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Ukraine

Information on the war in Ukraine

Information from the Federal Foreign Office and the Federal Office for Migration and Refugees

Here you can find out what is important at the moment - for example, what the current [situation](#) is. You can also find rules here if you want to enter Germany or if you need a visa. We have already written down some important questions and answers for you:

I am in Germany without a visa - what can I do now?

If you come from Ukraine, you do not need a visa to come to Germany until **4 December 2025**. From the day you enter the country, you can stay here for up to 90 days without a special permit. You can even stay in Germany without a special residence permit until **4 March 2026**.

During the 90-day visa exemption period, you can consider whether you would like to stay in Germany for longer. There are various options for this:

1. You can apply for a residence permit under Section 24 of the Residence Act within 90 days of your first entry into Germany. This provision specifically regulates the situation for war refugees from Ukraine on the basis of the EU decision. You can find out who is eligible for a residence permit under Section 24 of the Residence Act [here](#). You can find answers to the procedure [here](#).
2. You can apply for a residence permit for another purpose within 90 days of your first arrival in Germany. For example, to study or for gainful employment. This may be more favourable for you. You can seek advice on this from the authorities if you have an appointment, or you can find out more in advance on the website: <https://www.make-it-in-germany.com/>.
3. Alternatively, you can apply for asylum. However, this option is not recommended due to the less favourable legal consequences - such as the restriction on taking up employment and the obligation to live in an initial reception centre.

Do you have a valid residence permit in accordance with Section 24 of the Residence Act as of 1 February 2025?

Your residence permit will be automatically extended and will then be valid until 4 March 2026. You do NOT need to visit the immigration office for this. You can find more information on [Germany4Ukraine](#).

What happens when you arrive in Germany?

When you come to Germany, there are a few important steps that you need to take one after the other. This is how it works:

- First, you register - this is called registration.
- If you need help from the state (for example money or food), you will be told where you can live.
- Then you register your new address, i.e. where exactly you now live.

- Finally, you apply for a permit so that you can stay in Germany for longer.

You can find more information on this [here](#).

Can I work in Germany with a residence permit for temporary protection?

Yes, you can. However, before you can work, the immigration authority must authorise it. The immigration authority will often already enter in your residence permit that you are allowed to work - even if you do not yet have a job. This is good, because then you no longer need an extra permit from another authority.

The immigration authorities will issue so-called fictitious certificates as soon as you submit your application. These bridge the right of residence until the actual residence title can be issued and granted. The foreigners authority will also enter "Gainful employment permitted" in the fictitious certificate. This fictitious certificate therefore authorises you to work in Germany either as a self-employed person or as an employee. Special professional access requirements (such as a licence to practise medicine or a permit for a trade requiring a licence) naturally apply to persons with temporary protection in the same way as to all others. However, the procedures for recognising foreign professional qualifications are also open to those affected, just like everyone else.

Persons with a residence permit for temporary protection in Germany can also receive counselling and placement services from the employment agencies in accordance with SGB III.

Should people from Ukraine apply for asylum?

No, that is not necessary. The necessary protection is granted in a different, faster procedure. It is therefore recommended that you do not apply for asylum. However, if you want to apply for asylum later, you can still do so.

As a result of the decision to admit war refugees in accordance with Article 5 (1) of Council Directive 2001/55/EC of 20 July 2001 on minimum standards for giving temporary protection, a residence permit in accordance with Section 24 of the Residence Act (AufenthG - Residence Permit for Temporary Protection) will be granted to the group of persons covered by the decision upon application.

Registration upon entry does not constitute an application for asylum. An application for asylum must be submitted to the responsible branch office of the Federal Office for Migration and Refugees in order for an asylum procedure to be carried out.


For these reasons, it is not necessary to file an asylum application to secure a right of residence or to claim social benefits.


Information portal of the German government

The Federal Ministry of the Interior and Homeland offers a digital information portal in German, English, Russian and Ukrainian. Here you will find all official information about residence and living in Germany.

 [Germany4Ukraine](#)

Embassy of Ukraine in Berlin

 [+493028887128](tel:+493028887128)

 [Albrechtstraße 26, 10117 Berlin](#)

Information for refugees and citizens of the Alb-Donau-Kreis

Due to the Russian invasion of Ukraine, we receive many questions about supporting refugees. Here people from Ukraine as well as helpers can find information about arriving and living in Germany.

[Website Alb-Donau-Kreis \(German\)](#)

[Website Alb-Donau-Kreis \(Ukrainian\)](#)

Welcome to the district of Alb-Donau

You must have a lot of questions about life in the district of Alb-Donau.

This app is designed to help you navigate various areas of your everyday life. At the top of the app, you will find the “News” item, next to the “Categories” sections. New offers and events are always posted here. So check it out regularly! The content is arranged clearly to help you find your way around easily.

There are also links on the individual pages to help you find further information.

These links are underlined – you simply tap on them.

The app is meant to serve as a guide – it cannot be a substitute for personal advice and support!



Baden-Württemberg

MINISTERIUM FÜR SOZIALES UND INTEGRATION

Funding for Integreat Alb-Donau-Kreis comes from the state of Baden-Württemberg, through the Ministry for Social Affairs and Integration

Information about the district of Alb-Donau

The landscape of the district of Alb-Donau is dominated by the Swabian Alb to the north and the Danube and Iller Rivers to the south. The district is located in south-eastern Baden-Württemberg

With an area of 1,357 square kilometres, the district of Alb-Donau is the seventh-biggest of the 35 districts in Baden-Württemberg and also the district with the most towns and villages.

The district's approximately 199,000 inhabitants live in 55 cities and communities. The largest city (just under 26,000 residents) is Ehingen, a hub in the southern part of the district.



First steps in the Alb-Donau district (asylum application and BAMF)

Asylum procedure

After you have applied for asylum, you will be assigned to a district or city.

The Federal Office for Migration and Refugees (BAMF) decides on your asylum application.

On the BAMF website you can find more detailed information about the [asylum procedure in Germany](#) (also in several languages) and [the steps](#) involved.

You will initially be accommodated in a shared accommodation. If you have any questions, please contact the staff on site.

In addition, you will be registered with the municipal or city administration and your residence permit will be sent to the Foreigners' Registration Office. Your address will be entered there.

Notification

Some time after your interview, you will receive your decision by post. It will state what decision has been made in your asylum procedure. There are different possibilities:

- Granting refugee status: residence permit for 3 years, after which it may be extended.
- Granting of subsidiary protection: Residence title for 1 year, then extension under certain circumstances.
- Determination of prohibition of deportation: Residence title for 1 year, thereafter extension under certain circumstances.
- Rejection:

→ The asylum application is rejected as inadmissible because another country is responsible for processing the asylum application (Dublin procedure). This is the case if you have already applied for asylum in another country or provided fingerprints there. Deportation to this country is threatened.

→ The asylum application is rejected (national procedure). Deportation to the home country is threatened.

In both cases, you are obliged to leave the country and must leave Germany again. You will receive a toleration permit. A toleration permit is not a residence title. The Karlsruhe Regional Council is responsible for tolerated persons. This is also where deportation is examined and carried out.

Once you have received your decision, you do not have to go directly to the Foreigners' Registration Office. The Foreigners' Registration Office will write you a letter stating when you have to come there. This letter will also tell you which documents you need to bring with you.

Benefits and accommodation during the asylum procedure

During your asylum procedure, you will receive money from the Alb-Donau District Office. You will also be accommodated in accommodation run by the Alb-Donau District Office.

EU migrants and late repatriates in the Alb-Donau district

EU migrants

As a citizen of an EU member state, you can legally enter, live and work in Germany (Freedom of Movement Act/EU).

You must then register at the relevant Residents' Registration Office (Gemeinde/Rathaus). A valid identity card or passport from your country of origin is required for this.

If you do not work during the first 5 years of your stay, you may not be entitled to social benefits in Germany. In this case, it is important to make an appointment for counselling with the [Job Centre in the Alb-Donau district](#).

A brochure from the Federal Office for Migration and Refugees in German, English and other languages can be found [here](#).

Spätaussiedler

After you have received a notification of admission in your country of origin, you may enter Germany.

There you will be assigned to a district by the Federal Office of Administration in Friedland and housed there. You can also look for a place to live.

You can find more information [here](#).

You can find a BAMF brochure in German and Russian [here](#).

Migration counselling centres in the Alb-Donau district

Immigration Counselling Centre for adults (aged 27+) at Caritas Ulm/Alb-Donau:

Caritas Ulm/Alb-Donau Mr Michael Wichert Hehlestr. 2 89584 Ehingen Open office hours:

Wednesdays 9 am to 12 noon or by appointment. To arrange an appointment, please contact:
Phone: [07391/707311](tel:07391707311) Email: wichert@caritas-ulm-alb-donau.de You can find the Caritas
Ulm/Alb-Donau flyer on migration counselling services here: [Migration counselling flyer](#)

Youth Migration Service (for those aged 12-27) of the International Federation (Internationaler Bund): Internationaler Bund Ehingen Mr Erich Hablitzel Talstr. 21 89584 Ehingen Phone: [07391/54813](tel:0739154813) Email: erich.hablitzel@internationaler-bund.de Internationaler Bund Dietenheim Ms Christine Baur Königstr. 63 89165 Dietenheim Phone: [07347/4854](tel:073474854) Email: christine.baur@ib.de

Migrationsberatung des evangelischen Diakonieverbands Ulm/Alb-Donau (migration counselling through the Protestant church of Ulm/Alb-Donau): Langenau Ms Sibylle Zachel Kuftenstr. 19 89129 Langenau Phone: [07345/9640785](tel:073459640785) Email: zachel@migration-diakonie.de Wednesdays 10 am - 12 noon and 3 pm - 5 pm and by appointment on Mondays, Tuesdays and Fridays. To arrange an appointment, please contact Phone: [0731/35103](tel:073135103) Laichingen Ms Sibylle Zachel Uhlandstr. 11 89150 Laichingen Phone: [07333/95 39 429](tel:073339539429) Email: zachel@migration-diakonie.de Thursdays: 9 am - 12 noon and by appointment on Mondays, Tuesdays, Fridays. To arrange an appointment, please contact Phone: [0731/35103](tel:073135103) Munderkingen Ms Sibylle Zachel Phone: [0731/35103](tel:073135103) Email: zachel@migration-diakonie.de the third or fifth Thursday of every month by appointment

Important contact points and contacts at a glance

Here you will find the most important contact persons:

[Refugee and Integration Officers in the ADK \(as of 23 August 2023\)](#)

Language

If you live in Germany, it is important that you learn German. Language is also very important if you want to work, start an apprenticeship or study.

If you speak German, it will help you in everyday life and in contact with other people.

There are different language levels. In the language and integration courses, the levels according to the Common European Framework of Reference are used:

- A1: Beginner
- A2: Basic knowledge
- B1: Advanced language use
- B2: Independent use of language
- C1: Proficient use of language
- C2: Approximate native language proficiency

Initial orientation courses and low-threshold basic courses

Initial orientation courses

In these courses, asylum seekers receive information about life in Germany and initial language skills.

The courses are aimed at asylum seekers who do not have access to integration courses.

Low-threshold basic courses

This course is open to all asylum seekers, regardless of their country of origin or their prospects of staying.

The course comprises 160 teaching units. The aim is to acquire basic language skills.

Language support via the VwV Deutsch

The programme is aimed at asylum seekers whose asylum procedure has not yet been completed.

The scope of the course is 300 to 600 teaching units.



Baden-Württemberg

MINISTERIUM FÜR SOZIALES UND INTEGRATION

More detailed information is available from:


Ms. Marita Lindenmaier

Migration Officer

 [District Office Alb-Donau-Kreis](#)

Schillerstrasse 30

89077 Ulm

 [0731 185-4745](tel:07311854745)

[@laura.walter@alb-donau-kreis.de](mailto:laura.walter@alb-donau-kreis.de)

Further information is available here: [Language Support \(January 2022\)](#)

Integration courses

You can learn the German language in integration courses. There are different types of integration courses:

- **General integration course:** The general integration course consists of 600 teaching units (UE) of language and 100 UE of orientation.
- **Integration course with literacy:** If you cannot read and write in any script or do not know the Latin script well, go to this course. You will receive 900 units of language and 100 units of orientation.
- **Second literacy course:** If you can read and write in your mother tongue, but do not know the Latin script well, you can attend this course.
- **Intensive courses:** If you learn particularly quickly, for example because you have already learned another foreign language, you can attend an intensive course with 430 lessons.
- **Women's, parenting, youth and evening courses:** These are integration courses that are tailored to special needs such as employment or childcare. They consist of 600 to 900 units of language and 100 units of orientation.

A placement test is compulsory before starting an integration course. This determines the level of previous knowledge.

The integration course ends with the final test "Deutschtest für Zuwanderer - DTZ" (German test for immigrants) as well as the nationally standardised test for the orientation course (LID). If you successfully pass the test, you will receive the state "Integration Course Certificate".

Who can attend an integration course?

- Migrants with a valid residence permit for the Federal Republic of Germany.
- EU citizens with residence in Germany (with application).
- Asylum seekers with high prospects of remaining.
- Asylum seekers who have been permitted in Germany for at least 3 months and entered before 01 August 2019.

If you have received a positive decision and a residence permit, you **must** attend an integration course!

You can find information on integration courses in several languages on the [BAMF website](#).

Application forms for admission to an integration course can be obtained [here](#).

An overview of the prerequisites and participation options for language support can be found here:

[Access Language Support March 2022](#)

Integration course offers

You can find an overview of all courses in the Alb-Donau district here: [Integration Courses \(2024/03\)](#)

There are five providers of integration courses in the Alb-Donau district:

Institute for Education

Hauptstrasse 31

89250 Senden

☎ [07305/2002874](tel:073052002874)

☎ [0731/79089899](tel:073179089899)

Courses: Ehingen, Blaubeuren, Munderkingen, Erbach

International Federation

Talstrasse 21

89584 Ehingen

Mr. Hablitzel

☎ [07391/54813](tel:0739154813)

Course location: Ehingen

PROFILE COLLEGE

Schwambergerstrasse 35

89073 Ulm

☎ [0731/9206620](tel:07319206620)

☎ [0172/7775719](tel:01727775719)

Courses: Blaubeuren, Blaustein, Laichingen

vh Ulm/Langenau

Kornhausplatz 5

89073 Ulm

Office

☎ [0731/153066](tel:0731153066)

☎ [07345/238026](tel:07345238026)

Courses: Langenau

VHS Ehingen

Spitalstraße 30

89584 Ehingen

Mrs. Gräter

☎ [07391/503506](tel:07391503506)

Courses: Ehingen

Advice and assistance

If you need help registering for an integration course or further advice, please contact:

Migration counselling for adults (from 27 years of age) at Caritas Ulm/Alb-Donau:

Caritas Ulm/Alb-Donau
Mr. Michael Wichert
Hehlestr. 2
89584 Ehingen
Open consultation hours:
Wednesday 9:00 to 12:00
or make an appointment:
Tel.: [07391/707311](tel:07391707311)
E-mail: wichert@caritas-ulm-alb-donau.de

Flyer of the migration counselling of Caritas Ulm/Alb-Donau can be found here:
[Flyer Migration Counselling](#)

Youth migration service (from 12 to 27 years) of the Internationaler Bund:

Internationaler Bund Ehingen
Mr. Erich Hablitzel
Talstr. 21
89584 Ehingen
Phone: [07391/54813](tel:0739154813)
E-mail: erich.hablitzel@ib.de

Internationaler Bund Dietenheim
Mrs. Christine Baur
Königstr. 63
89165 Dietenheim
Phone: [07347/4854](tel:073474854)
E-mail: christine.baur@ib.de

Migration counselling of the Protestant Diakonieverband Ulm/Alb-Donau:

Langenau
Mrs. Sibylle Zachel
Kuftenstr. 19
89129 Langenau
Tel.: [07345/9640785](tel:073459640785)
E-mail: zachel@migration-diakonie.de

Wednesdays 10.00 a.m. - 12.00 p.m.
and 15.00 h - 17.00 h
and by appointment
Mondays, Tuesdays, Fridays under
Tel.: [0731/35103](tel:073135103)

Laichingen
Mrs. Sibylle Zachel
Uhlandstr. 11
89150 Laichingen

Tel.: [07333/9539429](tel:073339539429)
E-mail: zachel@migration-diakonie.de

Thursdays: 9.00 a.m. - 12.00 p.m.
and by appointment
Mondays, Tuesdays, Fridays
by phone: [0731/35103](tel:073135103)

Munderkingen
Mrs. Sibylle Zachel
Tel.: [0731/35103](tel:073135103)
E-mail: zachel@migration-diakonie.de

every third or fifth Thursday of the month by appointment

Job-related language training

Job-related language training

If you have completed the integration course at B1 level, you can attend a job-related language training course.

