



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've 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

Published by

The Municipal Administration of
the City of Frankfurt am Main
Head Office and City Marketing
Römerberg 23
60311 Frankfurt am Main

Responsible as per German Press Law

Tarkan Akman

Copy and editing

Agentur Schwarzburg GbR
Christian Sälzer, Martin Schmitz-Kuhl

Design

INK Institut für Neue Kommunikation
Nikolas Brückmann, Yuriy Matveev
Illustrations: Fabia Matveev,
represented by kombinatrotweiss.de

Translation

Alexander S. Jewell-Thomas,
Jeremy Gaines

Printed by

Henrich Druck + Medien GmbH
Schwanheimer Strasse 110
60528 Frankfurt

as at August 2019

Reproduction, in whole or part,
is not permitted.

Picture Credits

Foreword image: Frank Widmann
P. 9: Holger Ullmann
P. 10, top: Holger Ullmann
P. 10, bottom: Holger Ullmann
P. 11: Holger Ullmann
P. 28: MINISCHIRN, Photo: Dirk Ostermeier © SCHIRN Kunsthalle
P. 29, top: Meital Raz Theater
P. 29, bottom: MINISCHIRN, Photo: Norbert Miguletz © SCHIRN Kunsthalle
P. 30: Mainova Frankfurt Marathon
P. 31, top: Source: DFF, Photo: Sabine Imhof
P. 31, bottom: Uwe Dettmar/Goethe University
P. 55: Secret Garden, Liebieghaus Skulpturensammlung, Frankfurt am Main,
Photo: Liebieghaus
P. 56: Holger Ullmann
P. 57: Photo: Ralph Larmann
P. 66: Holger Ullmann
P. 67, top: Holger Ullmann
P. 67, bottom: Holger Ullmann
P. 68, top: David Wedmann / Frankfurter Jugendring
P. 68, bottom: Holger Ullmann
P. 69: Holger Ullmann

Table of contents

- 4 FRANKFURT COMPACT**
Portrait of the city, civic offices and city politics
- 12 LIFE IN FRANKFURT**
Housing, health and mobility
- 20 FRANKFURT FOR THE YOUNG AND OLD**
Children, families and senior citizens
- 34 COLOURFUL FRANKFURT**
Multiculturalism, diversity and inclusion
- 42 BUSY FRANKFURT**
Education, work and the economy
- 48 ART AND CULTURE IN FRANKFURT**
Theatres, museums and more
- 58 ACTIVE FRANKFURT**
Sports, recreation, and relaxation
- 70 FRANKFURT FOR EXPERTS**



www.frankfurt.de/youtube



www.frankfurt.de/instagram



www.frankfurt.de/facebook



www.frankfurt.de/twitter

Visit www.frankfurt.de
for further information.



FRANKFURT COMPACT

PORTRAIT OF THE CITY, CIVIC OFFICES AND CITY POLITICS



More than 750,000 residents live in Frankfurt, Germany's fifth-largest city Frankfurt, albeit one with a small footprint. Most things are close at hand here; in fact, it's possible to walk across town in 20 minutes. With its traditional cider taverns, its many small and almost sleepy districts, and its vast expanses of green, life here can also be charmingly leisurely.

Portrait of the city

History: Frankfurt past and present

Frankfurt has been one of Germany's most important urban centres ever since Roman days. In the city's northern part, on the River Nidda the Romans erected an administrative, communications and logistics centre for their settlements and built military bases on the River Main and in the Wetterau region. First mentioned in a document in the year 794, Frankfurt was decreed a Free Imperial City in 1372, with the German Kaisers elected here (until 1806) and, as of 1562, crowned here, too; the city evolved into a leading commercial and trade fair centre at the crossroads of European trade routes. Given its central location, Frankfurt has been a European transport hub ever since. Its airport is one of the world's largest, the main rail station and inland harbor are among the largest in Germany, and the "Frankfurter Kreuz" cloverleaf the country's busiest interstate intersection.

In 1848-9, the very first German parliament convened in the Paulskirche, holding its National Assembly there. During World War II, both the entire Medieval old town and various districts were destroyed in bombing raids; rebuilding started soon afterwards – and in the process the urban fabric was modernized.

In keeping with the motto of "Culture For All", since the 1980s the City of Frankfurt has created a dense network of civic centres and above all a whole array of museums (the "museum embankment") as well as other cultural institutions. This continues to form the basis of the exceptionally vibrant cultural life of the city. In terms of business, Frankfurt has long since emerged as a international finance centre.

Thanks to this central location, the history of business successes, and the liberal political and cultural mindset, Frankfurt has emerged as the most international city in Germany – every second inhabitant has a migrant background.

