

# The Free E-Book for Your Start in a New City

5 valuable tips for a smooth  
beginning – **Temporary Living**

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# TEMPORARY LIVING – 5 SIMPLE STEPS FOR A SAFE AND EASY START

The free mini e-book for anyone starting fresh – in a new city, a new phase of life, or simply right in the middle of it.

W W W . U R B A N B N B . D E



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## **New in Town?**

Then this is for you!  
Our free mini e-book “Temporary Living – 5 Simple Steps for a Safe and Easy Start” gives you helpful tips, structure – and a good feeling to start with confidence.

**[WWW.URBANBNB.DE](http://WWW.URBANBNB.DE)**





Finally found the right room or apartment to match  
your new job – but what comes next?

A new city, a new chapter in life – maybe even a complete  
fresh start.

Between suitcases, paperwork, and finding your way  
around, it's totally normal to feel a little lost at first.





That's exactly why we created this little e-book. It's here to help you feel settled and safe during this time of transition – on the outside and on the inside. Because temporary living doesn't mean you can't feel comfortable or at home. Quite the opposite.



In five clear, everyday steps, we'll guide you through the first phase – with tips, orientation, and a few personal insights.

Short, honest, and practical.

We wish you a smooth start – and hope that this new chapter in your life is not only new, but also good.

Welcome!

Your urbanbnb team

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# 1

## CHAPTER

# GETTING ORIENTED – IN YOUR SURROUNDINGS AND YOURSELF

## Settling In Starts with the Small Things

You've finally arrived in your new apartment or room – but somehow, everything still feels unfamiliar.

Maybe you're missing your daily routine, a sense of structure, or that feeling of truly being there.

This chapter will help you find your bearings step by step – out in your new city, and inside your own mind and heart.

## Outside:

Explore Your Surroundings – Step by Step Instead of trying to know everything at once, start with small, mindful discoveries.

Here are a few ideas:

- Take a different route to work or the train
- Save important places in GoogleMaps
- (supermarket,
- café, pharmacy)



# GETTING ORIENTED – IN YOUR SURROUNDINGS AND YOURSELF

- Look for a favorite spot – maybe a quiet park or a bench with a nice view
- Find a café that feels right – and stay there for 20 minutes
- Use local apps (like public transport apps or neighborhood platforms like nebenan.de) to find your way around more easily

## Tip:

Give yourself a small daily mission – like “Today I’ll find the best bakery” or “I’ll walk for 30 minutes with no destination.”

It adds structure – and it’s fun, too.





## ICreate Clarity – Just for You

While you're finding your way in the outside world, you might also feel a bit unsettled inside. That's completely normal. Times of transition can be challenging – but there are ways to take care of yourself.

Helpful questions to ask yourself:

- What do I need right now – practically and emotionally?
- What's stressing me at the moment – and what could help?
- What are 1–2 small things I can do today to feel better?

What might help:

- A simple morning routine (tea by the window, stretching, quiet music)
- A familiar object (your favorite mug, a scent, a notebook)
- A corner in your home where you can feel “arrived”
- A note with 3 things that are good for you (like fresh air, offline time, or a good conversation)

## Remember:

You don't have to have everything under control right away. Settling in isn't a goal – it's a process. And you're already in the middle of it.

## 10 Practical Tips for Settling In

- Save important places in Google Maps
- Install a local public transport app
- Take a walk “with no destination”
- Ask others for recommendations (like a good bakery or market)
- Write down what you've already discovered
- Find your favorite cozy spot in your apartment
- Start a simple morning routine
- Set yourself small daily tasks on purpose
- Note what helps you relax – and do it regularly
- Allow yourself not to know everything yet – but grow into it, step by step



# 2

## CHAPTER

# PAPERWORK AND DAILY TASKS – STAY STRUCTURED, NOT STRESSED

## The Most Important Things You Can Take Care of Quickly and Easily

Do it now – not later  
New home, new surroundings – and paperwork on top?

Not exactly something to get excited about. But this is the perfect time to take care of a few important things early on.

With just a little structure, you can handle bureaucracy and everyday organization more easily – and free up your mind for everything else.