The courses usually last 300 lessons and take you up to B2, C1 or C2 level. This is important for an apprenticeship, or to be able to work successfully in a career.

You can participate:

- If you have a temporary residence permit and come from Syria or Eritrea and have attended an integration course and/or reached at least B1 level.
- Regardless of your country of origin, if you have a residence permit and have completed an integration course and/or at least B1 level.
- You are an asylum seeker, you have been permitted in Germany for at least 3 months and you entered the country before 01. August 2019. In addition, you are looking for work or vocational training or you are currently working or vocational training.
- You have been tolerated for at least 6 months, have no employment ban and Maximum languages Level A1. In addition, you are looking for work or vocational training or you are currently working or vocational training.

Special modules below B1:

These special modules take you to the A2 or B1 level. They offer 300 teaching units for German and an additional 100 teaching units to prepare for the exam. They are intended for the following people

- Integration course participants who only achieved level A2 or below despite repeating the course

You can find more detailed information on vocational German language training and on special modules here: [berufssprachkurse.pdf](#).

An overview of the prerequisites and opportunities to participate in language sponsorship can be found here:

[Zugang Sprachförderung März 2021](#)

Job-related language courses

You can find **a list of ongoing courses offered throughout** the region here: [Berufsbezogene Kurse 10.2021](#)

In order to attend one of these courses, you first need to make an appointment with your **counsellor** at the **Federal Employment Agency (Agentur für Arbeit)** or **Job Centre**. They will help you decide whether the plan is right for you.

Advice and assistance

Participation in the vocational language courses and **not in work or training**:

Talk to your placement officer at the employment agency or job centre beforehand. Your intermediary can then authorise you to take part in a module that suits you.

Employment Agency:

Mr Artan Balaj
Migration Officer
Talstr. 14
89584 Ehingen
E-mail: ulm.migration@arbeitsagentur.de

Job Centre Alb-Donau District:

Tel.: [0731 400180](tel:0731400180)
E-mail: jobcenter-alb-Donau.vermittlung@jobcenter-ge.de

Participation in vocational language courses with **work or training**:

Application to the competent Federal Office for Migration and Refugees (BAMF).

To the applications:

[Application for trainees](#)

[Application for employees](#)

Online language courses and volunteer opportunities

Online language courses

You can learn German via your smartphone or on your computer (also free of charge). Take advantage of the great offers to learn German quickly and make good use of the waiting time for a language course. These offers can also be useful during a language course.

[Learn German with your mobile phone and the Internet](#)

- [Ich-will-Deutsch-lernen](#): This portal is from the German Adult Education Association and offers exercises at levels A1 to B1+. You have to register. The portal is free of charge.
- The [VHS Learning Portal](#) offers a free A1 online German course for beginners.
- [Deutsche Welle Basic Language Course](#): This online language course contains modules on literacy and job-related language skills.
- [Einstieg Deutsch](#): A free language learning app for initial language skills.
- [Ankommen App](#): This app has a self-learning course for the first few weeks in Germany, level A1 and above.
- [DaFür - German as a Foreign Language](#): Online modules and apps for learners with and without basic knowledge.
- The [Goethe Institute](#) offers various interesting apps for learning German ["Deutschtrainer A1"](#): Exercise materials on vocabulary and structures for beginners for level A1.
- ["The City of Words"](#): App for playful vocabulary learning without prior knowledge in German, English, French and other languages
- [Language placement test](#): onSET-online language placement test for refugees and for linguistic classification for full-time and voluntary workers

In the Alb-Donau district, there are many voluntary helpers' groups who are committed to providing additional language support on site. Here you will find a list of the helpers' groups and what they offer: [Helping circles in the Alb-Donau district](#)

Interpreters, language mediators and translators

In Germany, some documents – for example, marriage or birth certificates – may only be translated by state-certified translators. These translations can be very expensive. Please make sure before using these services whether you really require a certified translation.

In this database, you will find a list of state-certified interpreters/translators:

[Interpreter and translator database](#)

To find an interpreter here, you must first select the state of Baden-Württemberg and then the district court (Landgericht) of Ulm. After that, you should choose the language you are looking for.

Internationaler Dolmetscherpool Alb-Donau-Kreis (IDA) (International Interpreters' Pool for the District of Alb-Donau)

The IDA provides contact to volunteer interpreters for counselling discussions, because conversation is often impossible without a volunteer helper. These people are not professional interpreters.

You can find more detailed information here: [Flyer Dolmetscherpool \(11/2022\)](#)

If you have questions or wish to become a volunteer interpreter yourself, contact:

Annika Morath


Integrationsbeauftragte

Landratsamt Alb-Donau-Kreis

Fachdienst Flüchtlinge, Integration, staatliche Leistungen

Schillerstraße 30

89077 Ulm

 [0731 185-4361](tel:0731_185-4361)

Fax: 0731 18522-4361

@annika.morath@alb-donau-kreis.de

Ehingen Volunteer Interpreter Service

By providing their language skills, volunteer interpreters support people who have trouble communicating with public authorities, officials, kindergartens, schools and social institutions through

literal, neutral and exclusively spoken interpretation.

Offices for the local chapter in Ehingen

Office for Education, Youth and Social Affairs (Amt für Bildung, Jugend und Soziales)

Marktplatz 7

89584 Ehingen

Tel.: 07397/503-746

Email: info@lokale-agenda-ehingen.de

You can find more detailed information here: [0e7e9 flyer dolmetscherdienst](#)

Childcare and school

Children's day-care centres and kindergartens

This topic deals only with the care of children who are not yet in school.

Kindergarten

Children aged from 3 years up to school entrance age are looked after in nursery school (kindergarten). Here, your child can form friendships, learn German by being with carers, children and other parents and explore new things. Visiting a child-care facility is very important and good preparation for school.

Since your child is very well looked after there, you can attend to your own needs during this time. For example, you will have more time to attend a German course and later to get a job.

[Here](#) you can find more information on the subject of children's day-care facilities (multilingual).

Kindergarten registration

Unfortunately, there are not always enough places in the kindergartens. Sometimes it is necessary to make enquiries at several kindergartens and to have your child put on the waiting list. If you are staying in district council (Landratsamt) shared accommodation, the assigned social educational counsellors and support workers will help you. If you are living in subsequent accommodation, the local Refugee and Integration Officers, as well as the integration managers, will be happy to help you.

Contact information for the Refugee and Integration Officers: [Kontaktadressen Flüchtlings- und Integrationsbeauftragte im ADK \(Stand August 2020\)](#)

Contact information for the Integration Managers: [Ansprechpartner ADK \(Stand 2. Oktober 2020\)](#)

You can see a list of all the kindergartens in the district of Alb-Donau here: [List of kindergartens](#)

Kindergarten costs

Kindergartens are not free of cost.

Under certain circumstances, the cost of the kindergarten can be covered, for example, if you do not have work and are receiving benefits from the Landsratamt or the job centre. To do this, you must submit an application at the [youth welfare office of economic aid in the Landratsamt](#). Their expert social educational advisors and support workers (see above) will be happy to assist you.

School kindergarten (Schulkindergarten)

School kindergartens are designed for children with disabilities (ages 3 and up; 2 and up for children with physical disabilities) who need special education, as determined by an application from the parents to the school supervisory authority (Schulbehörde). The goal of school kindergarten attendance is to provide children with disabilities (or who are likely to develop disabilities) with support in all aspects of their personal development, in order to help them lead the most independent lives they can.

Contact person for the district of Alb-Donau:

Staatliches Schulamt Biberach (Biberach State Education Authority)

Monika Koddebusch

Tel.: 07351/ 5095-167

Email: monika.koddebusch@ssa-bc.kv.bwl.de

You can see a list of all the school kindergartens in the district of Alb-Donau and the city of Ulm here: [Addresses of school kindergartens in the district of Alb-Donau and Ulm](#)

Tagesmütterverein Alb-Donau-Kreis e.V.

This association of day-care providers (Tagesmütterverein Alb-Donau-Kreis) provides part-time daily support and assistance with childcare to

families throughout the district of Alb-Donau

.The association works in close collaboration with the District Department of Children Welfare Services (Kreisjugendamt).

The association of day-care providers has an office at the District Administration Office for day-care providers and parents who are looking for child-care for their child. In addition to this office, there are also offices in Ehingen and Langenau. At these locations, staff find out the

actual need for child-care and inform parents about the variety of child-care options. If necessary, they will assign a day-care provider to the family and explain the costs and possibilities for financial aid.

Ms Andrea Johnson
Telephone: 0731 / 185 - 4420
Email: andrea.johnson@alb-donau-kreis.de

Ms Mirjam Langer
Telephone: 07391 / 779 - 2471
Email: mirjam.langer@alb-donau-kreis.de

Ms Angelika Gitschier
Telephone: 0731 / 185 - 4331
Email: angelika.gitschier@alb-donau-kreis.de

Ms Bernadette Lotspeich
Telephone: 0731 / 185 - 4395
(Office is open on Tuesdays between 8:00 AM - 4:00 PM and by appointment)
Email: bernadette.lotspeich@alb-donau-kreis.de

Telephone contact times:
Monday - Thursday: 9 AM to 12 PM and 2 PM to 5 PM

General-education schools

General information

Compulsory education:

The parents of children have a duty to ensure that their children attend school regularly. If compulsory education is not respected, the parents will be held accountable. A fine can be imposed, since it is considered an offence.

Informing the school that your child is ill:

If your child is sick, they should not attend school. However, the child still needs to be excused from class. Call the school's office before the first lesson of the day and state your child's name and which class they are in. Also state for how long your child will be unable to attend school. Otherwise, the school is obliged to look for your child, if necessary by contacting the police. You may have to pay a penalty in this case.

Holidays:

You can find a calendar of holidays for the current school year [here](#).

School supplies:

The school will normally send you a list of things that your child needs for school (such as pens and paper). Please make sure that your child always brings the necessary school supplies with them!

Financial aid for supplies:

School supplies, bus tickets and even class field trips cost money. Under certain circumstances, however, the District Administration (for asylum seekers) or the Job Centre (for recognised refugees; subsidiary protection) may be able to cover the costs. For this to happen, you need to submit an Application for Education and Inclusion ("BuT application") to the relevant authority. Your assigned support workers will be happy to assist you.

Parents' evenings:

As parents, you are the experts when it comes to your children. Your child should be able to obtain a good school-leaving degree and find a career that suits them. As parents, you have an important role to play in this: Taking part in parents' evenings and frequent meetings with teachers are just as important for your child's school degree as it is for your child to regularly participate in class and complete their homework. If you receive letters from the school that you do not understand, then show those letters to someone you trust or a support worker.

General education schools in the Alb-Donau district

General education school

In Germany, all children between the ages of 6 and 18 inclusive must attend school (compulsory education). If you have school-age children, register them immediately at an appropriate school. If you live in accommodation provided by the Landratsamt, the responsible care centre will register your child directly with the school. You will then receive an invitation to register at the school. After that, your child can go to school.

Types of school

There are different types of schools in Baden-Württemberg. Which school your child goes to depends on how old he or she is, among other things, but also on his or her school performance.

In principle, higher school-leaving qualifications can also be obtained later. For example, after the intermediate school-leaving certificate (Mittlere Reife), it is also possible to catch up on the Abitur at a grammar school. This is also possible at vocational schools.

Primary school

Primary school is a comprehensive school that lasts from grade 1 to grade 4 (4 years). After nursery school, pupils usually start primary school at the age of 6. After primary school, pupils transfer to a secondary school (Haupt-Werkrealschule, Realschule, Gymnasium).

Hauptschule and Werkrealschule

The Hauptschule comprises grades 5 to 9 and leads to a Hauptschule certificate after 5 years. This certifies general education and good prerequisites for successful vocational training.

The Werkrealschule comprises grades 5 to 10, i.e. it leads to an intermediate school leaving certificate after 6 years or to a lower secondary school leaving certificate in grade 9. The Werkrealschule has a strong vocational profile, so that the prerequisites for successful vocational training are met.

Realschule

Here, pupils can learn a second foreign language, for example. It also covers grades 5 to 10, but more independent learning is expected than at the Hauptschule and students receive a broader general education. The pupils of a Realschule receive vocational training. The Realschule leaving certificate ("mittlerer Bildungsabschluss" or "Mittlere Reife") generally provides the basis for upper-level professions of all kinds.

Gymnasium

Compared to a Realschule and Hauptschule, pupils are expected to take a great deal of personal responsibility. The aim is above all to prepare them for university studies. The Gymnasium lasts 8 or 9 years and is completed with a final examination, the general higher education entrance qualification (also called "Abitur").

Community school

In community schools, pupils are taught together from grade 1 to grade 10, regardless of their performance and talents. As a rule, all qualifications can be obtained here. Community schools are always all-day schools.

A list of all schools in the Alb-Donau district can be found here: [Schools](#)

A more detailed description of all types of schools in Baden-Württemberg can be found [here](#).

Special educational and counselling centres (SBBZ)

The so-called SBBZ are special schools for children with special needs. They are differentiated according to the special needs areas of learning, mental development, hearing, physical and motor development, vision, language, emotional and social development, pupils in prolonged hospitalisation and are guided in their work by their own educational plans as well as the specifications of the respective educational plans of the general education schools.

Contact for the Alb-Donau district:

Regierungspräsidium Tübingen

Department 74

Ms Christina Holzmann-Gaugel

E-mail: christina.holzmann-gaugel@rpt.bwl.de

Tel.: [07071 757-2069](tel:070717572069)

A list of the SBBZ in the Alb-Donau district and Ulm can also be found here: [Schools](#)

Preparatory classes for new immigrants (VKL)

The **preparatory class** is a school class for children and young people who are between 6 and 15 years old and have recently arrived in Germany. They are available for primary (elementary) and secondary (secondary) school. The aim of the VKL is to learn the German language, to find their way in everyday life in their new home country and to prepare for regular classes in Germany. When a pupil transfers to the regular class is decided in close cooperation between the school administration, the teachers, the parents and the respective pupil.

How do I register my child?

The registration of your child takes place directly at the school.

Further information and contact details can be found [here](#).

Vocational schools

Vocational schools offer teenagers and young adults over the age of 15 a variety of opportunities after they **stop attending a general-education school**. Vocational schools train students for a specific **profession**, and there is also the option of completing **general-education school degrees**. Children and adolescents in Germany are required to attend school until the age of **18 (compulsory education)**!

The following types of schooling exist at vocational schools:

career-entry (Berufseinstiegsjahr - BEJ) year or career-preparatory year (Berufsvorbereitungsjahr - BVJ)

These are programmes for students with or without a certain type of secondary-school diploma (Hauptschulabschluss) who are not yet sure what kind of career they are interested in and do not yet have a vocational training placement (apprenticeship). They are introduced to various professions and can build on either a secondary school degree (Hauptschulabschluss) or an educational level equivalent to a "Hauptschulabschluss".

Vocational school (Berufsschule):

At these schools, training is through a dual-track system. This means that part of the vocational training focuses on theory, which is learned at the school, while the other part involves getting practical experience at a company that provides vocational training.

You can find more information on this in the vocational training section or [here](#).

Vocational schools for specific professions (Berufsfachschule):

This type of vocational school offers 1 to 3 years of basic vocational education, preparation for a specific profession or professional qualification. Students can obtain a degree ranging from a secondary school degree one level above the one they have to a basic secondary school degree. This type of vocational school are usually split into the following professional fields:

- commercial/business professions
- home economics/socio-educational care or nursing
- business/technical professions

You can get more information [here](#).

Preparatory training school (Fachschule):

This type of preparatory training school offers one- or two-year programmes for professional development. This means that students are building on their previously completed vocational training programme and corresponding employment, and further developing the qualifications they have already acquired. These schools prepare students for mid-level management or self-employment. These schools are likewise split up into the following subject areas:

- Technology
- Economics
- Social work
- Agricultural economics
- Design

You can get more information [here](#).

Vocational college (Berufskolleg):

Vocational colleges, which offer programmes of between one and three years, build on a basic secondary-school degree, and students aim to achieve a more advanced professional qualification or qualification for higher education at a technical university (eligibility for university study). There are vocational colleges for the following fields:

- Technology
- Economics and administration
- Social education
- Health and nursing
- Home economics

You can get more information [here](#).

