

TUM Postdoc Guide

Points of Contact & Courses at TUM



TECHNISCHE UNIVERSITÄT



Welcome to the Technical University of Munich!

Dear Postdocs,

Welcome to TUM and Munich! It is a great and enriching place with an exciting, motivating, and multi-cultural research environment.

Our aim is to support postdocs in advancing their research. We want to make sure that you profit from the research groups and infrastructure that TUM offers, and, more important, that you enjoy your time at TUM.

In this guide, you will find information on contact points, support offers, trainings, and programs at TUM as well as general tips on life in Munich.

We update this guide regularly and will very much appreciate your feedback and recommendations! Please contact us at postdoc@tum.de.

Best regards,

TUM Talent Factory

www.tum.de/postdoc | postdoc@tum.de | [Twitter](#) | [LinkedIn](#)

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Main Points of Contact at TUM

TUM Office for Research and Innovation

TUM Talent Factory

The [TUM Talent Factory](#) is the first contact point for postdocs and

- offers research and transferable skills [trainings](#) for postdocs ,
- organizes the [Postdoc101 Talk Series – Online Talks for Postdocs](#) together with the [Munich Postdoc Network](#),
- manages the [TUM Global Postdoc Fellowship](#), the [European Talent Academy](#), and the [TUM Junior Fellow Program](#).

Sign up for the [internal TUM Postdoc Newsletter](#) to receive information about our activities and workshops!

Feel free to contact us at postdoc@tum.de or join us on [Twitter/X](#) and [LinkedIn](#).

National Research Funding Support

The national research funding team

- offers information on national research funding opportunities,
- provides support and feedback for applications for third party funding (especially collaborative research projects),
- manages communication with the TUM Board of Management, the Deans, and with funding institutions.

Feel free to contact the [National Research Funding Support Team](#).

International Research Funding Support

[TUM's International Research Support Team / the EU Office](#) is the first point of contact for TUM scientists with international project proposals. TUM's International Research Support Team / the EU office

- provides individual advice on European and international funding schemes (setting up the consortium, drafting the application, etc.) and advises on strategic issues,
- organizes information events on calls for proposals, and funding programs.

The joint office of the [EuroTech Universities](#), including TUM, offers direct access to a broad, international network and may establish local contacts.

Looking for Funding Opportunities?

- TUM ForTe [newsletter](#) and Guide [“Funding Opportunities for Postdocs”](#): information on (inter-)national research programs, calls for proposals, and funding opportunities at TUM.
- [Open4Research](#): access to (inter-)national funding opportunities for research, training activities, and technology transfer. Registration and login at this [website](#).
- [ELFI Database](#): comprehensive funding information. To access the ELFI Portal, please modify the settings of your Proxy Server according to the following steps: Open menu in the browser bar → settings → extended → connections, settings → automatic proxy configurations → enter the link: <http://pac.lrz-muenchen.de/> and save.

Patents and Licenses

[TUM Patents and Licenses](#) actively markets technologies in many different fields and is responsible for the negotiation of IP conditions on behalf of TUM.

TUM Patents and Licenses provides the following services to all TUM members, who intend to apply for a patent for an interesting idea, a project at developmental stage, or a finished product:

- General Information on IP (intellectual property)
- Individual consulting for inventors
- Information on the German Employees' Inventions Act and Copy Right
- Support in the identification of patentable research results
- Evaluation of patentability and commercialization potential
- Filing of patent applications
- Financing and coordination and monitoring of the patenting process
- Commercialization of inventions / patents / software code
- Management of the TUM patent portfolio
- Funding of projects for the further development of TUM-IP

Feel free to contact patent@tum.de.

Research and Commercial Cooperations

[TUM ForTe – Research and Commercial Cooperations](#) is the central coordinating body for cooperation between the business and research sectors. The team

- supports TUM members in linking their research projects with outside research or business partners towards the university's strategic development goals,
- facilitates contacts between TUM scientists, businesses, universities, and non-university research facilities,
- organizes sector- and topic-specific research workshops for TUM scientists and external research partners.

