCOMERS GUIDE

The Newcomers Guide, which has been published regularly for more than 20 years, provides a wide range of useful information and tips in English on how to get off to a good start both in the Frankfurt region and life in Germany. Available as a classic booklet from Journal Frankfurt or as an ePaper.



Special offer for you: Newcomers Guide 2022 worth €3.95 as an ePaper **free of charge**. Just scan the QR Code, download Journal Frankfurt KioskApp, go to "Abo/Digitalcode" and activate the Newcomers Guide by typing in the **Newcomers2022** code.

Anti-Discrimination Office

The Office for Multicultural Affairs (AmkA) is also the City of Frankfurt's primary port of call for discrimination issues. It processes complaints and additionally does extensive preventive work. Hotline: (069) 212 301 11, e-mail: amka.antidiskriminierung@stadt-frankfurt.de

Those who are discriminated against also need to find help close by, quickly and without complications. The Rhine-Main Anti-Discrimination Network (AdiNet) is setting up structures for this purpose: the online search with various search and filter options includes many different local offers and contact details to provide the best possible support to those seeking advice. www.amka.de/adinet

Religions from around the world – in Frankfurt

One city, many religions

Frankfurt is home to more than 260 religious communities. Each community celebrates its own festivals and holidays, has its own rituals and traditions. An event called “Day of the Religions”, held every autumn at Römer City Hall, gives locals and visitors the chance to learn more about Frankfurt’s immense religious diversity. www.vielfalt-bewegt-frankfurt.de

The “Rat der Religionen Frankfurt” (Council of Religions in Frankfurt) is an association of religious communities dedicated to promoting interreligious dialogue and peaceful, tolerant coexistence of the many religions represented in Frankfurt. www.rat-der-religionen.de

Women in Frankfurt

Gender equality

Frankfurt has had an Office of Women’s Affairs since 1989. It advocates equal rights and opportunities for Frankfurt’s female population, be it through vocational programmes, specific services for girls, the protection of women against violence, or campaigns like “Klischeefreie Zone Frankfurt” (Cliché-free Zone Frankfurt). An independent Equal Opportunities Office as part of the municipal administration discharges all duties pertaining to the Hessen Equal Rights Act. The fact that Frankfurt won the “Gender Award” in 2018 for its exemplary work on gender policy and equal opportunities is proof positive of the successes that have been achieved.

Women’s Guide

The Office of Women’s Affairs website provides information and contact details of local institutions and organisations relevant to women. The office also publishes a regularly updated “Women’s Guide”, offering tips and information for women and girls in all walks of life. The brochure is free of charge and is also available for download. Tel.: (069) 212 353 19, e-mail: info.frauenreferat@stadt-frankfurt.de

Alternatively, you may also decide to subscribe to the Office of Women’s Affairs newsletter, which will keep you up-to-date on events and services relating to gender policy. www.frauenreferat.frankfurt.de

LGBTIQ Frankfurt

A tolerant and open-minded city

Frankfurt is home to one of Germany’s largest LGBTIQ communities. The municipal administration seeks to contribute to ensuring that each and every individual feels welcomed and respected. The city has a large number of focal points for LGBTIQ. An overview of these institutions can be found on the City of Frankfurt website.

www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Soziales und Gesellschaft* ▶ *LSBTIQ**

LGBTIQ coordination office

Frankfurt’s coordination office for lesbian, gay, bisexual, transgender, inter-gender and queer issues (LGBTIQ) supports various anti-discrimination efforts. With its events, initiatives and counselling services, the centre promotes diversity in municipal administration and municipal politics. The coordination office also provides counselling, support and networking for persons involved in LGBTIQ-related issues. Tel.: (069) 212 731 45, e-mail: amka.lsbtiq@stadt-frankfurt.de

Christopher Street Day in Frankfurt

Christopher Street Day (CSD) is a day of celebration, commemoration and demonstration for members and friends of the international LGBT community. Frankfurt’s CSD commences with a parade through the city centre, traditionally led by the Lord Mayor or another member of the City Council. www.csd-frankfurt.de



Frankfurt for the disabled

Inclusive Frankfurt

Inclusion is a human right. That is why Frankfurt is committed to ensuring that all Frankfurt residents are able to take part in life in the city. Everyone is unique and no one should be excluded because of their characteristics. Instead, people's differences are perceived as enrichment. Inclusion is successful when everyone can be present everywhere, whether in the neighbourhood, in the day care centre, at school, at work or on leisure time.

For this reason, the Central Inclusion Desk was created and attached to the Department of Social Affairs, Youth, Family and Senior Citizens in order to continuously advance inclusion in Frankfurt. The City of Frankfurt regularly works on improving its accessibility and on communicating in a barrier-free way. This not only applies to offices. Museums, theatres and operas have also become more accessible, and a new form of literature in simple language has been developed (Literaturhaus Frankfurt).

The city's Commissioner for the Disabled represents the concerns of people with disabilities in Frankfurt. In addition, the "Frankfurter Behinderten-Arbeitsgemeinschaft" (or FBAG, Frankfurt Working Group for the Disabled) advises the municipal administration on all relevant decisions affecting people with disabilities.

www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Soziales und Gesellschaft* ▶ *Inklusion und Teilhabe*

At a glance: inclusive city guide

Almost every Frankfurt district has a range of services for persons with physical, emotional or intellectual disabilities, and their relatives. Aside from each district's respective "Sozialrathaus" (Social Affairs Office) run by the Office of Youth and Social Welfare, there are a number of further institutions providing information on the subjects of health, education, housing, law and recreation.

