



All about JIZ

State August 2025

The Munich's Youth Information Centre is a public institution funded by "Kreisjugendring München-Stadt".
Our German name is Jugendinformationszentrum, however we are often just called "JIZ", which is the acronym.

► The Youth Information Centre

*...the main target group are **young people** aged between **14 and 26 years**.
Additional target groups are family members and those who work with young people (teachers, social workers, youth workers etc.)*

*...provides extensive **information about all youth and early adulthood related issues** (employment matters, recreation, youth travel, legal issues etc.)*

*... is a first point of contact for young people **seeking information or assistance**, also in **crisis situations***

*...offers **initial consultation***

*...offers **regularly expert counseling** (Legal Counseling, Dept Counseling, Bullying Counseling, Counseling on going abroad, Accommodation Counseling...)*

*... **refers** young people to relevant statutory agencies and youth welfare services when further information or specialist help is required*

*... all services are **free of charge** and **confidential**, clients may remain anonymous*

*... has **projects**, in which young people can participate*

... provides computer with internet access

*... provides a wide range of **print materials** (brochures and books)*

*... **publishes own material**, for example the brochure "München-Tipp" (Munich's advice) on different subjects (Accommodation in Munich, Party Rooms, 2nd-Hand Shops etc.)*

*... organises **networking meetings** and **lecture series for professionals** and interested parties ("info breakfast" & "modern talking")*

► Contact & Accessibility

Visit us: Sendlinger Straße 7 (inner courtyard), 80331 Munich, Germany

Call us: +49 89 550 521 50

Write an e-mail: info@jugendinfo-muenchen.de

Write a message via WhatsApp or Signal: +49 160 99 41 23 94

Send us fax: +49 89 550 521 51

Mail-Address:

Jugendinformationszentrum
Oberanger 6
80331 Munich, Germany

Opening hours:

Monday: 12 pm - 7 pm

Tuesday - Friday: 1 pm - 6 pm

On weekends we are closed. However, **on Saturdays 1 pm - 5 pm** our facilities are run by "Spiellandschaft Stadt" with events for children. During this time access to print material within JIZ is available.

► Getting to JIZ

There are two ways to reach JIZ:

- **via Oberanger 6:** take the stairs up to the inner courtyard. The stairs are just behind the bus stop (lines 52 and 62).

- **via Sendlinger Straße 7:** The Sendlinger steet is a pedestrian zone. The entrance to the inner courtyard is next to the optician shop.

Public Transport

By Bus

Line 52 and 62 Stop at **St.-Jakobs-Platz**. Take the stairs up to the inner courtyard. The stairs are just behind the bus stop.

By Metro & Suburban train

The nearest Metro and Suburban train station is **Marienplatz** on the U3, U6 and S 1-8 lines. The station is approximately five minutes' walk from the JIZ's Sendlinger Straße 7 entrance.



Sendlinger Tor station services the Metro lines U1, U2, U3 and U6 and is approximately eight minutes walk from the JIZ's Sendlinger Straße 7 entrance.

For further information:

see www.jugendinfo-muenchen.de

or contact us info@jugendinfo-muenchen.de

► JIZ – Services

Vacation Pass + Family Pass

JIZ sells Vacation Passes and Family Passes.

Vacation Pass (Valid during the holidays within the academic year)

With the "Vacation Pass" children and teenagers get free access or discount to dozens of attractions. To purchase a Vacation a child's photo is required. The sale starts in October shortly before autumn holidays.

Prices:

- 14,00 €: for children aged between 6-14 years (includes access to public transport during the summer holidays)

- 10,00 €: for teenagers aged between 15-17 years (does not include access to public transport during the summer holidays)

Family Pass (Valid during the calendar year)

With the "Family Pass" families (2 adults and up to 4 children) get discount to dozens of attractions. Price: 6,00 €. The sale starts in December shortly before Christmas.

→ Further Information: www.muenchen.de/ferienpass

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ATTENTION: Unfortunately, only cash payment is possible in the JIZ!

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Theaterjugendring (TJR)

Theaterjugendring provides lower-priced tickets for venues at Munich's theatres. Those tickets are only available with a subscription to groups of young people up to 27 years, such as school classes, students, trainees etc. Further Information: www.theaterjugendring.de

Inspection of Extended Certificate of Good Conduct

JIZ is a point of inspection for the Extended Certificate of Good Conduct.

Volunteers who are active in the youth work are obligated to present their Extended Certificate of Good Conduct. Further Information:

www.jugendverbaende-muenchen.de

► JIZ - Online Services

www.jugendinfo-muenchen.de

Our homepage provides news and content relevant for young people, information on a wide range of subjects, on counseling services as well as on brochures. Furthermore, it includes an address database with around 2.000 records.

www.jung-und-wohnen.de

Compact information on accommodation search in Munich for young people.

www.ferien-muenchen.de

Holidays and leisure activities for children and youth in and around Munich.

www.freiwilliges-jahr-muenchen.de

Useful information about the Voluntary Social Year (FSJ), the Voluntary Ecological Year (FÖJ) and the Federal Voluntary Service (BFD). In addition, search tips for Munich and the surrounding area. From early summer onwards, a last-minute list as a download with vacancies in Munich area.

www.wege-ins-ausland-messe.de

This website informs on the annual fair for stays abroad (volunteering, work & travel, au pair, internships abroad, studies or semesters abroad, language courses etc.) and counseling services. The fair takes place in October and is organised by JIZ in cooperation with various partners.