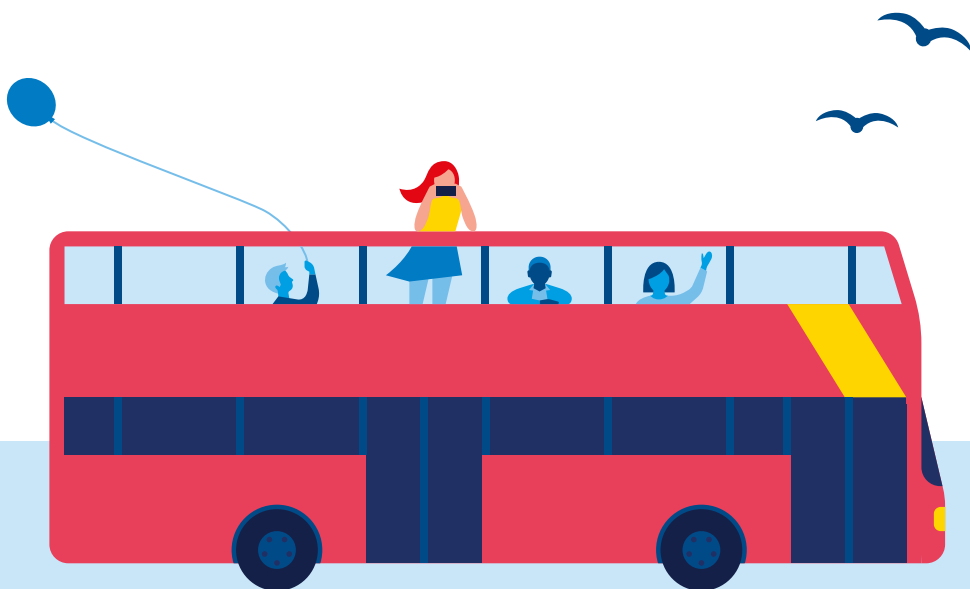
One city, many districts

Present-day Frankfurt is made up of 46 districts – and no two are the same. There are the picturesque half-timbered houses in the districts along the romantic River Nidda, elegant villas in quarters dating back to the turn of the 20th century, the vibrant streets round the main train station in the shadow of Frankfurt's banking high-rises, former industrial estates along the River Main, and the newly-developed districts such as the Europa Quarter or Riedberg. And in each and every case, the district has a character and feel of its very own.

www.frankfurt.de ▶ *Leben in Frankfurt* ▶ *Stadtteile*

TIP: Guided tours and guided walks

Visit www.frankfurt.de/stadtfuehrungen for a selection of tour organizers offering guided city tours, theme tours, and after-work walks round the city and its surroundings.



City and citizens

Your connection to the City of Frankfurt: The Citizens' Advice Service

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

Citizens' Advice Service, located in the new Old Town

Hinter dem Lämmchen 6, 60311 Frankfurt am Main

E-mail: buengerberatung@stadt-frankfurt.de

www.frankfurt.de/buengerberatung

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 agency responsible.



Service with a smile - Frankfurt's Civic Offices

The City of Frankfurt operates a number of Civic Offices round town that function as the first port of call for people who are relocating to Frankfurt or have already moved here. Each Civic Office provides a variety of services under one roof. The Central Civic Office is situated in downtown Frankfurt; however, you can just as easily go to whichever Civic Office is most convenient for you. You'll find Civic Offices in the districts of Bergen-Enkheim, Fechenheim, Dornbusch, Höchst, Nieder-Eschbach, Harheim, Nieder-Erlenbach, Nordweststadt, Kalbach, and Sachsenhausen.

Zentrales Bürgeramt (Central Civic Office)

Civic Office, Statistics and Elections

Zeil 3, 60313 Frankfurt am Main

Service hotline: 115, E-mail: buengeramt.zentrale@stadt-frankfurt.de

www.frankfurt.de/buengeramt

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 naturalized Germans and seeks to represent their interests at the municipal level.

www.frankfurt.de/stadtpolitik

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

The 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 has to 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 discuss issues with the council members directly.

www.frankfurt.de/stadtpolitik



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 Kaiser. 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 it is the "Ostzeile" – a row of historical half-timbered houses rebuilt in 1986 according to the original plans.

Kaiserdom

It was in Frankfurt's cathedral, built more than 500 years ago, that the Kaiser, as ruler over the Holy Roman Empire of the German Nation, was crowned. To enjoy a marvellous view, climb the 300 steps to the top of the cathedral tower.

Paulskirche

No other place better symbolizes the emergence of German democracy than Frankfurt's Paulskirche. A permanent exhibition highlights the eventful history of democracy and German unification.

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. Frankfurt's 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. Today, the "Alte Oper" attracts countless visitors to the some 300 concerts and events it hosts each year.

Goethe-Haus and Goethe-Museum

Johann Wolfgang Goethe's childhood home ranks among the leading and most popular memorials to an author 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 River Main, 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 there, 200 meters above the ground, visitors enjoy a great bird's eye view of the city.

LIFE IN FRANKFURT

HOUSING, HEALTH AND MOBILITY



Frankfurt is a lively and lovely city. Frankfurt is rated very highly in all the 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. Are you interested in urban planning and development? For details, consult "Frankfurtbaut", the magazine the City Planning Dept. publishes twice a year. It is available from the Citizens' Advice Service free of charge (see p. 7).

www.frankfurt-baut.de

Speak to the Municipal Housing Authority - They are happy to help

Looking for a place to live? Questions on rent allowances? Having problems with your rental accommodation? In such cases and others, it's good to be able to obtain information quickly. The Municipal Housing Authority's service centre is the first port of call for issues concerning everything from housing allowances to the provision of publicly-subsidized housing (excluding apartments for senior citizens and special grants programmes).

