

PARENT TEACHER ORGANISATION

WELCOME BOOK

January 2024



STROTHOFF
INTERNATIONAL
SCHOOL

PTO

PTO



Dear Parents,

As you embark on the journey with Strothoff International School, we extend a warm welcome to you. Whether you've already chosen us for your child or are considering it seriously, this 'Welcome Book' is designed to guide you through the essence of our school community.

We highly value the familial atmosphere within our school, providing a secure and nurturing space for your child's growth and education. Strothoff International School thrives on a tight-knit community, including dedicated parents, as we believe their involvement is paramount to the well-being and progress of our students.

Collaborating closely with our committed Admissions Team, the Parent-Teacher Organization (PTO) is enthusiastic about extending a heartfelt welcome to all newcomers.

Throughout the following pages, we aim to address your queries about school and student life. Enjoy the read, and if you have any questions, please don't hesitate to reach out.

Rest assured, your children are set to feel at home at Strothoff International School!

Warm regards,

Silke de Bont

Chair of the PTO

PTO TEAM 2023-2024

PEOPLE BEHIND THE PTO



2023

PTO TEAM 2022-2023

PEOPLE BEHIND THE PTO



Summerfest BBQ 2022

ABOUT US

The PTO is a committee made of volunteers (parents, teachers and students) that supports the Strothoff International School through fundraising activities and fosters a community spirit through family events.

Over the years, we have raised money to help the school in numerous ways. We have regular events throughout the school year. These give children, parents and teachers alike, the chance to have some fun, make new connections and get to know one another better. We are constantly looking for new fundraising ideas and opportunities, but we usually raise money through the following events and initiatives:

- Back to School BBQ (whole family event at the beginning of the school year)
- Halloween Party (PYP event)
- Winter Market (whole family event)
- Teacher Appreciation Week
- Summer Fair (whole family event)
- International Book Week, sports events, sleepovers with buffets
- Refreshments/bakery sale at the music concerts
- [Happy Hour](#) (Click to get more info)

The PTO works closely with the school's leadership team and all the staff to ensure that all money raised is used in the most effective way.

The PTO aims to use the funds raised to provide support and to improve the daily experience of school life for children and their families, including up-grading the schools' facilities, new outdoor and indoor equipment.

Over the years, we have contributed towards/purchased:

- Bean bags
 - Bench for outside
 - Playground equipment (scooters and tricycles)
 - Movable grandstand for music presentations
-

WELCOME COMMITTEE

The Welcome Committee:

- is delighted to welcome and support all families new to our community
- will contact you before your arrival
- will help answer any of your questions about school and life in Dreieich and surroundings
- will introduce you to other families
- will serve as a general point of contact and support
- will inform you about events planned just to welcome new families and students (Welcome Days, Open Days, PTO Coffee Mornings, PTO Happy Hours)

The Welcome Committee is comprised of:

- Parents from the whole school (from Kindergarten to Primary and Secondary School)
- and even alumni of our wonderful school

The Welcome Committee is looking for:

- Mentors who can work as country representatives (someone who speaks the Newcomer's language and can introduce them to other (expat) families with the same cultural background)
- Helpers to plan and organize events

The Welcome Committee ...

- Can be contacted by Email: pto.welcome.sis@gmail.com
- Contact persons: Nicole Ey, *Lisa Eichler und Silke de Bont.*

We look forward to meeting you!



WELCOME COMMITTEE

Welcome to the Beginning!

Back in the 2020/2021 school year, the PTO kicked off the Welcome Project, unveiling our fabulous Welcome Committee made up of parents from Kindergarten, PYP, Secondary School, and even Alumni. Our mission is clear: to give a warm welcome and support to all the fantastic families new to our community.

But it's more than just providing the essentials for a smooth start at our school. We're here to tackle any questions about life in our area, introduce new families to each other, and be your go-to support system.

A special project is the one you're reading now, the Welcome Book, a collaborative effort that is not possible without the support of the community.

Happy Hour & Coffee Morning

For the upcoming 2023-2024 school year, we aim to gather the community monthly. We'll share the latest school happenings, upcoming events from the school and PTO, and highlight community projects where your helping hands are welcome. It's also a chance for personal talks or casual chats with your child's teacher.

Our Dream

Our committee dreams big - we envision every new parent having a mentor within the community to smoothly navigate the school landscape. For our expat friends, this support could go even further, all ideally in your native language considering our wonderfully diverse community.

If you're keen to jump into our mentor program, shoot us an email. Your help is like gold to us, and we'd be thrilled to have you on board.

SECOND HAND

The Strothoff International School PTO runs a second-hand uniform shop which offers good quality, second-hand uniforms at very reasonable prices, and discounted the cost of a new uniform.

Please have a look at the [online shop](#) and send us a notice at pto.uniform.sis@gmail.com and let us know what school items you are looking for.

If you are a parent looking for used school uniform items, then this is the place for you.

Please have a look at the online [list](#) of items we currently have. We are updating this list weekly, but it is possible that items are still on the list that have already been sold. If an item is unavailable, we can put you on a waiting list.

Recycle your old uniforms with us!

The second-hand uniform shop is not only a service which benefits everyone, it is a service to which everyone can contribute!

If you have school uniform items that your child has outgrown or no longer uses, please contact us at pto.uniform.sis@gmail.com. The circulation of uniforms will help the environment as well as other parents. We are always truly grateful for donations.

Please keep in mind:

- Please bring donated items to the school reception anytime.
 - All donated clothes should be freshly washed and ironed.
 - Please remove any name tags before donation - this saves time for us.
 - We only take uniform clothing items (tops and bottoms) which are on the list of the Strothoff International School Uniform Shop. Old items, e.g. blue Polos, are no longer accepted.
 - Any items considered not suitable for re-sale will be recycled.
-

INTRO

Dear Parents!

Internationality, jobs, general quality of life and beautiful landscapes: there are many reasons why the Rhine-Main area has become a highly desirable destination for foreign families. Our **Strothoff International School (SIS)** is located in the middle of this global melting pot.

There are many things you should know as a newcomer. We try to answer many questions about our community, public transportation, shopping, dining, culture and other daily necessities. For this purpose, the SIS community has gathered a lot of knowledge and experiences and summarized them for you in this book.

Of course, there is much more that would need to be described or explained.

For further information, we would like to suggest the following websites:

- <https://www.iamexpat.de>
- <https://www.expatica.com/de/>
- <https://www.internations.org/germany-expats>
- <https://www.newinthecity.de/de/frankfurt>
- <https://handbookgermany.de/en.html>

We, welcome you to read this guide. Here you will learn more about our close-knit community, how to become involved, and the many wonderful activities offered to our students, where to buy your goods.

This guide is an ongoing project that is always being updated by the parents. We are deeply grateful for comments, changes, and additions.

Have fun reading!

Your PTO



**CREATIVITY -
SUSTAINABILITY -
LEADERSHIP**

SCHOOL COMMUNITY

Yes, SIS has an active and welcoming community! Our Parent Teacher Organization (PTO), and its Welcome Committee make new families feel welcome from day one. There are welcome events at the beginning of the school year to answer initial questions and connect with the school community. Every month, we aim to have a happy hour to connect the community together as we get new members all year round.

The PTO also provides new families with a mentor to help with the adjustment process. There are several fun community events throughout the year. Check out the website! Not only will children quickly connect with their peers, but families will make friends quickly and easily.

HOW CAN I BECOME INVOLVED IN THE SCHOOL COMMUNITY AT STROTHOFF?

Parent involvement is an asset to our community! There are numerous opportunities for you to volunteer! More on next page

SCHOOL COMMUNITY

Become involved with the PTO.

All parents and teachers are members of the PTO. This allows them to attend all PTO meetings. During the first PTO meeting at the beginning of the school year, the PTO board is elected.

Volunteer to help with events.

The PTO organizes, plans and conducts many activities and events. The PTO is continually constantly looking for volunteers to ensure success.

Become a class parent representative.

Class parent representatives are an important source of help and support that benefits all students. There are 1-2 positions for each class in KG through PYP5. As class representatives, you are responsible for the class present with Christmas and year-end. You collect money at the beginning of the year from all parents of your class. When the PTO has events, we will ask your help to get parents to help or informed them of the events. In most case, you are admins of a what's app group.

Parent volunteer.

Furthermore, you could become a Parent volunteer by helping in the home language classrooms at the PYP level and in the libraries, with activities such as reading to the children and field trips. These parents are a considerable value & support towards school and students.

Help with after school activities (ASA).

Many parents enjoy helping with after school activities (ASA). Inform your child's teacher of how you can help during the school year.



**EVERYONE CONTRIBUTES,
EVERYONE REFLECTS,
EVERYONE GROWS.**

SCHOOL UNIFORM & SUPPLIES

WHAT ITEMS ARE PART OF THE SCHOOL UNIFORM?

There is a list of the school uniform items on the [school's website](#):

[LIST](#)

The uniform policy changes over time. Please keep informed on the latest requirements by looking at the website or ask the principals.

WHERE DO I PURCHASE THE SCHOOL UNIFORM?

The PTO maintains a second-hand shop of used, but nice, uniform items at great prices. Use the button below to see the items and sizes available. The shop is located in the PYP lounge. On the PTO website, you can find the current schedule of the opening times of the shop. Alternatively, you can contact the PTO at pto.uniform.sis@gmail.com for the items you desire and for scheduling a convenient pick-up time.

[Second hand
availability](#)

When purchasing new items, all uniform tops must be purchased through the Strothoff International School online uniform shop or seconds hand shop. You can buy the bottoms at uniforms shop, but you are not obliged to do so. You can buy the bottoms as the remaining items from other suppliers like GAP, Mark & Spencer, HM, Decathlon ect.

WHERE CAN I PURCHASE THE SCHOOL SHOES?

The best place to find school shoes is online. We recommend looking at the following online retailers: Nike, Adidas, Marks & Spencer, or Camper.

SCHOOL UNIFORM & SUPPLIES

WHERE CAN I PURCHASE SCHOOL SUPPLIES?

Every large supermarket has a good offering of school supplies. For example, you can find many supplies at Kaufland, which is a large supermarket close to the school.

Müller

Another place to purchase school supplies is Müller. It is a chain store located throughout Germany. They also have a school section in their on-line store.

There is also an office supply store near the school. It is a small shop with friendly owners, and some items can be purchased there

Hartmann Bürobedarf & Tabakwaren GmbH

Frankfurter Str. 3-5
63303 Dreieich

Kaufhaus Braun

in Langen always has a great stock, plus they offer help with the list. Just leave the list and 24 hours later you can pick up your supplies:

Bahnstraße 101 - 107

63225 Langen

<https://www.kaufhaus-braun.de>

You can order your laptop on-line at Mediamarkt or Saturn or walk in the Electronic store. Please be aware that the German keyboard (qwertz) is different than English one (qwerty).

WHERE CAN I FIND THE SCHOOL SUPPLY LISTS FOR EACH GRADE/TEACHER?

The respective principals for the primary school and the upper school send out the supply lists during the summer holidays. They are also available on ManageBac. For parents new to the school, the supply lists will be included in the New Parent Welcome Packet.

GETTING TO/FROM SCHOOL

WHAT IS THE PROCEDURE FOR DROPPING OFF AND PICKING UP MY CHILDREN FROM SCHOOL?

If you plan to walk into the school with your child, it is best to park in the parking garage, which is located beside the school. The first 30 minutes are free in the garage. Then it is 0.60 € every half-hour up to a max of 3.50 €

Helpful hints for the garage:

- Drive through the entrance marked "Einfahrt".
- Take a ticket from the automatic ticket dispenser by pushing the button marked "Drucken". Keep the ticket with you when you leave the car, because you must pay before returning to your car.
- Pay at the machine (Kassenautomat) on the ground floor near the stairs. If you want a receipt, push the "Quittung" button after you pay. You have about 15 minutes to drive out after you pay. online use coins, or max. 10 euro bills. the machine will not give back from 50 euro bill.
- Drive to the gate and insert the ticket to open the barrier. Be careful of the narrow openings to drive in and out of the parking garage.