For further information please check [TUM's brochure for Research and Commercial Cooperation](#). For direct queries contact research-cooperations@tum.de.

TUMentreprenurship & UnternehmerTUM

TUM is one of the most successful start-up universities in Europe and aims to be the most inspiring place for rising tech stars. We support growth-oriented technology start-ups from the first idea to market entry. Future entrepreneurs and innovators from the scientific community are our most important target group.

In cooperation with our entrepreneurship center UnternehmerTUM we offer a wide range of qualification and consulting services as well as a strong network for founders. And in our TUM Venture Labs we provide domain-specific start-up support in various technology fields to turn tech or life science ideas into impact.

Do not hesitate to dive into our vibrant start-up ecosystem!

- Find out about current entrepreneurship developments at TUM via our [News and Events](#).
- Get inspired within your own field of research by reaching out to the [TUM Venture Labs](#).
- Contact our [Start-up Consultants](#) with any questions about a potential start-up idea you might have.
- Refer to our [Founder's Guide](#) for comprehensive information about the start-up process.

TUM Global & Alumni Office

The [TUM Global & Alumni Office](#) is your central hub to learn about TUM's international network and exchange opportunities. The TUM Global and Alumni Office

- provides [Welcome Services](#) for international researchers, such as help with relocation and integration at TUM, as well as advice for their [TUM host chairs](#)
- organizes [events](#), such as the TUM Global Week
- coordinates international learning experience program for students (e.g. [going abroad](#)) and staff (e.g. Erasmus+ funding for [training](#) or [teaching](#) stays in Europe)
- informs about international opportunities for lecturers, such as hosting students from North America and UK for [TUM PREP](#), a practical summer research program at TUM or offering virtual, hybrid, blended or short-term courses for students from selected European universities (e.g. [EuroTeQ](#) or [ATHENS](#))
- coordinates funding programs for international cooperation, such as the [TUM Global Visiting Professor Program](#) and the [TUM Global Incentive Fund](#)
- is in close contact with all partner institutions and continuously expands the [TUM Global Network](#) with its TUM liaison offices

Sign up for the [Welcome Services Newsletter](#) and make sure you [register](#) in their database.

To learn more about TUM's Global Network, please check the [TUM Going Global brochure](#). If you would like to stay up to date on the offers of the TUM Global & Alumni Office, you are most welcome to [subscribe to the TUM Global Opportunities](#) newsletter.

International Dual Career Network Munich

IDCN Munich is for partners of new TUM academic staff like postdoctoral researchers, who have recently relocated to Munich and are looking for a job.

IDCN Munich is a network of Munich based scientific organizations and corporations that TUM has launched 2020. Corporate Members are Allianz SE, Amazon, German Aerospace Center, Helmholtz Munich, Infineon Technologies, Max-Planck-Society, Roche and SAP.

IDCN Munich organizes career and networking events and webinars where dual career partners of researchers at TUM meet HR representatives from the Corporate Members.

Partners of new TUM staff can join and register for free via the following link: <https://registration.idcn.info/user/register>

After registration as a new partner member you receive a welcome package, are invited to exclusive events and join the IDCN Munich LinkedIn Group.

More over partner members can become involved as volunteers at IDCN Munich and contribute their talents and skills in various teams. Volunteers benefit even more from the networking among each other and the close contact to the Corporate Members.

More information about IDCN Munich can be found on [TUM's website](#) or directly at [IDCN Munich](#).

For further information please contact munich@idcn.info or visit <http://www.idcn.info/our-locations/munich-germany.aspx>

TUM Gender and Diversity

TUM cultivates a university culture of appreciation, openness and diversity. That is why TUM takes a holistic approach to implementing its Gender & Diversity Strategy. Two central units, the [Staff Unit Diversity & Equal Opportunities](#) and the [Gender Equality Office](#), develop, shape and support this strategy.