It's no secret that housing in Frankfurt isn't cheap. To find out what a comparable rent should be for the location in question, consult the City of Frankfurt Rent Index.

www.wohnungsamt.frankfurt.de

Amt für Wohnungswesen - Municipal Housing Authority

Adickesallee 67-69, 60322 Frankfurt am Main

Tel: (069) 212 347 42 (General enquiries)

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

www.wohnungsamt.frankfurt.de

Public order and safety

Some of Frankfurt's largest citizens' service sections fall within the scope of the Dept. of Public Order, including the Vehicle Registrations Office, the Driving License Office, the Aliens 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 - Dept. of Public Order and Safety

Kleyerstrasse 86, 60326 Frankfurt am Main

Tel: (069) 212 01 (Main switchboard)

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

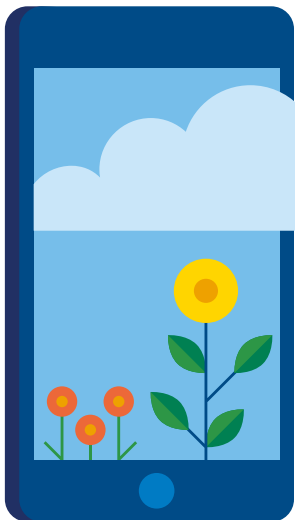
E-mail: ordnungsamt@stadt-frankfurt.de

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; umwelttelefon@stadt-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 11 444 88). The Frankfurter Entsorgungs- und Service GmbH (FES) is the Rhine Main region's largest waste management company. It is charged with the collection of residual waste, organic waste, waste paper, 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 7-0 or visit www.fes-frankfurt.de.

Eco-friendly

The Municipal Environmental Agency (Umweltamt) and the Umweltforum Rhein-Main (www.umweltforum-rhein-main.de) seek to promote environment-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 a eco-friendly and climate-friendly manner.

www.agenda-stadtplan.de

Green City

Frankfurt is fast becoming a sustainable "Green City". How have CO₂ emissions or water consumption levels changed? Which sustainability projects are currently underway? How can I lead a more sustainable everyday life? All these aspects of sustainable urban development are explained on the Frankfurt Municipal Environmental Agency's online portal, which also provides tips on the latest Green City events.

www.frankfurt-greencity.de

Fair Trade

Frankfurt has been an official "Fair Trade Town" since 2011, showing solidarity with and responsibility for the people of our one world. Numerous institutions and action groups promote fair trade in Frankfurt. Established in Frankfurt in 2017 to promote the city's sustained commitment, the Fair Trade coordination centre is happy to receive your questions on the subject of fair trade.

Tel: (069) 212 730 53; e-mail: youssef.bouniete@stadt-frankfurt.de

Fit and healthy

First-rate medical infrastructure

In Frankfurt, the subject of healthcare has always played an important role. The city was, for example, one of the founding members of the "Healthy City Network" and is thus a recognized centre of expertise for migration and public health. Moreover, Frankfurt has superb public healthcare facilities. It is home to a number of leading clinics and hospitals, some of which are highly specialized, first and foremost among them the Frankfurt University Teaching Hospital with its many specialist departments. There's also no shortage of family physicians, specialists, therapists, pharmacies and healthcare counselling centres. The online guide, which also covers on-call medical services, gives an overview.

www.frankfurt.de ▶ *Leben in Frankfurt* ▶ *Gesundheit* ▶ *Adressen*

Comprehensive healthcare services under a single roof

Frankfurt's Dept. of Public Health likewise offers a full range of services to support our citizens' health and wellbeing – from local medical officers all the way to pre-travel advice on vaccinations. The department also informs and advises on opportunities for preventive healthcare, and assists not only as regards to physical illnesses, but also on psychological and social issues.

Gesundheitsamt - Dept. of Public Health

Breite Gasse 28, 60313 Frankfurt am Main

Tel: (069) 212 339 70

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

www.gesundheitsamt.stadt-frankfurt.de

Happy and healthy throughout the year!

"Gesund durchs Jahr!" is a special series of events that shows you how to maintain or improve your health. Specialists talk in a clear and practical manner about the latest developments in medicine and preventive healthcare for people of all ages. The events are generally held at the Dept. of Public Health on the second Tuesday of every month. Admission is free; advance registration is not necessary.

TIP: Traffic jams or heavy traffic

The website of the Municipal Traffic Office (Strassenverkehrsamt) provides the latest traffic news on Frankfurt and the vicinity.

www.mainziel.de

Mobility

Public transport

The Verkehrsgesellschaft Frankfurt am Main or VGF for short (www.vgf-ffm.de – the Municipal Passenger Transport Authority) and the Rhein-Main-Verkehrsverbund or RMV for short (the Rhine-Main Passenger Transport Association) are the two companies responsible for local public transport in Frankfurt.