Upper secondary vocational school (Berufsoberschule):

To attend an upper secondary vocational school, you need to have already completed a vocational training programme (apprenticeship) and, at minimum, a basic secondary school degree (mittlerer Schulabschluss). These schools' programmes usually last two years and prepare students for a subject-specific university entrance certificate or, if they speak a second foreign language, a general university entrance certificate. This makes them eligible to study at a university. The following types of upper secondary vocational schools exist:

- Technical upper secondary school (Technische Oberschule)
- Upper secondary school for economics (Wirtschaftsoberschule)
- Upper secondary school for social work (Oberschule für Sozialwesen)

You can get more information [here](#).

Vocational grammar school (Berufliches Gymnasium):

Students with a basic secondary-school degree and average grade of 3.0 in the main subjects may attend a three-year vocational grammar school. The vocational grammar school ends with a general university entrance certificate (Abitur) and makes the student eligible to study at any research university or university of applied sciences. This type of school is likewise split up into corresponding subject areas:

- Technical subjects
- Economics
- Social work and healthcare
- Agricultural sciences
- Biotechnological subjects
- Nutritional science

You can get more information [here](#).

Vocational schools in the Alb-Donau district

Here you will find an overview of the vocational schools in the Alb-Donau district:

Ehingen Vocational School

Weiherstr. 10

89584 Ehingen

Tel.: [07391 58030](tel:0739158030)

E-mail: mail@gbs-Ehingen.de

Internet: <http://www.gbs-ehingen.de/>

Commercial School Ehingen

School Lane 11

89584 Ehingen

Tel.: [07391 702510](tel:07391702510)

E-mail: Sekretariat@ksehingen.de

Internet: www.ksehingen.de

Magdalena Neff School Ehingen

Weiherstr. 14

89584 Ehingen

Tel.: [07391 5803200](tel:073915803200)

E-mail: Poststelle@mns-ehi.schule.bwl.de

Internet: <http://www.mns-ehingen.de/>

Valckenburg School Ulm

Valckenburgufer 21

89073 Ulm

Tel.: [0731 920380](tel:0731920380)

E-mail: info@valckenburgschule.de

Internet: <http://www.valckenburgschule.de/>

Max Eyth Agricultural School Ulm

Schillerstr. 30

89077 Ulm

Tel.: [0731 1853098](tel:07311853098) or [0731 1853122](tel:07311853122)

E-mail: Landwirtschaft@alb-donau-kreis.de

Pre-qualification for work/occupation without German language skills + regular system (VABO/VABR/AV)

There are also special offers for new immigrants. These offers are useful if you do not have a training place and do not attend a general education school. Children and young people in Germany must attend school up to the age of 18 (compulsory education).

Pre-qualification for work/occupation without German language skills (VABO)

In VABO classes, newly immigrated young people without sufficient language skills receive targeted language support in separate classes at vocational schools. The focus is on acquiring a language level up to B1. A lower secondary school leaving certificate is not taken.

Pre-qualification for work and occupation in regular form (VABR) or training preparation (AV)

Following the VABO, new immigrants have the option of switching to a VABR (also called VAB) or AV. Here they continue to learn German, but are primarily prepared for a profession. There are also practical parts in companies. But other subjects are also taught. In the VAB or AV, a lower secondary school leaving certificate can be obtained. This certificate can be used to start an apprenticeship.

How do I register my child?

First of all, please contact the refugee and integration officers, as well as the integration managers on site. If you live in a shared accommodation run by the District Office, the socio-educational support will help you with registration. They will then contact the coordinating school with your child's details.

[Refugee and Integration Officers in the ADK \(as of August 2023\)](#)

The Gewerbliche Schule Ehingen and the Ferdinand von Steinbeis Schule will then work with you and your child to find a suitable VABO or VABR class.

Two-year vocational school for geriatric nursing with integrated German language course for new immigrants

More detailed information can be obtained from the [Valckenburgschule Ulm](#). You can find the application form [here](#).

Advice and assistance

School social work

Many schools have school social workers. These people help you if you:

- Have problems at school or with classmates.
- have problems at home with your parents or family.
- have questions and problems in other life situations (addiction, drugs, pregnancy...).

Contact the school social work at your school: [List of school social work in the ADK](#)

Guidance counsellors

Many schools have counselling teachers who you can also contact. They help parents and pupils with learning and performance problems as well as with questions about their school career. A list of the guidance counsellors in the Alb-Donau district can be found here:

[List of guidance counsellors](#) (page Staatliches Schulamt Biberach).

School Psychological Counselling Centre

If you have questions or problems that the school social work cannot help you with, you can contact the school psychological counselling centre. They help pupils

- in case of problems with teachers or classmates, in case of problems with learning or concentrating and in case of fear of exams or fear of school.
- They also help parents if their children have problems learning, are afraid of school or don't feel like going to school; have problems at school or with classmates; have behavioural problems at school.

Contact:

School Psychological Counselling Centre in Ulm

Griesbadgasse 30

89073 Ulm

Tel.: [0731 27011510](tel:073127011510)

Fax: 0731 27011525

E-mail: poststelle.spbs-ul@zsl-rs-tue.kv.bwl.de

Tutoring and learning assistance

Tutoring or learning assistance is additional support for a school subject outside the classroom. This usually has to be paid for by the student.

Tutoring and learning assistance are useful, for example, if promotion or graduation are at risk or if someone does not know a lot of the content in class. Talk to the teachers at school and ask whether tutoring or learning assistance makes sense. Maybe the school itself has something to offer.

It is sometimes possible to get paid learning support through [education and participation](#). You will need a confirmation from the school that this is necessary.

Tutoring and learning support institutes (with costs):

Studienkreis Langenau

Bahnhofstr. 13

89129 Langenau

Tel.: [07345 910124](tel:07345910124)

ABACUS tutoring Ehingen

Home tutoring

Mr. Andreas Kierndorfer

Tel.: [07391 758981](tel:07391758981)

Pupil Help Ulm

Münsterplatz 15

89073 Ulm

Tel.: [0731 931296596](tel:0731931296596)

Learning Studio Barbarossa Ulm

Münsterplatz 18

89073 Ulm

Tel.: [0731 1416955](tel:07311416955)

Tutoring Kursiv

Magirusstr. 44

89077 Ulm

Tel.: [0731 1897979](tel:07311897979)

Further educational offers

Adult Education Centres (VHS) in the Alb-Donau District

Adult education centres (VHS) offer various programmes for children, young people and adults. Mostly there are courses and events on topics such as language, health, computers, culture, art and music.

Each adult education centre has different offers that you can take advantage of. You have to pay for most of the courses. Almost all adult education centres in the Alb-Donau district also have free offers for children and young people with the "Junge VHS".

You can find more information about the offers on the websites of the adult education centres:

[VHS Ehingen](#)

Franciscan Monastery
Spitalstraße 30
89584 Ehingen (Danube)
Tel.: [07391 503503](tel:07391503503)
Fax: 07391 503555
E-mail: vhs@ehingen.de

[VHS Laichingen-Blaubeuren-Schelklingen](#)

Duceyer Platz / Radstraße 8

89150 Laichingen

Tel.: [07333 925200](tel:07333925200)
Fax: 07333-9252022
E-mail: info@vhs-lai.de

[VHS in the Alb-Donau District](#)

Schillerstr. 30

89077 Ulm

Contact persons and contact addresses can be found on the website at the individual offices

Vocational training, university study and work

General information

Introduction

If the **asylum procedure** has not been completed, an internship, training or work is only possible with the approval of the Foreigners' Registration Office.

In principle, asylum seekers are allowed to study in Germany. However, further proof may be required by the university.

In the case of a **Duldung**, employment is generally not permitted. The Regierungspräsidium Karlsruhe is then responsible for approving employment. A valid passport is required. The application is made via the Aliens' Registration Office.

If you are permitted to work under the Duldung, you do not need to apply for a work permit. This applies, for example, if you have been in Germany for at least 4 years. Here, too, it is important to have a valid passport.

With a **residence permit**, employment is usually permitted without restriction. In this case, you do not need to apply for a work permit. The work permit is noted in your residence title or in the corresponding supplementary sheet. The supplementary sheet must be kept and presented together with the residence title. If you are also permitted to be self-employed, this must also be stated in your residence title. If you have any questions about this, please contact the Foreigners' Registration Office.

Vocational training

In Germany, it is a great advantage to have a professional qualification before starting work. People with professional qualifications earn more money on average over the course of their lives, are less likely to be unemployed, and are less likely to have temporary contracts than those without professional qualifications.

Dual education

The dual education scheme is unique to Germany. Dual training takes place about one third of the time in the vocational school and about two thirds of the time in a training company. You can simultaneously learn theory and practice while earning money at a company during your apprenticeship.

The duration of the vocational training depends on the type of job. It usually takes 3 years. At the end of the training period you take a final exam. If you pass the exam, you can work in this profession. There is no age limit to start vocational training.

You can also do part-time vocational training. A part-time vocational training programme lasts the same length of time as a normal, full-time one – but less time is spent at the company each day or week.

Information in other languages:

This short film presents the vocational training process in various languages: [German](#), [English](#), [Arabic](#), [Farsi](#) and [Tigrinya](#).

Multilingual informational flyers and videos from the Chamber of Industry and Commerce can be found [here](#) and [here](#).

You can find a parents' guide to vocational training in Germany in 16 different languages [here](#).

Training at a vocational school

In Germany, however, there is not only dual education, but also fully school-based training at vocational schools. Vocational schools for specific professions (Berufsfachschule) provide full vocational training in theory and practice, outside of the dual education system. It usually takes two to three-and-a-half years. The course is full-time and includes general subjects in addition to the professional subjects. Some vocational-training professions also include a preparatory school year before the trainees begin a dual system (school and practical training at a company). Since the vocational schools differ greatly in terms of their faculties, admission requirements, training duration and further education possibilities, it is advisable to make enquiries at the school in question.

[Here](#) is an overview of the general-education schools in the district of Alb-Donau.

Access to vocational training

Refugees' and asylum seekers' residence status during vocational training

It is possible to begin a vocational training programme even if your asylum application is still being processed. As described in the introduction, you need to get approval from the Immigration Office (Ausländerbehörde) before you can do this.

However, you should note that being in a vocational training programme does not guarantee your residence status. If your application for asylum is rejected, and you are then given the status "temporary postponement of deportation", the Karlsruhe Regional Commission will decide whether you can continue to be employed – in other words, whether your vocational training programme can continue.

Under certain circumstances (such as if you present your passport to the Immigration Office responsible for you), the vocational training programme can be resumed with the agreement of the Karlsruhe Regional Commission. However, even this option does not give you the right to stay in Germany. (3+2 Regulation)

You can find more detailed information on the flyer from the Ministry of the Interior for Baden-Württemberg on "Employing asylum seekers, persons with subsidiary protection and persons who are legally obligated to leave the country":

[Faltblatt Beschaeftigung Stand Nov 17](#)

You can also find a list of the most important points of contact in the Alb-Donau District Administration here:

[Flüchtlings- und Integrationsbeauftragte im ADK \(Stand 6. September 2021\)](#)

External assessment

If you have been working in a profession for at least one-and-a-half times longer than the defined standard length of a vocational training programme (i.e. for 3 years of vocational training, you must have been working in the profession for at least 4.5 years) and your professional experience has enabled you to acquire all the skills and competencies needed for that profession, but you have not completed vocational-occupational training, then you can apply for the authority responsible to conduct an external assessment. This means that you

participate in the normal final exam for the vocational training programme for this profession (both written and practical/oral). If you pass the assessment, you will receive a recognised professional qualification.

For further information, please contact the [Ulm Chamber of Industry and Commerce](#) or the [Ulm Chamber of Skilled Trades](#).

Vocational training job exchange

You can find open vocational training placements here:

- [Federal Employment Agency's \(Agentur für Arbeit\) job exchange](#)
- [Chamber of Industry and Commerce's apprenticeship job exchange](#)
- [Ulm Chamber of Skilled Crafts Apprenticeship Radar \(Handwerkskammer Ulm – Lehrstellenradar\)](#)
- [Ausbildungsscout Ulm/Alb-Donau](#)

Advice and help

Ulm Chamber of Skilled Crafts (Handwerkskammer Ulm – HWK)

The Chamber of Skilled Crafts (HWK) is the authority that governs skilled trades. These are professions such as baking, bricklaying or painting and decorating. The Ulm Chamber of Skilled Crafts (Handwerkskammer Ulm – HWK) provides special contact persons for refugees who would like to begin an apprenticeship (vocational training) in one of these professions. These contacts help refugees find a placement or get an entry-level qualification (sometimes required for certain apprenticeships) and submit all the necessary applications.

For refugees, immigrants and helpers:

Kümmerer-Projekt

Ms Susanne Lubos

Olgastr. 72

89073 Ulm

Tel.: 0731/14256222

Email: s.lubos@hwk-ulm.de

You can get more detailed information [here](#).



Baden-Württemberg

MINISTERIUM FÜR WIRTSCHAFT, ARBEIT UND WOHNUNGSBAU

The Kümmerer Project is funded by the Ministerium für Wirtschaft, Arbeit und Wohnungsbau (Ministry of Economics, Labour and Residential Construction)

For companies:

Willkommenslotsen-Projekt

Mr Ewald Wasner

Olgastr. 72

89073 Ulm

Tel.: 0731/14256387

Email: e.wasner@hwk-ulm.de

You can get more information [here](#).

For skilled workers from abroad:

Passgenaue Besetzung (The Perfect Fit)

Ms Nuray Glock

Olgastr. 72

89073 Ulm

Tel.: 0731/1428201

Email: n.glock@hwk-ulm.de

You can get more detailed information [here](#).

**PASSGENAUE
▶ BESETZUNG**
WILLKOMMENSLOTSEN



Ulm Chamber of Industry and Commerce (Industrie- und Handelskammer Ulm - IHK)

The Chamber of Industry and Commerce (IHK) is responsible for professions in industrial manufacturing, trade and services. Some examples of these professions are plant mechanics or merchants in wholesale and foreign trade. The Ulm Chamber of Industry and Commerce also has special contact persons who offer advice on training, initial qualification and practical training (internships):

For refugees, immigrants and helpers:

Kümmerer-Projekt

Mrs. Bachmann

Olgastr. 95-101

89073 Ulm

Tel. 0731 / 173-317

Email: bachmann@ulm.ihk.de

You can get more detailed information [here](#).

For companies and skilled workers from abroad:

Welcome Center Ulm/Oberschwaben (IHK Ulm)

Rahel Mödinger

Olgastraße 95-101, 89073 Ulm

Tel.: 0731/173-304

Fax: 0731/173-5304

Email: moedinger@ulm.ihk.de

You can get more detailed information [here](#).



The Kümmerer Project and the Welcome Center in Ulm/Oberschwaben is funded by the Ministerium für Wirtschaft, Arbeit und Wohnungsbau Baden-Württemberg (Baden-Württemberg Ministry of Economics, Labour and Residential Construction)

For companies:

Coordination centre for refugees
Mrs Rahel Mödinger
Olgastr. 95-101
89073 Ulm
Tel.: 0731/173- 304
Email: moedinger@ulm.ihk.de

You can get more detailed information [here](#) and [here](#).

Career guidance from the Federal Employment Agency

Guidance counsellors can answer any questions you might have about choosing a career, vocational training and academic education, and schools for continuing education and degrees. Job Centre clients can also use these counselling services.

Please make an appointment by email:

Agentur für Arbeit Ulm
Berufsberatung (Career Guidance)
Wichernstr. 5
89073 Ulm
Email: ulm.berufsberatung@arbeitsagentur.de

The Federal Employment Agency in Ulm has a [Career Information Centre \(BIZ\)](#) that offers a variety of services regarding choosing a career and vocational training.

The **Federal Employment Agency** and **Job Centre** also offer support if you experience difficulties during your vocational training programme. For example, these services include [assisted apprenticeships](#) and [vocational training support](#). Speak to your counsellor about these options before you start any programme. They will help you decide whether the plan is right for you.

Another potential source of help if you have any problems during vocational training is the [VerA Initiative organised by the Senior Experts Service \(SES\)](#).

“KAUSA”: a resource about the dual vocational training system designed for parents

Parents can get information in 16 languages about the opportunities and possibilities of doing a dual vocational training programme in Germany in this brochure: [“KAUSA Elternratgeber: Ausbildung in Deutschland” \(“KAUSA Parents’ Guide: Vocational Training in Germany”\)](#).