Instagram

www.instagram.com/jiz_muc

Facebook

www.facebook.com/JIZ.Muenchen

YouTube

www.youtube.com/@Jugendinfo-Muenchen

Our Podcast calld "Schalucast" on:

<https://podcasters.spotify.com/pod/show/schlaucast>



► Expert Counseling

JIZ works in close cooperation with external specialists. All counselings are free of charge and strictly confidential. For schedule and further information please see:

www.jugendinfo-muenchen.de/de/veranstaltungen

Expert counseling – Without Appointment

Accommodation Counseling

Every Monday from 2.00 pm to 6.00 pm. General information and advice for young people who need accommodation in Munich.

→ No provision of accommodation!

Questions about the Jobcenter

Every Monday from 2.00 pm to 4.00 pm.

The liaison office youth counseling SGB II advises on all questions in the area of financial support by the job center. Please call the JIZ in advance - we will put you in touch!

Let's talk about drugs

Every 2nd and 4th Monday, 4–6 p.m.

Open consultation hours on drugs by Yo:DA & FreD – addiction counselling and prevention

Criminal Law Consultation

Every 1st, 2nd, 3rd + 4th Monday from 4.00 pm to 6.00 pm.

Legal advice specifically on criminal law issues/problems.

Legal Counseling

Every Tuesday from 4.00 pm to 6.00 pm. Initial advice on all legal issues for young people. In cooperation with lawyers and the municipal youth welfare service.

"Love & lust - sex & disappointment?" - Counselling

Every 1st Tuesday of the month from 2.00 to 3.30 pm

The pro familia team advise on love and sexuality. For teenagers and young adults up to the age of 26 anonymously and free of charge.

FAQ Psychotherapy

Every 1st and 3rd Wednesday of the month from 4.00 to 6.00 pm

Consultation hours with psychotherapists for questions about mental health and therapy options. However, no direct offer of therapy! In cooperation with the Munich youth counselling centres. Without registration.

Debt Counseling

Every Thursday from 4.00 pm to 6.00 pm. Advice for young people up to 25 years who have problems with debts. In cooperation with AWO/DGB.

"Raus von zu Haus" – information on stays abroad

Info-meeting (Zoom) every 1st Thursday at 6.30 pm but not in august and september. Information and advice on your chances and opportunities abroad – often with external experts on different programs. In addition, individual counseling appointments (Thursdays) can be made at:

www.jugendinfo-muenchen.de/de/veranstaltungen/auslandsberatung

Expert counseling - With Appointment

Advice for school related problems

Every 2nd and 4th Wednesday of the month from 2.30 pm to 5.00 pm (not during holidays). Advice for students and their parents having difficulties with school and learning or being bullied at school. In cooperation with psychologists (PIBS).

Counseling on Data Protection

Consultation on personal rights on the internet. Requests can be send via info@jugendinfo-muenchen.de and will be answered by a specialist lawyer.

Youth and the Police

Legal advice for young people on their rights and rules for dealing with the police. Requests can be send via info@jugendinfo-muenchen.de and will be answered by lawyers within 48 hours.

For current dates and information go to:

www.jugendinfo-muenchen.de/de/veranstaltungen

► Information & support outside the JIZ's opening hours

INFOFON +49 89 121 5000

Peer-to-Peer counseling. Young people advise young people. Confidential telephone advice, daily 6-10 pm and online:
www.1215000.de

JiBB

Advisory network „Young People in Education and Work“

JiBB-Phone during the opening hours: +49 89 233 787 100

Further information www.jibb-muenchen.de





► JIZ - Events

Infofrühstück" (Information-Breakfast)

Regular exchange and networking meetings with coffee.

www.jugendinfo-muenchen.de/fachkraefte

modern talking"

Lecture series for professional youth workers and for all interested.

www.jugendinfo-muenchen.de/fachkraefte

"Ways Abroad" fair

Fair or online information days on stays abroad for young people. Jointly organised with: Amerikahaus, Employment Agency, Adult Education Centre, City Library, europe direct every year in October.

www.wege-ins-ausland-messe.de

All JIZ event dates are available at:

www.jugendinfo-muenchen.de/de/veranstaltungen

► Participation in JIZ

Would you like to become active in JIZ?

You can participate in projects, for example: produce podcast, video clips and photos for JIZ on YouTube and Instagram.

...or become our trainee?

JIZ offers internships (usually up to 22 weeks) for Social Work students. Students from other disciplines (from 4 weeks) can also do an internship at the JIZ.

Contact person: Stephan Hadrava

Phone +4989-550 521 50 or info@jugendinfo-muenchen.de

► Further volunteer opportunities

'Die Aktion' – Youth participation in Munich

For initiatives and groups of young people who are still in the process of setting up and are active in youth politics or want to become active. Info:

www.die-aktion-muenchen.de

INFOFON

Become a youth counselor with our cooperation partner INFOFON. After a comprehensive training (free of charge) you are able to give young people advice on all their questions via phone (+49 89 121 5 000) as well as online at www.info4mux.de. INFOFON is available daily from 6 pm- 10 pm.

Münchner Schüler*innenbüro e.V. (MSB)

(The Munich's Office of School Pupils)

MSB is a network, where active pupils from and around Munich can come together. MSB supports SVV (the official representatives of all pupils within Munich). www.schuelerinnenbuero.de

Münchner Stadtschülerinnenvertretung SSV

(Official representatives of all pupils within Munich)

Students of different school types (eg. middle, secondary, high and special schools) elect their official representatives. The SSV represents their interests, participates in politics, organises workshops and discussions on school issues. www.ssv-muenchen.de

Münchner Jugendverbände

(Munich's Youth Associations)

You can become active in one of around 70 Munich's youth associations united in Kreisjugendring München-Stadt. Further information:

www.kjr-m.de or jugendverbaende-muenchen.de