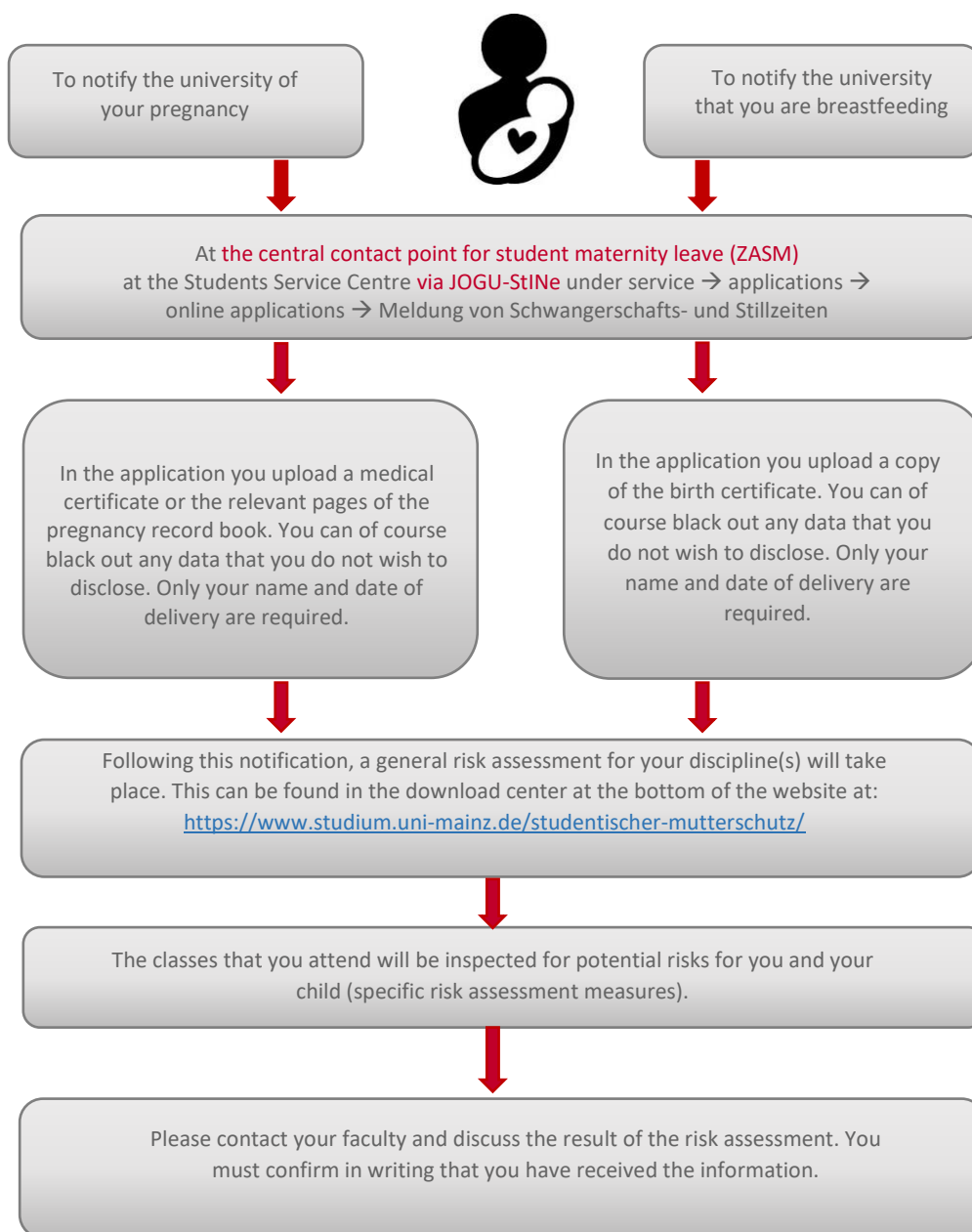


# I am pregnant or breastfeeding

## What should I do and whom should I speak to?

### – Guidelines for students of JGU who are pregnant or breastfeeding –



#### Contact information

Central contact point for student maternity protection (ZASM)

**ZASM at the Student Service Center**  
Forum universitatis, Entrance 1, 1st floor  
55099 Mainz  
E-mail: [studsek@uni-mainz.de](mailto:studsek@uni-mainz.de)  
phone: 06131 39-22122 (hotline)

For guidance on striking a balance between studies and children:

**Family Services Office**  
Forum 3, Room 00-312  
E-mail: [familien-servicebuero@uni-mainz.de](mailto:familien-servicebuero@uni-mainz.de)  
phone: 06131 39-24027  
<https://www.familienservice.uni-mainz.de/>



Fax: 06131 39-25402

<http://www.studium.uni-mainz.de/studsek/>

### Information about maternity protection

- As of 01.01.2018, the student is protected under the Maternity Protection Act (Mutterschutzgesetz – MuSchG) if the university is obliged to specify the place, time and structure of the course (§ 1 Para. 2 Sentence 2 No. 8 MuSchG), i.e. with respect to examinations and classes (including internships in the natural sciences discipline or excursions). Any voluntary activities carried out by you within the scope of your studies, such as visiting the library, participating in free lectures and sports activities as well as recommended but not compulsory internships do not fall under the scope of the Maternity Protection Act.

The New Maternity Protection Act (in German): [https://download.uni-mainz.de/familienservicebuero/MuSchG\\_Gesetzestext/Gesetz%20zur%20Neuregelung%20des%20Mutterschutzrechts.pdf](https://download.uni-mainz.de/familienservicebuero/MuSchG_Gesetzestext/Gesetz%20zur%20Neuregelung%20des%20Mutterschutzrechts.pdf)

- The maternity protection period usually begins six weeks before birth and ends eight weeks afterwards. The MuSchG continues to apply during the breastfeeding period (up to 12 months following birth).
- Furthermore, during the period of protection, you will automatically be exempted from attending classes and examinations. However, you can declare your willingness to participate in these if you wish to do so. You can informally declare your waiver of the maternity protection period by sending an e-mail to your student advising office or examination office. You may withdraw this declaration at any time with future effect.
- For all questions related to your study and examination plans, please contact your faculty. You can find your contact person under the following table: [https://download.uni-mainz.de/studium/ZASM/JGU\\_Ansprechpartner\\_MuSchG\\_FB\\_Stand\\_26.11.2019.pdf](https://download.uni-mainz.de/studium/ZASM/JGU_Ansprechpartner_MuSchG_FB_Stand_26.11.2019.pdf)  
They are responsible for all questions related to your studies and examinations.

**We wish you good luck for the future and will be glad to help you with any further questions.**