The barrier-free website of the Central Inclusion Desk provides information on projects, legal basics, news and events. The online city guide for people with disabilities, which provides information on the accessibility of more than 5,000 addresses in Frankfurt, can also be found there. This guide can also be ordered free of charge in a printed version. www.frankfurt-inklusive.de

Mobility and accessibility

On their respective websites, the Frankfurt Transport Authority (VGF) and the Rhine-Main Transport Association (RMV) have compiled important information on barrier-free access at stops and stations and to their buses, trains, trams and subways. www.vgf-ffm.de

Further information is available on the Tourist+Congress GmbH Frankfurt website. www.frankfurt-tourismus.de ▶ *Frankfurt für ...* ▶ *Reisende mit Behinderung*
There, you can, for example, download an easy-to-understand brochure entitled "Frankfurt am Main – Barrierefrei" highlighting accessibility in the city. It also provides information on accessible city tours and sights, as well as on the inclusive pilgrims' path, for which a barrier-free app is available.

Inclusive sports festivals

Inclusive sporting events are an important part of Frankfurt's social scene. Every November, for example, children, young people and adults with and without disabilities can have fun taking part in the "Inklusiven Spiel- und Sportfest" (Inclusive Play and Sports Festival). A special German Down Syndrome sports festival has been taking place since 2001, promoting inclusion and equal social opportunities.

www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Sport* ▶ *Sportveranstaltungen*

TIP: Plain language and accessibility

At www.frankfurt.de you'll find the buttons "Leichte Sprache" (at the top right and at the bottom of the page) and "Barrierefreiheit" (at the bottom of the page). When clicked, these two menu items lead to subordinate web pages providing information presented in the respective manner.

BUSY FRANKFURT

EDUCATION, WORK AND THE ECONOMY



Frankfurt is quite possibly Germany's most dynamic city. It is certainly one of the world's most important finance centres and a leading industrial, services and trade-fair hub. Not to mention the fact that Frankfurt also has a great reputation as an international publishing centre and university city.

Vocational education and training

Finding the right type of job training

Many working professionals come to Frankfurt because they have found a new job here. Thousands of young people from near and far come here to study, to start a career, or for further or advanced training. The online job training guide published by the "Stadt Schulamt" (Municipal Schools Department) helps people to find the right vocational school or training college, offering a broad apprenticeship spectrum ranging from tailoring to cycle mechanic.

www.frankfurt.de/schulwegweiser

The Frankfurt Chamber of Industry and Commerce (www.frankfurt-main.ihk.de) and the Chamber of Crafts Trades (www.hwk-rhein-main.de) assist and advise on the various apprenticeships and vocational education opportunities available, providing a raft of services for persons looking to commence an apprenticeship in Frankfurt.

Study and education: endless opportunities

Frankfurt is a pre-eminent university city. With more than 46,000 students, Goethe University Frankfurt (www.uni-frankfurt.de) is the state's premier higher education institution, and is fast evolving into a leading international university with four high-profile sites and a top-class teaching hospital. The Frankfurt University of Applied Sciences in Nordend district (www.frankfurt-university.de) is another major German university, along with the neighbouring private business school Frankfurt School of Finance & Management (www.frankfurt-school.de). Frankfurt's music academies and art colleges enjoy a similarly excellent reputation, be it Frankfurt University of Music and Performing Arts (HfMDK) (www.hfmdk-frankfurt.info), the Städelschule academy of fine arts (www.staedelschule.de) or Dr. Hoch's Conservatory - Music Academy Frankfurt/Main (www.dr-hochs.de).

Further education and vocational training

Anyone interested in vocational training will find that Frankfurt and the Rhine-Main region offer a superb range of educational courses and facilities. The state's largest educational institution, the "Frankfurter Volkshochschule" (or VHS, Frankfurt Adult Education Centre) runs a comprehensive yet affordable programme featuring some 5,800 courses and events throughout Frankfurt and the Rhine-Main region, some of which are also offered digitally. vhs.frankfurt.de

The Bildungsnetz Rhein-Main educational network (www.bildungsnetz-rhein-main.de) has compiled a comprehensive database featuring more than 10,000 educational courses offered by various providers in the Rhine-Main region. The search engine for further education courses run by the Deutsche Bildungsserver national education server (www.iwwb.de) is similarly helpful, also informing on scholarships and other funding opportunities.

TIP: The 24/7 online library

The Frankfurt's Municipal Libraries' online check-out service means members can now borrow electronic media such as eBooks, eVideos or ePapers at the click of a mouse, round the clock, seven days a week. All you need is a library card and a personal password. You can get both online and on site at the Municipal Library Frankfurt.

Libraries

Frankfurt is home to a wide range of libraries, including some that are nationally and internationally renowned. They include the German National Library, the Johann Christian Senckenberg University Library, as well as various museum libraries and the Municipal Library, the latter of which comprises more than a dozen branches throughout the city and is on the Internet at www.stadtbuecherei-frankfurt.de.