If your car is too big for the garage, you can park on the other side of Frankfurter Strasse or in the Parking lot off Frankfurter Str. to the north of the school.



GETTING TO/FROM SCHOOL

WHAT IS THE PROCEDURE FOR DROPPING OFF AND PICKING UP MY CHILDREN FROM SCHOOL?

There is also a half circle in front of the school which is the pick-up/drop-off zone. It is ONLY to be used if you want to quickly drop off your child or pick up your child who is already waiting outside. You can pull into this zone to let them in or out of your vehicle.

Please follow these guidelines for using the pick-up/drop off zone:

- Do not enter the zone if there are already 3 cars in the semi-circle. More than 3 cars create a danger to students entering/leaving the school. Please continue to the parking garage beside the school.
- When entering the zone, please only stop briefly on the right side of the semi-circle. Do not stop at all in the left lane. This will create traffic jam until the Frankfurter street.
- Do not park in the zone and run kids inside quickly. It can cause quite a backup of parents trying to drop off kids and that is also where the Strothoff buses pull in and park.



GETTING TO/FROM SCHOOL

IMPORT PARKING INFO

Other important information for dropping off or picking up your children:

- Please also do NOT park in the handicapped spaces in front of the school (unless you have an official permit) when dropping off or picking up your children.
 - It is imperative that the fire department access road and a path for the school buses are always clear.
 - Do not stop on the road. This blocks the flow of traffic and thus puts children in danger, and it creates a traffic jam getting out of the parking garage and into the school from the frankfurter street.
-

GETTING TO/FROM SCHOOL

WHAT IS THE PROCEDURE FOR DROPPING OFF AND PICKING UP MY CHILDREN FROM SCHOOL?

DOES THE SCHOOL OFFER A BUS SERVICE?

The school offers an optional bus service for students living in the Rhine-Main area. You may choose either the one-way service or the two-way service. The price for this service depends on the destination and is charged once per semester.

WHAT PUBLIC BUSES STOP NEAR THE SCHOOL?

Please visit the [Public Transportation section](#) of this book for detailed information about how to arrive at the school via various modes of public transportation.

TRANSPORTATION



HOUSING

WHERE DO STROTHOFF FAMILIES LIVE?

Strothoff International School is one of the best private schools in the Rhine-Main area. Therefore, some students travel long distances to reach the school. This travel is possible because of the great public transportation system in place in Germany. Other students live in one of the communities closest to the school.

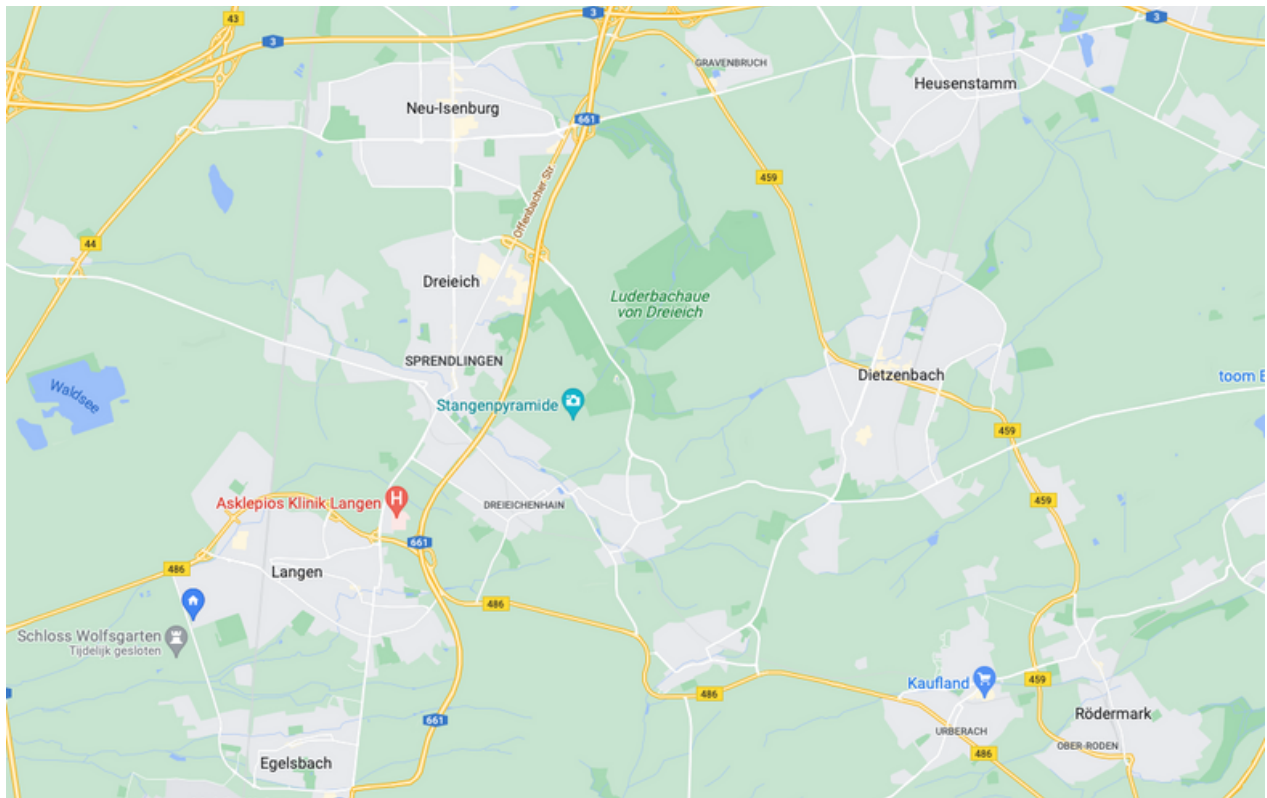
Many families choose to live in one of the many communities or neighborhoods near the school. They include Dreieich, especially Sprendlingen (where Strothoff is located), Dreieichenhain, Götzenhain, Neu-Isenburg and Langen.

Other good areas are Frankfurt-Sachsenhausen, Rödermark, and Heusenstamm. Because of a good motorway system, almost any place that is close to one of the connecting motorways can be considered. As the housing market is usually tight in Frankfurt and its nearby surroundings, you may also consider living in a smaller town with good connections to school. You will find international or expat families all around the Frankfurt area. A large part of the school community is German, and these families may choose their homes closest to relatives or social networks.



HOUSING

MAP OF FRANKFURT



HOUSING

WHERE DO STROTHOFF FAMILIES LIVE IN FRANKFURT?

Strothoff International School is located south of [Frankfurt](#). If you prefer to live in Frankfurt, then [F-Sachsenhausen](#) is a good choice. It's very family-friendly, and you will find plenty of shopping and dining options, as well as playgrounds. It is close to the Main River and its offerings. There are two routes from there to the school, one of which is by motorway. Please visit the [public transportation section](#) for additional information. The only drawback to Sachsenhausen is that it can be expensive.

Also, [F-Niederrath](#) can be a good option as it is also south of the Main. There are numerous green areas, and it still has an authentic feel to it with many small local shops. It also has a good connection to the motorway.

Other areas in Frankfurt are very attractive as well, but will require you to cross the river and may lead to extra travel time. Popular areas are: In [Bornheim](#) and [Bockenheim](#) you will find a good mix between interesting cultural offerings and a laid-back kind of living. The East-End ([Ostend](#)) has hugely developed during the last few years and is a good place to live for anyone working with the [ECB](#). The [West-End](#) is quite upscale, as many people from the financial section tend to live here. The [North-End](#) is close to the city centre and, like Bornheim and Bockenheim, it has a nice selection of small shops and restaurants.

WHAT REAL ESTATE AND RELOCATION COMPANIES OPERATE IN THE AREA?

Here are a few relocation companies that can help with your move to Germany. They can help with housing, registering, visas, etc.

- [Progedo](#)
- [CHERYL KOENIG](#) Relocation Services Group (CKRS)

Even when using a relocation company, it is good to search for your own home and send the links to the person taking care of your relocation. That way, you can let them know in advance what type of property you are looking for. Please keep in mind that if you own a pet, it will be more difficult to find a place to rent. If you are looking for a real estate agent, please search on the internet. Here are some useful websites for house hunting:

[immobilienscout24.de](https://www.immobilienscout24.de)

[immoweb.de](https://www.immoweb.de)

GENERAL MEDICAL INFORMATION



CAN I MAKE AN APPOINTMENT WITH A DOCTOR?

In Germany, there is a free choice of doctors. You do not necessarily need to register with a specific doctor in Germany, as most practices will see any patient. But you must take a few points into consideration. Some doctors will only treat private patients. If you do not have private health insurance, make sure that your chosen doctor treats “Alle Kassen” (any type of German health insurance) or describes themselves as a “Kassenarzt”. If you are krankenkassen insurance make sure you make your appointment early on as you probably need to wait a long time before getting your appointment.

Please note that for your kids you need a paediatrician, you can't take them to the general practitioner. In most cases, that paediatrician needs to be in your town as well, since there is a lack of paediatricians they only take new patients from their own region.

Furthermore, in Hessen you are obliged to do the general visits that are regulated by the state, the so called U-untersuchung. Which one your kids needs depends on their ages. U0 starts on the first day the baby is born, U1 before the 10 days of baby live, preferable on the 3rd day and so on.

In these visits, the children are checked on growth, social development & languages development. The vaccinated program is being checked and when needed new ones are done or prescribed. You as parent have the possibility to ask questions about the development of your child.

GENERAL MEDICAL INFORMATION

HOW CAN I FIND A LOCAL DOCTOR

Here you can find the doctors who are recommended by our school community.

You can find a doctor near you by searching the internet. The following websites may be helpful:

www.jameda.de (Enter “family doctor” and your postal code)

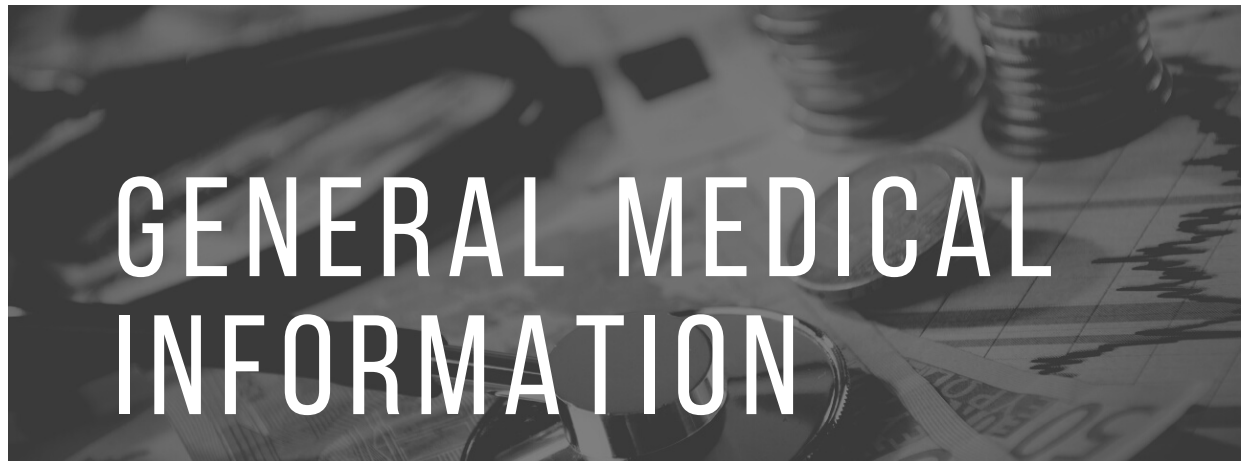
www.frankfurtexpat.de/health_doctors.html (This is an online resource for any local provider.) Currently, *They are updating the website.*

If you have statutory health insurance, you can also search via the directory of the National Association of Statutory Health Insurance Physicians.

Alternatively, the embassy or even your health insurance company can usually provide you with a list of recommended doctors.

If you urgently need an appointment, some surgeries offer walk-in appointments during opening hours (Sprechzeiten). You can simply walk in and wait to be seen, although this may take several hours.

You can also ask neighbours or others living in your community for the best recommendations. Medical experts tend to cater to local communities. Some even do house visits.



WHAT SHOULD I CONSIDER WHEN MAKING AN APPOINTMENT?

