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Welcome to

Welcome to the Altmarkkreis Salzwedel

Interesting facts about the Altmarkkreis Salzwedel

The Altmarkkreis Salzwedel is located in the north-west of the state of Saxony-Anhalt. It is one of 11 districts and 3 independent towns in the federal state of Saxony-Anhalt. Just under 82,000 inhabitants live in the district. These are spread across five single municipalities and one association municipality. The municipalities include the town of Arendsee, the town of Kalbe (Milde), the town of Klötze, the Hanseatic town of Salzwedel and the Hanseatic town of Gardelegen as well as the municipality of Beetzendorf-Diesdorf. You can find a map [here](#). Information and announcements can be found on the [website](#). The Altmark district of Salzwedel and the district of Stendal make up the Altmark. The Altmark offers you nature, culture and history to discover. Locals appreciate life in the countryside.

Map of the district

The Altmark district of Salzwedel is located in the north of Saxony-Anhalt. It is part of the historic Altmark region. The region offers many opportunities for hiking and cycling. There are many nature parks and protected areas in the district.



Map Altmarkkreis Salzwedel (c) Atelier offen

About Integreat

Integreat is a guide that supports you in your everyday life. You will find important addresses, contact persons as well as tips and tricks that can help you find your way around.

This guide has several chapters. Each chapter deals with a different topic. Among other things, you will find information on doctors, schools, German courses or other institutions. There is also a chapter with ideas on what you can do in your free time. The information and leisure activities change. Your municipality updates them regularly. That's why it's very good if you check your mobile app often. You will always be informed about current activities and events. You can rely on the information in Integreat.

Download Integreat from your [app store](#). You can also use this app offline if you don't have internet access. When you are back online, the app will update itself.

Sharing information

You can download and share important information, for example, as a PDF in the web app. In the mobile app, you can share interesting content directly, for example via WhatsApp, Facebook or email.

Latest news

With the Integreat smartphone app you can also receive push notifications. You can agree to receive them in the app's settings. Important or short-term information is sent to you via push notifications.

Feedback

You can contribute to the development of the Integreat app in your municipality. You can give feedback using the smiley icons. This feedback ends up with the people who create the content. You can praise or criticise. If you have ideas or criticism, write down as many details as possible.

Read aloud function

The content of the Integreat app can also be read aloud. To do this, the read aloud function must be switched on in the settings of the smartphone. This works in all languages.

We very much hope that we can simplify your life in Germany with this app.

Integreat in sign language (Video)

This video explains how Integreat works in German sign language. You will learn what is possible. Click on the image to watch the video on YouTube.



Important offices

Service portal

The service portal of the Altmarkkreis Salzwedel district has been available to everyone since November 2024. This digital service enables numerous administrative services to be completed online. This is also possible for you without waiting times or visits to the authorities. Online services enable you to deal with administrative matters digitally from home or while travelling.

The following services are available to you online:

- [Housing entitlement certificate](#)
- Initial application for [housing benefit](#)
- [Parental allowance](#)
- [Education grant](#) (BAföG)
- [Residence permit](#)

Time saving: No travelling, no waiting times - you can deal with your concerns when it suits you.

Convenience: Use our services conveniently from your PC, tablet or smartphone.

Transparency : Keep track of your applications at all times.

Data security: Your details are protected and treated confidentially.

Step by step to the digital service

1. Visit our [website](#).
2. Select the service you want.
3. Complete the online application. Upload the necessary documents.
4. Send the application. Then you're done!

Note: The range of services is constantly being expanded - check back regularly! [Here](#) you will find the portal of the Altmarkkreis Salzwedel.

💡 Some functions are only possible with your BundID (BundID).

How do I get a BundID (BundID)?

