

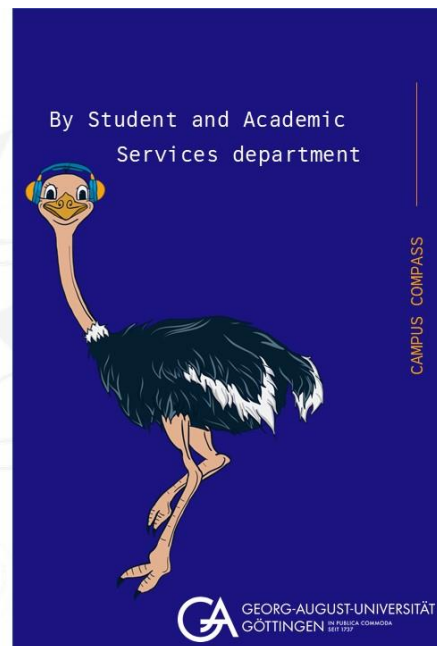
# Campus Compass – Episode 06 – Pregnant while studying, studying with a child

CAMPUS COMPASS

## Pregnant while studying Studying with a child

An overview of maternity leave, childcare, advisory services and more

Episode no. 6



Welcome to Campus Compass – your guide through university life. Hey! I am your host Paulina. Welcome to the sixth episode – this time it's about "**Pregnant while studying, studying with a child**".

Perhaps you've already thought about when is the right time to have a child – or you're already a mum or dad and a student? Either way, you're not alone with a child at university.

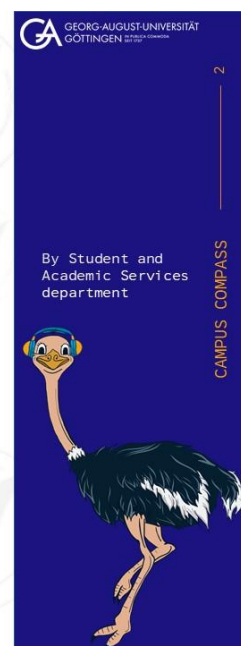
According to the German National Association for Student Affairs – DSW – an association of Germany's student services organisations, around **8 per cent of students have one or more children**. At the University of Göttingen, with almost 28,000 students, that would be over **2,000 parents** studying.

To make studying and family life more compatible, there are legal regulations and support programmes – and today we take a closer look at them.

## DISCLAIMER

This information refers to degree programmes at the University of Göttingen. Different legal bases and regulations may apply to degree programmes at other universities.

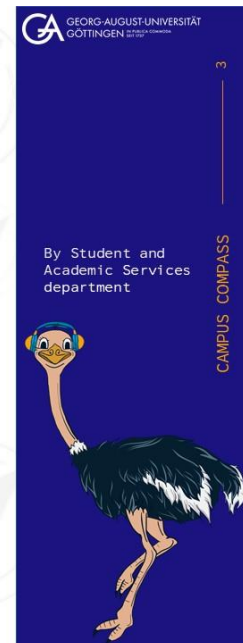
Framework conditions are constantly evolving. All information in this podcast should therefore be checked against the university's current regulations.



As always, here is the disclaimer, which has changed a little this time, as the following information refers to all degree programmes at Göttingen University. Feel free to take a break and read through it.

## Maternity leave for students

- Maternity leave → legal protection against health risks during pregnancy and breastfeeding
- Since 2018: Maternity Protection Law (Mutterschutzgesetz) also applies to students
- Goal: Health protection for mother & child during studies
- In case of pregnancy or breastfeeding → Notification to [mutterschutz@uni-goettingen.de](mailto:mutterschutz@uni-goettingen.de) (voluntary)
- This allows the university to plan appropriate support services



### Starting with maternity protection

Since 2018, the Maternity Protection Law (Mutterschutzgesetz) also applies to students. This means that if you are pregnant or breastfeeding, you have certain rights and should be protected from health risks – for you and your child.

Maternity protection basically means that you receive special protection during pregnancy and after the birth, e.g. through certain deadlines, rest periods or adjusted working conditions. And this applies not only at work, but also at university.

The important factor is to report your pregnancy or breastfeeding period to the University – more precisely to the Office of Student Affairs at Wilhelmsplatz. You can do this simply by sending an email to **[mutterschutz@uni-goettingen.de](mailto:mutterschutz@uni-goettingen.de)**.