Staff Unit Diversity & Equal Opportunities

The [Staff Unit Diversity & Equal Opportunities](#) is a central unit, which develops, shapes and supports TUM's gender and diversity strategy. The Staff Unit reports to the Senior Vice President for Talent Management & Diversity.

Diversity & Communications

We

- develop and implement diversity controlling,
- set up an unconscious bias training,
- support the [Talent Management & Diversity Board](#),
- supervise the [Gender & Diversity Incentive Fund](#),
- continuously develop the [TUM Diversity & Gender Equality Plan](#),
- consult TUM members on various diversity dimensions & communications
- place all relevant topics on diversity within TUM,
- establish and coordinate communication processes around the topic of diversity at TUM,
- organize events and develop programs on diversity, such as the [Women in STEM Round Table](#) series and the [Agnes-Mackensen-Program](#),
- maintain our [website](#).

Gender Equality Office

The [Gender Equality Office](#) assists the [Gender Equality Officer](#) to promote equality at TUM. The Gender Equality Officer is the person of trust for female TUM members and works in close cooperation with the counselling network. Additionally, there are Gender Equality Officers for each TUM School and Department.

The Gender Equality Office offers

- [gender consulting](#): consulting and support for university members, faculties and academic institutions of TUM in matters of the planning and implementation of gender measures and on Gender topics for all TUM units
- [coaching](#): individual sessions with an external coach
- [trainings](#) for staff and students to develop key competencies
- [“TUM Beratungsnetzwerk”](#): exchange and further education for everyone who takes on advisory activities at TUM
- Organization of events on Gender

TUM Family Service

[TUM Family Service](#) offers a comprehensive range of information, advice and services on the compatibility of career or study and family life. The team:

- provides information and support to find suitable childcare, including TUM childcare facilities for its staff and students
- provides information and gives advice on further family issues (e.g. maternity and parental leave, state benefits for families or schooling options)
- helps you make arrangements for family members in need of care
- organizes networking and information events on the topics of family and care

Accommodation Service

The [Accommodation Service](#) offers new international postdocs and guest professors support in finding suitable housing in Munich and Garching. To get more information, please register on their portal for TUM staff and researchers and fill out the registration form.

Please note that this service is only available for researchers who newly come to Munich. As finding accommodation in Munich is a difficult task, the service provides support but cannot actively take over house-hunting.

TUM Sustainability Office

The sustainable transformation of our university is an essential yet demanding task that requires all of us together. Through gradually creating a culture of sustainability throughout TUM and activating sustainable communities on all networks we want to shape this development bottom-up. For top-down-support, we have created governance structures with our Vice President Sustainable Transformation, the [TUM Sustainability Office](#), Green Offices on Campus, the TUM Sustainability Board as well as taskforces. You can find an increasing amount of information on the TUM Sustainability Office and the sustainability transformation of TUM in general on the website: <https://tum.de/sustainability>

Of course you are more than welcome to contact the TUM Sustainability Office as well as the Green Offices on the different campus and we will bring sustainable change to TUM together.

Workshop & Training Program

TUM Institute for LifeLong Learning

The [TUM Institute for LifeLong Learning](#) offers courses and structured programs for professionals in academia and business, such as

- [TUM horizons](#): offers [coaching](#) and [workshops](#) (mostly in German), i. e., on change, communication, and leadership. Courses may be charged.
- [ScienceManagement@TUM](#): ScienceManagement@TUM is our platform for further qualification, exchange, and networking for all science managers at TUM.
- [CareerDesign@TUM](#): the structured qualification program for mid-level academics offers five qualification paths:
 - TUM Researcher (Research)
 - TUM Learning Professional (Learning and Development)
 - TUM Science Manager (Science Management)
 - TUM Entrepreneurship Advisor (Innovation and Spin-off Management)
 - TUM Technical Expert (Technical Operations and Technology Management)

Download their [TUM Leadership Toolbox](#) for reading recommendations, guidelines, and TUM agreements on leadership in academia.