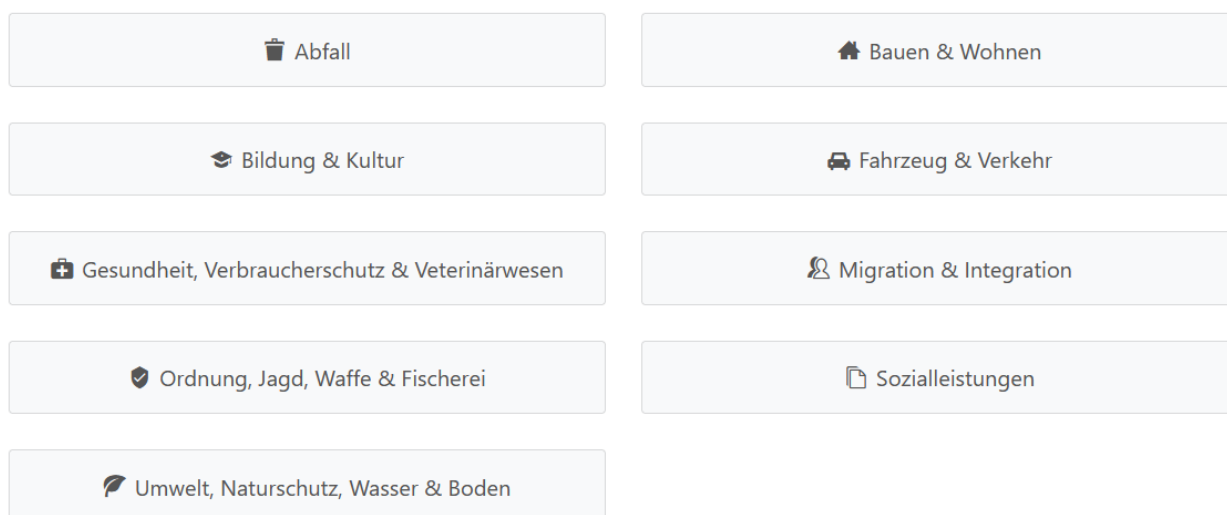
You can log in with the online ID function of your identity card. Or you can log in with your ELSTER certificate. ELSTER is the abbreviation for: electronic tax declaration (**EL**elektronische **ST**euer **ER**klärung). [Here](#) you will find information in plain language.

You can create an account (BundID)[here](#). You will then receive the BundID (BundID).

This is your access to digital administration. You have an account for all online applications. You will receive all notifications and messages digitally. Your data is specially protected.

[Here](#) you will find many applications in the federal service portal.

Willkommen im Serviceportal!



Immigration office

Would you like to live in Germany as a foreign national? Then you will need a [residence permit](#). There are different types of residence permits for different purposes. To clarify the requirements, please contact Ausländerbehörde.

Contacting the Ausländerbehörde

The Ausländerbehörde will allocate appointments. It is best to write an e-mail to abh@altmarkkreis.de and describe your request.

📅 Tuesday 8:30 to 11:30 and 13:00 to 17:30

📅 Thursday 08:30 to 11:30 and 13:00 to 15:00

You can raise your concerns in person during opening hours. Please understand that your request cannot be finalised immediately. You will be given an appointment.

What else you can do at Ausländerbehörde:

- Issue and extend residence permits and tolerated stay permits
- Apply for a work permit
- Apply for a residence permit
- Apply for and extend a fiction certificate
- Applications for redistribution, change of residence requirement
- Change of address on the electronic residence permit
- Obtaining certificates on the right of residence (e.g. for the employer, the job centre or other bodies)
- Submitting a declaration of commitment when applying for a visa for visiting purposes
- Clarification of the right to freedom of movement
- Applying for naturalisation

👤Steps after a positive decision from BAMF

Apply for an electronic residence permit (eAT)

(1) Application

- You will receive written information from Ausländerbehörde. Please wait for this letter. Submit the documents requested in the letter to Ausländerbehörde.

(2) Appointment

- After the documents have been checked, you will receive a written appointment. Your biometric data will be recorded at the appointment. You will then be given an appointment to collect it.

Steps for obtaining an eAT in all other cases

(1) Application

- Do you already have an eAT? If so, you will receive a letter from the Foreigners' Registration Office informing you of the extension. Submit the documents requested in the letter to the Foreigners' Registration Office.
- Do you **not** yet have an eAT? Contact the Foreigners' Registration Office. You will receive all the documents for the application by post. Submit the completed documents to the Foreigners' Registration Office.

(2) Appointment

- After the documents have been checked, you will receive an appointment in writing. Your biometric data will be recorded at the appointment. You will then be given an appointment to collect your documents.

📍 [Ausländerbehörde, Karl-Marx-Straße 32, 29410 Salzwedel](#)

✉ [@abh@altmarkkreis.de](mailto:abh@altmarkkreis.de)

Apply for a residence permit digitally

You can now apply for your residence permit (AT) digitally. Various applications are available digitally in several languages. Who can use the service?