You will learn how to support your child as they choose a career and where you can find advice and support yourself.

University study

General information

In Germany, there are many different courses of study. There are also different types of universities:

- Universitäten = research universities (more academically focused)
- (Fach-)Hochschulen = universities of applied sciences; technical colleges (more practically focused)
- Duale Hochschulen = “dual universities” (very practically focused)
- Kunst- Film und Musikhochschulen = universities for art, film and music (for the arts and performing arts)

There are public and private universities. Private universities are not necessarily better than public ones – however, students usually have to pay high tuition fees at private universities.

You can find many helpful sites online:

- [Hochschulkompass \(Higher Education Compass\)](#) (list of all courses of study and universities in Germany)
- [Study in Germany](#) (information for refugees)
- [Agentur für Arbeit Studienorientierung \(study programme orientation from the Federal Employment Agency\)](#)
- [Deutscher Akademischer Austauschdienst \(German Academic Exchange Service\)](#)

Pre-requisites

- If you [want to study in Germany](#), you need a [university entrance qualification](#). If you do not have an Abitur degree from a German school, you need to check whether the secondary school degree you obtained in your home country is sufficient for you to enter a German university.

You can find more detailed information on the [Anabin](#) website, through the [“Recognition in Germany” information portal](#) and on the website of the [German Academic Exchange Service \(DAAD\)](#).

- You also need to bring proof of your good German language skills (level C1), such as a certificate from the TestDaF, DSH or telc Deutsch C1 Hochschule.

- It is also possible to get support from the educational counselling organisation [Garantiefonds Hochschule](#).
- Some universities also offer preparatory semesters during which you can learn German. Some universities that offer this are the University of [Ulm](#), University of [Augsburg](#), [Duale Hochschule Heidenheim](#) and [Integrationscampus der Technischen Hochschule Ingolstadt](#) (the Integration Campus at THI).

You should get information directly from the university at which you would like to study. Most universities have counselling services available. Also make note of the deadlines by which you need to apply for a course of study!

The [University of Ulm offers informational events](#) for refugees on a regular basis.

You can also contact the University Studies Coordinator for refugees in the administrative district of Tübingen:

Mr Behrouz Behbehani

Tel.: 0731/5031752

Email: Behrouz.behbehani@uni-ulm.de

Tuition fees for international students from non-EU countries:

The University of Ulm's website provides detailed information on [tuition fees for foreign students in Baden-Württemberg](#). EU immigrants and most refugees do not have to pay tuition fees. People with university entrance qualifications do not have to pay tuition fees either! You can also find information there regarding tuition fees for a second degree.

Financing

Many people work in order to finance their studies. However, during term time (semesters), you must not work more than 20 hours a week. You can also try to get financial support from the government.

- BAföG = Bundesausbildungsförderungsgesetz (Federal Training Assistance Act) With [BAföG](#), students receive a monthly stipend for a limited period of time. The amount of money you will receive depends on your individual circumstances. Not every student is eligible for BAföG. If you receive asylum seekers' benefits, you cannot receive BAföG. BAföG is only provided for full-time students.

You can find an Arabic-language online tutorial about BAföG at www.youtube.com/BAföG/arabisch

- Grants/scholarships A grant or scholarship is financial support which can be used for university studies, for example. There are many grants for which you can apply. And not just for the first semester but for your whole course of studies. Some take account of social

engagement, political orientation, degree programme, grades or personal circumstances. Some organisations also work together with certain universities.

The “Deutschlandstipendium” (www.deutschlandstipendium.de), available in simple language, English and German, itself has a wide range of support offers, which also means that it can be accessible to many students.

Without a university entrance qualification

If you are eligible to study at university in your home country, but not in Germany, you may be able to get access to higher education through a [preparatory college \(Studienkolleg\)](#). There, foreign university applicants are given targeted preparation for future studies at a German research university or university of applied sciences.

Kiron University

You can also start to study at university without university admission. One option of pursuing a study course is the [Kiron University](#), which allows you two years to get recognition of your certificates. However, for your third year at a university in Germany, you need proof in order to be admitted to university. You must make sure to get this in the first two years of your studies.

Kiron students complete the first two years of their study course online and their third year at a partner university. The qualifications offered are recognised.

Online courses of study are possible through Massive Open Online Courses and Small Private Online Courses. These are courses from world-renowned elite universities such as Harvard, Stanford, MIT or Yale which have been made available to the general public. In consultation with the providers, Kiron takes over the free courses and combines these with the latest e-learning technologies into learning modules. The partner universities credit these online courses and allow students to finish the third year of the selected study course on site.

Work

Refugees and asylum seekers with a temporary residence permit or temporary postponement of deportation:

If you have come to Germany as an asylum seeker, you need to have a work permit in order to work in general. **When are you not permitted to work?** In the first three months after arriving in Germany, you are not permitted to work. As a general rule, your temporary residence permit, temporary postponement of deportation or residence permit states whether you are allowed to be employed. **At what point do you gain access to the labour market, and to what extent?** Once the ban on working has lifted (as a general rule, this is after three months), there are essentially two different types of access to the labour market (if you do not have a temporary postponement of deportation that includes a work ban):

1. A limited work permit: This means that you need to apply for a work permit from the Immigration Office before starting a new job. This is the case if your application for asylum is still being processed and you have a temporary residence permit. You can also apply for a work permit if you have a temporary postponement of deportation. If this is the case, your temporary residence permit or temporary postponement of deportation will state: “Employment only by permission from the Immigration Office.” You then need a work permit

- for every new job
- for vocational/occupational training

- for an internship
- for an entry-level qualification programme or professional training internship

In the case of a vocational training programme that is solely school-based (e.g. at a vocational school for a specific profession), you usually do not need a work permit. However, if sections of the programme take place at a company, you do need to submit an application for a school internship to the Immigration Office. **2. Unlimited work permit** This means that you can take on any type of employment without needing to apply for a work permit. This applies to you if you have received a residence permit. It also applies if you have a temporary residence permit or temporary postponement of deportation (without a work ban) and have been living in Germany legally for 48 months. Your (temporary) residence permit or temporary postponement of deportation must state: "Permission to be employed/work" (Beschäftigung/Erwerbstätigkeit gestattet). Temporary postponements of deportation usually state "Paid employment not permitted" (Erwerbstätigkeit nicht gestattet). This excludes you from doing any type of paid work. The Karlsruhe Regional Commission decides what the temporary postponement of deportation permits.

Further notes Persons with a temporary residence permit or temporary postponement of deportation are also able to work at temporary employment agencies. When persons with a temporary residence permit start a job or apprenticeship, they do not gain any special right of residence. How successful you are in integrating into German society is not a factor in the assessment of your application for asylum with regard to guaranteeing you protection under asylum law.

Refugees with residence permits If you have a residence permit, you generally have full access to the labour market without any restrictions. For this reason, you do not need to apply for a permit before starting work. If you have a residence permit as a result of a deportation ban, permission from the Immigration Office is required before you can take up employment.

EU citizens and EEA citizens Citizens of the European Union (also referred to as EU citizens) have unlimited access to the German job market. This also applies to citizens of countries that are members of the European Economic Area (EEA) and their families. Swiss citizens and their family members also have freedom of movement within the EU, but they have to apply for a special residence permit for Switzerland. You can find more information [here](#). International professionals with a professional or academic qualification can contact the Welcome Centre in Ulm/Oberschwaben at the IHK Ulm with questions about living and working in the region.

Contact person: Rahel Mödinger
Olgastr. 95-101
89073 Ulm
Phone: [0731173304](tel:0731173304)
Email: moedinger@ulm.ihk.de

Citizens from "third countries" If you are a citizen of what is known as a "third country" (i.e. you are not a citizen of an EU member state or a European Economic Area state), and would like to stay and work in Germany in the long term, you require a work permit, also known as a residence permit (Aufenthaltstitel). You can apply for a visa for the purposes of employment via the German embassy. Please contact the German embassy in your area directly for information on the requirements you need to meet to receive this visa and which documents you need to submit. You can find more information [here](#).

Work and careers for asylum seekers

In Germany, every job seeker is responsible for looking for a job themselves. If you are unemployed, you can register as a job seeker with the Federal Employment Agency (Agentur für Arbeit) if you would like to receive support and advice there.

Counselling and job placement for refugees with temporary residence permits/temporary postponement of deportation:



Employment Agency (Agentur für Arbeit)

Mrs Gabriela Bog-Rampf

Integration officer

Talstr. 14

89584 Ehingen

Email: ulm.migration@arbeitsagentur.de

Agentur für Arbeit Ulm

Mr Hadri and Ms Rach

Wichernstr. 5

89073 Ulm

E-Mail: ulm.121-vermittlung@arbeitsagentur.de

Federal Employment Agency (Agentur für Arbeit), Ehingen branch office

Ms Weber
Talstr. 14
89584 Ehingen
E-Mail: ehingen.122-vermittlung@arbeitsagentur.de

Work and careers for recognised refugees and immigrants

Counselling and work placement for recognised refugees:

Once you have been officially recognised as a refugee, you will be transferred to the Job Centre in Alb-Donau. You have to submit an application for this in person.



Jobcenter Alb-Donau
Wilhelmstraße 22
89073 Ulm
Tel. 0731 400 18 - 0
Fax: 0731 400 18 - 200
Email: jobcenter-alb-donau@jobcenter-ge.de

Hours
Monday – Friday
08:00 - 12:00
Thursday
8:00 AM – 12:00 PM and 1:00 PM – 5:30 PM

or

Jobcenter Alb-Donau
Weitzmannstraße 2
89584 Ehingen
Tel. 07391/7082 - 0
Fax: 07391/7082 - 465
Email: jobcenter-alb-donau@jobcenter-ge.de

Hours
Monday – Friday
08:00 - 12:00
Thursday
8:00 AM – 12:00 PM and 1:00 PM – 5:30 PM

You can get more detailed information [at the website of the Alb-Donau Job Centre.](#)

The Alb-Donau Job Centre is also responsible for work placement and counselling for EU immigrants.

The following is true:

- You can receive SGB II benefits if you are unable to cover your living expenses yourself.

- You need to make an independent effort to find a job yourself.

In order to receive benefits, EU citizens must have the status of “employee”. This is checked by the Job Centre before you can receive benefits.

Please make an appointment at your Job Centre in advance.

The counsellors will inform you about your individual claim to benefits.

Work and careers for asylum seekers from a third country

As of March 1, 2020, Germany has a Skilled Immigration Act (Fachkräfteeinwanderungsgesetz). This should make it easier for skilled workers with vocational training from countries outside the EU to enter Germany and relax the existing regulations on training and employment.

Key information at a glance

- Professionals are defined as persons with a university degree or qualified vocational training with a duration of at least two years. It is important that the professional qualification is recognised in Germany.
- It is no longer necessary to check whether a suitable worker with access to the labour market is available in Germany (elimination of the priority check).
- The employment of skilled workers with vocational training is no longer limited to bottleneck occupations. Employment in related professions is now possible. Assistant and semi-skilled jobs are excluded here; in any case it must be a qualified employment.
- An entry for job search is made possible. Thereby, you can obtain a residence permit for up to six months. Prerequisites are that the foreign qualification has been recognised in Germany, that living costs for the stay are secured and that sufficient German language skills (usually B1 level) are available.
- It is possible to enter the country to look for a training place. Prerequisites are German language skills at level B2, a degree from a German school abroad or a school leaving certificate entitling the holder to enter university, a maximum age of 25 years and independent means of subsistence.
- The opportunities to stay in Germany for qualification measures are being expanded. Prerequisites are generally that a recognition procedure from abroad has been carried out at the responsible office in Germany (notice of recognition) and at least a knowledge of German at language level A2.

The future employer has the possibility to initiate an accelerated skilled worker procedure at the competent immigration authority in Germany with a power of attorney from the skilled worker.

More information for professionals

The Federal Government provides information on the portal [Make it in Germany](#) to interested specialists from abroad. There you can find the Skilled Immigration Act (Fachkräfteeinwanderungsgesetz) in different languages. There is also an [explanatory video](#)

on the Internet about the new regulations for skilled workers.

Help und Consultation

When looking for an apprenticeship

For skilled trades:

Chamber of Crafts Ulm

Susanne Lubos

Olgastr. 72, 89073 Ulm, Germany

Mobile/WhatsApp: 0175 8769882

E-mail: s.lubos@hwk-ulm.de

For professions in industry and trade:

Ulm Chamber of Commerce and Industry

Manuel Manz

Phone: 0731 173-311

E-mail: manz@ulm.ihk.de

Martina Bachmann

Tel.: 0731 173-317

E-mail: bachmann@ulm.ihk.de

For professionals

Professionals who would like to have their foreign vocational qualification recognised can find the [advice centres in the Alb-Danube district here](#).

You can find an overview of [job-related language courses in the Alb-Danube county here](#).

For companies

Ulm Chamber of Skilled Crafts (Handwerkskammer Ulm - HWK)

Ms Alexandra Natter

Olgastraße 72 ,89073 Ulm

Tel.: 0731/ 1425 6389

Email: a.natter@hwk-ulm.de

You can get more detailed information [here](#).

Ulm Chamber of Industry and Commerce (Industrie- und Handelskammer Ulm - IHK)

The [Welcome Center Ulm/Oberschwaben](#) of the IHK Ulm supports regional companies with a wide range of consulting and service offers on all topics concerning the recruitment, integration and retention of international skilled workers, students and trainees.

Management Welcome Center and consulting of companies

Mrs Rahel Mödinger

Olgastr. 95-101, 89073 Ulm

Tel.: 0731/173304

Email: moedinger@ulm.ihk.de

You can get more detailed information [here](#).

Information on other activities

Asylum seekers and recognised refugees can take on employment in the [Federal Volunteers Service \(Bundesfreiwilligendienst or BufDi\)](#) or the [Voluntary Social Year \(Freiwilliges Soziales Jahr or FSJ\)](#) without approval from the International Placement Services (ZAV).

However, they do need approval from the Immigration Office. Persons in the BufDi (12 to 24 months) receive a qualification during this time and a certificate that can help further their career. It is also a good way to learn German. Furthermore, they also receive health insurance and a health insurance card.

Charitable work or participating in **Refugee Integration Measures (FIM)** are also great ways to learn German and gain qualifications. Compensation for charitable work is 80 cents per hour for a maximum of 20 hours a week and 30 hours a week for Refugee Integration Measures.

There are clear rules that regulate **starting up a business (self-employment)**. If you are only permitted to stay in Germany temporarily, you first need to get permission from the Immigration Office to start a business. The Immigration Office will check whether you are generally permitted to be self-employed. The next step is to register the company with the town or city government.

You can find more information about this subject [here](#) and [here](#).

Persons with a temporary residence permit can also contact the Welcome Centre Ulm/Oberschwaben at the IHK Ulm for initial advice.

Contact person:

Rahel Mödinger
Olgastr. 95-101
89073 Ulm
Tel.: 0731/173304
Email: moedinger@ulm.ihk.de

Online offers

Search for job openings online and get information:

- [Job board](#) of the Federal Employment Agency (Bundesagentur für Arbeit)
- JOBBÖRSE (JOB BOARD) app: free app from the Federal Employment Agency for Android and iPhone. You can find the job openings from the Federal Employment Agency here
Download for Android >> [click here](#)
Download for iPhone >> [click here](#)
- www.make-it-in-germany.com is the official multilingual online portal for international professionals
- Another job board for refugees -> www.workeer.de
- [Integration through Qualification Network \(Netzwerk Integration durch Qualifizierung – IQ\)](#)

- The goal of "[refugees can!](#)" is to make it easier for refugees to become integrated in the labour market through a job board.
- The European Commission founded the [Science4Refugees](#) Initiative for scientists and researchers who are refugees – the goal is to help them find suitable positions.

Hotline: Working and Living in Germany (Arbeiten und Leben in Deutschland)

The "Working and Living in Germany" hotline can answer questions you have about the following topics (German and English):

- School, work and careers
- Recognition of foreign professional qualifications
- Entry und Residence
- Learn German

The hotline can be reached Monday to Friday from 9:00 AM to 3:00 PM on: +49 30 1815 - 1111.

Job applications and interviews

If you would like to start a vocational training programme (Ausbildung) or get a job in Germany, you need to submit a written application.

Usually, you apply to a company that posted a job vacancy online or in a newspaper. Posting a vacancy means that the company is looking for new employees. The job advertisement describes what type of work or vocational training it involves and what the company expects of the employee. It also includes information about where and how to apply.