For further questions, please contact careerdesign@ill.tum.de

TUM ProLehre | Media and Didactics

[ProLehre | Media and Didactics](#) supports you with developing your teaching skills. They offer courses and certification (Certificate for Teaching in Higher Education of the Bavarian Universities), teaching visits with feedback and provide handbooks and online-videos on a variety of topics related to university teaching. ProLehre furthermore offers a modern learning and teaching infrastructure by servicing platforms like moodle. In order to stay up to date you can explore new technologies in teaching together with ProLehre's experts.

TUM Language Center

The [TUM Language Center](#) offers language classes in 17 languages on different levels, emphasizing intercultural communication in scientific research.

The following courses and programs might be of particular interest to you:

- [German courses](#) during term (A1 - C2) and intensive courses during term break
- [German for Staff](#): German evening classes
- [Subject oriented German](#) – B2 to C2:
- [Writing Assistance](#) in German as a Foreign Language
- [English courses](#) during term and intensive courses during term break. There are courses on specific topics, for special target groups or to improve certain skills, such as communication or writing
- [English for Staff](#): courses for Erasmus+ Staff Mobility qualification during term and during term break (semester break coaching seminars)
- [English Coaching Program](#): Small Group Courses or Interactive Editing (for publications)
- [TUMtandem](#): Learning languages as tandem partners
- [Intercultural Communication](#): workshops on intercultural topics such as “How are things done elsewhere? – Compare and Share” or “Fit for Staff Mobility”

The [English Writing Center](#)

- offers free one-to-one consultations in English
- is staffed with professional language instructors and student Writing Fellows, all of whom are (near) native English speakers

Please note that they will not proofread but provide tips and advice.

TUM University Library

The University Library is your service partner for media access, information provision, research data management, and scholarly publishing. Benefit from individual consultations, training, and courses free of charge.

Media Collection

2.2M library items including 2 700 [databases](#), 66 000 [e-journals](#), and 240 000 [e-books](#) | Remote Access via [eAccess](#) or [Shibboleth](#)

- **Literature Search & Reference Management**
[Course Program](#) | [Citation Guide](#) | [Citavi & EndNote](#)
- **Services for Lecturers**
[Course Reserves](#) | [Copyright in Teaching](#) | [Tailored & Embedded Modules](#)
- **Research Data Management**
[Training](#) | [Support](#) | [Infrastructure & Tools](#) | Further RDM Services at [TUM Research Data Hub](#)
- **Publishing at TUM**
Digital Publishing on [mediaTUM](#) | Book Projects at [TUM.University Press](#) | [Academic Journal](#) Hosting | [Open Access Funding](#)

- **Bibliometrics & Academic Identity Management**
[Visibility and Research Impact](#) | [Affiliation Designation](#) | [ORCID](#)

Website: <https://www.ub.tum.de/en>

Contact: [First Level Hotline](#)

Leibniz Supercomputing Centre

[Courses](#) on high-performance computing are available for TUM members involved in High Performance Computing projects. Here you find a course [overview](#). There are also [streaming, conference, and print services](#) available.

IT Support

The [TUM IT Support Desk](#) helps with the university's centralized IT services and IT applications. Their [website](#) provides information on all IT-related issues.

There are many [services for TUM employees](#), e. g., [TUM IT Trainings and Video Tutorials](#) and [manuals](#).

For support, please contact the team at it-support@tum.de.

General Calendar: Events at TUM

There is always something happening at TUM! Here you will find an overview of [events at TUM](#).

Please note that this calendar will not provide a comprehensive list of the workshops mentioned in this guide.

Further Support & Contact Points

TUM Community

Students, young scientists, professors, staff and alumni come together to support each other and benefit from each other's experience. Here you will receive assistance in all phases of your career from application training to salary negotiations. Get support from an experienced mentor and expand your personal network. www.community.tum.de

After leaving TUM, [join the network](#) to stay connected.

TUM Institute for Advanced Study (IAS)

The [TUM Institute for Advanced Study](#) (TUM-IAS) is an international interdisciplinary research institute fostering top-level research.