- Persons from the EU and EEA states and their families
- Displaced persons from Ukraine
- Persons from third countries

Which residence permits (AT) can be applied for?

- AT for the purpose of education or gainful employment
- Granting of an unlimited AT (settlement permit)
- Residence permit for family reasons

You can also apply for the amendment of ancillary provisions under residence law.

💡 Residence permits may be subject to additional provisions. For example, access to the labour market may be restricted. These are called ancillary provisions.

💡 If the circumstances change, you can apply for a change or cancellation.

What circumstances can lead to this?

Change ...

- your income
- Your place of residence
- your family circumstances
- your internship
- your training place
- your place of work

You must provide evidence of the circumstances. If your work situation changes, submit this [declaration](#). Your employer will then confirm that you have a specific job offer.

💡 Holders of residence permits or tolerated stay permits cannot use this online service. You don't know what your residence status is? You can find information [here](#).

At the beginning you can select your language.

🗣 German, English, Spanish, French, Russian, Serbian, Turkish or Arabic

Before you start, you must enter your postcode. You will find this number on your AT. It is located in front of your place of residence. You will then be guided through the online application.

Required documents, such as

- Proof of income,
- Confirmation from your employer,
- proof of education and
- language certificates,

can be uploaded. You will find out which documents are required. The information is transmitted to the [Foreigners' Registration Office](#) via a secure connection.

The services can be found in the service portal of the [Altmarkkreis Salzwedel](#). Click on the heading "Migration & Integration". [Here](#) is the link to apply for an AT.

💡 Online applications are transmitted automatically. You actively relieve the authorities. You do not have to send a letter or come to the district administration to submit your application.

💡 At the end, download your application in PDF format. Save the document. You will then be better able to respond to questions from the Foreigners' Registration Office.

💡 If you receive a confirmation by e-mail, the application has been received by the authority. This is called confirmation of receipt.

ID cards and passport photos

From May 2025, there will be new rules for ID documents and passport photos in Germany.

The most important points are explained here:

Passport photos will only be digital

- Passport photos for electronic residence permits (eAT) can no longer be brought on paper.
- They must be taken digitally.

This works ...

- at special photo machines during the appointment at the Foreigners' Registration Office (costs: approx. 6 euros) - **this service is currently not yet available in Salzwedel**

or

- at authorised photo studios and drugstores. There you will receive a code for your pictures. This code must be presented to the Immigration Office at the appointment.

💡 **The pictures are stored in encrypted form.**

- The authorities can use the code to retrieve the picture online.
- This protects against identity theft and makes ID cards more secure.

These ID documents are affected:

- Passport
- identity card
- Electronic residence permit (eAT)

- travel documents

Further information:

From May 2025, electronic residence permits (eAT) can also be sent to your home by post under certain conditions. This service can be used, for example

- Holders of a [settlement permit](#) or
- persons of legal age with a clarified identity.

The requirements must be clarified when [applying for](#) the residence permit.

Since January 2024, children from the age of 6 must also provide fingerprints.

There are only passports with a chip.

💡 These are electronic passports (ePassport).

Social welfare office

The social welfare office is responsible for **providing social assistance**. This includes the following benefits:

- Basic security in old age and in the event of reduced earning capacity
- Care assistance
- Assistance with living expenses
- Integration assistance for disabled people
- Assistance to overcome particular social difficulties
- Assistance with health
- Assistance in other life situations
- Benefits for asylum seekers

The Social Welfare Office **will advise and support** you in all matters relating to these topics.

At the Social Welfare Office you will be asked about your financial circumstances. You will therefore have to show whether you have any valuables such as jewellery or money. You will sign some documents and declarations. Please bring all your papers with you. All persons who are registered on your residence permit must accompany you to the appointment.

Here you will also receive the payment card for your living expenses. Please note that this money must last until your next appointment with the social welfare office (approx. 1 month). You will not receive any money until your next appointment with the social welfare office.

The Social Welfare Office is your contact for the following issues:

- Initial equipment for babies and for your child's school supplies
- Money for train tickets to interview appointments
- Treatment vouchers, authorisation for operations and other medical measures
- Education and participation package ([BUT](#))

Sozialamt

📍 [Karl-Marx-Straße 32, 29410 Salzwedel](#)

@sh@altmarkkreis.de

☎ [+49 \(0\) 39018405000](tel:+49039018405000)

🕒 Tuesday 8:30 to 11:30 and 13:00 to 17:30

🕒 Thursday 8.30 a.m. to 11.30 a.m. and 1 p.m. to 3 p.m.