The latter organizes and coordinates bus, tram and LRT services for the Frankfurt Rhine-Main metropolitan region, getting approx. 2.5 million people to their destinations each day. Nine LRT 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 downtown. 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, often a bicycle is not only the most environment-friendly mode of transport, but the fastest, too. 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. Thanks to Frankfurt's highly diverse population, shoppers can buy foods and beverages from all around the world. From Persian, Turkish and Moroccan foods to Chinese and Japanese specialties, the largest selection is no doubt to be found in the many stores in the district round the main station. Further out from downtown, shopping malls have a great range of products on offer – for example in Nordwestzentrum, HessenCenter to 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: The 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 the 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. The city also has many weekly farmers' markets; they take place in different locations round town and have long since become popular local meeting points. Bargain-hunters, meanwhile, love to stroll around Frankfurt's flea market, which is held on Saturdays, alternating between the River Main's south bank and Osthafen.
www.hfm-frankfurt.de/markt

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 support 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 Help") online guide outlines all the services and provides information on parenting and childcare for mothers, fathers and families.

www.frankfurt.de ▶ *Leben in Frankfurt* ▶ *Soziales & Gesellschaft* ▶ *Familien*

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 offered 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.

Social Affairs Offices: Local help for locals

The Youth and Social Welfare Office (Jugend- und Sozialamt) has a decentralized structure. The Social Affairs Offices (Sozialrathaus) in Bergen-Enkheim, Bockenheim, Bornheim, Dornbusch, Gallus, Höchst, Nord, and Sachsenhausen provide social welfare counselling close at hand in the respective district. To find out which Social Affairs Office is responsible for your area, visit www.frankfurt.de.

A department just for children - The Frankfurt Children's Office

The 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 round about June 1 all sorts of activities are hosted to celebrate Children's Day and highlight children's rights. Another of the many special services: 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: info@gemeinschaftliches-wohnen.de

www.frankfurter-kinderbuero.de

Children's and Youth Protection Hotline: "Ready to Listen"

The Frankfurt Children's and Youth Protection Hotline (0800 201 0 111) provides advice on child protection and on emergency situations. Parents, grandparents, children and pediatric professionals use this hotline to find out about the special child protection services available in Frankfurt.

kinderschutz-frankfurt.de

Care and education

Day-care centres: One online portal for everyone

Frankfurt has over 830 day-care centres and countless certified childminders. To find out which day-care centres are in your neighbourhood, what educational methods they use, and where slots are available short-term, simply click the "KindernetFrankfurt" online portal, which also arranges day-care placements.

A childcare guide entitled "Wegweiser Kinderbetreuung" is available from the Citizens' Advice Service (see p. 7). For personal consultation contact the "Infobörse Kindertagesbetreuung" (Day-care Info-Centre), either in person or by phone.

Infobörse Kindertagesbetreuung - Day-Care Info-Centre

Seehofstrasse 41, 60594 Frankfurt am Main

Tel: (069) 212 365 64

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

www.kindernetfrankfurt.de

TIP: Free Day-Care Centres

Day-care centres in Frankfurt are free of charge for all children from the age of 3 and until they start school.

Schools: Large selection, excellent overview

Once your children have reached school age, it's time to consult the "Schulwegweiser", a school guide published by the Municipal Schools Dept. (Stadtschulamt). The manual is available online and in printed form, provides an overview of the city's schools, and helps parents to find the relevant primary, secondary or vocational schools. The printed version of the school guide is available at the Citizens' Advice Service (see p. 7).

www.frankfurt.de/schulen

Information on schools is also available from the State Education Authority for Frankfurt (Staatliches Schulamt) at (069) 389 890 0.

www.schulamt-frankfurt.hessen.de

Youth VHS Frankfurt

The Frankfurt Adult Education Centre (Volkshochschule) boasts an extensive program of courses at very family-friendly prices and all geared to the wishes and needs of children and young people, regardless of whether they are interested in hip-hop and inline skating or need to prepare for their school-leaving examinations.

www.vhs.frankfurt.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. 44). 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

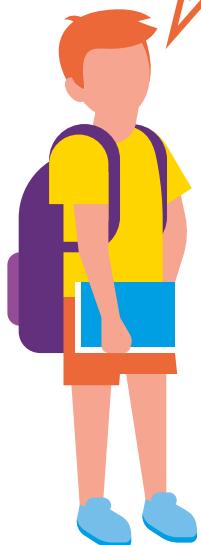
E-mail: kinderbibliothek@stadtbuecherei.frankfurt.de

www.stadtbuecherei.frankfurt.de

TIP: School Student Ticket Hessen

One ticket. One year. One euro per day.

Student Ticket Hessen ("Schülerticket Hessen") is the new personal travel card for school students and apprentices at school or in vocational training in Hessen. www.traffiQ.de



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 organizations. 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 ▶ Soziales & Gesellschaft ▶ Kinder & Jugendliche ▶ Spielplätze

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 ▶ Leben in Frankfurt ▶ Umwelt ▶ Umweltbildung

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, various cultural institutions offer a wide range of holiday activities for children and young people - the programme goes by the name "Fantasie verleiht Flügel" ("Fantasy lends you wings!").

www.ferienkarussell-frankfurt.de

www.kultur-frankfurt.de ▶ 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 - the opportunities are listed by type of sport and district.