If the company is interested in you, you will normally be invited to a job interview, which gives you a chance to introduce yourself in person. Please plan enough time for the interview and absolutely make sure to arrive on time for your appointment. Before the interview, you should prepare thoroughly and do research on the company. Take a look at the company's website and read about its history; research the products or services it offers. Arriving on time for your appointment and asking questions during the interview demonstrates your motivation for and interest in the vocational training programme or job.

An application usually consists of three parts:

Cover letter: In your personal cover letter, you briefly introduce yourself and say why you are suitable for the vacant position. For example, describe what previous experience you have gained in your home country. Find out about the company and explain why you want to work there. Your cover letter should fit on one page. Sign your cover letter. There are many templates and guides online. It is important to not simply copy something you find. Your cover letter needs to be unique to you and suitable for the position.

CV: The CV (curriculum vitae) lists your entire professional experience and is set out in the form of a table. Write the dates during which you worked with each company. Write where you undertook training or a course of studies. Write down where you went to school and what type of degree you graduated with. You do not have to include a photo in your CV, but many companies prefer it if you do.

Credentials and references: It is very important that you include copies of your credentials and references in the application (do not send the original documents!). Credentials are your school-leaving certificate, your university degree and any job references from the past. They should be in German or English – if they are not, you should have them translated. You should also send certificates from any internships, work-relevant professional development courses, or German courses you have taken.

The job advert provides information about how to apply. Please read it carefully.

Written (hard copy) applications: Buy a nice application folder and insert your cover letter, CV, and credentials and references. Then mail the application to the address mentioned in the job advertisement.

Email: Many applications are now sent by email. Compile your cover letter, your CV, certificates and references into a single PDF file. Add the PDF file as an attachment to the email. Write a short text in the email to the person who will receive your application.

Online: Large companies have their own website through which you have to apply. You need to register with your email address before you can send your application through the website.

You can find some more helpful tips for your application at [Planet Beruf \("Planet Career"\)](#).

[Europass](#)

Europass is a multilingual (more than 20 languages) online platform that helps immigrants make their skills and expertise obvious to others. It offers a free online tool for creating a "language passport" or CV. You can also find important tips on writing good applications on Europass.

You can have a free CV and cover letter generated here. You may also be able to import your data from Xing or LinkedIn. It is also possible to write your own text within the template or import files.

- [Bewerbung.net](#)
- [StepStone](#)
- [Lebenslauf2go](#)

You can find more information and templates for cover letters and CVs here:

- [Bewerbung2go](#)
- [BewerbungsWissen](#)
- [Karrierebibel](#)

Language practice

You can find exercises for practicing job applications and general aspects of starting a career on the VHS learning portal "[I want to learn German](#)" and on the Goethe-Institut's website "[German for you](#)". You can learn more about the professional world and improve your German language skills.

Recognition of education certificates gained outside Germany

Many professions are regulated differently in Germany than abroad. If you have received a school certificate or a professional qualification abroad, you have the option of having these officially recognised in Germany. However, it costs money to have professional qualifications recognised. On the other hand, official recognition can be helpful in finding work, starting an apprenticeship or finishing a university degree.

General advice:

First, you need to speak to your contact person at the **Federal Employment Agency (Agentur für Arbeit) or Job Centre**.

In **the district of Alb-Donau**, you can also get help with having degrees recognised from the **Youth Immigration Service (Jugendmigrationsdienst)** and the **Immigration Counselling Centre** for Adults (Migrationsberatung für Erwachsene).

The **“Working and Living in Germany”** hotline offers initial **counselling by phone** on the topic of having foreign professional qualifications recognised (in German or English) on the following number: 030 1815 1111

Ulm also has **experts in recognition advice**:

IN VIA

Wengengasse 15

89073 Ulm

Katrin Fleischmann

E-Mail: k.fleischmann@invia-drs.de

Tel.: 0731 388 522 17

Specific advice:

If you have been trained abroad in a profession in **industry, trade, gastronomy or services**, you should contact the **Ulm Chamber of Industry and Commerce (Industrie- und Handelskammer Ulm - IHK)**.

The IHK Ulm offers a free initial counselling session. You must make an appointment. You must also bring your documentation to the appointment. You can find more information here: [IHK Ulm](#).

IHK Ulm

Holger Balkheimer

Tel.: 0731/173-193

Email: balkheimer@ulm.ihk.de

If you have been trained abroad in a **skilled trade**, you should contact the **Ulm Chamber of Skilled Trades (Handwerkskammer Ulm)**. You can also get a free counselling session there. Please make an appointment in advance. You can find more information and a description of the documents required here: [HWK Ulm](#)

Appointments and questions about recognition, analysing qualifications and conversion qualifications are dealt with according to the degree's level. Your contacts for each level are:

Recognition of journeyman-level degrees:

Ms Maria Schremf
Tel.: 0731 1425-6229
Fax: 0731 1425-9229
Email: m.schremf@hwk-ulm.de

Recognition of masters-level degrees:

Ms Julia Weiß
Tel.: 0731 1425-6216
Fax: 0731 1425-9216
Email: anerkennung.meister@hwk-ulm.de

Financing:

Having qualifications recognised costs money. If you have a low income, you can apply for financial aid. You can find more information on financial aid for qualification recognition [here](#).

The Baden-Württemberg-Stiftung is a foundation that also offers grants for having professional qualifications recognised. You can get more information [here](#).

Information on the Internet

Three large information portals are available on the Internet that provide information on the recognition of foreign qualifications:

["Anabin"](#) offers information on evaluating foreign educational qualifications and supports authorities, companies and employees, as well as private individuals, on how to classify a foreign degree within the German educational system.

"Recognition in Germany" ([Anerkennung in Deutschland](#)) can help to clarify whether or not persons with foreign professional qualifications require an official notification of recognition ("Anerkennungsbescheid") to be able to work in their field of expertise.

The ["BQ-Portal"](#) offers chambers and companies exhaustive information and a working platform online, for them to better assess and evaluate the foreign professional qualification.

Everyday life and Leisure Activities

Everyday life

Here you can find information on housing, contracts, shopping, the environment, money, and public transport in the district of Alb-Donau.

The Consumer Advice Centre (Bundesverband Verbraucherzentrale) provides videos for newcomers to Germany who want to learn more about consumer issues. The videos are accompanied by checklists (for opening a bank account, getting insured, getting a mobile phone, finding a place to live, shopping online, copyright, saving energy, food packaging, debt collection) in several languages and form letters that explain and expand on other aspects of these topics.

You can find more detailed information [here](#).

Housing

The law says that as long as your asylum application is in progress, you will live in shared accommodation.

As soon as it becomes possible for you to look for somewhere to live on your own, the accommodation authorities will inform you of that fact.

Once the decision goes into legal effect, you can start looking for somewhere to live on your own. If you are unable to find a place to live, you will be transferred to a subsequent accommodation facility. You will then be allocated to that community. Once you have been officially recognised as a refugee, you are subject to a residence requirement (Wohnsitzauflage) for the next three years. This is regulated by Section 12a of the German Residence Act (AufenthG) and is controlled by the Immigration Office (Ausländerbehörde). During this time, you must reside in the community specified in your residence requirement. Your residence permit will then include the words “required to reside in Langenau (for example)”.

You are only permitted to move to a different community or federal state under specific conditions, and need to submit an application to the Immigration Office to do so:

- If you get a job and earn at least 723 euros and work 15 hours a week.
- If you are in a vocational training programme or studying at university.
- If family members (spouse or children under the age of majority) live in a different location and you want to join them.

If one of the above reasons or another case of hardship applies to you, you can apply to be relocated. Please contact your local Immigration Office to do this. The employees there will tell you which documents are required. You can also contact the Immigration Office with any further questions about the residence requirement. As long as you are still living in shared accommodation, please contact the socio-pedagogical counsellors there.

You can search for apartments in the following places for example:

- [Vonovia](#)
- [ImmobilienScout24](#)
- [Immobilien Welt](#)
- [Südwest Presse](#)
- [Schwäbische Zeitung](#)

Explanation of important abbreviations in German accommodation ads:

Whg. = Wohnung (flat), App. = Appartement (apartment), WG = Wohngemeinschaft (shared property/flatshare), Zi. = Zimmer (bedroom), ZKB = Zimmer-Küche-Bad (bedroom-kitchen-bathroom), EG = Erdgeschoss (ground floor), 1. OG = Erstes Obergeschoss (first floor), Wohnfl. = Wohnfläche (living space), EBK = Einbauküche (equipped kitchen), teilmöbl. = teilmöbliert (partially furnished), inkl. = inklusive (included); MM = Miete pro Monat (monthly rent), NK = Nebenkosten (additional costs), HK = Heizkosten (heating expenses), Kaut. = Kautions (deposit)

Once you have found a potential place to live, you should quickly set up an appointment to view the place. You should bring an interpreter with you if necessary. As soon as possible after the viewing, you should tell the person renting the flat whether you're interested in it.

If you receive benefits through SGB II, you need to obtain permission from the Job Centre's benefits department before moving house. This department checks whether the size and cost of rent for the apartment is appropriate and can be covered by the Job Centre. Without approval from the benefits department, you cannot move into the desired apartment!

Important: You are not allowed to sign the rental contract (also called a "lease") yet!

If the Job Centre finds the apartment to be appropriate, you can then sign the lease and move in. Arrange transportation for your possessions before moving.

Discuss whether it might be possible for you to receive one-time financial assistance for initial furnishings (furniture, etc.) with your Job Centre counsellor.

Once again, it is very important to remember: If you have a residence requirement, you can only look for a place to live in that community. You need to submit an application and get approval from the Immigration Office before moving to another community.

Please remember to notify the following institutions of your change of address:

- Job Centre
- Registration Office (Einwohnermeldeamt) in your new community
- Immigration Office (Ausländerbehörde) in your new community
- Bank
- Health insurance provider
- If you have children: School and kindergarten

We recommend setting up a [forwarding address](#) at the post office, so that your mail will be forwarded to your new address.

Tenant guidelines

To make it easier for new tenants to settle into their neighbourhood and prevent potential problems from arising in the new setting, the organisation BBU Verband has created a document containing [tenant guidelines](#).

It is also available in [Arabic](#), [English](#) and [Urdu](#), [Farsi](#), [Tigrinya](#), [Somali](#) and [Russian](#).

Some of the topics covered in the guidelines (and described clearly using words and pictograms) are: “Proper care of the apartment”, “Heating and ventilation”, “Waste disposal” and “Living in a community”.

Broadcasting fees

In Germany, the broadcasters ARD, ZDF and Deutschlandradio provides independent radio, television and online content. The reporting on these channels is not influenced by economic or political interests. Everyone living in Germany pays money so that these services can exist. This is called “broadcasting fees”.

According to the law: A broadcasting fee must be paid by every residence in Germany. However, only one person in each residence needs to pay the broadcasting fee. It costs €17.50 per month and must be paid to the Fee Services department (Beitragsservice) of ARD, ZDF and Deutschlandradio. You can find more information in the following [informational flyer](#) as well as on the [Rundfunkbeitrag website](#).

Do I need to pay too?

Some people can be exempted from this payment. This is true, for example, for people who receive benefits under the Asylum Seekers Benefits Act, or other benefits. You need to submit an application to receive an [exemption from the broadcasting fees](#). The image in the following [flyer](#) explains the steps you need to follow.

Contracts, Internet, telephone

Never sign a document if you do not understand it or cannot read it.

It is possible that you might enter a contract or legal agreement by signing a document. This could result in financial costs for you. As soon as a contract has been signed, it is very difficult to withdraw from it.

Always compare different offers and do not let anyone pressure you to sign.

Contracts in Germany (general)

In Germany we have what is known as freedom of contract. If you want to use a smartphone, rent a flat, or join a gym, for example, you will have to enter into a contract (either verbal or written). Always pay close attention to what the contract says: How is the total price calculated? Are there additional monthly fees besides a one-off payment?

Contracts are binding and have to be followed. You can only terminate a contract within the notice period stated. If you are not sure if you can pay the ongoing costs or whether you have understood everything correctly, do not enter into the contract. Otherwise, you can become liable to prosecution.

How-to videos in the following languages: [German](#), [English](#), [Arabic](#), [Urdu](#), [Pashto](#), [Dari](#), [French](#), [Tigrinya](#).

Mobile phones (“Handy” in German)

a) You can enter into a fixed contract with a minimum contract term. This contract will be renewed automatically if it is not terminated. If you do not want this contract to be renewed

automatically you have to make this known in writing. Make sure to observe the notice period.

b) You may enter into a pre-paid contract for your mobile phone. This contract offers more flexibility, as there is no minimum contract term. There are no monthly fees to be paid, because you decide when you need credit for your mobile phone.

Ask someone to help you find a good contract that suits your needs.

10 important questions about taking out a contract:

What is the monthly payment? Does the fee increase after a certain period?

Is there a minimum monthly fee?

How long is the contract period (e.g. 12 or 24 months)?

If I don't terminate the contract, will it be renewed automatically? When do I have to terminate the contract if I do not want it to be renewed?

How much are the fees for setting up, changing or deactivating?

What is the charging period (60/1, 10/10)?

How much does it cost per minute (different/same network)?

What are the costs for buying a mobile phone with and without a contract?

How much does Internet access cost?

How much does it cost to call abroad?

The Internet

Asylum-seekers in Germany have no legal right to Internet access in their accommodation. There is therefore usually no Internet access in the accommodation facilities. If you live in your own apartment, you can set up Internet (WLAN or WiFi), but you must pay for it yourself. You will need to set up contracts with Internet providers which include monthly payments and usually have a minimum term of 24 months.

Shopping

Shopping tips:

- In the supermarket, cheaper foods are displayed on the bottom shelf.
- Cheap groceries and toiletries can be found in the discount supermarkets.
- Only use the shopping carts inside the supermarket – you need to use bags to carry your groceries home. The best thing to do is bring your own bags with you.
- You can buy cheap second-hand clothing at thrift stores (second-hand shops) and charity shops.

Second-hand shops:

Second Hand Kaufhaus Neue Arbeit
Büchsengasse 25

89073 Ulm
Telephone: 0731 / 9 62 32 - 10
Fax: 0731 / 9 62 32 - 14
Email: info@neue-arbeit-ulm.de

Second Hand Kaufhaus Neue Arbeit

Memminger Str. 52
89231 Ulm
Telephone: 0731 / 9 62 32 - 10
Fax: 0731 / 9 62 32 - 14
Email: info@neue-arbeit-ulm.de

Kleiderläden des Deutschen Roten Kreuzes Kreisverband Ulm e.V. (German Red Cross)

Ulm, Schaffnerstraße 17: open Tuesday to Friday from 1:30 PM – 5:00 PM
Blaustein, Am Marktplatz 1: open Monday and Friday from 4:00 PM – 6:00 PM
Ehingen, Lindenstraße 71: open Tuesday and Wednesday from 8:30 AM – 11:00 PM,
Saturday from 9:30 AM – 12:00 PM
Laichingen, Im Bussen 11: open Tuesday and Thursday from 3:00 PM – 5:00 PM

Caritasverband für die Region Günzburg und Neu-Ulm e.V.

Charity shop (household goods, toys and clothing)
Augsburger Str. 26
89231 Neu-Ulm

Business hours and public holidays

In Germany, the public holidays and normal business hours are regulated by law and different for each federal state. The shops usually open between 7:00 AM and 8:00 AM and close between 6:00 PM and 8:00 PM. Shops located in cities usually have longer hours in the evening than in smaller towns/villages. In small towns, shops also often close around midday. On Sundays and public holidays, almost all shops are closed. So be careful to check the business hours – most shops have a sign on their door.

The environment

Saving electricity

It is important to save electricity for the sake of the environment – and you can also save money by doing so. Please note the following tips on saving electricity:

- When you turn on the heat inside, make sure that all the doors and windows are closed.
- Do not turn the heat up all the way.
- Air out your home for 10-15 minutes every day. When airing out a room, turn off the heat.
- Use water sparingly.
- Always switch off electrical devices when not in use.
- Switch off the lights when you are the last person to leave the room.

Waste separation

In Germany, everyone is obligated to separate different kinds of waste. There are special rules about how to dispose of waste and how to separate it before disposal.