Payment card

The payment card is a Visa card. It works in a similar way to a bank card. You can also use the card digitally. You need an app for this. You can download the app via www.socialcard.de/ios or www.socialcard.de/android to download it. Once you have downloaded the app, you must register. The social welfare office will tell you how much cash you can withdraw. You can also check your app to see how much credit you have. Alternatively, you can use all the functions on the website: <https://portal.socialcard.de>

You can pay where you see the Visa logo at the tills. You can withdraw cash at retail outlets or ATMs. ATMs may charge a fee of €0.65 per withdrawal. You cannot make online purchases with the payment card.

The following functions (send money, authorise payee and direct debit) are currently only available via the [website](#) :

It is now possible to use the payment card to transfer money to approved payees. To do this, click on "Send money" in the app or on the website. You can then see all approved payees under "Templates". New payees must be requested. To do this, click on "Payee". Then enter the following information:

- Surname, first name or name of the recipient
- address
- IBAN

It is helpful if you give reasons for your enquiry. There is a text field for this purpose. The justification is only permitted in German.

You must co-operate in order to meet your payment obligations on time. Every request is checked by the [social welfare office](#). If the request is approved, you can send your money to the payee and you will not incur any debts.

Direct debits (Lastschriften) are now possible. To do this, click on "Direct debit" and accept the terms of use. Your **IBAN** will then be displayed in the portal. This can take up to **14 days**. Your own IBAN can **only** be used for direct debits.

💡 **For direct debits, payment recipients must be requested and authorised again.**

💡 With a direct debit, you authorise a person or company to collect money on a one-off or regular basis. This is the case with Deutschlandticket, for example.

Further tips:

💡 Your personal PIN (PIN) consists of four digits. Do not pass on this number combination.

💡 Block the card in the event of loss, theft or similar. You can do this via the app or the telephone hotline: 116116.

💡 You can send the renewal of your residence document by photo to: sh@altmarkkreis.de. You will then usually continue to receive benefits.

Housing benefit and housing entitlement certificate (WBS)

You earn little money. Everyone in your household earns little money. You can barely afford your home. Then you are entitled to housing benefit under certain conditions.

Housing benefit is money from the state. It helps people to pay part of their rent or housing costs. It is intended for people who do not have enough money to pay for a flat on their own. Homeowners can also apply for housing benefit if they use their property themselves.

Who can receive housing benefit?

- Families and single parents with a low income
- Single people with little money
- Pensioners with a low pension
- Students who are not entitled to [BAföG](#) have
- Residents of a care home

Who cannot receive housing benefit?

- People who receive citizen's allowance
- People who receive social benefits
 - Assistance with living expenses
 - Basic income support in old age
 - in the event of reduced earning capacity

The amount of housing benefit depends on

- the total income of the household
- the number of people living in the household

💡 Are you **unsure whether you are entitled to housing benefit**? You can use the [housing benefit calculator](#) to check whether you are eligible before you apply! It can also calculate an estimated amount of money for you.

💡 The housing benefit calculator does not provide any binding information about your entitlement to housing benefit! Only your housing benefit authority can give you this information.

Where can you apply for housing benefit?

You can **apply** for housing benefit **online** via the Altmarkkreis Salzwedel [service portal](#).

- You can find the **application** for housing benefit **for tenants** [here](#).
- You can find the **application** for housing benefit **for owners** [here](#).

Do you live in the town of Salzwedel? Then the city's housing benefit authority is responsible for you.

Wohngeldbehörde Hansestadt Salzwedel

📍 [Am Schulwall 1, 29410 Salzwedel](#)

@ wohngeld@salzwedel.de

☎ [+49 \(0\) 390165513](tel:+490390165513)

🌐 <https://www.salzwedel.de/de/stadt/buergerservice/...>

Do you live in the town of Gardelegen? Then the housing benefit authority of the district administration in Gardelegen is responsible for you.

Wohngeldbehörde Altmarkkreis Salzwedel

📍 [Philipp-Müller-Straße 18, 39638 Gardelegen](#)

@ wohngeld@altmarkkreis.de

🌐 <https://www.altmarkkreis-salzwedel.de/bildung-soz...>

☎ [+49 \(0\) 39018405312](tel:+49039018405312)

☎ [+49 \(0\) 39018405313](tel:+49039018405313)

Do you live in another town or village in the Altmarkkreis Salzwedel? Then the social welfare office in the district administration is responsible for you.