Dive in: Swimming pools

From paddling pools and large swimming pools, counterflow pools, spectacular waterslides and wave-pools to the classic one-metre, three-metre and 10-metre diving platforms – Frankfurt's indoor, outdoor and adventure pools have something for all you young budding swimmers. 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 18 years old; 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 as well as two brochures. The event magazine "Frankfurter Flöhe" (a collaboration between the Dept. for Youth and Social Welfare and various facilities for children and young people) appears twice a year with information on theatre and film performances, and museum services. The brochure is available free of charge at municipal libraries and the Citizens' Advice Service (see p. 7). The "Kinderkulturführer Frankfurt am Main" (Children's Cultural Guide), published by the Dept. for Culture, bundles the various cultural offerings available for younger generations. It is free of charge and available from the Dept. for Culture; Tel: (069) 212 368 38, e-mail: info.amt41@stadt-frankfurt.de. Children of families with limited financial means qualify for a special culture ticket ("Kulturpass-Kids") 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 and www.kultur-frankfurt.de ▶ *Kinder*

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 back 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 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 also offer a "Saturday Programme" for families – held on the last Saturday of the month from January to July and September to November, it features special free-of-charge workshops and museum tours for families. On the second-to-last Saturday in August, admission to Frankfurt's museums is free of charge. Then, on the last August weekend, the Museumsuferfest takes place, turning the embankment downtown 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 youths 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, too.



FANTASTIC EVENTS FOR CHILDREN

Opn- 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





The Struwwelpeter Race and Mini-Marathon

The Frankfurt Marathon traditionally includes a running event for up-and-coming marathon stars. The Struwwelpeter Race (420m) and the Mini-Marathon (4.2km) 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 Frankfurt Family Sports Festival, scheduled for the first Saturday in July. Festival participants will have the opportunity to try their hand at more than 30 different types of sports, demonstrated at the Stadion am Brentanobad and the Brentanobad public pool. Admission is free of charge.

www.familienportfest.de



Lucas Film Festival

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 Dept. for Youth and Social Welfare, 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 organizes 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 a great leisure-time and events, "Aktiv Älterwerden" ("Aging Actively")
Tel: (069) 299 807 0, www.frankfurter-verband.de

TIP: Magazine for Senior Citizens

All the news and interesting info, too: The "Senioren Zeitschrift" is available from the Citizens' Advice Service in the new Frankfurt Old Town (see p. 7).
www.senioren-zeitschrift-frankfurt.de

TIP: Senior Citizens' Ticket: unique in Germany!

From Jan. 1, 2020

With the new Senior Citizens' Ticket everybody over 65 can travel on public transport throughout Hessen for €1 per day.

The ticket entitles senior citizens to use persons, trams, the underground, suburban trains and regional trains all over Hessen as of 9 a.m. on working days and all day on weekends and public holidays. All those over 65 years of age who want to be out and about around-the-clock will pay €625 for their tickets and for this price they will be able to travel First Class, and take another adult plus any number of children under 14 along with them free of charge.

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

Volkshochschule Frankfurt, the city's adult education centre, has its own senior citizens' education programme, featuring courses and events on the subjects of art, culture, health, languages, computing, digital media, and much more besides.
www.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 very first local integration authority, the office's task is to make integration a lived practice in everyday Frankfurt life. It is the primary focal point for all issues relating to diversity, integration, and migration in Frankfurt.

Amt für multikulturelle Angelegenheiten - Office for Multicultural Affairs

Mainzer Landstrasse 293, 60326 Frankfurt am Main

Tel: (069) 212 415 15

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

www.amka.de

Diversity moves Frankfurt

AmkA has established an integration and diversity portal for the City of Frankfurt. The online website offers information on and the contact details for various of the different communities in the city as well as a special guide to the extensive services provided covering fields such as Work & Professional Life, Discrimination & Racism, Education & Language, and Migration & Residence. The portal also outlines Frankfurt's integration and diversity concept and the realization of the Frankfurt approach to integration policy.

www.vielfalt-bewegt-frankfurt.de



Multilingual information brochure

AmkA, together with the Dept. for Employment Promotion, Statistics and Integration of the City of Offenbach, recently published a brochure entitled "Sie wollen in Frankfurt oder Offenbach leben und arbeiten?" ("You would like to live and work in Frankfurt or Offenbach?") It answers all sorts of questions on healthcare, housing and work in Frankfurt and neighbouring Offenbach. It is available for download in Bulgarian, Croatian, German, Greek, Italian, Polish, Portuguese, Romanian, Spanish and Turkish.
www.vielfalt-bewegt-frankfurt.de/neu-in-ffm-of

Integration and orientation courses

These courses help new arrivals to learn German at various levels, while also familiarizing them with Germany's legal system, politics and history. AmkA's nine-language website informs new arrivals in Frankfurt and Germany about advice centres and providers of language courses.
www.integrationskurse-frankfurt.de

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 Admissions and Advice Centre (Aufnahme- und Beratungszentrum für Seiteneinsteiger or ABZ) 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 organizations from the entire region present what they do at this information fair.
www.newcomers-festival.de