- Bins for normal waste are for objects that do not fit into one of the following categories for disposal – such as dirt from sweeping the floor.
- The brown bins for organic waste (also known as compost) are for food scraps and garden waste (plant trimmings, etc.).
- The yellow bags are for packaging such as plastic containers, plastic wrap, aluminium and cans. You can get these yellow bags from several places, including at the Town Hall (Rathaus).
- Paper can be disposed of in the paper bins.
- You can dispose of glass and glass jars at collection points.

Clothing that you don't need anymore can be disposed of in a used-clothing bin or donated to a charity shop.

You can find the pick-up schedule for normal waste, organic waste, the yellow bags and paper here: [EBU waste pick-up schedule](#).

Money

Checking account (Girokonto)

You need to choose a bank before you can open a checking account.

Tip: Different banks offer checking accounts with different conditions. Find out exactly how much a checking account costs each month and what services the bank offers.

In order to open an account, you need the original version (not a copy!) of a valid ID (such as your temporary residence permit).

If you do not speak German or English, please take an interpreter or translator along with you.

With a checking account, you can:

- Deposit and withdraw money through the bank teller
- Pay without cash
- Transfer money
- Print your bank statements
- Set up standing orders

Once your bank account has been opened, you will receive an EC debit card and a 4-digit PIN code. Sign the EC card on the back and memorise your PIN code. You will need the PIN for cashless payments and to withdraw money from ATMs. Store the PIN code and EC card in separate locations!

If you enter the incorrect PIN 3 times in a row, your card will be withdrawn into the ATM and your account will be blocked. Please get in contact with your bank if this happens.

If you lose your EC card or it is stolen, have it blocked immediately: Tel. 116 116 (available 24 hours a day).

You must tell them your sort code and your account number or IBAN. You need to apply for a new EC card from your bank.

It is important to make sure that you always have money in your bank account when withdrawing and depositing money. You may have to pay additional costs otherwise.

Services

If you receive monthly support payments from the District Administration because you do not yet have a job, you can have these payments deposited directly into your bank account. You need to provide the original copy of the contract for your account to the Asylum Seekers Benefits Authority.

Landratsamt Alb-Donau-Kreis (Alb-Donau District Administration)

Department for Refugees, Integration, State Benefits

Services for asylum seekers

Schillerstr. 30, 89077 Ulm

As soon as you become entitled to asylum, you are no longer eligible for AsylbLG benefits. If you are not yet earning money yourself, you will now receive support benefits in accordance with the Code of Social Law (Sozialgesetzbuch or SGB). You apply for this at the Job Centre. You can also have your financial benefits deposited into a checking account. Give the Job Centre your bank account information.

Please always keep in mind that AsylbLG benefits and SGB benefits are both support benefits. This means that they help people in crisis lead humane lives in Germany. However, the goal is still to help you – as quickly as possible – not have to depend on government support.

Driving licence

In Germany, you always need to have your driving licence with you while you are driving a vehicle.

Do you have a valid driving licence from another country?

Your overseas driving licence is valid for six months after arriving in Germany.

Within this time, you have to apply to replace it with a German driving licence from the Driving Authorisation Office.

Once the six months have passed, you cannot use your foreign driving licence any more for any reason.

As a general rule, EU driving licences can be used without needing to be replaced.

Driving Licence Office (Führerscheinstelle)

Schillerstraße 30

89077 Ulm

Telephone (07 31) 1 85-14 46

Fax (07 31) 1 85-14 20

Fuehrerscheinstelle.ulm@alb-donau-kreis.de

Opening hours:

Monday through Wednesday and Friday: 8:00 AM – 12:30 PM

Thursday: 8:00 AM – 5:30 PM

Branch office in Ehingen

Hauptstraße 41

89584 Ehingen

Telephone (07391) 779-2434

Fax (07391) 779-20 00

Fuehrerscheinstelle.ehingen@alb-donau-kreis.de

Opening hours:

Monday through Wednesday and Friday: 8:00 AM – 12:30 PM

Thursday: 8:00 AM – 5:30 PM

You don't have a valid driving licence?

To get a German driving licence, you will need to prove your identity.

It will be necessary to attend driving lessons with a subsequent theoretical and practical test to obtain a first driving licence.

That's why before registering for driving lessons, you should ask the Driving Licence Office whether you will be permitted to take the test at all.

Driving lessons are very expensive. Ask in advance at the driving school about how much they will cost.

Public transport/mobility/getting around

Bus and train

You can easily get around the entire district by bus and train. It is very important that you always have a valid ticket for them. If you do not have a valid ticket, you will have to pay a large fine.

You can find a bus schedule [here](#).

You can find a train schedule [here](#).

Simply enter from where you are going (start), where you want to go (destination) and when you want to go (date / time).

Transit schedules are also available as an app:

Bus: [Ding-einfach besser fahren](#) (Google Play Store), [Ding App](#) (Apple App Store)

Train: Deutsche Bahn App (Google Play Store), [Deutsche Bahn App](#) (Apple App Store)

Bicycle

Of course you can also get around by bicycle.

There are many cycle paths throughout the district, which will get you to lots of places.

Bicycles also have to obey traffic rules.

An overview of the most important traffic rules in Germany (especially for cyclists) can be found in different languages on the ["germanroadsafety.de" page](https://www.germanroadsafety.de).

Fundamental rights, human rights and children's rights

The Basic Law (Grundgesetz)

In every country, there are rules that everyone has to follow. The most important law in Germany is the Basic Law. It is a collection of 146 articles. Every article stands for a law, meaning a rule. These rules determine how we live together here in Germany. The fundamental rights protect the freedom of each individual. They are stipulated in Articles 1 to 19 of the Basic Law.

Protection of Human Dignity

Article 1

(1) Human dignity shall be inviolable. To respect and protect it shall be the duty of all state authority.

(...)

Personal Freedoms

Article 2

(1) Every person shall have the right to free development of his personality insofar as s/he does not violate the rights of others or offend against the constitutional order or the moral law.

(...)

- This also means the right to sexual self-determination. This means: All human beings can decide for themselves which sexual acts they want to participate in and nobody can be forced to do something they do not want to do.

Equality Before the Law

Article 3

(1) All persons shall be equal before the law.

(2) Men and women shall have equal rights. The state shall promote the actual implementation of equal rights for women and men and take steps to eliminate disadvantages that now exist.

(3) No person shall be favoured or disfavoured because of sex, parentage, race, language, homeland and origin, faith, or religious or political opinions. No person shall be disfavoured because of disability.

Freedom of Faith, Conscience and Creed

Article 4

(1) Freedom of faith and of conscience, and freedom to profess a religious or philosophical creed, shall be inviolable.

(...)

Freedom of Expression

Article 5

(1) Every person shall have the right freely to express and disseminate her/his opinions in speech, writing, and pictures and to inform herself/himself from generally accessible sources without hindrance. Freedom of the press and freedom of reporting by means of broadcasts and films shall be guaranteed. There shall be no censorship.

(...)

Marriage and the Family; Children Born Outside of Marriage

Article 6

(1) Marriage and the family shall enjoy the special protection of the state.

(...)

Universal Declaration of Human Rights

Human rights are important rights that apply to everyone all over the world. Human rights are rights that every person has because of their humanity. They protect the dignity of every human being and apply to every person equally, regardless of "race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status." (Article 2. of the United Nations' Universal Declaration of Human Rights, issued on 10/12/1948)

There are 30 rights. The most important are:

- All people are of equal value.
- Everyone is allowed to have their own opinion.
- Right to peace and safety.

Children's rights

Children need extra protection, which is why they also have special rights. The individual children's rights are stipulated in the Convention on the Rights of the Child. This was adopted by the UN General Assembly in 1989 and subsequently ratified by 193 countries. The UN Convention on the Rights of the Child includes 54 articles.

You can watch multilingual videos about "The German constitutional state", "Gender equality" and "Criminal law in Germany" here:

The German constitutional state: [German](#), [English](#), [Arabic](#), [Urdu](#), [Pashto](#), [Dari](#), [French](#) and [Tigrinya](#)

Gender equality: [German](#), [English](#), [Arabic](#), [Urdu](#), [Pashto](#), [Dari](#), [French](#) and [Tigrinya](#)

Criminal law in Germany: [German](#), [English](#), [Arabic](#), [Urdu](#), [Pashto](#), [Dari](#), [French](#) and [Tigrinya](#)

Leisure activities

You can find more information on the subject of recreation in the district of Alb-Donau here.

Youth centres

A youth centre (“Jugendhaus” in German) is a place where young people can spend their free time.

The local contact person offers a variety of options and programmes for children and teenagers.

The district of Alb-Donau has the following youth centres:

[Jugendraum der Gemeinde Beimerstetten](#)

Ms Petra Wilhelm and Mr Paul Wittlinger

Lindenberghalle

Dornstadter Straße 13

89179 Beimerstetten

Tel.: 07348/96717500

Email: info@beimerstetten.de

[Jugendtreff Bernstadt](#)

Platzgasse 5

89182 Bernstadt

[Kommunale Jugendtreffs der Gemeinde Dornstadt](#)

Ines Einsiedler

Kirchplatz 2

89160 Dornstadt

Tel.: 07348/986741

Email: ines.einsiedler@dornstadt.de

[Jugendzentrum E.GO der Stadt Ehingen](#)

Bahnhofstraße 1

89584 Ehingen (Donau)

Tel.: 07391/509867

[Jugendraum ChillOut der Stadt Erbach](#)

Under the old school building in Dellmensingen

Email: JuRaDellmensingen@web.de

[Jugendclub Häusle der Gemeinde Berghülen](#)

Jan Minas

Distelweg 7

89180 Berghülen

Tel.: 07344/21540

Email: janminas9@gmail.com

[Offene Jugendtreffs der Stadt Langenau](#)

[Jugendtreff Öpfingen e.V.](#)

Mozartstr. 4

89614 Öpfingen

Tel.: 0152/59910272

Email: Adrian.moench@live.de

[Jugendtreff Molke](#)

Kirchstraße (on the top floor of the fire station)
89129 Setzingen

Clubs

The district of Alb-Donau has many different clubs. There are many different kinds: sports clubs, music clubs and animal welfare organisations.

Anyone can become a member of a club. It is a good way to make contact with people and make new friends.

Normally, you must pay an **annual membership fee** to be a member. However, for more precise information, you should contact the club directly.

The [District Administration](#) (for benefits according to SGB III, SGB XII, AsylbLG) or the [Job Centre](#) (for benefits according to SGB II) may be able to cover the membership fee. For this to happen, you need to submit an [Education and Inclusion \(Bildung-und-Teilhabe or BuT\)](#) application. Your assigned support workers will be happy to assist you.

Overview of the various clubs in the district of Alb-Donau, by town/city:

- [Clubs in Allmendingen](#)
- [Clubs in Altheim](#)
- [Clubs in Altheim/Alb](#)
- [Clubs in Amstetten](#)
- [Clubs in Asselfingen](#)
- [Clubs in Ballendorf](#)
- [Clubs in Balzheim](#)
- [Clubs in Beimerstetten](#)
- [Clubs in Berghülen](#)
- [Clubs in Bernstadt](#)
- [Clubs in Blaubeuren](#)
- Clubs in Blaustein
- Clubs in Börslingen
- [Clubs in Breitingen](#)
- [Clubs in Dietenheim](#)
- [Clubs in Dornstadt](#)
- [Clubs in Ehingen](#)
- [Clubs in Emeringen](#)
- [Clubs in Emerkingen](#)
- [Clubs in Erbach](#)
- [Clubs in Griesingen](#)
- [Clubs in Grundsheim](#)
- [Clubs in Hausen a.B.](#)
- [Clubs in Heroldstatt](#)

- [Clubs in Holzkirch](#)
- [Clubs in Hüttisheim](#)
- [Clubs in Illerkirchberg](#)
- [Clubs in Illerrieden](#)
- [Clubs in Laichingen](#)
- [Clubs in Lauterach](#)
- [Clubs in Langenau](#)
- [Clubs in Lonsee](#)
- [Clubs in Merklingen](#)
- [Clubs in Munderkingen](#)
- [Clubs in Neenstetten](#)
- [Clubs in Nellingen](#)
- [Clubs in Nerenstetten](#)
- [Clubs in Oberdischingen](#)
- [Clubs in Obermarchtal](#)
- [Clubs in Oberstadion](#)
- [Clubs in Öllingen](#)
- [Clubs in Öpfingen](#)
- [Clubs in Rammingen](#)
- [Clubs in Rechtenstein](#)
- [Clubs in Rottenacker](#)
- [Clubs in Schelklingen](#)
- [Clubs in Schnürpflingen](#)
- [Clubs in Setzingen](#)
- [Clubs in Staig](#)
- [Clubs in Untermarchtal](#)
- [Clubs in Unterstadion](#)
- [Clubs in Unterwachingen](#)
- [Clubs in Weidenstetten](#)
- [Clubs in Westerheim](#)
- [Clubs in Westerstetten](#)

Swimming pools and lakes

Outdoor and indoor swimming pools

There are outdoor and indoor swimming pools in the district of Alb-Donau. Indoor swimming pools are heated and open all year round. Outdoor swimming pools are only open in summer and are open-air. In all of the indoor and outdoor swimming pools, you have to observe the bathing rules.

Admission prices vary. There are discounts for schoolchildren, university students, seniors and people with disabilities.

[Erlebnisbad Bad Blau in Blaustein](#)

Boschstrasse 12
89134 Blaustein

[Albbad Westerheim](#)

Pfählerweg 8
72589 Westerheim

[Erlebnisfreibad Ehingen](#)

Müllerstraße 35
89584 Ehingen

[Freibad Blaubeuren](#)

Mühlweg 16
89143 Blaubeuren

[Freibad Langenau](#)

Wörthstrasse 16
89129 Langenau

[Freibad Allmendingen](#)

Schwimmbadweg
89604 Allmendingen

[Freibad Schelklingen](#)

89601 Schelklingen

Swimming in lakes and rivers

There are many lakes and rivers in and around the district of Alb-Donau, and you can swim in them in summer. **Very important: If you cannot swim, do not go deeper than knee height into the water!** Many people drown each year because they cannot swim. They do not know that it is very dangerous to go into a river or lake.

- [Wassererlebnisreich Lonesee](#)
- [Badesee Erbach](#)
- [Badesee Erbach-Ersingen](#)
- [Badesee Dietenheim](#)
- [Badesee Heppenäcker](#)

Libraries

A library is an institution where you can borrow books, CDs, learning materials and learning aids to use at home. It is also a quiet place where you can go to read or study.

The district of Alb-Donau has the following libraries:

[Stadtbücherei Erbach \(Erbach City Library\)](#)

Erlenbachstr. 17

89155 Erbach

Tel.: [07305/921476](tel:07305/921476)

Email: stadtbuecherei@erbach-donau.de

[Bücherei Altheim \(Altheim Library\)](#)

Birkenstr. 6

89605 Altheim

[Bücherei Amstetten \(Amstetten Library\)](#)

Lonetalstr. 19

73340 Amstetten

Tel.: [07331/300633](tel:07331/300633)

Email: info@amstetten.de

[Bücherei Berghülen \(Berghülen Library\)](#)

Schulstr. 1

89180 Berghülen

Tel.: [07344/9235442](tel:07344/9235442)

Email: buecherei-berghuelen@t-online.de

[Stadtbücherei Blaubeuren \(Blaubeuren City Library\)](#)

Webergasse 5

89143 Blaubeuren

Tel.: [07344/921031](tel:07344/921031)

Email: info@stadtbuecherei-blaubeuren.de

[Stadtbücherei Blaustein \(Blaustein City Library\)](#)

Marktplatz 2

89143 Blaustein

Tel.: [07304/802153](tel:07304/802153)

Email: stadtbuecherei@blaustein.de

[Gemeindebücherei Dornstadt \(Dornstadt Community Library\)](#)

Tomerdinger Str. 17

89160 Dornstadt

Tel.: [07348/24369](tel:07348/24369)

Email: buecherei@dornstadt.de

[Stadtbücherei Ehingen \(Ehingen City Library\)](#)

Hauptstr. 32

89584 Ehingen

Tel.: [07391/503560](tel:07391/503560)

Email: stadtbuecherei@ehingen.de

[Gemeindebücherei Heroldstatt \(Heroldstatt Community Library\)](#)

Am Berg 2

72535 Heroldstatt

Tel.: [07389/907870](tel:07389/907870)

Email: buecherei@heroldstatt.de

[Gemeindebücherei Illerrieden \(Illerrieden Community Library\)](#)

Schulgasse 1

89186 Illerrieden

[Stadtbücherei Langenau \(Langenau City Library\)](#)

Kirchgasse 9

89129 Langenau

Tel.: [07345/962430](tel:07345/962430)

Email: stadtbuecherei@langenau.de

[Evangelische Gemeindebücherei Lonsee \(Lonsee Protestant Community Library\)](#)

Hindenburgstr. 17

89173 Lonsee

Email: buecherei.lonsee@web.de

[Gemeindebücherei Merklingen \(Merklingen Community Library\)](#)

Hauptstr. 31

89188 Merklingen

Tel.: [07337/962018](tel:07337/962018)

Email: buecherei@merklingen.de

[Gemeindebücherei Neenstetten \(Neenstetten Community Library\)](#)

Dorfplatz 2

89189 Neenstetten

Tel.: [07340/9187738](tel:07340/9187738)

[Gemeindebücherei Oberstadion \(Oberstadion Community Library\)](#)

Kirchplatz 29
89613 Oberstadion
Tel.: [07357/921414](tel:07357921414)
Email: buecherei@oberstadion.de

[Gemeindebücherei Öpfingen \(Öpfingen Community Library\)](#)

Schlosshofstr. 12
89614 Öpfingen
Tel.: [07391/7558264](tel:073917558264)
Email: gemeindebuecherei.opfingen@web.de

[Katholische öffentliche Bücherei Rammingen \(Rammingen Public Catholic Library\)](#)

Rathausgasse 17
89192 Rammingen

[Gemeindebücherei Staig \(Staig Community Library\)](#)

Schulweg 10
89195 Staig

[Gemeindebücherei Westerheim \(Westerheim Community Library\)](#)

Kirchplatz 1
72589 Westerheim
Tel.: [07333/3252](tel:073333252)
Email: info@buecherei-westerheim.de

[Katholische öffentliche Bücherei Westerstetten \(Westerstetten Public Catholic Library\)](#)

Lonetalstr. 2
89198 Westerstetten

Sightseeing and tourism in the district of Alb-Donau

The district of Alb-Donau has a huge variety of interesting and relaxing things to do in your free time.