Wohngeldbehörde Altmarkkreis Salzwedel

📍 [Karl-Marx-Straße 32, 29410 Salzwedel](#)

@ wohngeld@altmarkkreis.de

🌐 <https://www.altmarkkreis-salzwedel.de/bildung-soz...>

☎ [+49 \(0\) 39018405303](tel:+49039018405303)

☎ [+49 \(0\) 39018405304](tel:+49039018405304)

💡 Housing benefit is usually granted for **12 months**. If it is foreseeable that there will be no change in your income situation, the period can be extended to up to 24 months. If you still need housing benefit after this period, you must apply for it again.

💡 Housing benefit is not a loan. You do not have to pay it back.

You can find more information here:

 <https://sozialplattform.de/wohngeld>

 <https://www.wohngeld.org/auslaender/>

Housing entitlement certificate (WBS)

Are you looking for a flat? But you don't have enough money to afford one? Then you can get a subsidised flat. To do this, you will need a **certificate of eligibility for subsidised housing: WBS (WBS)**.

Who can apply for a WBS ?

- People who receive citizen's allowance
- People who receive assistance with living expenses
- People who receive basic income support in old age or assistance with reduced earning capacity
- Households with little money
- Families and single parents with little money
- People with a recognised severe disability

You are not entitled to WBS if you:

- your income is above the specified income limit
- have already moved into a subsidised flat and would like to move into a flat again without having applied for a WBS again
- have an WBS for another federal state
- have an WBS that is only valid for a specific subsidised flat
- are trying to rent a subsidised flat that is reserved for students, people over 60, people with disabilities or households with many children.

You can also apply for the WBS online via the [service portal](#). You can find the application form [here](#). You can apply for the WBS locally at the [social welfare office](#) of the district administration.

💡 You have a notice of recognition from the Federal Office for Migration and Refugees (BAMF). Then you can generally obtain a WBS. Even if you have not yet been issued a residence permit.

💡 If you already live in subsidised housing, you may also be entitled to housing benefit. The residence entitlement certificate and housing benefit are two independent benefits.

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

Youth welfare office

Children's rights are important. Every child deserves to be respected and loved. Do you have a child? Then bring it up in accordance with children's rights. This is important for the well-being of your child. You can find out more in the chapter on [children's rights](#).

The Jugendamt supports parents in bringing up children and young people. Anyone can contact Jugendamt free of charge. Are you a child (0 to 13 years old), a teenager (14 to 17 years old) or have you just come of age (18 to 20 years old)? Do you have problems? Then you can contact Jugendamt.

Areas of responsibility of the Jugendamts:

- Supporting young people in their individual and social development
- Advise and support parents in their upbringing
- Protecting children and young people
- Creating positive conditions for young people and families
- Avoiding and breaking down barriers
- Help with upbringing

Unaccompanied refugee minors are also subject to youth welfare law. This means: The case goes to Jugendamt.

The general social service (ASD) advises and supports you in difficult life situations.

Counselling from ASD:

- Questions about the upbringing and development of your child
- Questions about custody and access rights
- Questions about social benefits
- Concerns of children and young people
- Emergency situations, for example in the event of the death of a parent

Jugendamt

📍 [Karl-Marx-Straße 32, 29410 Salzwedel](#)

@ jugendamt@altmarkkreis.de

☎ [+49 \(0\) 39018405500](tel:+4939018405500)

Office for Consumer Protection and Health

The Gesundheitsamt is part of the healthcare system in Germany. For example, it aims to protect the population from infectious diseases. Or it deals with hygiene in companies. These can be hospitals and care centres. Or restaurants and cafés. Would you like to work in a restaurant? Then you will need instruction on infection protection. The Gesundheitsamt also has other tasks. It provides advice on AIDS. And takes care of the medical service. In schools, they provide information on how to prevent diseases. And in general, it informs the population about health risks.

Amt für Verbraucherschutz und Gesundheit

📍 [Bahnhofsstraße 6, 29410 Salzwedel](#)

@ gesundheitsamt@altmarkkreis.de

 [+49 \(0\) 39018407500](tel:+4939018407500)

 <https://www.altmarkkreis-salzwedel.de/bildung-soz...>

District adult education centre


The district adult education centre is a non-profit organisation for further education. The adult education centre offers a wide range of courses. Many courses are free of charge. Other courses may cost money.