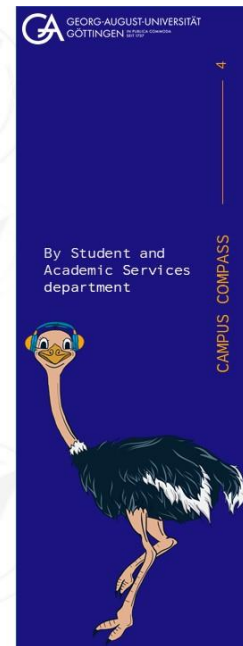
The notification is voluntary, but only if the University knows about it, it can also protect and support you in a target-oriented way – for example by offering alternative examination options or substitute coursework if you are unable to take part in courses with compulsory attendance.

## Leave of absence

- Possible for up to 6 semesters
- Applies in the event of pregnancy or children under the age of 8
- Choice: take a break from studying or study at a reduced pace

### More information:

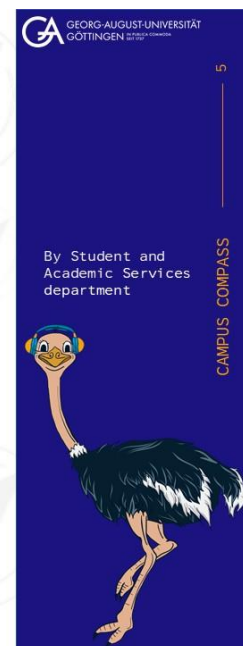
Enrolment Regulations of the University of Göttingen (Section 9) in conjunction with the Federal Parental Allowance and Parental Leave Act (Bundeselterngeld- und Elternzeitgesetz)



You can also take a leave of absence for up to 6 semesters during pregnancy or as a parent with a child under the age of 8. Students with children can choose whether to take a complete break during this time or simply study at a slower pace. The exact regulations can be found in § 9 of the University's Immatrikulationsordnung (enrolment regulations) in conjunction with the Bundeselterngeld- und Elternzeitgesetz (Federal Parental Allowance and Parental Leave Act).

## Compulsory attendance & examinations for studying parents

- Children's illness → excused absence from exams/classes (with doctor's note)
- Compensation possible for absence from course (if learning objective allows)
- Compensation for disadvantages can be requested → for exams & active participation
- Bring your child with you? → Clarify with the teacher in advance
- **More information:**
  - Episode 02: Compensation for disadvantages
  - Episode 03: Attendance requirements



And then there are compulsory attendances and exams – these can be quite challenging in everyday family life – especially when something comes up: your child is ill or the childcare is cancelled.

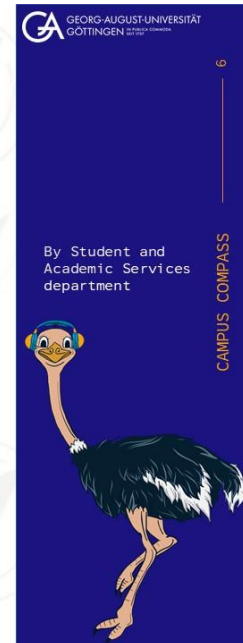
And what if there's an exam or a course with compulsory attendance on such a day?

It's important to know: **Your child's illness counts just like your own.** If you submit a note from the paediatrician, you can reschedule the exam – or, in the case of courses, arrange a **compensatory assignment** if the learning target allows it.

For more information, you can listen to our episode 03 again and then talk to the teacher or module coordinator. And as a general rule: when studying with a child, you can apply for compensation for disadvantages both for examinations and for coursework such as active participation in courses (i.e. compulsory attendance). Just listen again to our episode 02 on compensation for disadvantages. Would you prefer to take your child with you? Then it's also best to speak to the teacher.