## Your Most Important To-Dos Right After Moving In

Register at the local registration office (Einwohnermeldeamt)  
→ Usually required within 14 days after moving in (can vary by city)

→ Bring your ID and the confirmation from your landlord

Wohnungsgeberbestätigung  
Broadcast license fee (Rundfunkbeitrag / GEZ)

→ Applies even for temporary stays, if you register your residence

→ Can be done online:  
[www.rundfunkbeitrag.de](http://www.rundfunkbeitrag.de)





# PAPERWORK AND DAILY TASKS – STAY STRUCTURED, NOT STRESSED

- Check Waste Separation & Local Collection Schedule
- Many cities offer apps or downloadable calendars
- Ask your landlord about the sorting system and available bins, if needed
- Health Insurance & Local Doctor
- Find a general practitioner (GP) early on – especially for prescriptions or emergencies
- Update your insurance address if necessary
- Internet, SIM Card or Bank Account (if you're new to Germany)
- Comparison websites help you quickly find affordable options
- Some mobile providers offer prepaid plans without a contract – ideal for the transition phase





# 3

## CHAPTER

# YOUR TEMPORARY HOME HOW TO MAKE A SHORT-TERM APARTMENT FEEL COZY

## Feeling at Home Starts with a Small Feeling

A temporary home may not be perfect. It might be smaller, more functional – or simply “just for now.” But that doesn’t mean it has to feel cold or random. Feeling at home doesn’t depend on how long you stay – it depends on how seriously you take your own comfort. You don’t need a big makeover. Often, small touches are enough to give a room more personality, warmth, and structure. That’s how your short-term place can become a real retreat – not just a stop along the way.





# YOUR TEMPORARY HOME

## HOW TO MAKE A SHORT-TERM APARTMENT FEEL COZY

- Use Light Intentionally
- Replace cool overhead lighting with a small lamp, a candle, or a string of lights
- It instantly changes the atmosphere and makes the space feel warmer
- Textiles Make a Big Difference
- Add a cushion, a soft blanket, or a rug beside the bed
- Anything soft can create a feeling of comfort and “being home”
- Scents Create a Sense of Home
- A scent you like – tea, a room fragrance, freshly washed laundry – can trigger a feeling of comfort and familiarity
- Place a Favorite Object Where You Can See It
- A photo, a notebook, a mug from home, or something personal can make all the difference





# 4

## CHAPTER

# SETTLING IN WITHIN YOURSELF – COPING WITH CHANGE MENTAL TIPS FOR STABILITY, SELF- CARE, AND CALM

## You Can Do Everything Right – and Still Feel Lost

Change doesn't just bring new places, routines, and streets – it often stirs something inside us, too.

Even when everything seems “organized,” life can feel strangely empty, unfamiliar, or like it's all moving too fast.

That's completely normal. Our minds need time to turn something new into something familiar.

And remember: change isn't a weakness – it's a transition.

You're allowed to feel exactly how you feel – without having to explain it.



# SETTLING IN WITHIN YOURSELF – COPING WITH CHANGE MENTAL TIPS FOR STABILITY, SELF- CARE, AND CALM

- Accept That You're in Motion Right Now
- You don't have to have it all "figured out" – the goal isn't instant order, but inner steadiness
- Make your own pace visible
- Ask yourself: What have I already managed – even on the inside?
- And: What small but intentional thing can I do today?
- Name What You Feel
- Write it down or say it out loud – it often feels lighter once it's expressed
- Routines Create a Sense of Safety
- Even during times of transition, you can set small anchors
- For example: take 3 deep breaths at the window each morning, or spend 5 phone-free minutes in the evening
- Be Mindful of What You Take In
- News, social media, and noise – all of it affects how you feel
- Allow yourself moments of quiet, nature, music, or lightness





# SETTLING IN WITHIN YOURSELF – COPING WITH CHANGE MENTAL TIPS FOR STABILITY, SELF- CARE, AND CALM

Mini Exercise for Inner Stability (1 Minute a Day)

Sit down quietly, close your eyes, and ask yourself:

- What do I need right now – physically and emotionally?
- What's one small thing I can do today that's good for me?
- What can I let go of – because it doesn't need my energy right now?