Enterprises and Entrepreneurs

Far more than just a finance centre

Frankfurt is well known as an international finance metropolis and the seat of institutions such as the European Central Bank, the German Bundesbank and the Deutsche Börse. In actual fact, Frankfurt's business world has much more to offer. It is a city of trade fairs and hosts leading fairs including the Frankfurt Book Fair. It likewise has a key chemicals and pharmaceuticals base, and a central traffic and transportation hub. Last but not least, the region's service sector is also growing rapidly. With the international Frankfurt Fashion Week, the business metropolis of Frankfurt is becoming the new hotspot of the fashion and lifestyle scene. In addition, the metropolis on the Main is home to DE-CIX, one of the largest internet hubs in the world.

For businesses and companies - promoting business in the city

Frankfurt Economic Development GmbH is Frankfurt's information and service centre for local business and site development. Its employees support businesses in taking the necessary steps from first contact all the way to launching the business. Particularly specialising in helping business locate, the consultants at Frankfurt Economic Development GmbH above all strongly assist small and medium-sized enterprises as well as trades and crafts businesses. However, companies of all kinds from industry, the creative industries or the banking sector, can always contact Frankfurt Economic Development.

Wirtschaftsförderung Frankfurt GmbH - Frankfurt Economic Development GmbH

Hanauer Landstraße 126 - 128, 60314 Frankfurt am Main

Tel.: (069) 212 362 09

E-mail: info@frankfurt-business.net

www.frankfurt-business.net

Frankfurt - a city of start-ups

Frankfurt is fertile ground for innovative start-ups. New businesses with new ideas will find ideal preconditions in Frankfurt. Each year, the Frankfurt Chamber of Industry and Commerce holds a start-up fair entitled "Aufschwung", a platform for business founders, start-ups, up-and-coming companies, entrepreneurs and intrapreneurs. The fair is accompanied by a "Start-Up Guide", which offers a comprehensive overview on the topic. www.aufschwung-messe.de

Contacts and networks

Frankfurt and the Rhine-Main area is home to countless business associations, chambers and groups, all of which offer assistance and networking opportunities. There are also numerous foreign business representations and a well-developed network of business clubs. The website of the Frankfurt Economic Development provides a good overview as well as a company guide ("Branchenkompass"), enabling you to search for specific businesses and companies quickly and easily. www.frankfurt-business.net and the City of Frankfurt website.

www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Wirtschaft* ▶ *Branchenfokus*

Einheitlicher Ansprechpartner (Point of Single Contact)

The aim of the "Einheitlicher Ansprechpartner Hessen" (or EAH, Hessen Point of Single Contact) is to reduce the red tape that entrepreneurs, freelancers and the self-employed face when filing official applications. EAH supports you in handling administrative procedures and the related formalities required when opening a business or changing its business activity. You can reach the "Ansprechpartner Frankfurt" (or APF, Point of Single Contact Frankfurt) by sending an e-mail to APF@stadt-frankfurt.de or through the organisation's online portal at www.eah.hessen.de

Seeking and finding employment

Employment agency: "Arbeitslosengeld I"

Frankfurt's unemployment rate is not only far below the national average, but has for years been declining further. Those who are nevertheless unemployed will find that Frankfurt possesses a close-knit support network. At the Frankfurt Employment Agency, you can register as being unemployed, hunt for a new job, or register for "Arbeitslosengeld I" (Unemployment Benefit I).

Agentur für Arbeit Frankfurt - Frankfurt Employment Agency

Fischerfeldstraße 10 - 12, 60311 Frankfurt am Main

Tel: 0800 4 5555 00 (freecall)

www.arbeitsagentur.de

Job Centre: "Arbeitslosengeld II"

Have you been unemployed for longer than 12 months and/or have no further right to receive Unemployment Benefits I? If so, contact the Job Centre. They will help you to find a job or secure a subsistence allowance through "Arbeitslosengeld II" (Unemployment Benefit II). In Frankfurt, there are a total of five such Job Centres providing advice and information on the benefits and services available to you. To find out which Job Centre to contact, simply call (069) 2171 3493 or visit their website. www.jc-frankfurt.de

Fighting youth unemployment!

The Job Centre at Hainer Weg 44, 60599 Frankfurt am Main is also the home of the Young People's Job Centre. Here, young people up to the age of 25 are assisted in finding employment. www.jugendjobcenter-frankfurt.de

Frankfurter Programm für Arbeit (or FRAP, Frankfurt Programme for Employment)

If you are over 25 and have questions regarding employment, careers or vocational training, simply contact the "Beratungs- und Lernzentrum" (Advice and Learning Centre) run by the Frankfurt Programme for Employment (FRAP Agentur). This programme is financed from the City of Frankfurt's social welfare budget and aims to increase employment opportunities and promote further education among persons looking for work.

Beratungszentrum Frankfurter Arbeitsmarktprogramm (FRAP Agentur)

Vilbeler Straße 29, 60313 Frankfurt am Main

Tel.: (069) 68097 150

E-mail: info@frap-agentur.de

www.frap-beratungszentrum.de

TIP: Assistance with statutory social insurance

Free and independent advice on all matters relating to social insurance (pension, health, nursing and accident insurance) is available from the Insurance Office at Sandgasse 6.