TUM IAS' [Fellowship program](#) brings together early-career and experienced researchers, scientists from TUM and international research institutions, and researchers from academia and industry. Programs include:

- Albrecht Struppler Clinician Scientist Fellowship
- Anna Boyksen Fellowship
- Carl von Linde Senior Fellowship
- Hans Fischer Fellowship
- Hans Fischer Senior Fellowship
- Rudolf Diesel Industry Fellowship
- Rudolf Mößbauer Tenure Track Assistant Professorship

TUM_IAS Wednesday Coffee Talks

TUM-IAS regularly invites TUM scientists and their guests for [Coffee Talks](#)! Meet other scientists and listen to a short talk (10-15 min) on a recent major TUM publication or issue.

TUM Corporate Communications

The [TUM Corporate Communications Center](#) promotes scientific dissemination. Here you find [corporate design templates](#) for presentations and official documents.

University Sports Center

The [University Sports Center \(ZHS\)](#) offers classes in team sports, climbing, fitness and health, martial arts, dance, new and intramural activities, gymnastics and track, field, as well as water and winter sports.

Room Finder

Are you getting lost at TUM? The [RoomFinder](#) allows you to search for a room and display the corresponding overview and layout plans. Most of the rooms at TUM are available in RoomFinder.

Whom to contact in at TUM on case of conflicts

The TUM Compliance Office (TUM CO) is responsible for the [TUM Codes of Conduct](#), which offer principles regarding fundraising activities, collaborations with partners from industry and academia and Faculty Recruitment, the [Bylaw of Good Scientific Practice and Procedures in Cases of Academic Misconduct](#) (TUM-SGwP), and the [TUM Respect Guide](#) as a commitment to a respectful university culture.

- All members and partners of the university can reach out to the TUM CO in case of a potential violation of the applicable regulations and standards
- The TUM CO operates independently and neutrally according to formal procedures
- All information issued to the TUM CO is treated with strict confidentiality in order to protect the informant and the persons affected by allegations
- In case of a potential academic misconduct, the Ombudspersons examine the complaints and introduce formal Ombudsverfahren if applicable
- The Ombudsperson TV-L gives advice on clarifying conflicts in reference to freedom of academia and conscience

Contact: compliance@tum.de

Further Literature

General Information on Postdoc Life

- S. N. Marquez (2014). [A Postdoc's Guide to Being a Postdoc](#). Journal of Postdoctoral Research / Journal of Life Sciences, a Postdoc Community Initiative, 2(6), 39–45.

This article summarises the most important aspects of how to improve your skills during your time as a postdoc. The [journal's website](#) might also be of interest to you.

- [Words of Advice](#)
Words of Advice articles offer insight and advice for graduate students and postdocs on topics relevant to their research and careers. Topics include how to be a good Principal Investigator and how to write convincing CVs and papers.
- Elvidge, L. y Williams, E. (2017). [What every Postdoc needs to know](#). World Scientific.
This practical and occasionally humorous guide combines the three authors' vast experience of postdoc careers and personal development.

Starting your Postdoc

- Marino, J. y Blackford, S. (2017). [Getting ready to postdoc](#). BioEssays, 39(6), 1700049-n/a.
This article mainly aims at PhD students but might also be of interest to early career postdocs, as it aims to give a realistic evaluation of the rigorous requirements of an academic career.
- Kamerlin, S. C. L. (2021). [How to write a successful postdoc application – the PI perspective](#). EMBO Reports, 22(12), 354203-n/a.
Based on an online survey with chemists, biochemists, chemical biologists, computational chemists, biologists and biophysicists, this article highlights some general aspects PIs are looking for in an applicant.

Grant Writing

- Browning, B. A. (2016). [Grant Writing For Dummies](#). John Wiley & Sons.
- Löhrmann, I. (2018). [Im Wettbewerb ums fremde Geld](#). Hochschule Wissenschaft. DUZ Verlags- und Medienhaus GmbH.
- O'Neal-McElrath, T. (Ed.). (2019). [Winning Grants Step by Step: The Complete Workbook for Planning, Developing, and Writing Successful Proposals](#) (5th ed.). John Wiley & Sons Incorporated.
- Preu, S. (2017). [Drittmittel für die Forschung: Grundlagen, Erfolgsfaktoren und Praxistipps für das Schreiben von Förderanträgen](#). Springer Fachmedien Wiesbaden GmbH.