The district of Alb-Donau therefore has its own homepage listing all the different recreational activities.

[Link to the tourism homepage of the district of Alb-Donau](#)

Family

Child welfare and child protection

If your children are threatened with domestic violence or have already experienced it, you can get help and advice:

- For emergency aid and imminent danger, dial the emergency number for the police: 110
- If children are at risk of physical violence, mental abuse, neglect or sexual violence, you should contact the District Administration's General Social Services (Allgemeiner Sozialer Dienst or ASD). There you can find professionals who will come to you and assess the risk

before taking any necessary actions or providing assistance.

General Social Service
Landratsamt Alb-Donau-Kreis (Alb-Donau District Administration)
Schillerstr. 30
89077 Ulm
Tel.: 0731/185-4399
Fax: 0731/185-224399
Email: rita.fuchshuber@alb-donau-kreis.de

Help in cases of domestic violence

If you need protection and help for yourself and your children because you are dealing with domestic violence or sexual abuse, you can take the following steps:

- For emergency aid and imminent danger, dial the emergency number for the police: 110
- The Caritas Women's Shelter offers protection and a safe place to live temporarily for women in the district of Alb-Donau. Its mission is to help women and their children who are in crisis because of physical violence, psychological abuse or sexual violence quickly and without a lot of bureaucratic paperwork.

Caritas Ulm Frauenhaus (Women's Shelter of the Caritas in Ulm)
Women's shelter in the district of Alb-Donau
Weinhof 7-10
89073 Ulm
Tel.: 0731/206346

There is another counselling option in Ulm for this issue:

Frauenberatungsstelle (Women's Counselling Centre)
Frauen helfen Frauen e.V. (Women Helping Women)
Olgastraße 143
89073 Ulm
Tel. 0731 / 61 99 06

Telephone consultation hours:

Mon-Thu: 9:00 AM – 12:00 PM and 2:00 PM – 4:00 PM

Fri: 9:00 AM – 12:00 PM

- This Germany-wide helpline gives advice to women in any kind of violent situation: domestic violence, sexual violence, forced marriage, human trafficking, genital mutilation (FGM). Advice is anonymous, confidential, accessible to everyone and available in several languages thanks to interpreters. Relatives and professionals can also use the service.

Telephone: 0800 116 016

Pregnancy and childbirth

There are many resources for counselling and support available to women who are pregnant and soon to give birth.

During pregnancy and before childbirth

- As soon as you find out that you are pregnant and decide you want to have a midwife help you give birth, you should arrange the midwife as soon as possible.
- Prenatal courses provide pregnant women with information and help them prepare for the birth. Prenatal courses are recommended starting in the 25th week of pregnancy (i.e. the 6th or 7th month of pregnancy) and usually offered by midwives. They frequently take place at a hospital with a maternity ward or at a midwife's practice.
- You should go to the hospital in person to register for the upcoming birth – this is usually possible starting in the 34th week of pregnancy (8th month). Hospitals also offer informational events, which include tours of the delivery room where you will give birth.

You can find free pregnancy counselling here:

[Caritas Ulm/Alb-Donau](#)

Schwangerschaftsberatung (Pregnancy Advice Centre)

Weinhof 7-10

89073 Ulm

Tel.: 0731/206320

Email: Konz@caritas-ulm-alb-donau.de

Branch office in Ehingen

Hehlestr. 2

89584 Ehingen

Tel.: 07391/707314

[Beratungsstelle für Schwangerschaftsfragen und Familienplanung \(Pregnancy and Family Planning Advice Centre\)](#)

Schwambergerstr. 35

89073 Ulm

Tel.: 0731/968570

Branch office in Ehingen

Sternplatz 5

89584 Ehingen

Tel.: 0731/968570

After giving birth

- Rehabilitation courses are designed to strengthen your pelvic floor and build up muscles in your spine, legs and buttocks. This is important for preventing future complications when exercising. There are also courses which you can bring your baby to. Midwives often offer rehabilitation courses. You can start a course around 6-8 weeks after giving birth. Your health insurance provider can take on some of the costs for the course. Please discuss this with the health insurance provider.
- Pregnant women and (expectant) parents with very young children can get information, advice and support through the [Early Intervention programme at the District Administration Office](#)
- The Stärke ("Strength") state-wide project provides many resources and services for parents in the district of Alb-Donau. There are options for parents with children under the age of 1

and for parents with children in specific situations (such as single parents or parents who have emigrated from another country), as well as meet-ups for parents that are open to all. You can find more information on these local resources and services [here](#).

People living with disabilities

Anyone with a physical, mental or psychological disability (or who is at risk of developing one) has the right to get assistance. No person shall be disfavoured because of disability. This protection is regulated by law in Germany. People with disabilities want to have the same quality of life as people without disabilities. They want to have mobility and be able to handle their everyday lives without help. You can find a guide for people living with disabilities [here](#). This guide is also available in [simple language](#).

There is an officer in charge of services for people with disabilities at the Landratsamt Alb-Donau-Kreis (Alb-Donau District Administration) . The officer provides support for people living with disabilities and their relatives.

Imke Schmid
Landratsamt Alb-Donau-Kreis
Schillerstraße 30
89073 Ulm
Telephone: [0731/1854744](tel:0731/1854744)
Email: imke.schmid@alb-donau-kreis.de

You can find out about other disability-related services [here](#).

The Evangelischer Diakonieverband Ulm/Alb-Donau also provides a specialist service for migration and disability support. You can get support from the migration and disability service

- if you do not come from Germany and you have a disability
- if a member of your family has a disability
- if, as an authority or official agency, you have any questions about migration and disability
- if you need information for refugees or migrants.

You do not need to have a disability pass (Schwerbehindertenausweis). Please make an appointment in advance:

Evangelischer Diakonieverband Ulm/Alb-Donau
Fachdienst Migration und Behinderung (Specialist service for migration and disability support at Evangelischer Diakonieverband Ulm/Alb-Donau)
Frau Veronika Meingast
Römerstrasse 145,
89077 Ulm
Phone: 0731 20 64 35 07
Email: meingast@migration-diakonie.de

Unaccompanied foreign minors

Underage refugees who arrived in Germany unaccompanied (also known as “unaccompanied foreign minors” [UMA]) are under the care of the Youth Welfare Office (Jugendamt).

The first step is to determine the child or teenager's actual age. They also check whether family members or guardians of the child/teenager are already in Germany and if it is possible to reunite the family. If it is not, a pedagogical support plan will be developed based on the child/teenager's age and maturity.

Unaccompanied minors are placed in special housing groups managed by recognised youth welfare institutions or in foster care.

Every unaccompanied minor also receives a guardian. The guardian is the personal and legal contact person of the young person. This person represents and supports the young person, for example during the asylum process and when visiting public authorities.

The guardian's duties include:

- The decision as to the place of residence
- The application of youth welfare service measures
- The care and upbringing of the ward
- Provision of education
- Legal representation in matters of immigration law and the asylum process
- Health care
- Application for and enforcement of entitlements
- Development of school and career prospects
- Sponsorship of integration

You can find more information on the topic of guardianship in the [“Dein Vormund vertritt dich” \(“Your Guardian Represents You”\) flyer](#) (in German).

You can find multilingual videos for unaccompanied minors [here](#).

There is a guide with useful information for unaccompanied refugees [here](#).

You can find more detailed information on the topic on the website of the [BAMF](#).

Minors with non-parental family members

For minors (persons under the age of 18) who entered Germany without their parents, but with other family members (e.g. uncle or aunt, cousins or older siblings), there are two possibilities:

- An adult relative can make an application for guardianship at the family court; with guardianship, the relative assumes full responsibility for the minor in place of the parents.
- The relative can take on parental rights, which can be transferred informally by the parents, and is also evident from the relevant and responsible actions of the parties involved.

In both cases, the minor can remain with their family member(s). If the minor or the relative rejects both options, however, the minor is treated as an unaccompanied underage refugee and entrusted into the care of the Youth Welfare Office (see above).

Uniting family members

If you and your family are not living in the same place, or if you have family members abroad, there are different options depending on your residence status.

Bringing family members to join you

If you live in Germany and you already have a residence permit, you may be able to bring direct family members (parents, children, spouses) over from abroad.

Make sure to find out about visas for your family's reunification by contacting the German embassy in your home country or the country in which your family members are currently living. Your family can only be reunited if the embassy in that country issues a visa. The embassy will also tell you which requirements apply and which documents need to be submitted. You can also get more information on uniting family members at the Immigration Office (Ausländerbehörde).

If refugee status is awarded, your family members must come to join you in Germany within 3 months of receiving the notice from the BAMF. The "timely notification" (fristwahrende Anzeige) must be submitted to the German embassy abroad before the deadline.

→ The exact sequence of uniting family members is explained step by step [here](#) (multilingual). You can also directly apply there within the time limit.

Reuniting families

If you and your family are already all in Germany, but have been distributed to different locations, it is possible to apply for relocation.

However, please note each person's current residence status:

If your asylum process is still ongoing, you are usually required to live in shared accommodation.

However, if certain pre-requisites are met, you can be relocated to another location. Some examples of reasons for this are moving to join a spouse or a child who is still a minor, or other humanitarian reasons. These reasons might apply if a close relative requires individual care. However, you need to support your justification with enough evidence in the form of documentation.

Submit your relocation application to the Immigration Office currently responsible for you. This Immigration Office will then pass your application on to the Immigration Office in the area you will be moving to. You are not allowed to move until the local Immigration Office approves the relocation.

If your asylum application is still being processed and you would like to move within the district of Alb-Donau, please contact the staff at your shared accommodation facility. No approval from the Immigration Office is required in this case.

Even if you already have a residence permit which includes a residence requirement, you may be able to obtain a relocation under certain circumstances. The reasons for this are listed under the topic "Housing". Here is a short summary of the reasons:

- Position with a salary of at least 723 euros and 15 working hours a week

- Vocational training placement
- University studies
- Family members (spouse, underage children)
- Other humanitarian reasons

Even if one of these reasons applies to you, you still need to apply for the residence requirement to be lifted by the Immigration Office. Your relocation can only take place by permission from the Immigration Office in the area you want to move to.

Search service

The search service helps people in their worldwide search for relatives and advises on all questions of reuniting family members.

The search service is a starting point for people who do not know where their relatives are due to current wars and armed conflicts, disasters, resettlement, flight, expulsion and migration. The search service supports people who have been involuntarily separated from one another and dispersed in different countries and who wish to live together again in one country.

You can find search services here:

[Search service at the German Red Cross](#)

[International search service at the Red Cross / Red Crescent Soc.](#)

Health

General information

Emergencies/emergency doctors (only in the case of an emergency or acute health threat outside of medical opening hours)

Telephone numbers from all landlines or mobile networks (no area code required):

Tel.: 112

The emergency numbers on mobile phones also work if you have no credit on your prepaid card!

Important information when calling 112:

- Who is calling?
- Where did the incident happen?
- What happened?
- How many injured or ill people are there? Are they children or adults?
- What type of injuries or illnesses are there?

Always remain calm and speak clearly so that you are understood. Do not end the call. The emergency service will end the call when all necessary information has been submitted.

General practitioners (“family doctors”)

In Germany, nearly everyone has a family doctor. If you are ill, you go to this doctor. If you need a special examination, your family doctor will send you to a specialist or to the hospital with a “referral”.

Consult your doctor when

- You are acutely ill or in pain
- You are chronically ill (for example with diabetes). If you have any medicine or your medicine packaging, bring it with you to the doctor. If you have already been to the doctor or hospital because of your illness, please bring the doctor’s report
- You are pregnant

Health care using asylum seekers’ benefits

Asylum seekers who are already in the process of applying for asylum receive health care through the asylum seeker benefit authority (Asylbewerberleistungsbehörde) in the District Administrative Office (Landratsamt).

You are entitled to

- Basic medical care for acute illness and pain
- Medical care during pregnancy
- The officially recommended vaccinations according to the agreement of KV/AOK Baden-Württemberg
- Advisable medical preventative check-ups

Persons receiving AsylbLG benefits will receive an informational flyer (“Informationen über die Gewährung von Leistungen bei Krankheit, Schwangerschaft und Geburt nach § 4 AsylbLG” – “Information on ensuring benefits in the case of illness, pregnancy and birth in accordance with Section 4 of AsylbLG”), which they need to bring to every doctor’s appointment. This informational flyer includes all the important information regarding dental and medical care for benefits recipients. The informational flyer is provided by the District Administration.

Asylum seekers can find further information in the brochure [“Ratgeber Gesundheit für Asylsuchende in Deutschland”](#) (“Healthcare advice for asylum applicants in Germany”)

If you are no longer entitled to benefits in accordance with AsylbLG, the District Administration will cease to provide you with healthcare.

Persons receiving benefits in accordance with Section 2 of AsylbLG will be registered with a health insurance provider.

Once you have a residence permit, you must register with a **health insurance provider!**

Health care with a health insurance provider

You may choose your health insurance provider yourself. You will receive an insurance card from this health insurance provider. Take this to your doctor's appointment. If you are insured through the health insurance provider, you are entitled to the same benefits as all other legally insured people.

The basic medical care of the health insurance provider includes:

- Services to prevent and alleviate diseases
- Services during pregnancy
- Services for the detection of diseases
- Services for the treatment of diseases

Visiting a doctor

Family doctors and specialist doctors

If you are ill, see your **family doctor**. You can choose your own doctor.

General practitioners ("family doctors") are usually open all day on Monday, Tuesday, Thursday and Friday. Doctors' practices are often closed on Wednesday and Friday afternoon. The opening hours are decided by the doctors themselves. So you need to make an appointment if you need to see a family doctor.

Your family doctor will give you a general check-up and is your first point of contact when you are ill. They also decide what medication you need and whether you need to see a specialist.

If necessary, your family doctor will refer you to a **specialist** who can carry out specific tests.

Paediatricians

Children are usually examined by paediatricians. Regular check-ups and vaccinations by the paediatrician are important for the health of every child. The required preventative check-ups are called "U check-ups" and always take place at a certain time and date; they are free of charge. Please ask a paediatrician for information for yourself and your child about the legally regulated and required U check-ups.

Gynaecologists

It is important for women to be regularly examined by a gynaecologist. This helps detect illnesses early enough to treat them. This is called screening. You can also discuss contraception there.

Dentists

If you have toothache, you go to the dentist.

Emergency medical services

Only contact the emergency medical services or rescue services if there is an emergency or acute health risk.