Write down one thing – and take it seriously.

You're not off track – you're on your way.

And every step you take with more awareness strengthens your inner direction.







# 5

## CHAPTER

# MOVING FORWARD – WITH INTENTION, NOT PRESSURE HOW TO ACTIVELY USE THIS TRANSITION PHASE FOR YOURSELF

## Transition Doesn't Mean Standing Still – It Means Direction

When you're living somewhere temporarily, life can sometimes feel like it's on pause.

As if you've been taken out of the flow for a moment.

Waiting for what's next.

Uncertain how long things will stay this way.

But transitional phases are not empty time. On the contrary – they're often the most valuable moments to pause, reflect, and decide how you want to move forward.



# MOVING FORWARD – WITH INTENTION, NOT PRESSURE HOW TO ACTIVELY USE THIS TRANSITION PHASE FOR YOURSELF

How to Use This Transition Consciously

Don't just ask "What now?" – also ask:  
"What do I really want?"

Temporary living gives you a rare chance to step back from your old routines – and make space for new thoughts.  
Use the "less" as a chance for clarity.

Less stuff, fewer obligations, fewer distractions:  
What still matters to you – in daily life, in your environment,  
in your work?



# MOVING FORWARD – WITH INTENTION, NOT PRESSURE HOW TO ACTIVELY USE THIS TRANSITION PHASE FOR YOURSELF

## Work Life in Transition

How do you feel in your new job, project, or team?  
Is there something you want to do differently this time?  
Which habits do you want to keep – like taking regular breaks or not saying yes to everything?  
Maybe this is even the right moment to realign yourself – not necessarily with big decisions, but through small adjustments you can try out in your everyday work life.





# MOVING FORWARD – WITH INTENTION, NOT PRESSURE HOW TO ACTIVELY USE THIS TRANSITION PHASE FOR YOURSELF

## Simple Practice Ideas

- Write down what you want to keep – and what you're ready to let go of. This could be things, thoughts, habits, or routines.
- Add small future habits to your daily life.  
What would you like to continue after this transition?  
For example: eating more mindfully, reading more, taking regular breaks, or not checking emails after 6 p.m.?
- Reflect on what gives you energy at work – and what drains you. This helps you slowly shape a healthier workday, step by step.
- Share your ideas.  
Maybe this transition phase is the perfect moment to speak up or make a small change in your job.





## 🎉 BEFORE YOU GO

You've now read many small impulses – for settling in, for daily life, for your inner and outer world.

Maybe not everything was new – but hopefully something was exactly what you needed right now. Because settling in isn't a goal you quickly reach.

It's a process.

And you're already in the middle of it.

With every step you take, the unfamiliar becomes more familiar – and the temporary begins to hold you.

What you make of this is up to you.

Whether you're moving, starting fresh, or simply creating space – we wish for you to feel more and more at home.

In your surroundings, in your daily rhythm – and within yourself.



# BEFORE YOU GO

And if you ever feel stuck: We're here.

At urbanbnb, we're not an anonymous provider. We're a family-run business – personal, warm, and approachable. For many years, we've been supporting people through times of transition: professionally, privately, for short or longer stays. We're here with advice, experience, and genuine care – not just with a place to live, but with an open ear. Because we know how much the little things matter in moments like these.

urbanbnb – Temporary Living with Trust, Heart, and Integrity



## *From Us to You – A Final Thought*

It's completely okay if you still feel like a stranger.

The new surroundings, the different rhythm, all the impressions – it all takes time.

And: the city has to get to know you, just as much as you're getting to know it.

It's okay to feel lost. Because that's exactly where orientation begins. Just start walking. Try things. Get a little lost on purpose. Ask someone for directions – not just on a map, but in life here. You don't have to understand everything right away. And you don't have to like everything right away.

But once you start moving, the unfamiliar starts to feel familiar. With every step you take, with every place you discover, your sense of belonging grows. Not all at once – but little by little. Not perfectly – but in your own human way. And if nothing seems to work for a moment?

That, too, is part of settling in. It doesn't mean you're failing – it means you're right in the middle of it. You're not alone. And you're exactly where you need to be right now.