You can make an appointment with your doctor on the phone, in person, or sometimes via an internet form. The assistant cannot always be expected to speak English.

In Germany, it is not common for them to ask you details about your condition over the phone. Therefore, you only need to prepare a few simple phrases in German.

Most practices are closed on Wednesday afternoons, weekends and public holidays.

Usually, you will need a referral from a general doctor (Hausarzt) before you can see a specialist (Facharzt). Some private health insurance policies, however, allow you to make appointments directly with a specialist.

HOW ARE MEDICAL SERVICES PAID?

Remember to bring your health insurance card (Gesundheitskarte) to the appointment so that the doctor can bill your insurance company. If you have private health insurance, you may need to pay up front and then be reimbursed by your provider.

HOW ARE VACCINATIONS GIVEN TO CHILDREN IN GERMANY?

Vaccinations for children are usually given by pediatricians. In Germany, there is a vaccination recommendation that is supported by most pediatricians. For more Information, check the following websites:

<https://www.impfen-info.de>

<https://handbookgermany.de/en/vaccination>

GENERAL MEDICAL INFORMATION

WHAT OTHER HELPFUL HINTS SHOULD I KNOW?

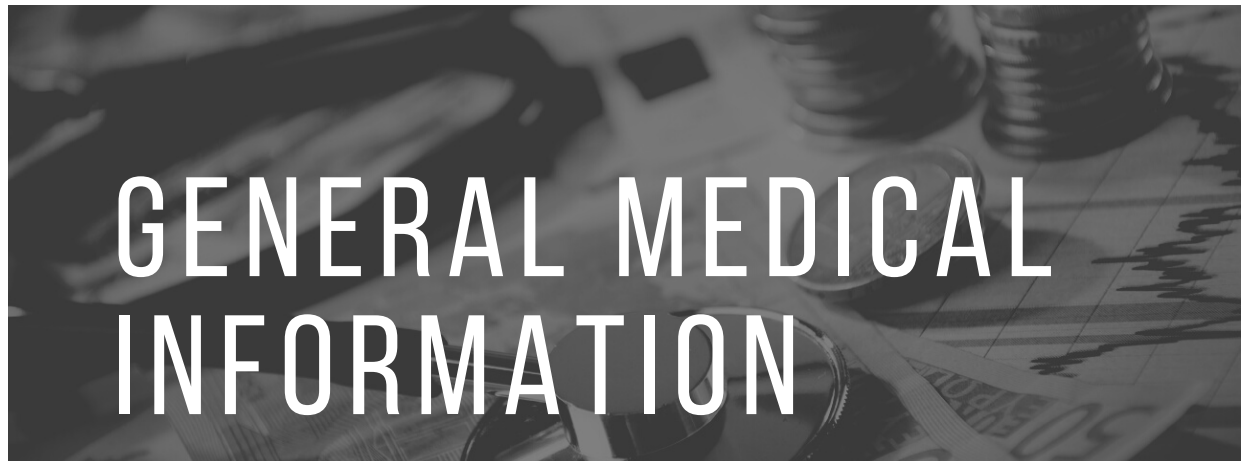
In Germany, you must go to the pharmacy for most medicines. Often you need a prescription. Low dosages are available over the counter in pharmacies. For example, you don't need a prescription for ibuprofen 400 mg, but you do for 800 mg. Both are only available at the pharmacy. In the supermarket, there are only vitamin preparations or possibly ointments. Have the pharmacy mix any antibiotics before leaving the shop. You will also need to know the child's weight in kg before picking up medicines.

There is no triage in the hospital to prioritize the most urgent patients. Contact your family doctor and ask them to ring ahead to the hospital to explain the situation to the reception to ensure your family member is prioritized.

Children from newborn to age 6 are required by law to see a paediatrician regularly. You will be informed in writing by the Youth Welfare Office (Jugendamt) during the first years of your child's life that you must see a paediatrician within a time window of 2 months around your child's birthday.

Make sure you bring the yellow U-Heft with you when you take your children to the doctor. The U-Heft is documentation for the doctor to fill out, noting the health and developmental results of each U-Examination, so called U-untersuchung. (U1, U2, etc.).

Living abroad and moving with kids, means different immunization standards in different countries. Every country has their own rules and recommendations.



Reimbursement

To get reimbursement from the health insurance company, you should get a prescription from your family doctor beforehand. Examples are physiotherapy, osteopathy, insoles and others.

For expensive treatments, you should get a cost estimate from the doctor and submit it to the health insurance company before starting the treatment. This is then often approved. This is necessary for orthodontic treatment, shock wave therapy and similar expensive therapies.

WHAT NUMBER DO I CALL IN THE EVENT OF AN EMERGENCY?

110 (Police)

112 (Fire & Ambulance)



The lists contained in this section are not exhaustive. Rather, they were provided by Strothoff parents based on their experiences. We try to update the addresses and contacts regularly. However, we cannot guarantee that you will have the same positive experience. These are only suggestions!

WHERE ARE THE CLOSEST HOSPITALS TO THE SCHOOL?

The closest hospital to the school:

Asklepios Klinik

Röntgenstr. 20 63225 Langen

Telephone: 06103/9120

This hospital has x-ray capabilities, and it is also a good place to go for fractures, but in most cases they will refer you to Sana Klinikum Offenbach or Darmstadt as they don't have a paediatrician on emery call.

Other area hospitals:

Clementinen Kinderhospital

Theobald-Christ-Str. 16 60316 Frankfurt (Next to the Frankfurt Zoo) Telephone: 069 94 9920

This is a children's hospital in Frankfurt. It does not have x-ray capabilities, but it is good for infections, etc.

Darmstädter Kinderkliniken

Dieburger Str. 31, 64287 Darmstadt

Telephone: 06151 402 30 20



Uni-Klinik Friedrichsheim/ Orthopedic

Marienburgstr. 2 60528 Frankfurt

Telephone: 069/ 670 50

This hospital is good for fractures.

Sana Klinikum Offenbach Klinik Starkenburgring 66,
Offenbach 069/ 84050

This hospital is an emergency hospital.

If you have private insurance, and you can't leave the house with your child, you can also call the "Privatärztliche Notdienst" 069/69 44 69 and they will send a doctor to your house.

WHO ARE SOME GOOD DOCTORS IN THE AREA?

General Practitioners

Dr. Kirsten Bauer

Insurance: Private & self-pay patients

Languages: She speaks German & English. Her staff speaks a little English.

Address: Robert-Bosch-Str. 5, Haus B (Access via Benzstrasse),
63303 Dreieich

Dr. med. Karin Schüllermann & Bettina Scholz

Insurance: Statutory & privately insured patients

Languages: She speaks German & English. Her staff speaks a little English.

Address: Buchschlager Allee 8, 63303 Dreieich

Telephone: 06103/67681



EMERGENCY & HEALTH SERVICES

Dr. Trepels

Address: Neuhoferstrasse 66, 63263 Neu-Isenburg

Telephone: 06102/38341

Dr. Gero Bjorn Denda

Address: Friedrichstrasse 10, 63225 Langen

Telephone: 06103/9956900

Hausarztpraxis Rahman & Detho
Otto-Wels-Straße 5, 63179 Obertshausen
Hausarztpraxis Rahman & Detho
Alexanderstraße 52, 63179 Obertshausen
Hausarztpraxis Rahman & Detho
Bahnhofstraße 26, 63128 Dietzenbach
Tel. 06104 94 69 0
E-Mail: info@praxis-rd.de

Pediatricians

They probably tell you that you need paediatrician out of your region. All of them have new patient stop as they have too much work for the amount of patient they have, but government organized. So don't have the expectation to have an appointment in 2 days if it is not urgent.

Dr. Markus Landzettel & Anja Broekmans-Stephan

- Insurance: Statutory & private insured
 - Languages: German, English
 - Address: Schlossgartenstr. 63, 64289 Darmstadt
 - Telephone: 06151/79245, Mobile: 0177/7924500
 - Email: kinderarztpraxis-darmstadt@web.de
-



Dr. med. Rüdiger Leinweber & Frau Dr. med. Kathrin Hanke

Address: Bahnstrasse 6, 63225 Langen

Telephone: 06103/22010

Gayane Avagyan

- Insurance: Statutory & private insured
- Languages: German, English, Russian
- Address: Rheinstrasse 7-9, 64283 Darmstadt
- Telephone: 06151/20424
- Email: gayane.avagyan@web.de

Kinderarztpraxis Neu-Isenburg

Address: Hugentottenalle 120, 63263 Neu-Isenburg

Telephone: 06102/34011

Dr. Dorris Popp & Dr. Gundula Sümenicht-Böhm

Languages: German, English, French

Address: An den Quellen 10, 65183 Wiesbaden

Telephone: 0611/301635

Gynecologists

Dr. Nasrin Sabet

Insurance: Statutory & private insured

Languages: German, English, Persian, Japanese

Address: Hans-Thoma-Strasse 24, 60596 Frankfurt-Sachsenhausen

Telephone: 069/96237775



EMERGENCY & HEALTH SERVICES

Dentists

Dr. Catharina Steuer-Müller, Children's Dentist

Insurance: Statutory & privately insured

Address: Barckhausstrasse 1, 60325 Frankfurt am Main

Telephone: 069/70768660

Absolutely lovely team & very competent!

Praxis am Lindenplatz - Dr. Andreas Molnar

Insurance: Statutory & privately insured

Languages: He speaks German & English. His staff speaks a little English

Address: Lindenplatz 14, 63303 Dreieich-Sprendlingen

Telephone: 06103-69 95 69

Der Kinderzahnarzt, Dr. Holger Hanstein, Dentist for Children & Teenagers

Insurance: Statutory & privately insured

Languages: He speaks German & English. His staff speaks a little English

Address: Bahnstrasse 51-53, 63225 Langen

Telephone: 06103-833 82 82

O.P.I. Zentrum für Zahnmedizin und Chirurgie

Insurance: Statutory & privately insured

Languages: German, English

Address: Nieder-Ramstädter Str. 18-20, 64283 Darmstadt

Telephone: 06151/26644

Very large & modern practice with 9 dentists & many staff members.



EMERGENCY & HEALTH SERVICES

Orthodontists

Kieferorthopädische Praxis für Erwachsene und Kinder – Dr. Stefan Kollmannsperger

Insurance: Statutory & privately insured

Address: Siesmayerstr. 44, 60323 Frankfurt am Main

Telephone: 069/172110

Fachzahnärzte für Kieferorthopädie, Dr. Nathalie Lorenz

Insurance: Statutory & privately insured

Languages: Dr. Lorenz speaks excellent English & German

Address: Hugentottenallee 95-97, 63263 Neu-Isenburg

Telephone: 06102-27036

Dr. Heike Bernges

Insurance: Statutory & privately insured

Languages: She speaks German & English. Her staff speaks a little English

Address: Bahnstr. 21, 63225 Langen

Telephone: 06103-97557

Appointments by telephone

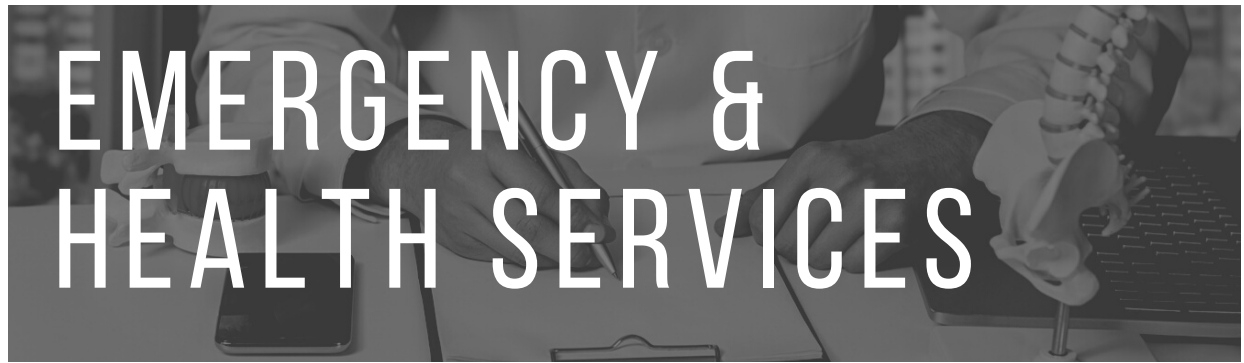
Children's Dermatologists

Dr. Salgo

Insurance: Private & self-pay patients

Address: Am Weingarten 25, 60487 Frankfurt am Main

Telephone: 069/7706198910



General Surgeons

Chirurgie Frankfurt Süd – Dr. Wern & Dr. Roos

Insurance: Statutory & privately insured

Languages: Dr. Wern speaks German & English. Her staff speaks a little English

Address: Frankfurter Strasse 46, 63303 Dreieich

Telephone: 06103-63016

Good for sprains, simple fractures, injuries & abrasions

Orthopedic Doctors

Dr. Wolfgang Gehrke

Insurance: Private & self-pay

Languages: He speaks German & English

Address: Eisenbahnstrasse 119, 63303 Dreieich

Telephone: 0172/23 27 200

Dr. Danneberg, Orthopedics & Sports Medicine

Insurance: Privately insured

Languages: German, English

Address: Nieder-Ramstädter Str. 160, 64285 Darmstadt

Telephone: 06151/429450

Radiological

Dr. Katharina Carstensen

0151/20106215

Radiologisches Zentrum Offenbach - Dietzenbach

Frankfurter Strasse 3-5

63065 Offenbach

Babenhäuser Straße 29A

63128 Dietzenbach

Languages: German, English



Ophthalmologists

Dr. med. Charlotte Walther

Insurance: Privately insured only

Languages: German only

Address: Jahnstrasse 11, 664285 Darmstadt

Telephone: 06151/42 54 41

She is very well known for specializing in children's treatments, and she is calm & patient with children.