For appointments and further information, call (069) 212 440 77 or send an e-mail to versicherungsamt@stadt-frankfurt.de.

ART AND CULTURE IN FRANKFURT

STAGES, MUSEUMS AND MORE



Be it high-brow art or the fringe, Frankfurt has so much culture to offer, especially considering the city's size. There are performances on Frankfurt's 20-plus stages more than 100 times a week: with an array of concerts, operas and operettas, plays, musicals, variety and cabaret shows, as well as ballet and modern dance. What's more, Frankfurt also boasts the magnificent Museum Embankment with internationally renowned institutions such as Schirn Kunsthalle, Städel Museum, Deutsches Filmmuseum and Museum für Moderne Kunst, to name but a few.

From open-air to grand opera

Culture for everyone

This battle-cry from the 1970s was inspired by a book by Frankfurt's former Deputy Mayor in charge of Culture, Hilmar Hoffmann. Today, Frankfurt not only sees itself as a major centre of culture, which it undoubtedly is, but also as a city that endeavours to actively involve its citizens in its cultural scene.

Venues for culture and interaction

The SAALBAU was founded by dedicated Frankfurt citizens in 1859 to meet the wish for a venue for meetings of all kinds. Today, SAALBAU is a social and cultural institution that is unique nationwide, maintaining numerous civic centres and civic halls throughout the city. www.saalbau.com

Culture Pass: making participation possible

Frankfurt's low-income households are eligible for a "Kulturpass" (Culture Pass) for the symbolic price of EUR 1.00, with children's tickets costing only EUR 0.50. With this credit card-sized pass, holders can visit museums and theatres, attend readings, and enjoy other cultural events. Some 7,000 Frankfurt inhabitants currently avail themselves of the culture pass. www.kulturpass.net

Cultural portal: everything at a glance

The very best overview of the sheer range of Frankfurt's cultural offerings is provided by the City of Frankfurt's cultural portal. Click here to find out all about Frankfurt's cultural scene - from architecture and theatre, design and city history, to science and the municipal zoo. www.kultur-frankfurt.de

Live and on stage: the best that the world has to offer

Frankfurt's listening: music

The internationally renowned Ensemble Modern and Oper Frankfurt are as much a part of Frankfurt as the city's jazz and electronic music scenes are. There's nothing better to set the heart beating faster than performances at the multi-award-winning Oper Frankfurt and concerts at Alte Oper Frankfurt, featuring guest performances by famous orchestras and soloists. The German Jazz Festival Frankfurt and the many concerts of international Rock and Pop greats held at the Festhalle characterise the great range of music to be heard in Frankfurt. And the city even boasts two superb home-grown orchestras, namely Frankfurter Opern- und Museumsorchester and the hr-Sinfonieorchester. www.kultur-frankfurt.de ▶ Music

TIP: Make your own music

Whether you want to sing in a choir, join an orchestra, play in a jazz ensemble or form your own band, you'll find the contact details you need at www.kultur-frankfurt.de ▶ Music

Raise the curtains: Theatre

Boasting more than 20 stages and 50 independent ensembles, Frankfurt's theatre scene is truly diverse. The municipal Städtische Bühnen, which includes Oper Frankfurt and Schauspiel Frankfurt, constitutes the largest theatre company in the state. Featuring its own ensemble, renowned directors and a diversified repertoire, Städtische Bühnen ensembles play at Schauspielhaus, Kammerspiele and Bockenheimer Depot.

The international dance theatre and music scene regularly convenes at the Mousonturm, a former soap and perfume factory situated in Ostend district. Theater Willy Praml, on the other hand, stages extraordinary productions of classic works at the Naxoshalle. More comical plays by contemporary writers are staged at the Fritz Rémond Theatre, while boulevard comedies are on show at "Die Komödie" and The English Theatre. The "Fliegende Volksbühne" combines plays written and performed in the local dialect with contemporary forms of theatre. Lastly, the Tigerpalast in the heart of downtown Frankfurt, and housed in a former ballroom, features a delightful combination of candlelight dinners, acrobatics, trapeze performances and magic shows.

www.kultur-frankfurt.de ▶ Stage



Theatre and more outdoors

If you want to enjoy culture beneath sunny or starry skies, then Frankfurt is the place to be. Events include the "Theaterfestival Sommerwerft", the "Dramatische Bühne" and the "Stoffel" music and theatre festival, held in various of Frankfurt parks and on the river embankment. The city's open-air stages present a broad spectrum of live performances, featuring everything from classics, cabaret and comedies to dance, music and theatre. The courtyard at the Höchst Porcelain Manufactory is home to the "Barock am Main" theatre festival, which stages plays by Molière performed in Hessian dialect.