Telephone numbers from all landlines or mobile networks (no area code required):

Tel.: 112

The emergency numbers on mobile phones also work if you have no credit on your prepaid card!

Important information when calling 112:

- Who is calling?
- Where did the incident happen?
- What happened?
- How many injured or ill people are there?Are they children or adults?
- What type of injuries or illnesses are there?

Always remain calm and speak clearly so that you are understood.Do not end the call.The emergency service will end the call when all necessary information has been submitted.

Medical emergencies

If you need a doctor in the evening, at night or at the weekend, but it is not an emergency, you can call the on-call medical service at the Bundeswehrkrankenhaus (Military Hospital) in Ulm:

Telephone 116 117

Consultation hours:

Monday from 6:00 PM until Tuesday 8:00 AM

Tuesday from 6:00 PM until Wednesday 8:00 AM

Wednesday from 1:00 PM until Thursday 8:00 AM

Thursday from 6:00 PM until Friday 8:00 AM

Friday from 4:00 PM until Monday 8:00 AM

Public holidays: from 8:00 AM until 8:00 AM the following day.

You can find other emergency medical facilities in the section on hospitals.

Information about healthcare through asylum seekers' benefits

The District Administration (Landratsamt) issues a medical treatment certificate (can also be used for dental care) once every quarter for those entitled to benefits.The District Administration sends this certificate to the doctor's practice upon written request (by fax) once every quarter (or, respectively, for the length of time the person is entitled to benefits).

The limited extent of these services should be indicated on the referral certificates.

Inpatient treatment – with the exception of emergencies – must also be approved in advance by the Alb-Donau District Administration. The persons named are exempt from paying additional costs or, respectively, co-payments.

Dental prostheses are only allowed on a case-by-case basis and only if, for medical reasons, it cannot be delayed.

The costs of prosthetics and orthodontic treatment are only covered if the party covering the costs has agreed in advance to the treatment and to paying the cost.

Transport costs are covered if they have a direct, functional connection to necessary medical (or dental) treatment and are absolutely necessary for medical reasons, or if an ambulance service has been prescribed. Inconvenient public transit routes or a lack of language ability are not adequate reasons for transport costs to be covered.

If a taxi is used for the journey to/from the doctor (or dentist) or to/from the clinic between the hours of 8:00 PM and 6:00 AM, or on Sundays and public holidays, and if this is not necessary for medical reasons, the person receiving benefits must pay a co-payment of €10.00.

Information about medical care under the health insurance scheme

When you go to the doctor, show your health insurance card. With this card, most check-ups are free. You will have to pay for certain screenings yourself, though. You will pay a portion of the cost yourself for therapies (e.g. physiotherapy) and supplemental products (for example bandages). People who have low incomes can apply to have their portion of the cost waived. Please ask your health insurance company about this.

The cost of basic dental treatment is paid by the health insurance provider. If a tooth needs to be repaired or replaced, though, you must pay a part of the cost.

The cost of hospital treatment is also paid by the health insurance company. However, a hospital fee of 10 euros is charged for each day spent in hospital (people with low incomes can be exempted from this).

Medication and pharmacies/chemists

If you need medicine, you get a prescription from your doctor. You hand in the prescription at the chemist and receive the medicine.

Chemists are open on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday. The opening times vary according to each chemist. If you urgently need medication outside normal opening hours, you will find a sign at every chemist with the name and address of the chemist which is open for emergencies. This information can also be found on the [Internet](#).

If you do not have a prescription and need medication, you will have to pay in full at the chemist. Some medication must be prescribed. This means you cannot buy this medicine without a prescription from a doctor.

Information about healthcare through asylum seekers' benefits

You do not need to pay any co-payments for medicine or medical supplies prescribed by a doctor. This does not apply to private prescriptions. If fixed amounts have been set for groups of medications, the only medications that can be prescribed are those that do not exceed that fixed amount.

Prescriptions for medicine or medical aids must also be approved in advance by the Alb-Donau District Administration. The costs will only be covered for approved prescriptions.

Information about medical care under the health insurance scheme

Medicine which is on a red prescription is partly paid for by the health insurance company. You must pay a contribution of a minimum of €5 yourself. You do not have to pay this for children up to 18 years of age. You must pay for medicines that do not need a prescription yourself – for example cough syrup (a green or blue prescription).

Hospitals

Hospitals in the area

You can visit the accident and emergency department in hospitals in the district of Alb-Donau with any urgent health problems outside your doctor's opening hours and those of the emergency practice in the district of Alb-Donau:

Notaufnahme Alb-Donau Klinikum (Alb-Donau Clinic Emergency Ward)

Located in Blaubeuren
Ulmer Str. 26
89143 Blaubeuren
Tel.: 07344/1700

Notaufnahme Alb-Donau Klinikum (Alb-Donau Clinic Emergency Ward)

Ehingen location
Spitalstr. 29
89584 Ehingen
Tel.: 07391/5860

Notaufnahme Alb-Donau Klinikum (Alb-Donau Clinic Emergency Ward)

Located in Langenau
Karlstr. 45
89129 Langenau
Tel.: 07345/8910

Notaufnahme RKU für Neurologie und Orthopädie (RKU Emergency Ward for Neurology and Orthopaedics)

Universitäts- und Rehabilitationskliniken Ulm
Oberer Eselsberg 45
89081 Ulm

Tel.: 0731/1771590

Bundeswehrkrankenhaus Ulm (Ulm Military Hospital)

Zentrale Notaufnahme (Central Emergency Ward)

Oberer Eselsberg 40

89081 Ulm

Tel.: 0731/17100

Universitätsklinikum Ulm (Ulm University Clinic):

Notaufnahme Chirurgie (Emergency Surgical Ward)

Albert-Einstein-Allee 23

89081 Ulm

Tel.: 0731 – 500 54600 (available 24 hours a day)

Tel.: 0731 – 500 54596 (available 24 hours a day)

Notaufnahme HNO (Emergency Ear, Nose & Throat Ward)

Frauensteige 12

89075 Ulm

Ear, nose & throat emergencies go to the Intensive Ward on the 1st floor

Tel.: 0731 – 500 59570 (available 24 hours a day)

Tel.: 0731 – 500 0 (available 24 hours a day)

Notaufnahme Augenheilkunde (Emergency Ward for Ophthalmology)

Prittwitzstraße 43

89075 Ulm

Tel.: 0731 500-59120 (available 24 hours a day)

Tel.: 0731 500-0

Notaufnahme Innere Medizin (Emergency Ward for Internal Medicine)

Albert-Einstein-Allee 23

89081 Ulm

Tel.: 0731 500-44639 (available 24 hours a day)

Tel.: 0731 500-0 (available 24 hours a day)

Notaufnahme Urologie (Emergency Ward for Urology)

Albert-Einstein-Allee 23

89081 Ulm

Tel.: 0731 – 500 54600 (available 24 hours a day)

Notaufnahme Dermatologie und Allergologie (Emergency Ward for Dermatology and Allergology)

Albert-Einstein-Allee 23

89081 Ulm

For emergencies outside of regular opening hours

In the Notaufnahme Chirurgie (Emergency Surgical Ward)

Tel.: 0731 500-54600 (Notaufnahme Chirurgie)

Available 24 hours a day on weekends and public holidays; weekdays from 3:45 PM – 8:00 AM

Notaufnahme Kinderklinik (Emergency Ward for Paediatrics)

Notfallpraxis Kinder (Emergency Department for Children)

Universitätsklinik für Kinder- und Jugendmedizin (University Clinic for Paediatric and Youth Medicine)

Eythstraße 24

89075 Ulm

Opening hours:

Mon – Fri 7:00 PM – 10:00 PM

Sat, Sun and public holidays 9:00 AM – 21:00 PM

Tel.: 0731 500-57444

Notaufnahme Frauenklinik (Emergency Ward for Gynaecology)

Prittwitzstraße 43

89075 Ulm

Tel.: 0731 500-58688 (available 24 hours a day)

Tel.: 0731 500-0 (available 24 hours a day)

Kreißsaal (Delivery Room)

Available 24 hours a day for emergencies

Access via the main entrance of the Gynaecology Ward, then follow the signs

Tel.: 0731 500-58630 (available 24 hours a day)

Tel.: 0731 500-0 (available 24 hours a day)

Notaufnahme Kinder- und Jugendpsychiatrie/Psychotherapie (Emergency Ward for Paediatric and Youth Psychiatry/Psychotherapy)

Steinhövelstraße 5

89075 Ulm

Emergencies during regular opening hours

Institutsambulanz (Outpatient Clinic)

Krankenhausweg 3

89075 Ulm – Safranberg

Tel.: 0731 500-61636 (for contacting the Outpatient Clinic)

For emergencies outside of regular opening hours

Gelbes Stationsgebäude (Yellow Station Building)

Krankenhausweg 5

89075 Ulm – Safranberg

Tel.: 0731 500-0 (available 24 hours a day)

Notaufnahme Psychiatrie (Emergency Psychiatric Ward)

Leimgrubenweg 12-14

89075 Ulm

Emergencies during regular opening hours – outpatients

Mon – Thu: 8:00 AM – 5:00 PM

Fri: 8:00 AM – 3:00 PM

Tel.: 0731 500-61500

Tel.: 0731 500-61501

For emergencies outside of regular opening hours – acute care unit

Mon – Thu after 5:00 PM

Fri. after 3:00 PM

During these hours, please ring at the main entrance

Tel.: 0731 500-61460

Tel.: 0731 500-0

Hygiene and vaccination

Hygiene

Good hygiene helps you to stay healthy. Regularly washing your hands is just as important as clean toilet hygiene.

You can find [tips on hygiene](#) on the Federal Centre for Health Education website.

Protection provided by vaccination

Every day we come into contact with viruses, bacteria or fungi. This contact can result in illness, but it does not have to. Often the body protects itself with viruses, bacteria or fungus.

Infectious diseases can be passed on from person to person or, in some situations, from food or objects. Some diseases can be passed from animals to humans.

You can get vaccinated to **protect yourself against some infectious diseases**. These diseases include the flu, mumps, chickenpox or measles/rubella. It is best to consult your doctor about which vaccinations are appropriate for you. Some vaccinations must be repeated after a certain period of time so that vaccination protection is not lost.

You can find more information about vaccination on the [Internet](#).

You can get up-to-date vaccination recommendations in 20 languages from the Robert-Koch-Institute's [vaccination calendar](#).

Pregnancy

Pregnant women are given special care in Germany. You are entitled to medical care as well as counselling.

Women who receive asylum seekers' benefits or SGB II benefits from the Job Centre can receive financial support for new purchases for their child.

Medical care and aftercare midwife care

If you are pregnant, go to your family doctor and they will refer you to a gynaecologist. The gynaecologist carries out the screenings that are necessary.

You will then get a "Mutterpass" (maternity record): this will show that you are an expectant mother and includes important information about the health of both you and your baby. Always keep your Mutterpass with you.

The gynaecologist will refer you to a hospital where you can give birth.

Every woman needs an aftercare midwife for postpartum care (after giving birth). The aftercare midwife is a medically trained person who helps with any problems the mother or new baby have. It is important to arrange an aftercare midwife before giving birth.

Pregnant women and (expectant) parents with very young children can get information, advice and support through the [Early Intervention programme at the District Administration Office](#)

Service helpline for midwives in Ulm, Alb-Donau

For pregnant women and women in childbed who have not yet found a midwife or who cannot contact their midwife

Telephone: 0171 684 13 00

Pre-natal care

The Pregnancy Advisory Centres give you support during pregnancy as well as after the birth of your baby. They are there to give you immediate answers to your questions or problems and to inform you about family planning, contraception and financial help.

Their advice is confidential and free of charge. Make an appointment if you would like to talk to a member of the pre-natal staff.

Pre-natal care at Caritas Ulm/Alb-Donau

Weinhof 7-10

89073 Ulm

Telephone: 0731/206320

Beratungsstelle für Schwangerschaftsfragen und Familienplanung (Pregnancy and Family Planning Advice Centre)

Schwambergerstr. 35

89073 Ulm

Telephone: 0731/968570

Important information

Inform the asylum seeker benefits authority, as well as the appropriate social worker and community accommodation's management, that you are pregnant as soon as possible. If you are receiving benefits (SGB II), inform the Job Centre about your pregnancy.

After your baby's birth, the hospital will issue a confirmation of birth. Bring this confirmation with your identification papers and certificate of marriage to the registry office and you will receive a birth certificate. If you are not married, present your own birth certificate. Also show this birth confirmation document to the asylum seeker benefits authority and the Immigration Office responsible for you, as well as to the appropriate social worker at your shared accommodation. Job Centre clients submit this birth certificate to the Job Centre.

Financial support

You can receive supplementary benefits from your asylum seekers' benefits authority for maternity wear and baby equipment. Benefit recipients (SGB II) can receive equivalent benefits from the Job Centre. You have to apply to the asylum seeker benefits authority or the Job Centre for these.

Addiction counselling and support

"Addiction" means an abnormal, compulsive dependency on a substance such as alcohol or drugs. "Non-substance-related addictions" are specific ways of behaving, such as a gambling addiction or computer addiction.

The transition from "normal" use of a substance to addiction is dangerous and not always easy to recognise. If you have questions about the general concept of addiction or need help, you can

contact the following organisations:

[Caritas Ulm/Alb-Donau](#)

Counselling for addicts and their families for legal drugs like alcohol, medication, tobacco or gambling

Wilhelmstr. 22

89073 Ulm

Tel.: 0731/17588 250

Email: piott-grimm.m@caritas-ulm-alb-donau.de

[Drogenhilfe Ulm/Neu-Ulm/Alb-Donau e.V.](#)

Psychosocial counselling for addicts and their families for illegal drugs or Internet addiction

Radgasse 3

89073 Ulm

Tel.: 0731 / 92 60 930

Email: beratung@drogenhilfe-ulm-alb-donau.de

Drogenhilfe Ulm/Neu-Ulm/Alb-Donau e.V.

Walk-in hours for addiction

Oberschaffnei Ehingen

Schulstr. 21

89584 Ehingen

Tel.: 0731/9260930

By appointment only

More information:

You can also get lots of information on addiction at the following links:

- [Explanatory videos for refugees, publisher: Hessische Landesstelle für Suchtfragen e.V. \(HLS\)](#)
- [Brochures for immigrants/refugees looking for help, publisher: Deutsche Hauptstelle für Suchtfragen e.V.](#)
- [Alcohol – Less is better, publisher: Caritas](#)
- [Specialist publications and materials on the topic of prevention, publisher: Landesgesundheitsamt Baden-Württemberg](#)
- [2016 Addiction Support Action Plan for the district of Alb-Donau / City of Ulm](#)

Other support centres

Support centres If you need assistance with the following matters, you can get in touch with the support centres listed here. All the support centres keep your details and information strictly confidential. **Psychological support:** Psychologie und Trauma Behandlungszentrum für Folteropfer (Psychology and trauma treatment centre for victims of torture) Ulm Innere Wallstrasse 6 89077 Ulm Phone: [0731/22836](tel:073122836) or [0731/9215442](tel:07319215442) Psychotherapeutische Unterstützung für traumatisierte Flüchtlingskinder und unbegleitete minderjährige Flüchtlinge (Psychotherapeutic support for traumatised refugee children and unaccompanied minor refugees) Caritas Ulm Psychologische Familien- und Lebensberatung (Caritas Ulm psychological family support and counselling) Spielmannsgasse 6 89077 Ulm Phone: [0731/40342160](tel:073140342160) Email: pfl@caritas-ulm.de Psychologische Beratungsstelle des Evangelischen Diakonieverbands (psychological support service from the Evangelischer Diakonieverband) Ulm/Alb-Donau Grüner

Hof 3 89073 Ulm Phone: [0731/1538400](tel:07311538400) Email: PsychBeratungsstelle@kirche-diakonie-ulm.de
Branches: Blaubeuren, Webergasse 5 Langenau, Lange Strasse 36 Laichingen, Duceyer Platz 1
"SeeleFon" telephone helpline for refugees in multiple languages (English, Arabic, French)
Phone: [0228/71002425](tel:022871002425) Opening hours: Monday, Tuesday and Wednesday 10 am - 12 noon and
2 - 3 pm AIDS/STD support: Landratsamt Alb-Donau-Kreis Anonymous AIDS/STD support
Schillerstr. 30 89077 Ulm Opening hours: Tuesday 9.30 am - 12.30 pm Thursday 2 pm - 5.30 pm
Phone: [0731/1851720](tel:07311851720) Email: aidsberatung@alb-donau-kreis.de