You will find offers in the following areas:


- Online seminars
- Young adult education centre and family
- Politics, society and the environment
- Culture and design
- Health and nutrition
- Languages
- Work and career and information technology
- Basic education and school-leaving qualifications

The district adult education centre has two permanent locations at Altmarkkreis Salzwedel. The courses also take place at Arendsee, Beetzendorf, Diesdorf, Kalbe and Klötze. You can get advice at Salzwedel and Gardelegen. You can also register for courses on site. You can also register by telephone or online.


Kreisvolkshochschule


 [Karl-Marx-Straße 15, 29410 Salzwedel](#)


 [@vhs.salzwedel@altmarkkreis.de](mailto:vhs.salzwedel@altmarkkreis.de)

 [+4939018404300](tel:+4939018404300)

 <https://vhs-salzwedel.de/>

 Monday and Thursday 9:30 to 12:00 and 13:00 to 15:00

 Tuesday 9.30 a.m. to 12.00 p.m. and 1.00 p.m. to 5.00 p.m.

 Friday 9:30 to 11:30 a.m.


Kreisvolkshochschule


 [Jägerstieg 26a, 39638 Gardelegen](#)


 [@vhs.gardelegen@altmarkkreis.de](mailto:vhs.gardelegen@altmarkkreis.de)


 [+493907730790](tel:+493907730790)

 <https://vhs-salzwedel.de/>

 Monday 9:30 to 12:00


 Tuesday 9:30 to 12:00 and 13:00 to 17:00

 Thursday 9:30 to 12:00

 Friday 9:00 to 11:00 a.m.


Employment Agency

Agentur für Arbeit is responsible for everything to do with employment. Are you looking for a job? Do you need help choosing a career? Would you like to have your qualifications recognised? Then contact Agentur für Arbeit.

 Is your asylum procedure still ongoing? Or are you tolerated? Then Agentur für Arbeit is your contact point. They will help you with questions about the transition between school and work (careers advice). They will place you in work. And they will advise you on further vocational training. You must make an appointment before visiting!

 [Agentur für Arbeit Salzwedel](#)

 [Agentur für Arbeit Gardelegen](#)

 Are you recognised? Then this is [Jobcenter](#) your contact point. They will advise you and place you in the labour market.

Child benefit and supplementary child allowance

Child benefit in Germany is money from the state and part of the family benefit equalisation system. The [Family Benefits Office of the Federal Employment Agency](#) supports you with child benefit, child supplement and other financial assistance.

You can receive child supplement if your income is sufficient to cover your own living expenses, but not enough or only just enough to cover all your family's needs.

In 2025, child benefit will amount to 255 euros per month for each child. From 1 January 2025, the child supplement will be up to 297 euros per month per child. However, it depends on your family's situation. This includes the immediate supplement of 25 euros per month per child.

You can apply for child supplement and child benefit directly [online](#)!

You can apply for child benefit if...

- your child is under the age of 18 (under certain conditions, you can also apply for and receive child benefit for children of full age),

- you look after your child regularly and they live in your household (this also applies to stepchildren, grandchildren or foster children) and
- your place of residence is in Germany, another EU country, Norway, Liechtenstein, Iceland or Switzerland. You can find out more on the page [Child benefit for people living in or from abroad](#).

The payment of child benefit is not dependent on your income!

You can receive child supplement if...

- Your child lives in your household, is under 25 years old and is not married or in a registered civil partnership,
- you receive child benefit (or a comparable benefit) for your child,
- Your family's gross income is at least 900 euros (couples) or 600 euros (single parents),
- you would have enough money to support your family if you received child supplement and possibly housing benefit in addition to your income.

Tip! If you want to find out quickly whether you can receive child supplement: Simply enter your personal details in the [interactive video tool "KiZ-Lotse"](#) and find out your entitlement!

Job centre

Are you unemployed? Do you need help? The Jobcenter pays financial benefits. It also places you in work and training. This depends on your individual needs. Among other things, Jobcenter enables you to take part in a language course. It can refer you to a careers counselling service. Or it can help you get your certificates recognised. Would you like to work? Then you can find information and advice here: [Access to the labour market](#).