From Old Masters to modern architecture

Museums

There are nearly 60 museums, both small and large, in Frankfurt. Pride of place in the city's cultural world is the Frankfurt Museum Embankment. Set side by side along the river bank like pearls on a string, numerous first-class museums are just a few minutes' walk from each other, enticing fans of art and culture alike. This includes the Städel Museum, for example, one of Germany's most important museums of art, where you can study more than 4,000 paintings representing 700 years of art history. Nearby, at Deutsches Filmmuseum, the focus is on international cinematography, while at Museum für Kommunikation, you can find out how humans have communicated with one another from the beginnings of civilisation to the present day. On the other side of the Main River, Historisches Museum Frankfurt, the Museum of Comic Art - Caricatura Museum, Archäologisches Museum, the Jewish Museum, MUSEUM MMK, ZOLLAMT MMK and SCHIRN KUNSTHALLE FRANKFURT invite visitors to enjoy walking around their collections. In addition to the city's many other museums, there are also countless exhibition spaces, art studios, galleries and art associations that, create a marvellously vibrant cultural scene. www.museumsufer.de

TIP: 12 months, 38 museums

The MuseumsuferCard (pass covering all institutions on Museum Embankment) offers the holder a year's free admission to 38 museums, including Museum Night and the Museum Embankment Festival. It is available as a single ticket or as a family ticket. www.museumsufercard.de



Architecture and design

Architecture has always been both spectacular and controversial in Frankfurt like in few other German cities. Be it the turn of the 20th century buildings, the "New Frankfurt" of the late 1920s, the functionalism of the post-War era, the city's high-rises, or the recently restored new "Frankfurt Old Town": they blend together harmoniously despite, or perhaps because of, their stark architectural contrast. Frankfurt is the only European city with a downtown high-rise skyline and an exemplary Museum Embankment of worldwide renown. It is fitting that Deutsches Architekturmuseum is part of the famous Museum Embankment. Those interested in architecture will find further information on the City's cultural portal. www.kultur-frankfurt.de ▶ *Architecture*

Design has played an equally important role in Frankfurt down through the decades. Outstanding examples are: the Höchst Porcelain Manufactory - the second-oldest German porcelain workshop is still in business and offers guided tours; the "Frankfurt Kitchen" (the brainchild of architect Margarete Schütte-Lihotzky) as a prototype of the modern fitted kitchen; and the ground-breaking products of Braun AG, which used to be head-quartered in Frankfurt. An extensive design collection is on show at Museum Angewandte Kunst on the Museum Embankment. www.kultur-frankfurt.de ▶ *Design*

Back in the 1920s, architect Ernst May created a large number of modern housing estates. This "New Frankfurt" gave thousands of families the opportunity to live amidst a natural, green setting. The Ernst May Gesellschaft has documented the work of the famous architect: at Ernst-May-Haus in Römerstadt. www.ernst-may-haus.de

Stories, live and on screen

Literature in the city of books

Frankfurt is not only Goethe's hometown but also Germany's literary capital. With the Frankfurt Book Fair, the German Publishers and Booksellers Association, the Media Campus, and the German National Library, Frankfurt is home to the key institutions of the German publishing and bookselling industry. The Frankfurt Book Fair is the world's leading trade show for books and other publications, and each year attracts more than 300,000 visitors to the city. Two of the most important literary prizes are awarded during the course of the fair - the Peace Prize of the German Book Trade and the German Book Prize.

At Frankfurt's "Literaturhaus" (House of Literature) literature fans can rave over a broad programme of readings and discussions all year round. The events are held at the restored Old Municipal Library, at the "Romanfabrik" (Novel Factory), Goethe-House and the Hessen Literature Forum. Moreover, the young fringe literature scene has developed a new series of events and forms of presentation including, for example, Poetry Slam Frankfurt. www.literaturstadt-frankfurt.de

Moving pictures: film

Frankfurt is home to a lively movie scene. Student-driven cinemas had their beginnings in Frankfurt in the 1970s with the foundation of Kommunales Kino, which is today located at Deutsches Filmmuseum. The latter was founded in Frankfurt in 1984, the first museum of its kind in all of Germany. The city's range of movie theatres also includes many smaller art-house cinemas, such as Film Forum Höchst, the movie theatre at Deutsches Filmmuseum, the Mal Seh'n, naxos.Kino, Orfeos Erben movie houses and the campus cinema, Pupille. Frankfurt also hosts various film festivals and film series such as "Africa Alive", the Fantasy Film Festival, the Japanese Film Festival, "Nippon Connection", the Latin American Film Festival, "Días de Cine", the "Lichter Filmfest" and the Turkish Film Festival. www.kultur-frankfurt.de ► *Film*



CULTURAL EVENTS AT A GLANCE

Nacht der Museen - Night of the Museums

Every spring, some 50 museums and exhibition venues in Frankfurt and Offenbach open their doors at the unusual time of 7 p.m. to 2 a.m. to present their colourful cultural programmes. www.nacht-der-museen.de/frankfurt

Bahnhofsviertelnacht - Station District Festival

Once infamous as Frankfurt's seediest quarter, the district round the main train station is about as pulsating as it gets in Frankfurt. Every summer, the cosmopolitan district parties on down - with thousands of visitors, who can grab a look behind the scenes while taking part in the fun and festivities.

www.bahnhofsviertel-ffm.de



Museum Embankment Festival

On the final August weekend of every year, Frankfurt celebrates its museums and majestic river with the magnificent Museum Embankment Festival. Annually attracting more than two million visitors, it is one of Europe's largest culture festivals.

