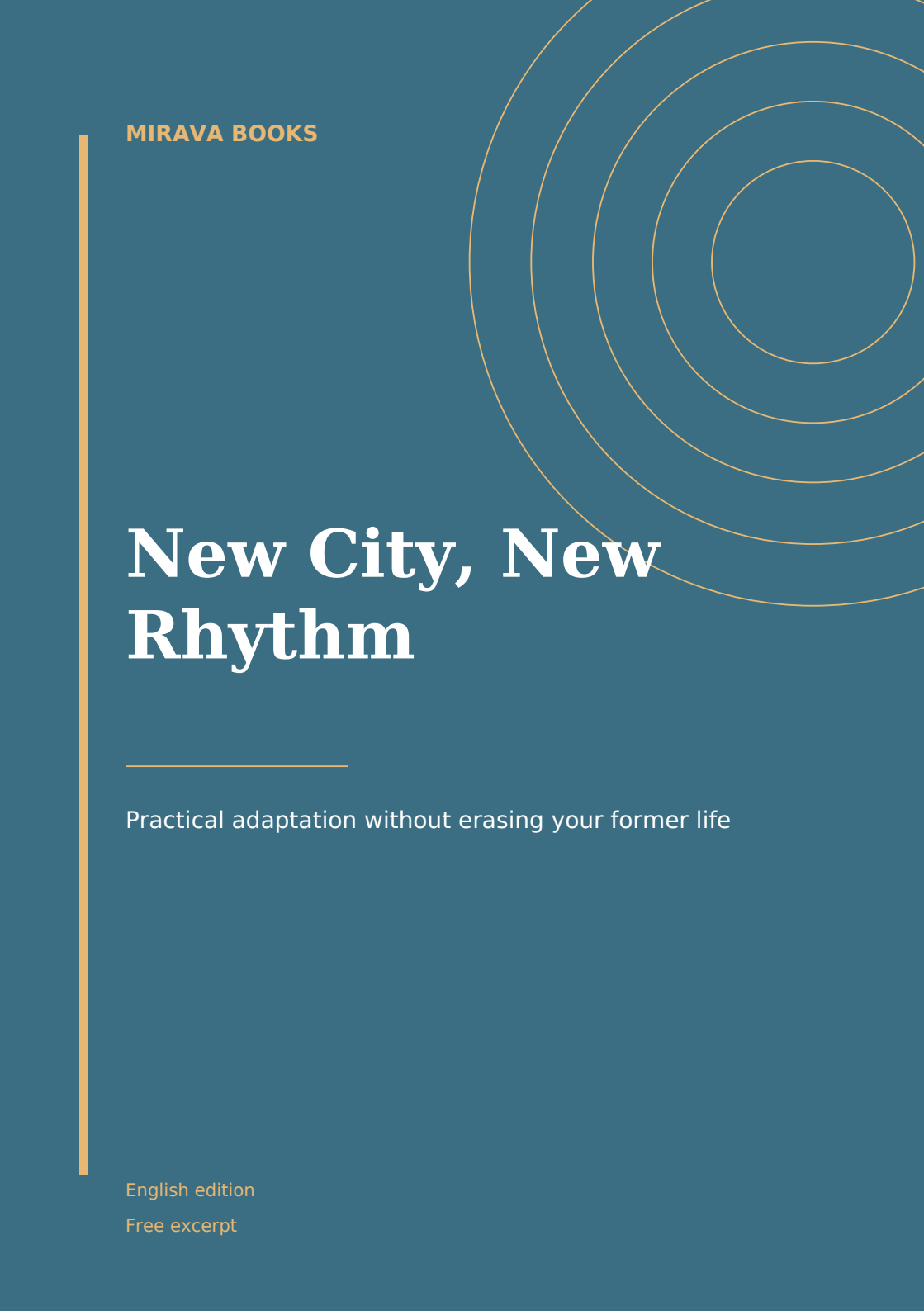




MIRAVA BOOKS

New City, New Rhythm

Practical adaptation without erasing your former life

English edition

Free excerpt

New City, New Rhythm

Practical adaptation without erasing your former life

English edition · Revised edition · October 2026

This practical guide is for people who have recently moved and want to organise daily life without being asked to forget their former one. Read a chapter at a time and choose an action suited to your circumstances. The examples are fictional; the text was prepared with the help of artificial intelligence. This book does not set legal, immigration or medical rules. Check requirements, deadlines and procedures with the relevant official services where you live. There is no universal deadline for adapting.

MIRAVA · Text and translation prepared with AI assistance.

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A map of immediate needs

A new family marks a shop, pharmacy, bus stop, school and official advice service on a map. Their first routes follow real needs rather than tourist attractions. List what matters now: childcare, an accessible entrance or the nearest laundry may be more important for you. Do not try to cover the whole city in a week; begin with a few places you will actually use.

Check the address, opening hours, booking procedure and any cost with the organisation itself. Separately confirm whether the service covers your area and circumstances. Friends' experiences offer clues, not proof of current opening times. Save the place's name in the local language: it is easier to show a driver or staff member than to gesture towards an approximate location.

Try one route during daylight, considering crossings, transfers and accessibility. Note a clear landmark and the return journey. An adult checks a child's route, with independence based on age and conditions. Keep your address and important contacts on paper in case your phone runs out of power. Do not publish the family map, including your home address, openly.

Practice: map five essential places and choose two to check this week. After visiting, add useful details only: the correct entrance, journey time and booking method. Record an alternative for an important route. For urgent help, use the local official channels immediately and postpone the exercise. Learning routes must not delay necessary action.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] BAMF-NAVI — официальный каталог контактных данных консультаций и ведомств; Benutzeranleitung · bamf-navi.bamf.de