Ear, Nose, & Throat Doctors

Dr. med. Hans dieter Sitz

Insurance: Statutory & privately insured

Languages: German only

Address: Grafenstrasse 3B, 64331 Weiterstadt

Telephone: 06150/500370

Email: dr.sitz@t-online.de

Dr. med T. Pogodsky, im Ärztehaus am Herrngarten

Insurance: Statutory & privately insured

Languages: German, English, French

Address: Frankfurter Str. 3, 64293 Darmstadt

Telephone: 06151/20506

Email: prohno-pogodsky@t-online.de

SHOPPING



Groceries is always the first thing you need arriving in a new country. You are used to certain routine, brands, shops and thank you need to find a complete new routine. You will come in shops that isn't your cup of tea, you go once and never again. Others you go on a weekly visit. Personally, I always see it as a big adventure, finding the way towards it and many years later in always think back on my first visit and how excited it was, and now it's part of my routine.

We have listed some of our favourite shops out of the community. All divide into categories.

We are delighted to learn your favours, send them via mail, and we will add them into the book. .



SHOPPING

WHERE CAN I FIND REGIONAL AND ORGANIC FOOD?

Most supermarkets carry some organic products. Look for “Bio”. However, most brands in organic shops commit voluntarily to higher standards regarding ingredients or labour conditions.

At the beginning of Spring, you will see little stand pop up everywhere. They will sell asparagus (white gold) from local farms, later on strawberries and other local farm vegetable and fruit. Excellent quality and suitable choose.

Here is a list of some of our favourite places to find fresh or organic food:

Reformhaus

This is a chain store which carries mostly nationally known, certified brands. It carries beauty, care and non-fresh food products. To find a local store, please use the store locator on their website.

Alnatura

This is an organic supermarket that carries most well-known organic brands, and it also has its own brand.

Hofcafe Familie Lenhardt

This shop is close to the school and carries dairy, in addition to seasonal fruits and vegetables. There is also a small café.

Adresse: Am Kirchborn 10, 63303 Dreieich

Dottenfelderhof

This is an organic farm, including a supermarket and a playground. It also holds occasional events.

adresse: Dottenfelderhof, 61118 Bad Vilbel



Feinkost Frankfurt

Here you can find fresh produce and seafood.

Die Kleinmarkthalle Frankfurt

This is a market hall with 60+ vendors selling a variety of groceries, plus flowers, wine & prepared foods. It is also a nice place to meet friends for a snack or beverage outside. However, it can be crowded at popular times.

Apple Happel

This is a fruit & vegetable farm. You can purchase from the farm shop or pick the produce yourself. There is also a bakery where you can order bread & cakes in advance.

Bauer-Wuerfl

This is a farm which sells strawberries, raspberries & asparagus. They also have several booths in the area. You can find a listing of all their booths, by zip code, on their website.

Schelmenhäuserhof Hofgut

This is a farm which carries asparagus, strawberries, potatoes, onions, & carrots. Located in Frankfurt – Bergen-Enkheim

Bauer lipp

They have a bio-shop with all differ foods. You can pick your own strawberries in stawberries season. Before Halloween you can choose your pumpkins and see the creative stuff they have done with pumpkins. They even had a corn labyrinth.



CAN I SHOP FOR GROCERIES ON SUNDAY?

Grocery stores are closed on Sundays. However, some gas stations have a small grocery section, but it is a bit more expensive than in a regular shop. Train stations in bigger cities have shops that are usually open on Sundays. Most bakeries (bread & a few sweets) are open on Sunday mornings, and konditoreien (mostly sweets) are open a little longer. The most convenient but also most expensive way to shop on Sunday is at Frankfurt Airport. Here all stores are open on Sundays.

DO ANY GROCERY STORES OFFER A DELIVERY SERVICE?

Yes, but since the market segment is developing rapidly, we recommend that you check the Internet for the latest information.

For example, Rewe, Kaufland and Lidl offer a delivery service. Tegut delivers groceries via Amazon Prime.

WHAT CAN I DO IF MY REGULAR DRUGSTORE IS CLOSED?

Drugstores (also called an apotheke) cooperate with other drugstores in their area. There is always one drugstore that has an emergency service (Apothekennotdienst). This information will be displayed at each drugstore.



WHERE CAN I PURCHASE BEAUTY ITEMS?

DM is a chain store with many locations. It sells items such as makeup, hair products, perfume, health/nutrition items and pet items. It also has a photo section to get pictures printed.

Rossmann is also a chain that sells beauty, make-up and home products.

Müller has a drugs store department as well as many more.

Douglas is a chain store that carries perfumes, cosmetics and other beauty products. There is a location near the school in Neu-Isenburg Zentrum.

At all of them you can order online as well. Any supermarket will also carry beauty items, but they are not cheap.

WHERE CAN I PURCHASE NICE PRESENTS, SPECIAL STATIONARY AND SMALL HOME DECORATIONS?

Schmidts Papeterie is a nice shop in Sachsenhausen, and the owner favors Scandinavian design.

Hessen Shop – This store has four locations in the Frankfurt area, as well as an online shop.



WHERE CAN I BUY FURNITURE AND HOUSEHOLD ITEMS?

XXXLutz Mann Mobilia

Voltastrasse 5, 63303 Dreieich

Telephone: 030/25549508239

Depot – This chain store sells household products and home decorations throughout Germany. It also has nice Christmas decorations and tableware. You may also shop online.

Tchibo – This is a chain store that originally sold coffee and tea. Now it has expanded its collection to include small items, clothes and other practical items. Its offerings change seasonally. You will find it as a section within supermarkets but also online.

De Bijenkorf – This store sells accessories, small appliances and home decorations.

Meiser Home of Living – This furniture store has locations in Leipzig and in Frankfurt.

Leptin 3 – Here is another good choice for furniture and it is located in Frankfurt

IKEA – This Scandinavian furniture and accessories store has a location in Frankfurt



SHOPPING

HOME IMPROVEMENT STORES IN THE AREA?

OBI

Frankfurter Str. 127, 63303 Dreieich (walking distance from school)

Globus Baumarkt Dietzenbach

Albert-Einstein-Straße 3, 63128 Dietzenbach

BAUHAUS

Hanauer Landstraße 517-543, 60386 Frankfurt am Main

TOOM

Ampèrestraße 15, 63225 Langen (Hessen) |

Hornbach neben Ikea Frankfurt

Hanauer Landstraße 477, 60386 Frankfurt am Main

WHERE CAN I BUY PLANTS & FLOWERS?

Fleurop is Brand that, can deliver flowers in 150 countries through their partners by order online or in your local fleurop store.

Blumenhaus Görlich-Dorsch – Here you can find good quality plants, flowers & decorations. It is a family-owned business.

Hofmann Gartencenter – This store has a broad selection of plants. It is also a family-owned business.

Dehner – This store has several locations. To find the closest location near you, please use the location finder on their website.
www.dehner.de

Home improvement stores like OBI also have a selection of plants.



WHERE CAN I BUY SPORTS & OUTDOOR EQUIPMENT?

Decathlon – This is a sporting goods store. Here you can find clothes & equipment for every sport at reasonable prices. This is a chain store, and there is one near the school. You can walk there within 10 minutes.

For bikes and skiing equipment plus clothing you can find a great selection and professional advice in Yosemite in Weiterstadt (close to the shopping center Loop 5)

Does your bike need a repair, Bike Technik in Egelsbach is a great provide a repair centrer. At the end of 661.

WHERE DO I FIND A NICE SHOPPING AREA OUTSIDE THE CITY CENTER?

The Schweizer Strasse and its connecting streets is a good area for shopping. You will find mostly smaller specialized shops which vary from delicatessens, gift shops and clothing shops. There are also chain stores such as DM and Alnatura.

WHERE CAN I PURCHASE SHOES IN THE AREA?

Braun Markenschuhe – This is a good place to buy children's shoes. It is a large store with mainly self-service. There are three locations, with one location close to the school: Address: Robert-Bosch-Str. 7b, 63303 Dreieich

Tausendfüßler – Die Kinderschuh Company – This is a small shop in Neu Isenburg with nice collections of children's shoes. Address: Frankfurter Str. 20, 63263 Neu Isenburg



Jordan Schuhe – This is a good place to purchase shoes for adults. There are two locations in Frankfurt, one of which is in Sachsenhausen.

Address 1: Schweizer Str. 72, 60594 Frankfurt (Sachsenhausen)

Address 2: Liebfrauenstr. 1-3, 63313 Frankfurt

WHERE CAN I BUY CHILDREN'S CLOTHES?

Ernsting's Family – This is a great place to find clothes for both boys and girls. In addition, it has women's clothing as well as home accessories. Please use the store locator on their website or shop online.

WHERE TO BUY BOOKS?

More under the section about books.



ARE THERE ANY SHOPPING MALLS IN THE AREA?

Isenburg-Zentrum
Hermesstrasse 4
63263 Neu Isenburg

Loop 5
Gutenbergstrasse 3
64331 Weiterstadt

Main-Taunus-Zentrum
Main-Taunus-Zentrum 1
65843 Sulzbach (Taunus)

My Zeil
Zeil 106
60313 Frankfurt am Main

Skyline plaza shopping.
Europa-Allee 6
60327 Frankfurt

NordWestZentrum
Limescorso 8
60439 Frankfurt am Main



ACTIVITIES

Being active has so many benefits for the mental and mind state, not only for adults, but also for kids. Finding your activities that you prefer to do on a weekly basis is so important to feel well in your new environment, that's why you will find a selection of our choices our community has experience with. In the [sport section](#) of the guide, you will, of course, find the sport list.

**I enjoy being
active; It's part
of my lifestyle.**

S. Roiz



WHERE CAN MY CHILD(REN) TAKE MUSIC LESSONS?

Strothoff International School offers a variety of [music lessons](#) after school. Please visit the website for a listing of current offerings.

Music schools are also located in each community. Individual and group lessons are available for instruments and voice. We have listed a few music schools in the communities surrounding Strothoff International School.

[Dreieich Music School](#)

[Langen Music School](#)

[Neu-Isenburg Music School](#)

[Music School Oktave](#)

You can also inquire about music lessons at any music store.



ACTIVITIES OUTSIDE SCHOOL

ARE LANGUAGE SCHOOLS AVAILABLE?

At Strothoff International School, students learn German and English daily. Additionally, students have the opportunity to learn a variety of different languages after school. These are taught through Strothoff International Academy. The Academy offers courses for parents too.