Foreign-language guides

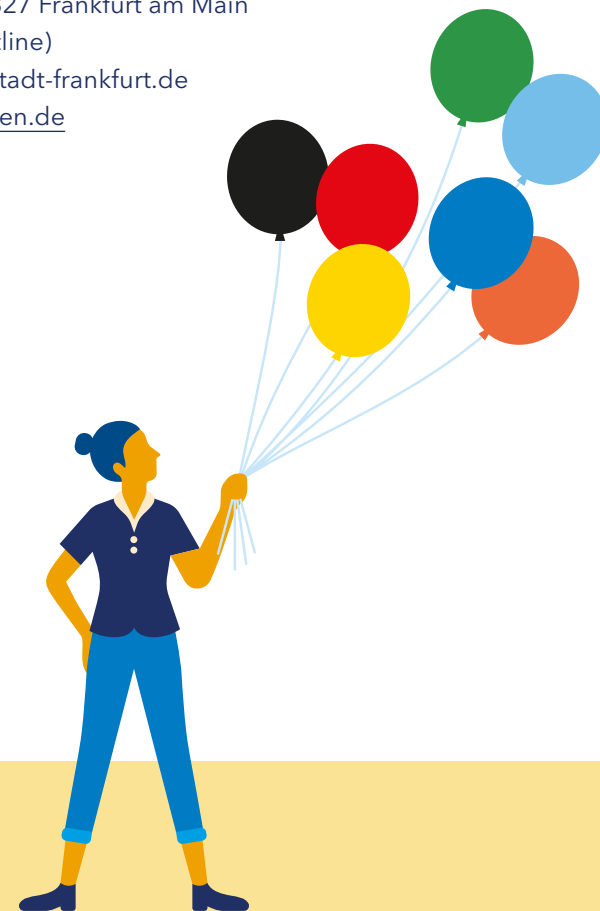
The English-language "Newcomers Guide" (www.newcomers-network.de/rhein-main/newcomers-guide), the Spanish-language "La Guia" (www.guia-frankfurt.net) and a Turkish-language directory of activities (www.aktivisrehberi.de) provide lists of key contacts for living and working in Frankfurt.

Naturalization

German citizenship offers many advantages and opportunities. If you are interested in information on the requirements, rights and duties as well as the naturalization process, simply click www.frankfurt-buerger-ein.de. The Registry Office (Standesamt) offers the same information in person.

Standesamt Frankfurt am Main, Einbürgerung - Naturalization section

Rottweiler Strasse 18, 60327 Frankfurt am Main
Tel: (069) 212 362 91 (Hotline)
E-mail: einbuergerung@stadt-frankfurt.de
www.einbuergerung.hessen.de



Peaceful coexistence with people from many nations

Cultural clubs help to build bridges

More than 350 migrant initiatives and organizations build an important bridge between Frankfurt's municipal departments and its migrant communities. These clubs organize cultural events, help people with official paperwork and, in many cases, provide assistance to migrants in their native tongue. An interactive guide lists the contact details of foreign cultural associations and migrant communities.

www.vielfalt-bewegt-frankfurt.de

Intercultural Weeks

Frankfurt's "Intercultural Weeks" were designed to promote peaceful coexistence among people of different cultural and religious backgrounds. The event takes place every autumn and helps everyone familiarize themselves with Frankfurt's cultural diversity.

www.interkulturellewochen.frankfurt.de

Parade of Cultures

Every two years, Frankfurt's international citizens get together to demonstrate for peaceful coexistence and mutual respect. In the form of a colourful pageant, a cultural stage, a "market of cultures", a children's programme and much more. Highlighting Frankfurt's ethnic and cultural diversity.

www.parade-der-kulturen.de

Regular international get-togethers

Regular get-togethers by different international groups are a popular thing in Frankfurt. One of these is a regular gathering called "Meet and Mingle in Mainhattan". It meets on the first Monday of every month at the English Theatre for a bit of after-work fun.

www.newcomers-network.de/stammtisch

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 does much preventive work besides. Hotline: (069) 212 301 11, e-mail: antidiskriminierung@stadt-frankfurt.de

Religions from around the world – in Frankfurt

One city, 260 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/tag-der-religionen

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 "Women.Power.Politics". 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.

The Women's Guide

The Office of Women's Affairs website provides information and contact details of local institutions and organizations 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

Gay Frankfurt

A tolerant and open-minded city

Frankfurt is home to one of Germany's largest gay and lesbian 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 gays and lesbians. An overview of these institutions can be found on the website of the City of Frankfurt.

www.frankfurt.de ▶ *Leben in Frankfurt* ▶ *Soziales & Gesellschaft* ▶ *Lesben & Schwule*

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 the 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: lsbtqi@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

Inclusion as a primary objective

Frankfurt champions inclusion. The city endeavours to ensure that all of its citizens are able to take part in urban life to the fullest extent. And everyone entitled to the support that he or she requires. To this end, the Dept. of Social and Legal Affairs, Youth and Senior Citizens has created a special Central Inclusion Desk. The Municipal Disabilities Officer representative is charged with promoting the rights of the disabled. There's also a special working party, the Frankfurter BehindertenArbeitsGemeinschaft (or FBAG, the Frankfurt Working Party for the Disabled), which supports the municipal administration in decisions concerning issues relating to disabilities.

www.frankfurt.de ▶ *Leben in Frankfurt* ▶ *Soziales & Gesellschaft* ▶ *Menschen mit Behinderung*

TIP: Plain language and accessibility

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

At a glance: The inclusive city guide

Almost every Frankfurt district has a range of services for persons with physical, emotional or intellectual disabilities. Aside from each district's respective social affairs office (Sozialrathaus) 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 details on current projects, the legal status, and news. It also bundles all the different services for people with disabilities in a on-line city guide. 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.

