All about JIZ

State September 2026

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 massage via WhatsApp or Signal: +49 160 99 41 23 94
Send us fax: +49 89 550 521 51

Mail-Address:
Jugendinforamationszentrum
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.

Jugendinformationszentrum
Sendlinger Str. 7 (Innenhof)
www.jiz-muenchen.de
info@jiz-muenchen.de
089 - 550 521 50
0160 - 99 41 23 94

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
Unfortunaly JIZ will NOT sell Vacation Passes and Family Passes any more.

Vacation Pass:
Starting with the 2026–27 school year, the Munich Vacation Pass will be **available (only) in digital form**. For children and teens without a smartphone, a printed certificate will be provided.
For more information, visit the booking portal:
www.muenchen.de/ferienpass

Similarly, **the Family Pass** will switch to a digital version (effective January 1, 2027): www.muenchen.de/familienpass

This means that in the future, you will no longer be able to buy Vacation Passes or Family Passes here at the JIZ.

Theaterjugendring (TJR)
Thetaerjugendring 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

Eine unverbindliche Zusammenstellung des Jugendinformationszentrums München (JIZ).

Städtische Einrichtung in Trägerschaft des Kreisjugendring München-Stadt.

Expert counseling – Without Appointment

We recommend arriving early—no advance registration required.

Accommodation Counseling
NEW: Until further notice, available ONLY by appointment and no longer every Monday!
Appointments + info: www.jugendinfo-muenchen.de/wohnberatung

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 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

Accommodation Counseling
Every Monday, 2:00–6:00 p.m.
General tips, information and advice for young people who need accomodation in Munich.
We do not arrange rooms or apartments!
NEW: Until further notice, available ONLY by appointment and no longer every Monday!
Appointments + Info: www.jugendinfo-muenchen.de/wohnberatung

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

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▶ 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 Jugedendverbände
(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

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