Outside of Strothoff, there are a variety of options for language courses, whether you are looking to learn German or learn another language.

If you would like to learn German, adults can find courses in German both online and in person. It is more difficult to find German language programs for children. Remember that Strothoff International School offers courses for both adults and children through Strothoff International Academy.

Goethe Institute – Offers both adult and youth classes

Volkshochschule (VHS) – Many parents choose to take German lessons at the community college next door to Strothoff.
www.vhs-kreis-offenbach.de VHS Kreis Offenbach

Inlingua - private multiple language centrum

A-viva - Offers fusion of language and culture.

Sprachcaffe - language school in Frankfurt/Sachsenhausen



NATIVE LANGUAGES

Are there places in addition to the Strothoff International School where my child(ren) can continue to study their native language?

Yes. Listed below are programs that current Strothoff students also participate in on the weekends. These schools are not affiliated with Strothoff. Other language programs may be available in the area.

Korean

Koreanisch Schule in Frankfurt am Main.e.V
Gebeschsstrasse 24
65929 Frankfurt am Main
+49 069-740 999

Chinese

Huayin-Chinesische Sprachenschule
Arnsburger Straße 44
60385 Frankfurt am Main
+49 0175 6336583

Japanese

Japanisches Institut Frankfurt am Main e.V.
Langweidenstr. 8-12
60488 Frankfurt am Main
+49 069-78076829

Russian

Slovo
Martin Elsaesser-Weg 6
60314 Frankfurt
+40 069-70 79 40 06

Dutch

Stichting Nederland Onderwijs Frankfurt



Strothoff offers a variety of sports for students after school.

Sports lessons and teams are also offered through local sports clubs. This website gives details about joining local sports clubs. The clubs offer many sports from football, tennis and badminton to gymnastics, curling and volleyball, as well as many other sports. Search for sports clubs in your area.

Additionally, these locations have been recommended by the Strothoff community.

Ice skating: Eissporthalle (Frankfurt)
Am Bornheimer Hang 4,
60386 Frankfurt am Main, Germany
Phone: +49 69 21239308

Skateboarding: Many towns have small skate parks for skateboards, inline skates, stunt scooters and BMX. This website provides an additional resource for finding a skatepark near you.



Bouldering: Both adults and children alike can enjoy bouldering while in the Frankfurt area.

Boulderwelt Frankfurt
August-Schanz-Straße 50
60433 Frankfurt

DynoChrom
Flinschstraße 45
60388 Frankfurt <https://dynochrom.com>

Kletterbar:
Sprendlinger Landstr. 177 B
63069 Offenbach

Ropes Course: Adventure Park Offenbach has a ropes course as well as bouldering opportunities

Breath, Balance & Bloom is owned and operated by one of our parents at Strothoff. It is a Pilates and Personal training studio. She teaches in multiple languages (FR, NL, DE & EN), to teenager and adults, and can teach online, her studio.



SWIMMING

Swimming is part of the PYP Physical Education curriculum at Strothoff International School.

Where can my family swim in the area?

There are many options for both indoor and outdoor recreational swimming in the Frankfurt area. Currently it is necessary to book an appointment online to visit the swimming pools.

Most towns have some swimming facilities. We have listed a few based on feedback from Strothoff Parents.

Frankfurt: The website provides a list of pools in Frankfurt:

Neu-Isenburg: Indoor/Outdoor pools:

Langen: Indoor, Outdoor and Waldsee (swimming lake)

Dreieich: Indoor and Outdoor pools:

Schwimmbäder Dreieich – Hallenbad, Sauna, Freibad (

Dietzenbach: Outdoor pools:

In addition to pools, there are also some wonderful swimming lakes in the area, such as Grube Prinz von Hessen. For a complete list, please visit [this website](#).

Pinta beach in Raunheim was very popular in the Strothoff community in summer of 2022. You get a beach, watersports and big aqua park.



Are there admission fees or season passes?

Yes, you can purchase a daily ticket or a season pass at the main entrance of any pool or at the Rathaus. Students get reduced prices. Check the pool's website for details or ask when visiting. As a result of the pandemic, many season pass programs are on hold. Check the websites for more information.

Where can my child(ren) take swimming lessons?

Swimming is part of PE during the entire PYP program at Strothoff International School. In addition, most pools offer swimming courses. Check their websites to sign up for classes. There are good offerings in and around Frankfurt and the courses are mostly held in smaller baths, which are also used for therapeutic purposes. That means courses can be limited, so you may have to search a bit outside the area where you live.

GERMAN RULES



ARE THERE ANY SPECIAL RULES THAT SHOULD BE OBSERVED?

In Germany, certain hours of the day are marked as “quiet,” and it is expected that you do not produce any loud noise. Depending on your neighborhood, people can be more sensitive to this rule. For sure, having a loud party after 22:00 can cause the police to appear at your door. This is ruled mostly by the community or state (Bundesland).

In general, the hours between 12:00 and 15:00 are considered a “siesta” time, especially for the elderly. You should also avoid loud noise between 22:00 and 6:00, as well as all day on Sundays. If you live in a ‘Kurort’, the rules may be stricter as people see these places as somewhere to recover and unwind. Such communities may use the prefix ‘bad’ before the community’s name, which means ‘bath’ or ‘spa’.



HOW IS TRASH PICKED UP IN GERMANY?

In general, trash is separated by paper, glass, organic waste, and packaging. It is collected during different times of the week or bi-weekly. You must use specific bags for some trash, so please check with your local community for specific rules.

Glass is not collected and needs to be thrown into special containers which are located throughout each community.

Batteries & bulbs can be handed in at most supermarkets and drugstores.

Bulky waste can be disposed of in dedicated areas within your community. Please carry evidence of your residency, because you can only use the disposal area that is dedicated to your community.

HOW DOES RECYCLING WORK IN GERMANY?

In Germany, different types of rubbish are collected and recycled separately. The proper sorting of rubbish is a lesson you have to learn.

For further information please have a look at:

- <https://handbookgermany.de/en/live/waste-separation.html>
 - <https://www.howtogermany.com/pages/recycling.html>
-



ARE THERE ANY ETIQUETTE RULES THAT I SHOULD KNOW?

Shoes: Shoes are usually left at the door. If you visit you may want to bring your own warm socks.

Birthdays: Do not congratulate someone ahead of his or her birthday. It is believed to bring bad luck.

New Year: During the New Year, people tend to bring little presents with lucky symbols like a chimney sweeper, clover, ladybug or pig.

Invitations: It is not unusual to be invited for a certain time, especially for kids' birthdays. It is considered polite to arrive quite punctually, although this rule is becoming more flexible. Check with your host if you are uncertain.

It is also usually not a problem to bring other people with you, but please ask or inform the host upfront.

If you are invited for a coffee, especially on Sundays, do come with an appetite because it is common for the host to offer more than one piece of cake. There is usually a selection of two or three types of cake.

When invited to a house-warming party, a traditional gift is bread & salt as it symbolizes a blessing.

Cleaning the Sidewalk: You may be required to clean the pavement in front of your house (e.g., clear snow in the winter, clear the leaves in the autumn). You may also be required to remove weeds from the crevices. Please check with your landlord about this obligation. Failure to do so may have legal consequences in the event of damage to a third party.



Tipping: In restaurants, it is common to tip the waiter/waitress around 10%. It is also common to tip hairdressers. If you have workers at your house, and you want to show appreciation, you may hand them a few euros or offer them something to drink.

Paying with Cash or Card: Some shops and markets may accept cash only or will only accept cards after spending a certain, minimum amount. Therefore, it is helpful to always carry some cash with you. In many German stores, you are asked if you have a Payback card or Deutschland card or, if not, if you want one. This is a popular discount card (valid for plenty of shops), but you don't need to have it.

ENTERTAINMENT



**Entertainment
is about
taking people
away from the
regular order
of things
when there is
some chaos,
pain and
stress.**

Michael Jackson



WHERE CAN I GO ON DAY TRIPS WITH MY FAMILY?

Nature Park: The Geo Naturepark Bergstrasse-Odenwald is part of the UNESCO Global Geoparks Network. For directions and more information, please visit their website.

Fossil Mine: The Welterbe Grube Messel is an active fossil mine. You may take a guided tour of the fossil pit or visit the exhibition rooms.

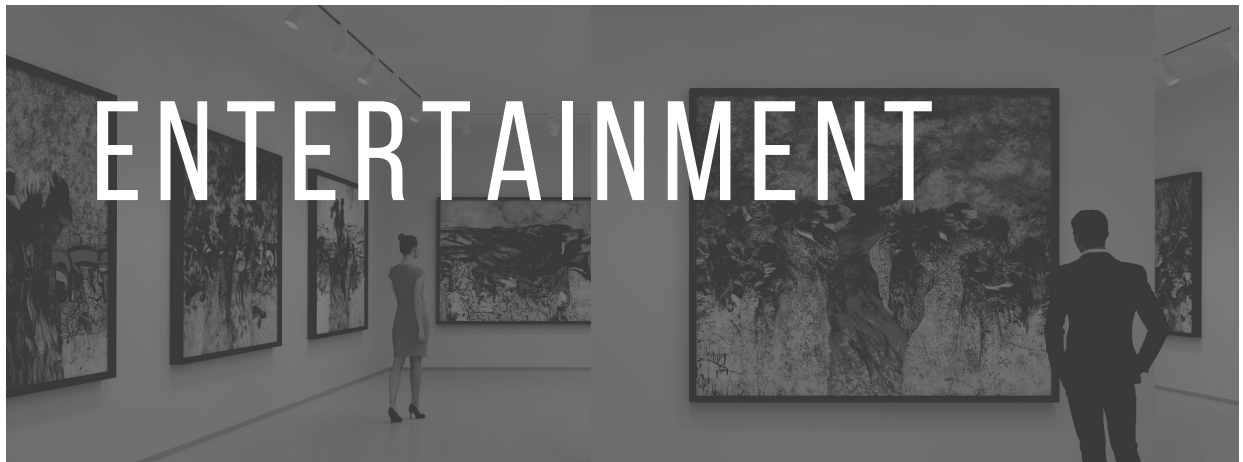
Felsenmeer: Here you will find rock formations for play and climbing, and Roman findings.

Museums:

The Bioversum & Museum Jagdschloss Kranichstein is a museum that deals with biological diversity.

The Großherzoglich-Hessische Porzellansammlung is a museum that displays the Grand Ducal Hessian porcelain collection.

European Space Operations Center (ESOC).



Experimenta, Interactive Science Museum

Senckenberg Museum, Museum of Natural History

Hessen Park is an open-air museum of almost 100 half-timbered buildings from Hesse.

The Walkable Heart (kinder-akademie) in Fulda: Tours are available with an English audio guide.

Castles:

Castle Johannisburg Aschaffenburg.

Castle Schönbusch Aschaffenburg.

Heidelberg Castle

Roman Castle Saalburg.

Schloss Freudenberg, Wiesbaden, discover and play

Schloss Wolfsgarten, Langen

Pompejanum, Aschaffenburg: Built in the 1840s, this is a replica of a Roman villa.



ZOOS:

Frankfurt Zoo

Bernhard-Grzimek-Allee 1
60316 Frankfurt am Main

Opel Zoo, Kronberg/Koenigstein

<https://www.opel-zoo.de/>
Darmstadt Zoo

Odenwald: There are children's activities in Odenwald, which are worth a visit! Bergtierpark Erlenbach

Wildpark Alte Fasanerie: Check out this wildlife park in Hanau that has wolves, boar, and farm animals. You can also hike in the forest.

OTHER/NATUR:

Palmengarten Frankfurt: This is a beautiful botanical garden.
<https://www.palmengarten.de/de/>

Lohrberg: This is a public park in Frankfurt where you can stroll, play, view the beautiful scenery, and get a bite to eat.

Schwanheimer Dünen, a stroke of nature that looks like the sand dunes.

Sequoia trees in Taunus, giant tree to see instead of flying to sequoia national park in USA.

ENTERTAINMENT

Frankfurt Rhein-Main: There are many fun things to do in the Frankfurt Rhein-Main area. Visit the website below for ideas.