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.

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 "Inclusive Sports Festival". A special Down Syndrome sports festival has been taking place since 2001, promoting inclusion and equal social opportunities.

www.frankfurt.de/sportevents

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 Municipal Schools Dept. (Stadtschulamt) 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/schulen

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 45,000 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 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 Städelshule 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 Frankfurt Adult Education Centre (Frankfurter Volkshochschule or VHS for short) runs a comprehensive yet affordable programme featuring some 5,800 courses and events throughout Frankfurt and the Rhine-Main region.

www.vhs.frankfurt.de

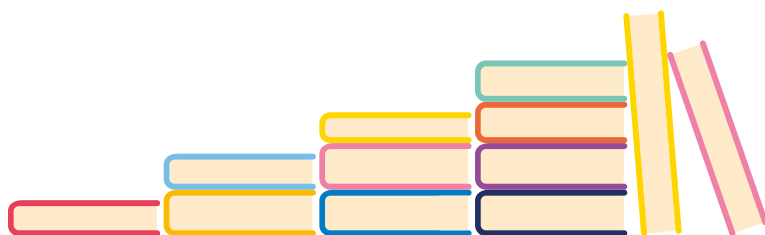
The Bildungsnetz Rhein-Main educational network (www.bildungsnetz-rhein-main.de) has compiled a comprehensive database featuring more than 10,000 educational courses offered by various providers in the Rhine-Main region. The search engine for further education courses run by the Deutsche Bildungsserver 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.

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 has 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 Frankfurt Stock Exchange. In actual fact, Frankfurt's business world has much more to offer. It is a city of trade fairs and hosts leading fairs such as the IAA International Motor Show and the Frankfurt Book Fair. It likewise has a key chemicals and pharmaceuticals base, and a central traffic and transportation hub, with tens of thousands of professionals working for Fraport, Lufthansa, or Deutsche Bahn. Last but not least, the region's service sector is growing rapidly, too.

For businesses and companies - promoting business in the city

Frankfurt Economic Development GmbH is Frankfurt's information and service centre for local business. The office supports businesses in taking the necessary steps from first contact all the way to launching the business. Specializing particularly in helping business locate, the consultants at Frankfurt Economic Development GmbH strongly assist above all small and medium-sized enterprises as well as trades and crafts businesses.

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 of the most important focal points for professionals who are self-employed in Frankfurt.

www.aufschwung-messe.de

Contacts and networks

Frankfurt 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 City of Frankfurt website 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.de ► *Wirtschaft* ► *Unternehmen & Institutionen*

Single port of call

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

Seeking and finding employment

The Employment Agency: Unemployment benefits

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 temporary unemployment benefits (Arbeitslosengeld I).

Agentur für Arbeit Frankfurt - Frankfurt Employment Agency

Fischerfeldstrasse 10 - 12, 60311 Frankfurt am Main

Tel: 0800 455 5500 (Freecall)

www.arbeitsagentur.de

Job Centre: Unemployment Benefit 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 Unemployment Benefit II (Arbeitslosengeld 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) 217 134 93 or visit their website.

www.jc-frankfurt.de

Fighting youth unemployment!

The Job Centre on Hainer Weg 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

The Frankfurt Programme for Employment ("Frankfurter Programm für Arbeit")

If you are over 25 and have questions regarding employment, careers or vocational training, simply contact the advice and learning centre (Beratungs- und Lernzentrum) 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.

Frankfurter Arbeitsmarkt Programm Beratungszentrum (FRAP Agentur)

Mainzer Landstrasse 405, 60326 Frankfurt am Main

Tel: (069) 680 971 50

E-mail: beratung@frap-beratungszentrum.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 info.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 one and all

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 sees itself not only 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 ticket: Making participation possible

Frankfurt's low-income households are eligible for a "Culture Pass" ("Kulturpass") for the symbolic price of € 1.00, with children's tickets costing only € 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 ticket.

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 are the city's jazz and electronic music scenes. 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 characterize 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 the Hessen dialect.