Career Planning for Postdocs

- Gabrys, B. J. y Langdale, J. A. (2012). [How to Succeed as a Scientist: From Postdoc to Professor](#). Cambridge University Press.
This practical guide for postdoctoral researchers and graduate students explains how to build the necessary research tools and working skills to build a career in academia and beyond.
- Müller, M. (2017). [Karriere nach der Wissenschaft: Alternative Berufswege für Promovierte](#). Campus Verlag.
- Kelsky, K. (2015). [The Professor is in: The Essential Guide to Turning your Ph.D into a Job](#). Three Rivers Press.

Online Sources & Podcasts

Websites

- [Research in Bavaria, Research in Germany](#)
Both websites provide an overview of the career system in Germany and of different career options in academia.
- [NaWik: Science Communication](#)
NaWik is one of the leading institutes for science communication in Germany and offers a wide range of free information for scientists on its website.
- [DFG Information Events](#)
The DFG organizes online events to provide basic information on their grants. Check out their overview of the DFG evaluation process or their [tips on writing DFG proposals](#).

Newsletters

- [Wissen³](#) (in German)
To stay informed about recent developments within the German academic landscape, you may subscribe to this newsletter by “Die Zeit“ (twice a week).
- [DFG Newsletter](#) (in German)
The monthly newsletter informs about funding opportunities and programs as well as publications and events by the DFG.

Podcasts & Video Channels

- RilligLab. YouTube Channel “[Life in Academia](#)“.
Check out this channel by Prof. Matthias C. Rillig (Ecology of Plants, FU Berlin) to learn from a full permanent professor about topics such as time management in academia, research strategy and planning, lab operations, life as PI or postdoc, and academic virtues.
- Graduiertenzentrum of the Leibniz University Hannover. Podcast “[NachwuchsFragen](#)“.
The Leibniz University Hannover started a podcast (in German) that [also answers questions raised by postdocs](#).
- Podcast “[PhD Career Stories](#)“
This podcast shares stories, successes, and failures of PhD students and informs about their career development after completing their doctorate.

Life in Munich and Germany

Munich Postdoc Network

The [Munich Postdoc Network](#) is a new initiative from the postdoc associations of the Helmholtz Zentrum Munich, the LMU Faculty of Biology, the LMU Biomedical Center Munich and the Max Planck Institutes of Biochemistry, of Neurobiology, of Psychiatry, and for Ornithology.

It connects postdoctoral researchers working in the Munich area and facilitates communication among them. You can find out more by visiting their [website](#), signing up for their [mailing list](#), and joining their [LinkedIn group](#).

TUM International Student Guide

TUM offers a comprehensive [International Student Guide](#) with the most important information about TUM and life in Munich, i. e., public transport and university life. The target group are students, but the information might also be useful to you.

Services for International Residents

The city of Munich collected important information on the [services for international professionals](#). You may also download the [official app of the city of Munich](#).

Diaspora 2030

If you are actively engaged in projects on social responsibility or in social start-ups, the project [Diaspora 2030](#) might be of interest to you. Diaspora 2030 supports people in Germany with a migration background, who are interested in working, volunteering, and implementing business ideas in their home countries.

Finding Events in Munich

- [SimplyMunich](#): [_](#)Munich's official tourism website; provides information on sightseeing, gastronomy, culture, festivals, shopping, sports, and nature
- The [city of Munich](#): information on events in Munich, including English-speaking theatre, local festivals, and exhibitions

- [MunichMag](#) and [MitVergnügenMünchen](#): information on events in Munich (in German), including bucket-lists on what to explore in Munich
- Facebook groups: [International Friends Munich](#) or [Munich – International Friends](#), country-specific groups, e. g., [Indians in Munich](#)
- [Meetup](#): website and app to join groups of people, who share your interests, e. g. for sports or outdoor and cultural activities

Outdoor Activities

Munich's countryside is perfect for hiking and bike tours. With its many lakes you can also do all sorts of water sports!