Here is another website that gives ideas for fun things to do in Frankfurt with kids.

Hesse: To find the best things to do in Hesse with kids, check out this website.

ARE THERE ANY OTHER ENTERTAINMENT RECOMMENDATIONS?

Cinemas (kinos): In Dreieich there is the Rex-Palast and the Viktoria-Theater.

To find other cinemas nearby, search
kino.de, general program
Cinestar, Frankfurt
Astor, filmlounge my zeil
Kinopolis, Darmstadt
Lichtburg., Langen

Cinemas in Germany also show movies in English. These films are marked OmU or OV in the program guide. *Please be aware that you can't take a child underage of the recommendation of the age when to watch the movie. They will don't allow you acces to the public place.*

CONGRESS

Rhein-Main Congress Center: Located in the centre of Wiesbaden, the Rhein-Main Congress Center hosts many events, such as conferences, trade fairs and exhibitions.



The Kurhaus Wiesbaden is part of the Rhein-Main Congress Center. It is a convention center and the social center of the city.

THEATRE

The English Theatre Frankfurt: Enjoy the adult shows from this English-speaking theatre in Frankfurt.

Opera Frankfurt

Burgfestspiele Dreieichenhain Jazz Festival: Enjoy a summer of jazz! is one to recommend.

WHERE CAN I LEARN ABOUT GERMAN WINE?

Visit the Rheingau region. Here you will find world famous wines. In this region, the Rhine River suddenly runs east to west in the north-south direction. Therefore, the climate closely resembles a Mediterranean climate and makes for a wonderful climate to grow grapes.

Tour the Bergstrasse region. This is another famous wine region nearby. Check out their website to find out information regarding wine festivals and markets.



WHERE IS A GOOD PLACE TO HOST A BIRTHDAY PARTY?

Hanauer Wildpark, Alte Fasanerie

Kletterpark Offenbach

Jumping Wiesbaden

Jumping Park Mörfelden

Schwarzlichthelden Minigolf:

Berger Str. 138, 60385 Frankfurt am Main

Waldspielpark Scheerwald: This park contains a splash pad, miniature golf, roller skating and sports facilities.

LaserZone Frankfurt: (Lasertag):

Borsigallee 18, Frankfurt.

or rent your own lasertag_gear

Icehall Frankfurt: Ice skating

Kranichstein Bioversum

Freizeitpark Lochmühle: Amusement Park

In addition to the places listed above, most museums offer kids' birthday parties.



WHERE CAN I FIND GOOD HIKING TRAILS?

Taunus: Enjoy the 2,143 hiking routes in Taunus, which offers anything from long-distance hikes to pilgrim walks.

The Odenwald: Located in southern Hesse, Lower Franconia, and northern Baden, the Odenwald is a low mountain range with good hiking trails. Enjoy the old towns, castles, and palaces. For a listing of trails, visit their website.

Plus, note that the AIWC, American International Women's club, goes regularly on a hike as well. It's for all English speaker people.

RELIGIOUS SERVICES



**All religions,
arts and
sciences are
branches of
the same
tree.**

Albert Einstein



RELIGIOUS SERVICES

WHERE CAN I FIND CATHOLIC SERVICES?

Muttersprachliche Gemeinden: This website provides dates and locations of services for multiple languages and cultures, including English, French, Spanish, Italian and others.

WHERE CAN I FIND BAPTIST SERVICES?

Multination Church: This is an international, Baptist church located in Frankfurt. The services are in English.

Eschenheimer Anlage 32
60318 Frankfurt am Main

Immanuel Baptist Church: This church is loosely affiliated with the U.S. military base in Wiesbaden and holds English services.

In addition to the Baptist services listed above, the International Baptist Convention has an easy-to-use locator to find churches in your area.

WHERE CAN I FIND CHURCH OF CHRIST SERVICES?

This website provides a list of all Church of Christ locations in Germany.



RELIGIOUS SERVICES

WHERE CAN I FIND METHODIST SERVICES IN MY LANGUAGE?

This website provides a listing of international Methodist churches in Germany in various languages, including English, Vietnamese, Ghanaian, and others.

In addition, The Gemeinde Frankfurt New Hope Church in Frankfurt holds Methodist services in English.
Merianplatz 13, 60316 Frankfurt am Main

WHERE CAN I FIND CHURCH OF GOD SERVICES?

Internationale Jesus Gemeinde Langen: This church is international and located in Langen. Services are bilingual (German & English).

WHERE CAN I FIND NON-DENOMINATIONAL CHRISTIAN SERVICES?

New Life Church in Frankfurt: This church is international and mostly German speaking but with English translation.

C3 Church Frankfurt: This is an English speaking, non-denominational church in Frankfurt.



RELIGIOUS SERVICES

WHERE CAN I FIND JEWISH SERVICES?

This website is the site of a weekly Jewish online magazine, and it contains extensive directories, including a list of synagogues in our area.

WHERE CAN I FIND MOSQUES?

There are mosques in most cities. The Eyüb Sultan Moschee is a three-minute walk from the school and has been recommended by school families.

Schlagfeldstraße 48, 63303 Dreieich
unfortunately, no website.

BOOKS

**I do believe
something very
magical can
happen when you
read a good book.**

J. K. Rowling

*Here you can read more
about our BOOK club.*



WHERE CAN I FIND A PUBLIC LIBRARY IN MY COMMUNITY?

You can usually find public libraries through your city/town/community portal. You can find it under 'Bibliothek' or 'Bücherei'.

The Frankfurt library is on the Hassengasse 4. .

Central Library

The Central Library of the Goethe University Frankfurt am Main is open to the public. On their website you can find a directory of other academic libraries in Frankfurt.

Deutsche Bibliothek

This is the largest library in Germany

Stadtbücherei Langen Südliche Ringstraße 77 , 63225 Langen

HOW CAN I FIND A SPECIFIC LIBRARY IN GERMANY?

Wikipedia contains a listing of libraries in Germany.

HOW CAN I ACCESS MATERIALS ONLINE?

For e-books, e-journals and other online information, visit the Central Library.

HOW CAN I FIND MUSEUMS WITH A LIBRARY?

Are you looking for something out of the Frankfurters' museum libraries, you can use the link.



WHERE CAN I FIND BOOK STORES?

Buchplatz – This is a nice bookstore in Sachsenhausen. It sells mostly German books and small toys. The owner is very nice and will order English books on request. You can also order online.

Address: Ziegelhüttenweg 2, 60598 Frankfurt

Hugendubel at the Hauptwache in Frankfurt has quite a large English section.

Address: Steinweg 12, 60313 Frankfurt am Main

Thalia is a chain online and with stores.

Bücher is an online bookstore.

and of course Amazon has a considerable collection.

AUDIOBOOKS APPS.

Audible is a partner of Amazon, for audiobooks. Most of course in German, but the English selection is expanding each year.

Storytel is also an option for audio and e-books. The application exists in multiple languages. The link goes to the German version.

Bookbeat is also an option.

A black and white photograph showing a chef's hands carefully plating a dish. The chef is wearing a white shirt and a dark tie. The dish appears to be a salad or a light meal with various ingredients. The background is dark and out of focus.

RESTAURANTS & SPECIALTY FOOD

What is a Michelin Star?

A Michelin Star is awarded for outstanding cooking. We consider the quality of the ingredients, the harmony of flavours, the mastery of techniques, the personality of the chef as expressed in their cuisine and, just as importantly, consistency both over time and across the entire menu.

MICHELIN Guide Inspector.

Michelin her recommendation for excellent restaurants in Hessen !

This section contains restaurants recommended by our school community.



WHERE CAN I GET FOOD FOR TAKE-OUT OR DELIVERY?

"After" the pandemic (or force closing) most restaurants now offer take-out. Many offer delivery as well. Often it is necessary to call the restaurant to place your order; however, there are apps that can be used to order delivery from many restaurants.

Lieferando is a delivery service that allows for easy ordering and payment within the application, or you can pay in person upon delivery.

In case you live in Frankfurt, you can use Wolt as well

Uber Eats

Pizza

Pizzeria La Palma, in Dreieich, is an excellent Italian restaurant which offers only take-out & delivery.
Telephone: 06103/830 969

Curry

Tandoori in Dreieich delivers your curry at home

CAN YOU RECOMMEND A GOOD BAKERY IN THE AREA?

Konditorei Wessinger is located in Neu Isenburg and it actually consists of a hotel, restaurant, café and pastry shop. They have fantastic cakes that won first prize in Germany in 2020. The food is excellent quality.
Address: Alicestraße 2, 63263 Neu-Isenburg

Cafe Ernst is a good bakery with several locations in Dreieich



Bäckerei Schäfer is another nice bakery with locations in Dreieich and Langen

Bäckerei Weller is a large bakery chain with many locations. One of the shops is very close to the school.
Address: Dieselstraße 11, 63303 Dreieich

WHERE DOES THE COMMUNITY RECOMMEND WE EAT OUT!

Oberschweinstiege is a restaurant and biergarten in Frankfurt. It is a nice restaurant in the woods, which makes it a perfect place to eat after a walk or a bicycle ride. The restaurant provides ample parking for cars, as well as bike parking. There is also a dedicated tram stop for the #17 tram line. It takes only a few minutes to walk along a paved path through the forest to reach the restaurant.

Apfelwein Fohl is in the old town section of Neu-Isenburg. The menu rotates weekly. It boasts many traditional German/Hessen dishes and, of course, Apfelwein. Outdoor dining is available most of the year, and it has a very cosy indoor dining space as well.

Wessinger, is located in Neu Isenburg and it actually consists of a hotel, restaurant, café and pastry shop. They have fantastic cakes that won first prize in Germany in 2020. The food is excellent quality.
Address: Alicestraße 2, 63263 Neu-Isenburg

Nigirisushi is a great sushi restaurant, even if you are used to sushi in Japan. It is located in Neu-Isenburg.



Moriki Sushi is another trendy high end sushi restaurant at the Taunusanlage in Frankfurt.

Thong Thai is a good place to go for Thai food. They have locations in Frankfurt, Eschborn and Neu-Isenburg.

Green Thai

Address: Frankfurter Str. 190 b, 63263 Neu-Isenburg

Kylin hotpot

Another great place to go if you and your Family like asian food, they serve not only hot pots

Die Endstation in Dreieich-Buchschlag has been in business for over 30 years. It is a great place to go for food and drinks.

Restaurant Urspring – This restaurant is located in the oldest house in Buchschlag.

Haynerwirtin – This is a nice restaurant in Dreieich.

Alex Frankfurt MyZeil – This is a café, pub, bar & bistro that is open for breakfast, lunch & dinner.

AyurSoul, Shop & Café – This restaurant serves delicious Ayurveda food. Frankfurt

Casa Isoletta in Neu-Isenburg – Super nice, typical Italian staff will serve you great Italian food, delicious steaks but no pizza



Holbein's Frankfurt – This restaurant boasts fine dining and great food, but it is not a kids' restaurant during the evenings. It is nicely located directly at the Main and Städel museum.

Zenzakan – Try this restaurant for trendy Asian cuisine

Franziska – diner with view on Frankfurt city centre, German food in trendy coat.

If after a stroll in the lovely Dreieichenhain you feel like having cakes and ice creams, you can stop in one of the one café's below:

Eiscafe Bernhard

Eiscafe altstadt

Mühlchens café



CAN YOU RECOMMEND GOOD HAIR SALONS IN THE AREA?

Stylebar by sandra Winter

Very close to school and always stunning results.

Frankfurter Str. 116

63303 Dreieich

Weiss Haarstudio in Dreieich is a good salon. Karina is a great stylist which speaks fluent English.

Style and Pleasure is a good salon in Frankfurt Sachsenhausen. The staff speaks mostly German and Turkish. Please ask for Güler; she is the owner and is excellent with hair colour.