## Childcare for students

- 280 nursery/daycare places provided by the Studierendenwerk (from 12 months to primary school age); one parent must be a student and have their primary residence in the city of Göttingen
- The University subsidises childcare by childminders (e.g. for exams outside daycare hours)
- Learning Saturdays for parents in the Learning and Study Building
  - Care for up to 6 children while parents study
  - More information & registration:  
[www.uni-goettingen.de/en/475566.html](http://www.uni-goettingen.de/en/475566.html)



So much for the legal aspects and now to the support programmes. There are a lot of them to help parents during their studies:

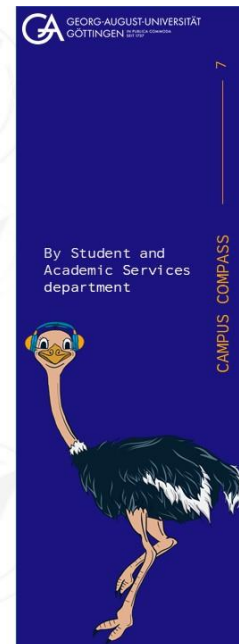
First and foremost, childcare: the Studierendenwerk offers a total of **around 280 nursery and kindergarten places** in six facilities – for children from 12 months to primary school age.

And if you have lectures or exams outside of these childcare hours, you can use childcare **provided by childminders**. The best thing is that the University **subsidises** this childcare.

There's also a great offer in the Learning and Study Building (LSG): **Learning Saturdays for parents**. Under the motto "Everyone needs time to study", up to six children are looked after by carers while you can concentrate on your studies nearby. All information and registration can be found on the university website – you can see the link on the slide. Unfortunately, the link is not very easy to type. So it's best to take a screenshot. Most mobile phones recognise the text in the image, so you can tap on it directly, copy it and save yourself the trouble of typing it out.

## Possible measures

- BAföG supplements available for parents
- Support via Familienkasse & Sozialamt
- MensaKidsCard: Free meals for children up to 14 years of age in the cafeteria
- Individual consultation recommended → Offers are diverse, but target group-specific



When it comes to **financial support**, there is also some help for student parents – or directly for your children. This can be, for example, **BAföG supplements**, money from the family fund (Familienkasse) or support from the social welfare office (Sozialamt). What exactly is available to you depends on your individual situation.

A small but nice bonus: With the **MensaKidsCard**, children up to the age of 14 can eat for free in the Studierendenwerk canteens – super helpful if you are at university together.

Because there are so many different offers, most of which are linked to certain conditions, **we strongly recommend that you seek advice!**

## Contact for detailed advice

### Family services (excluding Medicine)

Goßlerstr. 9, 37073 Göttingen

E-Mail: [familienervice@zvw.uni-goettingen.de](mailto:familienervice@zvw.uni-goettingen.de)

Webseite: <https://www.uni-goettingen.de/en/480426.html>

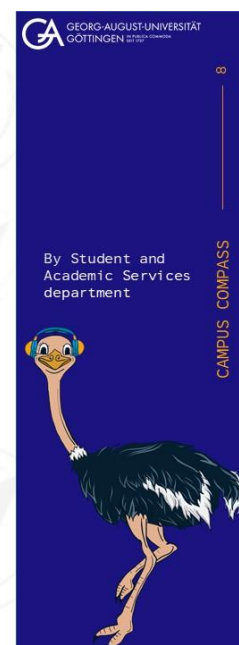
### Equal Opportunities Office UMG (Medicine)

Gleichstellungsbüro

Am Vogelsang 1

37075 Göttingen

Webseite: [umg.eu/karriere/gleichstellung](https://umg.eu/karriere/gleichstellung)



The **Family Service** is responsible for most students at the University of Göttingen. The colleagues there will advise you on maternity leave, childcare or financial issues, for example. You can find them at Goßlerstraße 9, **but: Counselling is only available by appointment** – so it's best to call or email in advance. The contact details are on the slide.

If you are studying at the University Medical Centre Göttingen (UMG), then the **UMG Equal Opportunities Office** is your point of contact. Here you can see the link to the website:  
<https://www.umg.eu/karriere/gleichstellung/>

Special thanks to Ms. Hansmann, advisor at the Family Service, for her support in researching this episode.



Thank you for listening, I hope this episode was helpful to you.

Campus Compass was set up by Silja-Katharina Haufe, the Ombudsperson for students and responsible for Complaint Management at Göttingen University. If you would like to find out more about her counselling and her work, simply listen to our episode no. 1 or visit the website. Simply scan the QR code or enter [www.uni-goettingen.de/kritik](http://www.uni-goettingen.de/kritik).

See you next time – at Campus Compass – your guide to university life.