💡 The staff at Jobcenters are not permitted to pass on any information about customers. Do you have a volunteer companion? Then you must give them a power of attorney. This must be completed in full and signed by both parties.

👤 Is your asylum application still pending? Or your application has been rejected? Then the [Agentur für Arbeit](#) is responsible for labour promotion issues.

👤 Steps after a positive decision

You have received a positive decision from the BAMF. This means that the asylum procedure has been successfully completed. You are recognised as entitled to asylum. Or you have been granted refugee protection. These are your next steps:

1. benefits department

- You can apply for benefits.

2. job centre

- **Important:** There is no counselling without an appointment.

- Have you already attended an integration course? Bring your certificate with you. If not, bring the commitment to the course with you.
- Do you have documents relating to school attendance or training? Do you have job references? Have your foreign qualifications been recognised? Please bring these with you.
- Tell us about any special skills you have (trade, language skills).
- Think about which area of work you are interested in before the appointment.

Further information and online applications can be found [here](#).

📍 [Jobcenter Klötze](#)

📍 [Jobcenter Salzwedel](#)

📍 [Jobcenter Gardelegen](#)

Residents' Registration Office

In principle, all people who come to Germany and wish to stay for longer than three months must register their residential address with the authorities after two weeks at the latest. Are you moving within Germany? Then you must inform the authorities of your new address.

💡 This registration has nothing to do with registering as an asylum seeker or registering with the [immigration authorities](#). You must do this in addition. You can find out how to register as a refugee in the chapter on [asylum and refugees](#).

Who has to register and when?

All people who move to Germany or relocate within Germany must register or re-register at Einwohnermeldeamt (often also called Bürgeramt or Bürgerbüro). Registration within two weeks is mandatory. Are you registering too late or not at all? Then you may have to pay a fine.

When you register, you will receive an "official confirmation of registration". Keep this document in a safe place. You can use it to prove - even without your ID - that you are registered in a municipality or city in Germany. This means that you are resident there.

What do I need to bring with me to register?

You must register in person at Einwohnermeldeamt or Bürgeramt. The address of your Einwohnermeldeamtes or Bürgeramtes can be found at the bottom of this page.

You must bring your ID (identity card, residence permit, residence document, etc.) with you to register. Do you have a passport? Or passport replacement documents? Then bring these with you too. You must also fill in a registration form. You can obtain the form directly from the residents' registration office.

In some cities / municipalities, you will also need a so-called "landlord's confirmation of moving in" for the registration. This is a document in which your landlord or landlady confirms that you are renting his or her flat. Sometimes your birth certificate or marriage certificate is also required for registration. If you have these documents, bring them with you to the registration as a precaution.

Bürgerservice Klötze

📍 [Schulplatz 1, 38486 Klötze](#)

@info@stadt-kloetze.de

☎ [+49 \(0\) 39094030](tel:+49(0)39094030)

🌐 <https://www.stadt-kloetze.de/>

Bürgerservice Kalbe

📍 [Schulstraße 11, 39624 Kalbe](#)

@rathaus@stadt-kalbe-milde.de

☎ [+49 \(0\) 390809710](tel:+49(0)390809710)

🌐 <https://www.stadt-kalbe-milde.de/>

Bürgerservice Arendsee

📍 [Am Markt 3, 39619 Arendsee](#)

@info@stadt-arendsee.de

☎ [+49 \(0\) 393849760](tel:+49(0)393849760)

🌐 <https://arendsee.info/stadt-arendsee/>

Bürgerservice Gardelegen

📍 [Rudolf-Breitscheid-Straße 3, 39638 Gardelegen](#)

@buergerservice@gardelegen.de

☎ [+49 \(0\) 3907716144](tel:+49(0)3907716144)

🌐 <https://www.gardelegen.de/B%C3%BCrgerservice/>

Bürgercenter Salzwedel

📍 [Am Schulwall 1, 29410 Salzwedel](#)

@buergerbueror@salzwedel.de

☎ [+49 \(0\) 390165350](tel:+49(0)390165350)

🌐 <https://www.salzwedel.de/de/stadt/buergerservice....>

Bürgerbüro Diesdorf

📍 [Himmelreichstraße 1, 29413 Diesdorf](#)

[@info@vg-beetzendorf.de](mailto:info@vg-beetzendorf.de)

[+49 \(0\) 3900097100](tel:+4903900097100)

<https://www.beetzendorf-diesdorf.de/>

Einwohnermeldeamt Beetzendorf

[Marschweg 3, 38489 Beetzendorf](#)

[@info@vg-beetzendorf.de](mailto:info@vg-beetzendorf.de)

[+49 \(0\) 3900097100](tel:+4903900097100)

<https://www.beetzendorf-diesdorf.de/>

Registry office

The office has several tasks. Have you had a child? Then you must report the birth to the registry office. The registry office will then notarise the birth. Do you want to get married? Then the registry office will register the marriage.