Gabi hand- und fusspflege in Langen

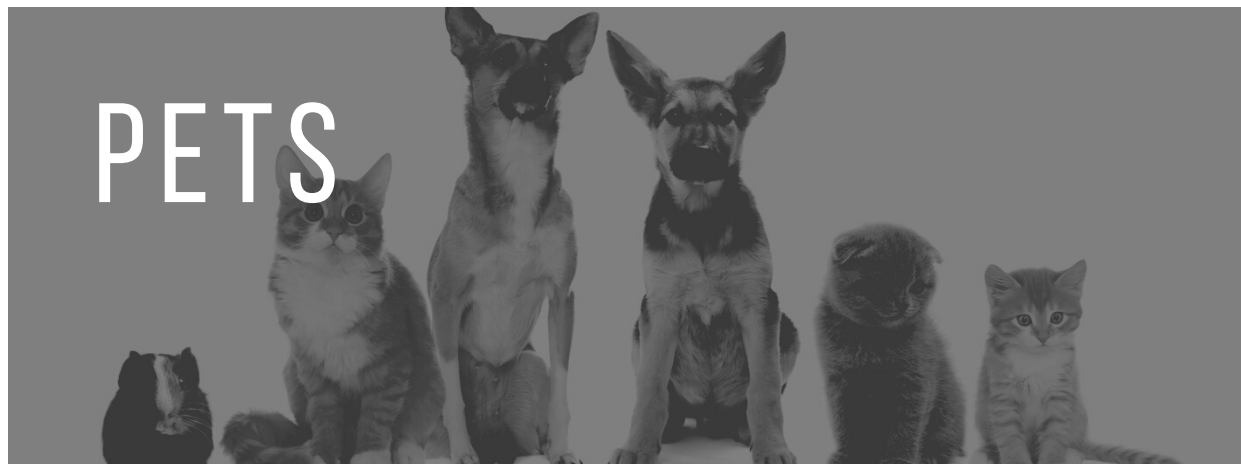
PETS



**The best doctor
in the world is a
veterinarian.
He/she can't ask
his patients what
is the matter...**

**He or she got to
just know.**

Will Rogers



WHAT TYPES OF PET INSURANCE ARE NEEDED?

There are two types of pet insurance available in Germany – health insurance and liability insurance.

Pet health insurance is not required but it is a common practice in Germany because the costs for veterinary services can be high.

You must have personal liability insurance for your pet. If you will board your pet, you may also need insurance that includes a dog sitting by a business. This extra insurance can only be found by a few insurance companies, such as [AXA](#), [HansMerkur](#), [Tierdirekt](#), [Allianz](#) and many more.

WHERE CAN I PURCHASE PET INSURANCE?

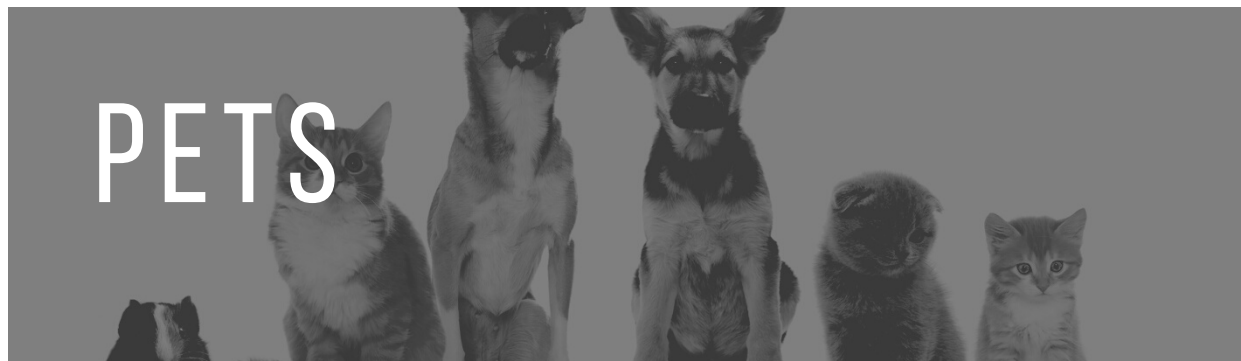
Check with your insurance company to see if they offer pet insurance. Alternatively, AXA is a good choice.

[AXA - Jürgen Müller](#)

Address: Rheinstrasse 8, 63303 Dreieich

Telephone: 06145 9338434

You always can check on [check24](#) for any insurance you may need. You can compare multiple insurance in one view. When you have chosen one, you can all finished it online. Please be able to read German and to read the fine print. If you need help in that matter, your community is happy to help you.



DO I NEED TO REGISTER MY DOG/CAT?

Dogs must be registered at the same place that we are registered as people. The dog must be added as a member living at the same address. You will then receive a tag that the dog must wear, and you will be asked to pay a yearly tax for the dog (the amount varies depending on the dog size, breed and city). It is important to register the dog for you to be protected in case of litigation or if your dog attacks/ is attacked in the streets/woods.

Many cities have a registration and castration obligation for cats. [For more information.](#)

WHERE CAN I BUY FOOD, BEDDING & TOYS FOR MY PET?

[Fressnapf](#) has a location in Dreieich, close to the school, or you can place an order online.

Address: Frankfurter Straße 135, 63303 Dreieich

[Futterhaus](#) is also a adequate alternative.

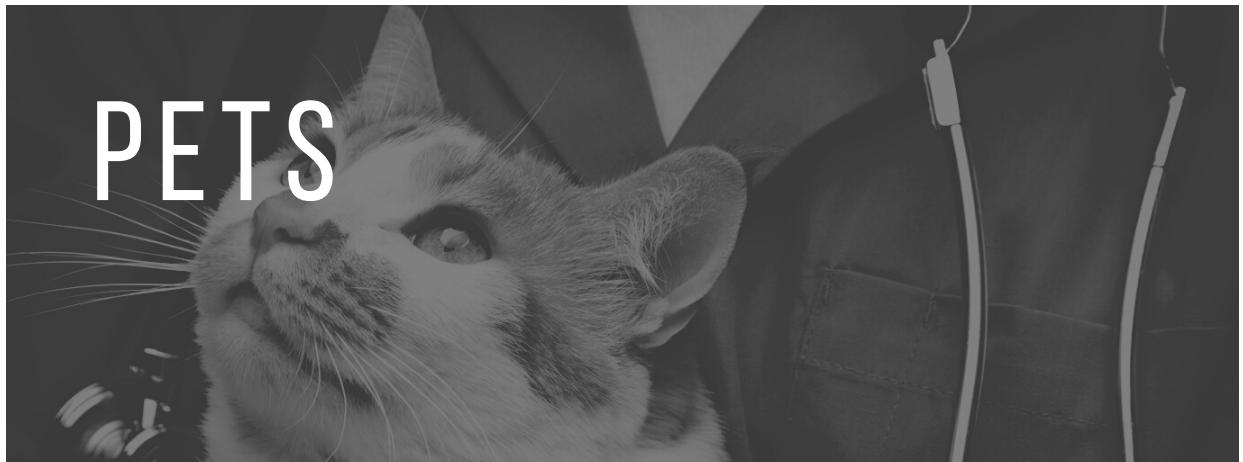
WHERE CAN I WALK MY DOG OFF THE LEASH?

In Germany, dogs are usually kept on a leash. Especially in the forest, it is often mandatory.

Please pay attention to the signs.



There are designated dog areas in most cities and communities.



CAN YOU RECOMMEND A GOOD VETERINARIAN?

Tierarztpraxis Langen

Triftstraße 20
63225 Langen
06 10 32 37 03

Dr. med. Vet. Otto Doermer

Mörfelder Landstrasse 98
60598 Frankfurt
Telephone: 069 60 60 78 87

Tierarzt von Schleinitz

This is a lovely clinic in Neu-Isenburg, and both vets speak English.

Waldstrasse 133
63263 Neu-Isenburg
06102 77 99 892

Tierklinik Hofheim

This clinic is for more serious cases, and your pet will get world-class treatment.

Katharina-Kemmler-Straße 7
65719 Hofheim
06192 290 290

Tierklinik Neu Isenburg.

Carl-Friedrich-Gauß-Straße 5
63263 Neu-Issenbourg

To find a veterinarian in your area, please use the following [site to search](#) for a vet near you.

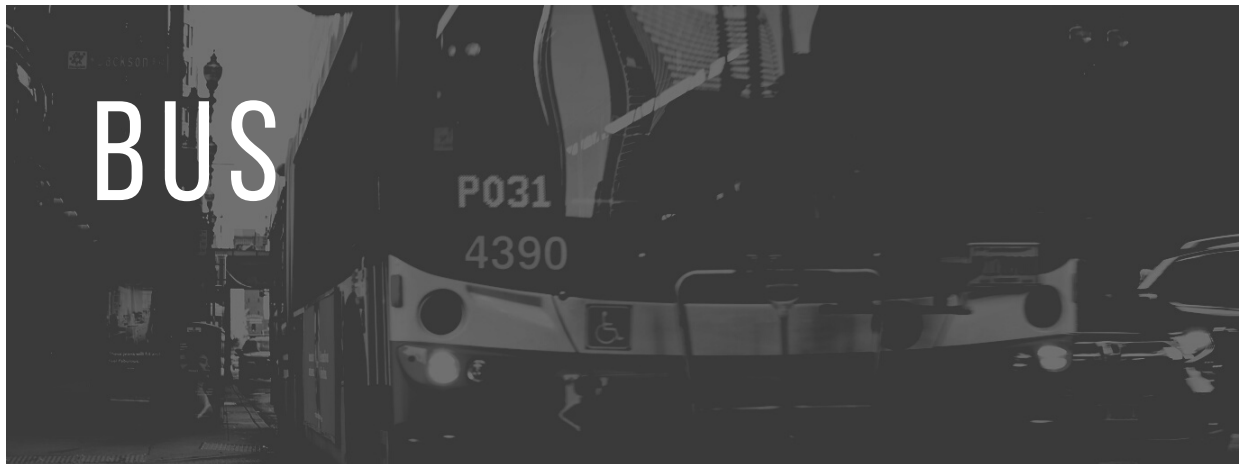
If you own a turtle or other reptile, search for a vet near you using [this site](#) for these special pets.

PUBLIC TRANSPORTATION



**You cannot
understand a
city without
using its public
transportation
system.**

Erol Ozan



Bus routes operated by:

RMV (Rhein-Main-Verkehrsverbund)

Link to [Network Maps](#)

Link to [Interactive Map](#)

Tickets can be purchased via [RMV ticket machines](#), [RMV App](#), [Bus driver](#), or [RMV sales offices](#)

[Verkehrsbetriebe Dreieich](#) (Dreieich transport company)

Link to [network map](#)

Tickets can be purchased via [RMV ticket machines](#), [RMV App](#), [Bus driver](#), or [RMV sales offices](#)

The closest stop to Strothoff International School (right outside the school) is "[Dreieich-Sprendlingen Am Hirschsprung](#)," serviced by:

RMV Bus Lines:

[X83](#) (Langen - Dreieich - Neu-Isenburg – Offenbach),

[OF91](#) (Neu-Isenburg - Sprendlingen - Langen),

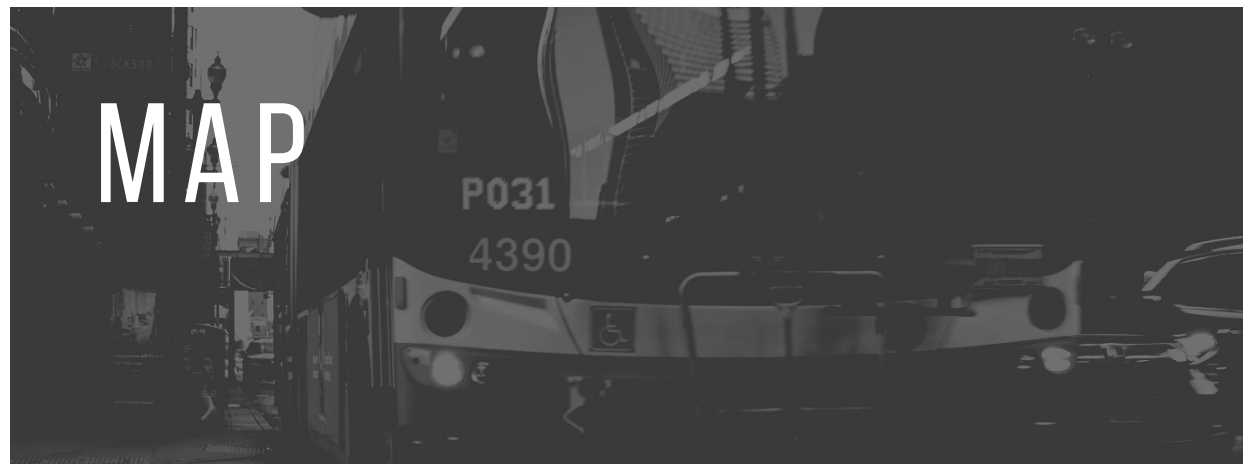
[OF92](#) (Neu-Isenburg - Sprendlingen - Dreieichenhain - Götzenhain - Offenthal)

