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## Strategy for supporting families

Humboldt-Universität zu Berlin sees family-friendliness as a central part of its culture. The Family Support Centre is dedicated to improving the university's infrastructure for families and to raising awareness on campus of the challenges students face while balancing academic, professional and family commitments. The Family Support Centre manages and coordinates "audit familiengerechte hochschule" projects and maintains an ongoing dialogue with the Commission for a Family-Friendly University, the Gender Equality Office, the staff councils and the RefRat student committee. Furthermore, the Family Support Centre is a member of the "Familie in Hochschule und Wissenschaft Berlin" and "Erfolgsfaktor Familie" networks.

## information support counselling

### Contact info

We offer counselling on HU's Mitte and Adlershof campuses during our regular office hours, which you can find on our website. You are also welcome to schedule an individual appointment with us outside of office hours or contact us via e-mail or telephone.

**Familienbüro der Humboldt-Universität  
Unter den Linden 6  
10099 Berlin**

Tel.: (+49 30) 2093 2191  
Fax: (+49 30) 2093 2418  
E-Mail: [familienervice@hu-berlin.de](mailto:familienervice@hu-berlin.de)  
Website: [www.familienbuero.hu-berlin.de](http://www.familienbuero.hu-berlin.de)  
Facebook: Familienbüro HU Berlin



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The Family Support Centre of  
Humboldt-Universität zu Berlin

## Family and Career





## What is the mission of the Family Support Centre?

The Family Support Centre provides you with information and counselling to help you maintain a healthy work-life balance. Whether you care for children or other relatives, you can turn to us with any questions or problems you have. We can also act as an intermediary if you need help with conflict resolution.

## How do we define 'family' at Humboldt-Universität?

At Humboldt-Universität zu Berlin (HU) we have a broad definition of the term 'family': it encompasses all situations involving long-term responsibility for relatives. All parent-child relationships – including single parents, patchwork families and LGBT families – fall under our definition, as do sibling relationships and marital (or similar) relationships.

## The Family Support Centre offers information and counselling on these and other issues:

### Making your career more family-friendly

- Arranging flexible working hours and location
- Organisational help for taking family leave
- Mandatory maternity leave and parental leave
- General information on German labour law
- Taking special leave
- Reduction of working hours
- Professional qualification opportunities related to the work-life balance

### Benefit payments

- Children's benefit payments and parental benefit payments
- Maternity benefit payments

### Caring for relatives

- Caregiver leave and family leave
- Temporary inability to work
- Additional counselling services

### Making lecture and exam situations more family-friendly

#### Childcare

- Childcare during HU events
- HU's daycare centre
- Flexible and emergency childcare
- Childcare for HU students and staff during holidays

- Daycare spots reserved for visiting academics in Mitte and Adlershof
- Childcare vouchers and finding childcare

### On campus with kids

- Family rooms and changing facilities
- Borrowing play bags
- Free cafeteria meals for children
- Family courses offered by HU Sport and Recreation

## Family Support Centre events

Every summer the HU Family Support Centre organises its annual family festival. Numerous university departments and facilities as well as external partners are involved in creating hands-on activities for party guests of all ages. The prize for the "Family-Friendly Project of the Year" is also awarded at the festival.

The Family Support Centre works with the Further Professional Qualification department to organise regular events to promote a healthy balance between academic, professional and family commitments.