"Literatur im Römer" and OPEN BOOKS

Two outstanding literary events take place every year during the Frankfurt Book Fair - the traditional "Literatur im Römer", and OPEN BOOKS, which is made up of more than 100 reading events and a literary programme for children that takes place around the Römerberg. www.openbooks-frankfurt.de

"literaTurm" and the Frankfurt Poetry Festival, the "Frankfurter Lyriktag"

These alternating festivals have become two of the highlights of Frankfurt's literary scene. The first, literaTurm, features readings that mainly take place in Frankfurt's office high-rises. Frankfurter Lyriktag present the great variety of contemporary poetry. www.literaturm.de and www.frankfurter-lyriktag.de

Roses and Light Festival

This summertime festival has been taking place at the Frankfurt Palmengarten since 1931. The highlight of this flower show is the light festival, featuring thousands of tea lights and other illuminations. www.palmengarten.de

The Grand Bell Ringing of Frankfurt

Every year, 50 bells of ten downtown churches chime harmoniously at 5 p.m. on Christmas Eve and at 4:30 p.m. on the Saturdays before the first Advent, Easter and White Sundays, respectively.

German Jazz Festival

The German Jazz Festival, first held in Frankfurt in 1953, is the world's oldest jazz festival to have run without interruption. The majority of the concerts are held at Alte Oper and the auditorium of Hessischer Rundfunk at the end of October. www.hr2.de/veranstaltungen/jazzfestival

Luminale

Every two years, this biennial festival of light art and urban design illuminates the streets, plazas and buildings of Frankfurt and Offenbach. www.luminale-frankfurt.de



ACTIVE FRANKFURT

RECREATION, SPORT AND RELAXATION



Heading off on excursions, getting some exercise, enjoying being active members or volunteers in a club – Frankfurt locals have countless recreational opportunities to choose from. Part of the reason for this is that Frankfurt is a surprisingly green city. More than 40 percent of the area inside the city limits is made up of parks and nature reserves.

Recreation

Club life

Whether you are interested in angling, stamp collecting, carnival or culture – Frankfurt has a great range of clubs to make certain you're never bored. For an overview, simply visit the city's club directory: www.frankfurt.de/sportvereine

Swimming opportunities in and around Frankfurt

Frankfurt and its surroundings offer many opportunities for swimming fun. Not only are there several lakes close to Frankfurt ideal for a dip, but the city has two adventure pools and three indoor public swimming baths – four of the six have a sauna. Not to forget, there are seven outdoor swimming pools as well. www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Gesundheit* ▶ *Umwelt und Gesundheit* ▶ *Wasser* ▶ *Schwimmbäder* and www.frankfurter-baeder.de

Allotment gardens

Frankfurt's allotment gardens provide locals with a little bit of nature in the big city. A magazine entitled "Frankfurt gärtner" spotlights urban gardening initiatives, the many different activities going on in the city's allotment gardens, and the city's beekeeping efforts. It is available free of charge from the Citizens Advisory Service (see p. 10).



Volunteer work: civic commitment

Whether it's helping others, initiating new projects or bringing personal expertise and ideas to bear – many of Frankfurt's inhabitants work in their spare time for the common good. Wherever there is a shortage of helping hands in the city, the City's Voluntary Service and Foundations Desk provides information, advice and mediation. As a sign of gratitude for civic commitment, the City gives away 1,000 Ehrenamts-Cards every year to volunteer workers, with the proud holders entitled to numerous discounts. Tel.: (069) 212 35501, ehrenamt@stadt-frankfurt.de, www.buergerengagement.frankfurt.de

Sports and activities

From amateur to professional sports

If you would like to be actively involved in sport, then Frankfurt is the right place for you. Frankfurt has perfect facilities for most types of sport – countless indoor and outdoor sports grounds, tennis courts, equestrian centres and shooting ranges, golf clubs as well as indoor and outdoor swimming pools. As an international city of sport, Frankfurt invests heavily in its sporting infrastructure. And then there's the Main River, of course, beckoning water sports enthusiasts to sail, row or paddle. If you would rather watch: Frankfurt clubs offer sports at Bundesliga or second division level from basketball and volleyball to hockey and rugby to swimming, gymnastics and squash. And in football, Eintracht Frankfurt is represented by a men's and a women's team at top league level. Frankfurt is also the seat of the German Football Association. www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Sport*

Finding the right club

Interested in joining one of Frankfurt's 420 sports clubs and associations? The choice is yours! There are two online directories that provide help in finding the right club: www.frankfurt.de/sportvereine and www.mainova-sport.de.

Sporting events: three major races and much more

Each year, sporting events in Frankfurt attract hundreds of thousands of sports fans from near and far. There's the "Eschborn-Frankfurt" professional cycling road race (formerly "Rund um den Henninger Turm"; on 1 May), the Frankfurt Ironman (which takes place every summer) and the Frankfurt Marathon (in the autumn). The J.P. Morgan Corporate Challenge has long been one of the world's largest road races for runners, while the world's biggest amateur dance tournament, "Hessen tanzt", attracts thousands of dance enthusiasts, who come to Frankfurt to spin and whirl. Various event highlights complete the calendar from year to year and can be found at:

www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Sport* ▶ *Sportveranstaltungen*

Eissporthalle

Whether you're young or old, a beginner or a real crack, the skating rink at Frankfurt's winter sports hall and the adjacent 400-metre outdoor rink attract more than half a million skaters each and every year. www.eissporthalle-ffm.de

Outdoor fitness fun

Not interested in sweating in an air-conditioned gym? Then why not give the outdoor fitness facilities in the Huthpark in Seckbach, in the Niddapark, or the recently formed Hafenpark in Ostend with its skaterpark and many different playing fields a try?