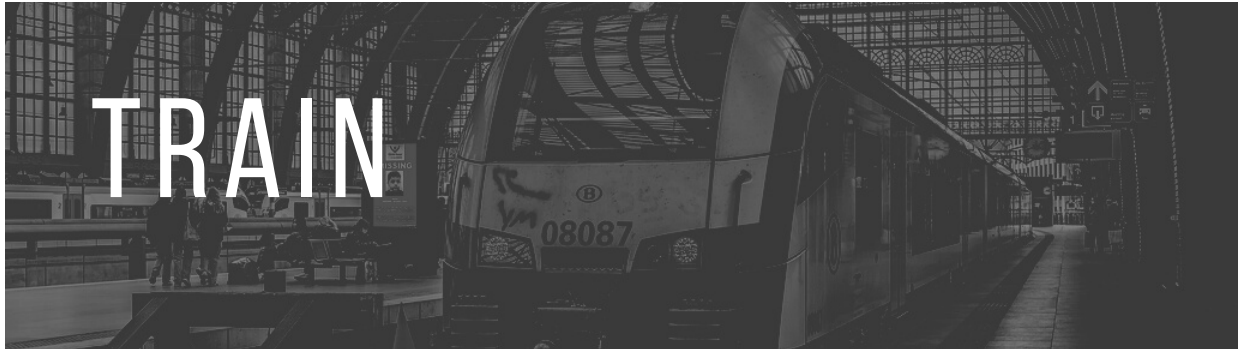
*Night [n71](#) (Frankfurt - Neu-Isenburg - Langen - Darmstadt and back)

Verkehrsbetriebe Dreieich Bus Lines:

[OF-64](#) (Frankfurt Airport - Buchschlag train station - Sprendlingen Bürgerhaus - Weibelfeld - Offenthal and back),

[OF-67](#) (Sprendlingen - Neu-Isenburg Bf - community center and back)





Station - Dreieich-Buchschlag Bahnhof is 3.2 kilometers from Strothoff International School.

Serviced by train lines:

S-Bahn: S3, S4

Regional: RB61

Serviced by bus line:

OF-64 (Frankfurt Airport - Buchschlag train station - Sprendlingen Bürgerhaus - Weibelfeld - Offenthal and back) with a stop in next to Strothoff International School

Stations - Dreieich-Sprendlingen Bahnhof is 2.3 kilometers from the school or Neu-Isenburg. (many students travel to Neu-Isenburg and then get on the bus there).

Serviced by train lines:

Regional: RB61





The nearest tram stop (3.1 kilometers) from Frankfurt is Frankfurt (Main) Neu-Isenburg Stadtgrenze in Neu-Isenburg.

Serviced by tram line 17

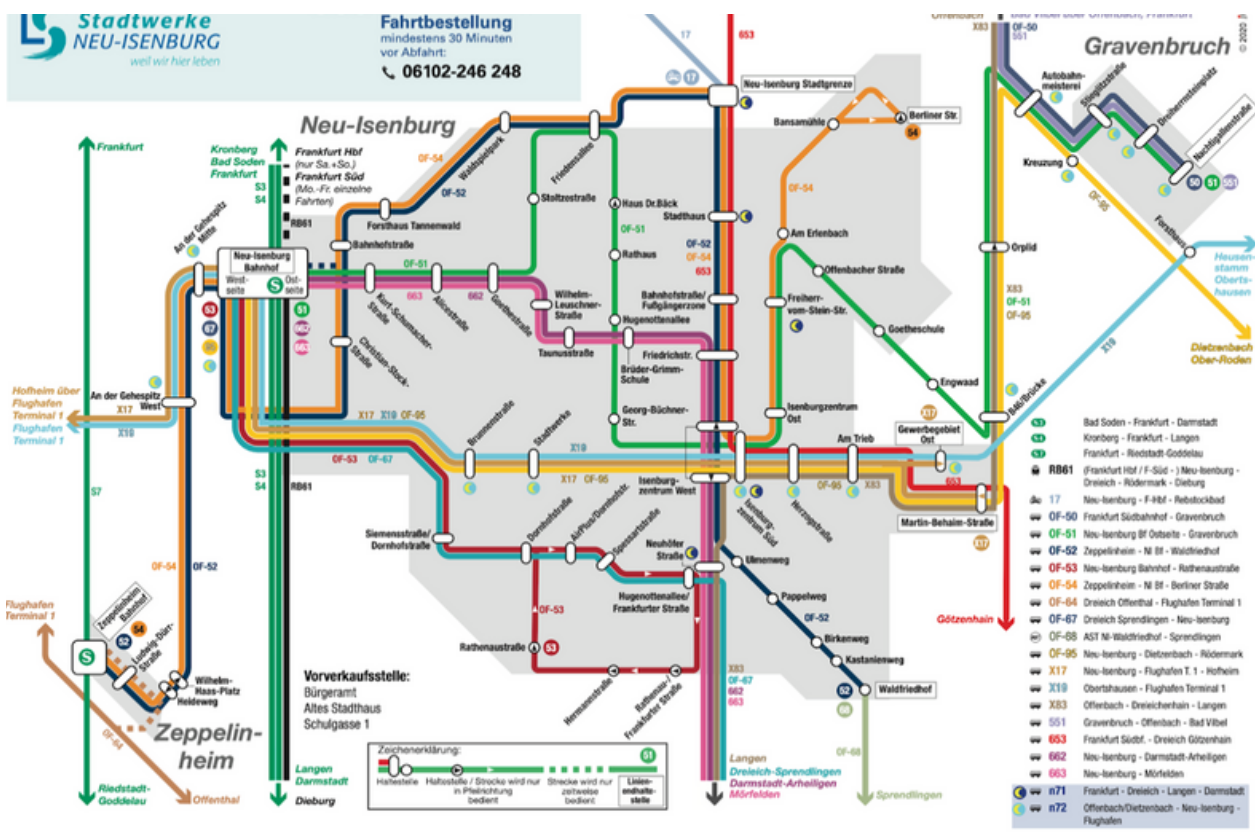
Serviced by bus lines:

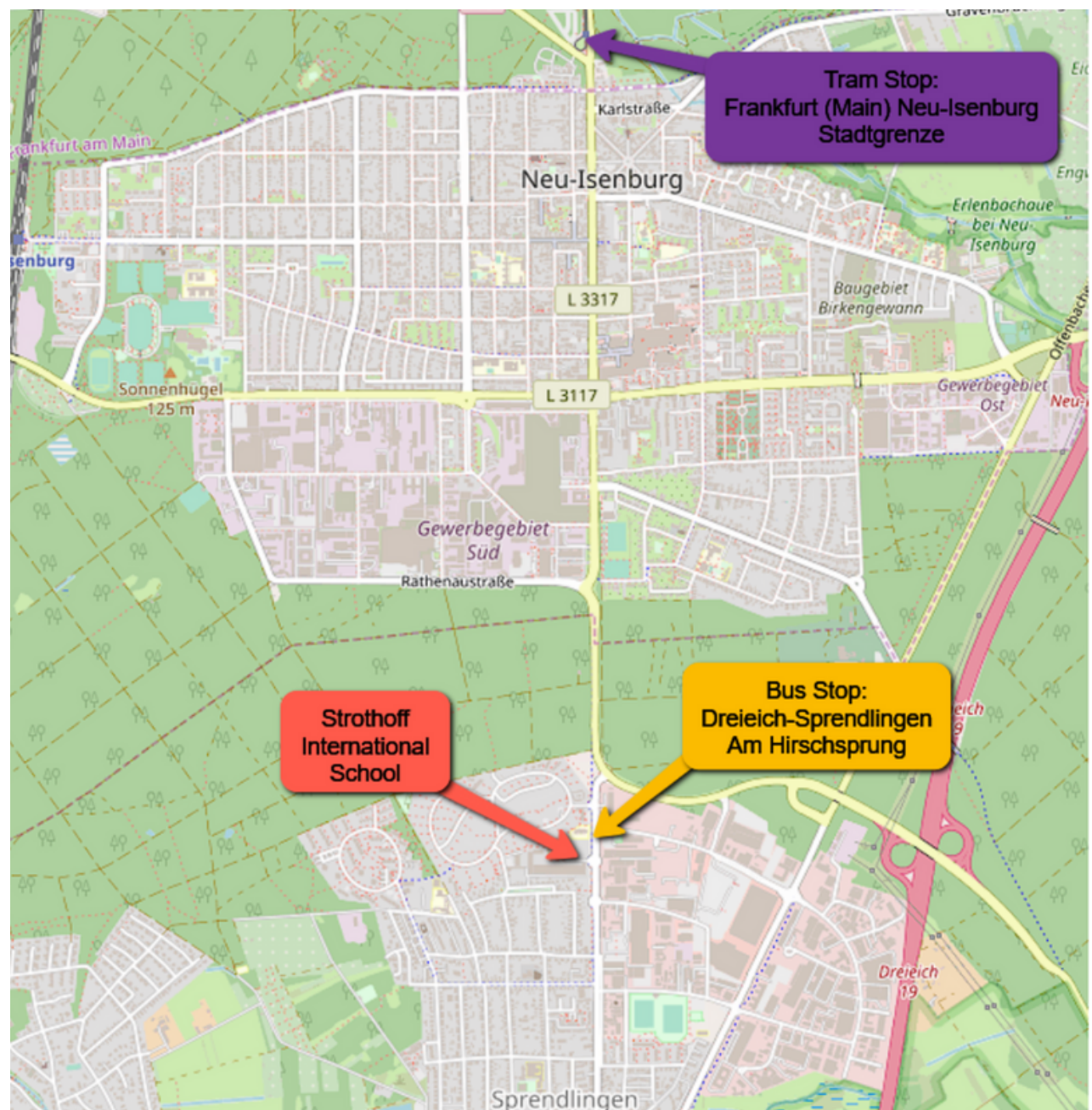
RMV Bus Lines:

653 (Götzenhain - Neu-Isenburg - Frankfurt Südbahnhof),

*Night n71 (Frankfurt - Neu-Isenburg - Langen - Darmstadt and back),

OF-52 / OF-54 (Neu-Isenburg Waldfriedhof/Berliner Straße - Straßenbahn - Bahnhof Westseite - Zeppelinheim)







Taxi Tayyar Dreieich: Phone - 06103 34122, 01775 432320; Email - info@dreieichtaxi.de

Dreieicher Taxi: Phone - 06103 5571983, 0800 0063303, 0163 1682669; Email - dreieicher.taxi@gmail.com

Taxizentrale Dreieich N&H: Phone - 06103 66666, 0170 43 86 900; Email - taxizentrale-dreieich@web.de

RIDE-HAILING APPS/SERVICES

Ride share programs including Uber, Blacklane, FreeNow, and talixo service the Frankfurt am Main area.



There are extensive cycling paths around the school. Paths include dedicated on road cycling lanes, off-road cycling paths, and paths through the forest.

Strothoff International School includes bicycle parking spaces.

By the way, Children at Strothoff International School do a traffic exam on a bike in PYP4 organised by the school and local police.

[Hessen Cycling information and map.](#)

[For more information,](#) especially which rules you have to keep in your mind.

PARENT TEACHER ORGANISATION



STROTHOFF
INTERNATIONAL
SCHOOL

PTO

CONTACT US
WHEN YOU
HAVE
QUESTIONS.

PTO.WELCOME.SIS@GMAIL.COM

THE MYSTIC MONTH OF JANUARY IN THE YEAR
2024.