The [city of Munich](#) and [SimplyMunich](#) share popular hiking routes on their website. The [Deutscher Alpenverein](#) (DAV, German Alps Association; in German) also provides lots of information on hiking and climbing tours, mountain cabins, and nature resorts in Bavaria. If you plan to hike regularly with overnight stays, you might even consider becoming a member, which allows you to stay at mountain cabins at reduced costs.

Sports

- The [city of Munich offers sports classes](#) at reasonable prices. Some classes are free of cost, such as “Fit im Park”, which starts in May. Check their Facebook page “[Freizeitsport München](#)” or their [YouTube channel](#). Furthermore, there are several [free outdoor fitness parcours](#) in Munich.
- [Lederhosentraining](#) offers free outdoor fitness classes in parks in Munich. Everyone can attend!
- Providers like [Urban Sports Club](#) or [Classpass](#) might also be an option for you, if you want to try different classes in Munich. You pay monthly to try out different wellness and sports activities, fitness studios, and sports clubs.
- An overview of sports clubs in Munich can be found at the website of the city of Munich (most information is in German).

Arts, Culture and Museums

- [Gasteig](#) is Munich's culture center. There are many events, including talks, discussions, dance, and music performances.
- An overview of [English-speaking theatres](#) in Munich can be found on the website of the city of Munich.

- Many museums open their doors for reduced prices on a Sunday (1 € /person). Here is a list of [popular museums in Munich](#) and a list of [museum that are free or take 1 € on a Sunday](#).
- An [overview of current exhibitions](#) can be found at SimplyMunich.

Public Libraries and Education

- Every district in Munich has its own public library, with literature and movies in English. To register you need to proof that you live in Munich. Here you can find their [brochure in English](#). The central library of Munich is at Hans-Preißinger-Straße 4-8 ([HP8](#)) in Sendling.
- The municipal center of further education, the [Münchner Volkshochschule \(MVHS\)](#), also offers a wide range of courses, e. g., languages, arts, and sports classes (some of which are held in English).

Munich (not only) for Kids

- Each year in May/June, the city of Munich organizes the festival “[KiKS](#)”, which takes place at various locations in Munich.
- Institutions, such as the [Kultur & Spielraum e.V., Feierwerk](#), and [Gasteig](#) offer a diverse program for children and families, as do most museums.
- The [international youth library](#) at Blumenburg castle in Laim organizes workshops and events. It is a public library for children’s literature in almost all languages.
- [The Münchner Theater für Kinder](#) is a theatre with productions for children (in German).
- Popular free time activities are among others the [Munich Zoo Hellabrunn](#), [the deer park in Poing](#), the [theme park “Märchenwald”](#) in Wolfratshausen, the [climbing park](#) in Grünwald, and the forest [discovery center in Grünwald](#) (entrance for the forest discovery center is free).

Getting to know your “Viertel”

- A great way to get to know your neighborhood are the “[Hofflohmärkte](#)” (backyard flea markets), where many locals participate. You can discover gardens and backyards you normally don’t have the chance to see. Many people also sell cakes and beverages.
- The city of Munich published small guides for each quartier in Munich. In these guides, you find walking tours and information on places that play or have played an important role in the culture and history of Munich. These guides are in German only and you can [download them for free](#).

Disclaimer & Share Your Recommendations!

We hope that our brochure will offer you guidance for your research at TUM. For comments and feedback, please contact the TUM Talent Factory, postdoc@tum.de.

We update this guide regularly. Please do not hesitate to contact us for further suggestions and advice on what you think is particularly important to know when moving to Munich.

Technische Universität München

TUM Talent Factory
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Arcisstrasse 21
80333 München

www.tum.de/postdoc | postdoc@tum.de

[Twitter/X](#) | [LinkedIn](#)