From Old Masters to modern architecture

Museums

In Frankfurt there are nearly 60 museums, both small and large. 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. Such as 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 civilization to the present day. On the other side of the River Main, Historisches Museum Frankfurt, the Museum of Comic Art – Caricatura Museum, Archäologisches Museum, the Jewish Museum, MUSEUM MMK, ZOLLAMT MMK and Schirn Kunsthalle invite visitors to enjoy walking round their collections. In addition to the city's many other museums, there are also countless exhibition spaces, art studios, galleries and art associations that taken together create a marvellously vibrant cultural scene. www.museumsufer.de

TIP: 12 months, 34 museums

The MuseumsuferCard (pass covering all the institutions on the Museum Embankment) offers the holder a year's free admission to 34 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 contrasts. 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, including an online architectural guide, 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 domiciled 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 the 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), the 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, the 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

Museum Night

Every spring, some 50 museums and exhibition venues in Frankfurt and Offenbach open their doors at the unusual time of 7:00 p.m. to 2:00 a.m. to present their colourful cultural programmes.

www.nacht-der-museen.de/frankfurt

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 three million visitors, it is one of Europe's largest culture festivals.

www.museumsuferfest.de

"Literatur im Römer" and "Open Books"

Two outstanding literary events take place every year during the Frankfurt Book Fair, these being the traditional "Literatur im Römer" and "Open Books", which is made up of more than 100 reading events and a literary programme for children and takes place around the Römerberg.

www.openbooks-frankfurt.de

"literaTurm" and the Frankfurt Poetry Festival, the "Lyrikstage"

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.

www.literaturm.de and www.frankfurter-lyrikstage.de

Roses and Lights 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 Chiming of Frankfurt's Church Bells

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 Whit 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.

Luminale

Every two years, this biennial festival of light art and urban design illuminates the streets, plazas and buildings of Frankfurt.

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/vereinssuche.

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 three adventure pools and three indoor public swimming baths - five of the six have sauna worlds. Not to forget, there are seven outdoor swimming pools, too. The Rebstockbad, one of the most popular of these, has a 120-metre-long water slide and a wave pool.

www.frankfurt.de/schwimmbaeder and www.frankfurter-baeder.de.

Allotments 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' Advice Service (see p. 7).



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's a shortage of helping hands, the City of Frankfurt's Voluntary Service and Foundations Desk informs, consults and mediates as best it can. As a sign of gratitude for civic commitment, the City gives away 1,000 e-cards every year to volunteer workers, with the proud holders entitled to numerous discounts.

www.buergerengagement.frankfurt.de, Tel: (069) 212 355 01

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 River Main, of course, beckoning water sports enthusiasts to sail, row or paddle. Those who prefer to spectate can follow a variety of professional sports teams – including professional basketball, volleyball, ice hockey and rugby teams, swimming, gymnastics or squash, and – last but not least – the city's Bundesliga men's and women's football teams, Eintracht Frankfurt and 1. FFC Frankfurt. Frankfurt is also the seat of the German Football Association. www.frankfurt.de/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 May 1), the Frankfurt Ironman (which takes place every summer), and the Frankfurt Marathon (in the autumn). The J.P. Morgan Corporate Challenge has long since 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.

www.frankfurt.de/sportevents

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 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 renaturalized ponds, meadows for picnicking, a café and 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 River Main, the Höchst Old Town with its picturesque castle and cozy 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. Summer-time jazz concerts take place at the Palmengarten every Thursday.

www.palmengarten.de

Senckenberg Museum of Natural History

Today, the Senckenberg Museum in Bockenheim is more interesting and attractive than ever. The time-honoured museum building and its extensive exhibitions on the history of the Earth and evolution have been lavishly modernized. 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, velociraptors, to name but a few.

www.senckenberg.de

Frankfurt Zoo

Lions, rhinos, crocodiles, monkeys and more - the animal kingdom in Frankfurt Zoo, which is located very close to the centre of town, attracts close to a million visitors each year. The outdoor enclosures and unique animal houses of the zoo, one of the oldest in the world, feature some 450 different species. This marvellous zoological garden in the middle of the city gained international fame among other things thanks to its legendary director, Professor Bernhard Grzimek.

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

The downtown riverside

The downtown embankments along the River Main with their promenades, lawns and striking bridges rank among Frankfurt's greatest 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 ▶ *Leben in Frankfurt* ▶ *Im Grünen* ▶ *Anlagen und Parks*

The Frankfurt Green Belt

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, combines 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, and can be obtained free of charge as can the "GrünGürtelWanderpass" hiking pass from the Citizens' Advice Service (see p. 7).

www.gruenguertel.de



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 three million visitors to the banks of the River Main 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.



Parade of Cultures

With this biennial festival, Frankfurt emphasizes and celebrates its international diversity. A colourful procession of locals representing the four corners of the world forms the centrepiece of this festival (see p. 38).

www.parade-der-kulturen.de



Christopher Street Day

Every summer, Frankfurt's LGBTIQ community and friends come together to celebrate Christopher Street Day (see p. 40), 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 traditionally marks the end of the year and is considered one of the most important and beautiful such markets 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

HERE, YOU'LL FIND OUT HOW WELL YOU ALREADY KNOW FRANKFURT.

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

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 “the Bembel” and drunk from “the Geripppte”, a ribbed glass with a diamond-shaped pattern.

What does a Frankfurt local want to know when he asks you: “Ei gude wie, wo machst’n hie?”

He is greeting you, asking how you are and what you are doing.

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 used not only pork but also beef for the Wiener.

What is the Ebbelwei-Express?

Ride leisurely round 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 does a Frankfurt local want to know when he asks whether you live “Hibbdebach or Dribbdebach”?

He’d be asking you on which side of the River Main 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, these being 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.