TIP: Tuesday night skating

Starting on Tuesdays at 8:30 p.m., this highly popular summer-time inline skating event takes participants on an urban tour of Frankfurt. Quite possibly the fastest night-skating event in Europe, Tuesday Night Skating is something for more experienced inline skaters. www.tns-frankfurt.de



Popular day-trip destinations

Old Bonames / Kalbach Air Base

This former U.S. military air base in the Green Belt has been turned back into a natural world. Now a popular recreational destination, the grounds feature renaturalised ponds, meadows for picnicking, a café and firefighter's museum, and the former air strip - which is today used by young and old cyclists, inline skaters and skateboarders alike.

Höchst Old Town

Scenically set on the banks of the Main River, Höchst Old Town, with its picturesque castle and cosy inns and taverns, is well worth a visit. Frankfurt's only ferry service also docks here.

Frankfurt International Airport

Used by more than 64 million passengers every year, Frankfurt Airport is one of the world's most important air traffic hubs. The visitors' terrace at Terminal 2 offers a great view of the bustling activities on the apron and runways. A guided tour is a great way of looking behind the scenes. www.fra-tours.com

Lohrberg and Lohrpark

Ever since 1803, Frankfurt has been one of the few German cities with its own vineyard inside the city limits. The Lohrberg, in the Seckbach district of the city, is part of the famous Rheingau wine-growing region. And the Lohrpark offers a spectacular view out over the city and the region beyond

Palmengarten

Pining for the desert or tropical rainforest? Then come to Frankfurt's famous botanical gardens, the Palmengarten. Inside the glasshouses situated in the spacious grounds, the moist air smells just like it does in the tropics. Summertime jazz concerts take place at the Palmengarten every Thursday. www.palmengarten.de

Senckenberg Natural History Museum

The Senckenberg Natural History Museum in Bockenheim presents itself ever more attractively. The time-honoured museum building and its extensive exhibitions on the history of the Earth and evolution have been lavishly modernised room by room. The Senckenberg is home to one of the most important natural history collections in all of Europe. Its biggest stars are the dinosaurs, including complete skeletons of a Tyrannosaurus rex and a pterodactyl, and the velociraptors, to name but a few. www.senckenberg.de

Frankfurt Zoo

Lions, penguins, gazelles, monkeys - in the middle of the city, fascinating animals attract almost a million visitors every year. In the outdoor enclosures and in beautiful animal houses, Frankfurt Zoo, one of the oldest zoological gardens in Germany, features around 450 different species. On a tour through the green oasis, you can experience a lot and learn what the zoo is doing for nature and species conservation. www.zoo-frankfurt.de





Rest and relax in nature

Municipal forest

Covering some 6,000 hectares, Frankfurt's municipal forest is one of Germany's largest woods bordering on a city. Locals particularly enjoy the forest's many hiking, cycling and riding trails, as well as the seven forest playgrounds. A special highlight: the forestry/ecology information centre, "StadtWaldHaus/ Fasanerie" near the "Oberschweinstiege" tram stop.
www.stadtwaldhaus-frankfurt.de

Downtown riverside

The embankments along the Main River with their promenades, lawns and striking bridges rank among Frankfurt's greatest downtown attractions. The riverside has over the years been transformed into a real crowd-puller, encouraging you to stroll, jog, skate or simply relax. On the North bank, a new and spacious park recently opened along the river bank near the old Weseler Werft.

Parks and gardens

Frankfurt boasts 45 parks and more than 450 green zones, meaning nature is practically on everyone's doorstep – be it the vast Volkspark Niddatal or the small and perfectly laid out Bethmannpark in Nordend. Even the city's first-ever public green belt still exists – running parallel to the innermost ring road and tracing the line of what were once the town walls. Today, the ribbon of green features numerous monuments, ponds, playgrounds and lovely old trees.
www.frankfurt.de ▶ *Frankfurt Themen* ▶ *Umwelt und Grün* ▶ *Orte*

Frankfurter GrünGürtel

Established in 1991 as one of the world's first urban green belts, this green ring runs around the centre of Frankfurt. It is approximately 8,000 hectares in size, which translates into about a third of Frankfurt's entire urban area. A highly diverse band of woods, lawns, hills, riverside meadows, and even sand dunes, combine to form Frankfurt's most important local recreation area. It consists of the Nidda Valley in the northwest, the municipal forest in the south, and the Bergen Ridge with its meadow orchards and natural springs along the city's northeast edge. If you like the idea of hiking or cycling around Frankfurt's city proper, then give the 68-km GreenBelt loop trail a go! The GrünGürtel-Freizeitkarte offers a map of the cycling loop and all nearby hiking trails, which can be obtained free of charge, as can the "GrünGürtel-Wanderpass" hiking pass from the Citizens Advisory Service (see p. 10).
www.gruenguertel.de



#visitfrankfurt

A CITY CELEBRATES: FRANKFURT FAIRS

Main Festival

The Main Festival is Frankfurt's only inner-city fun fair featuring high-tech rides, merry-go-rounds and shooting booths. The classic popular festival for the entire family lures hundreds of thousands of revellers from near and far to the riverside each year.

Museum Embankment Festival

The Museum Embankment Festival is one of Europe's largest and most important cultural festivals, attracting up to two million visitors to the banks of the Main River on the last August weekend of every year. With this festival, Frankfurt celebrates its Museum Embankment, a cultural ensemble quite unique in all of Germany.

Bernemer Kerb

Bernemer Kerb, formerly the Bornheim Church Fair, has been celebrated since 1608. The festival is held on the weekend of the second Sunday in August on the fairground at St John's Church and along the upper section of Berger Strasse.



Wäldchestag

This traditional forest festival dates back to the 18th century, when the citizens of Frankfurt first flocked to the municipal forest on the Tuesday after Whitsun to celebrate their "national holiday".



Dippemess Fair

The history of the Dippemess, a traditional pottery market, goes all the way back to the 12th century. Today, the Dippemess, which is held at the Ratsweg Fairground in both spring and autumn and features numerous high-tech rides and other fairground attractions, is the largest fun fair in the Rhine-Main region.



Vielfalt am Main

With this biennial festival, Frankfurt emphasises and celebrates its diversity. A colourful procession of locals representing the four corners of the world forms the centrepiece of this festival. vielfalt-am-main.de



Frankfurter Christopher Street Day

Every summer, Frankfurt's LGBTIQ community and friends come together to celebrate Christopher Street Day (see p. 47), which is held at Konstablerwache on three consecutive days. The event's highlight is the Saturday parade through the city centre. www.csd-frankfurt.de

Höchst Castle Festival

The Höchst Castle Festival is Frankfurt's largest district festival. It is celebrated every year in Höchst's picturesque Old Town around the town's castle with its eye-catching tower, built in the days when the town belonged to Mainz.



Frankfurt Christmas Market

The festive Frankfurt Christmas Market on Römerberg and around downtown traditionally marks the end of the year and is considered one of the most important and beautiful markets of its kind in the country. Against the scenic backdrop of the Römer, with its glorious half-timbered houses, the stalls and booths decorated in true yuletide spirit offer culinary specialties and market wares befitting the season.

FRANKFURT FOR EXPERTS

FIND OUT HOW WELL YOU ALREADY KNOW FRANKFURT

What exactly are “Stöffche”, “Bembel” and “Gerippte”?

Apfelwein, the traditional Frankfurt beverage, is also known as “Stöffche”. Typically, the cider-like drink is served in a blue-and-grey stoneware jug known as a “Bembel” and drunk from a “Gerippte”, a ribbed glass with a diamond-shaped pattern.

What do Frankfurt locals want to know when they ask you: “Ei gude wie, wo machst’n hie?”

You are welcomed and asked how you are and what you are up to.

Is a Frankfurter the same as a Wiener?

Certainly not! A native of Frankfurt, butcher Johann Georg Lahner, began making sausages in Vienna in 1805 after the Frankfurt prototype, with the small difference that he not only used pork, but also beef for the Wiener.

What is the Ebbelwei-Expreß?

Ride leisurely around Frankfurt and enjoy original Ebbelwei cider into the bargain – on the Ebbelwei-Expreß tram. The colourful tramcar has been running since 1977, taking its passengers on a merry sightseeing excursion of Frankfurt.

What do Frankfurt locals want to know when they ask whether you live “Hibbdebach or Dribbdebach”?

You are asked on which side of the Main River you live, the city or northern side being “Hibbdebach”, and the southern side being “Dribbdebach”.

How many types of herbs make up Frankfurt Green Sauce?

Green Sauce is made with sour cream and must contain seven garden herbs, namely parsley, cress, chives, burnet, sorrel, chervil and borage. It is served cold with boiled potatoes and hard-boiled eggs, and sometimes also with boiled beef.

What exactly are “Bethmännchen”?

“Bethmännchen” are traditional little marzipan cakes. Once a classic snack enjoyed during any Frankfurt Christmas, they are now very popular all year round.

What is a “Wasserhäuschen”?

These “watering holes” are a traditional part of Frankfurt’s street world and for many locals to this day, they are much more than mere kiosks. These booths appeared in Frankfurt back in the second half of the 19th century and were originally meant to inspire guests to drink mineral water instead of beer or schnapps.

What is the difference between a “Handkäs” and a “Handkäs’ mit Musik”?

“Handkäs” is a Frankfurt sour-curd cheese and is served marinated in vinegar, oil and often sprinkled with caraway seeds. If you order it “mit Musik”, the marinade will also include chopped raw onions.

Which song features the lyrics, “Schwarz-weiss wie Schnee”?

The fan song of Eintracht Frankfurt. It goes as such: “Schwarz-weiss wie Schnee, das ist die SGE. Wir holen den DFB-Pokal und wir werden Deutscher Meister. MEISTER!” (SGE is the abbreviation of Sportgemeinschaft Eintracht, meaning the Eintracht Frankfurt football team.)

How does this famous Frankfurt poem continue: “I can’t get it into my head ...”?

“... that someone could not be from Frankfurt!”
The famous poem was penned by celebrated Frankfurt writer Friedrich Stoltze.