The tasks at a glance

- Registering births and deaths.
- Conclude marriages and partnerships
- Receiving resignations from the church
- Changing names
- Issuing certificates (birth, death, marriage certificate)

Do you need the registry office? You can contact us here:

Standesamt Klötze

[Schulplatz 1, 38486 Klötze](#)

[@standesamt@stadt-kloetze.de](mailto:standesamt@stadt-kloetze.de)

[+49 \(0\) 3909403136](tel:+4903909403136)

<https://www.stadt-kloetze.de/>

Standesamt Salzwedel

[Am Schulwall 1, 29410 Salzwedel](#)

[@standesamt@salzwedel.de](mailto:standesamt@salzwedel.de)

[+49 \(0\) 390165340](tel:+490390165340)

<https://www.salzwedel.de/de/stadt/trauorte.html>

Standesamt Arendsee

📍 [Am Markt 3, 39619 Arendsee](#)

@ info@stadt-arendsee.de

☎ [+49 \(0\) 393849760](tel:+49(0)393849760)

🌐 <https://arendsee.info/stadt-arendsee/services/oef...>

Standesamt Gardelegen

📍 [Rathausplatz 1, 39638 Gardelegen](#)

@ standesamt@gardelegen.de

☎ [+49 \(0\) 3907716210](tel:+49(0)3907716210)

🌐 <https://www.gardelegen.de/Stadtleben/Heiraten/Gar...>

Standesamt Diesdorf

📍 [Himmelreichstraße 1, 29413 Diesdorf](#)

@ c.svete@vg-beetzendorf.de

☎ [+49 \(0\) 3900097285](tel:+49(0)3900097285)

🌐 <https://www.beetzendorf-diesdorf.de/seite/693751/...>

Standesamt Beetzendorf

📍 [Marschweg 3, 38489 Beetzendorf](#)

@ i.meyer@vg-beetzendorf.de

☎ [+49 \(0\) 3900097283](tel:+49(0)3900097283)

🌐 <https://www.beetzendorf-diesdorf.de/seite/693751/...>

Standesamt Kalbe

📍 [Schulstraße 11, 39624 Kalbe](#)

@ jgaede@stadt-kalbe-milde.de

☎ [+49 \(0\) 3908097126](tel:+49(0)3908097126)

🌐 <https://www.stadt-kalbe-milde.de/seite/617144/ans...>

Social life

Living

Rent and rental agreement

You have found a flat. Congratulations. You are renting this flat from a person. This person is your landlord or landlady. You sign a contract with this person. The contract says that you are allowed to live in the flat. It is called a tenancy agreement. The tenancy agreement regulates the rights and obligations. You have rights and obligations. And your landlord or landlady has rights and obligations. For example, you have to pay money every month. This is the rent. Your landlord or landlady must leave the flat to you. He or she must also take care of repairs to the flat.

The tenancy agreement is an important document. It states the price of the flat. It also states whether you are allowed to smoke or do laundry in the flat. Everything is set out in writing in the contract. Don't understand something in the contract? Ask about it. It's best to do this before you sign the contract.

The rent consists of the net rent and the service charges. You also pay the service charges every month. This is how you pay running costs. These include the cleaning of the stairwell or the garden labourer. You also pay for [rubbish collection](#). These service charges are shared by all residents of the building. People with larger flats pay more.

Only you have a key to your flat. Take good care of your key. Have you lost the key? Then a locksmith will have to come. A locksmith can be expensive. Sometimes the landlord or landlady needs access to your home. Sometimes other people also need access to your home. You must be informed of the visit. This is often done by post or telephone. This may be particularly necessary if a tradesperson needs to enter your home. They want to repair something in your home. Or the municipal utilities or your energy supplier need to read how much water or electricity you have used.

Do you want to give notice?

Germany protects tenants and landlords. You can't simply give notice overnight. You must give your landlord or landlady at least three months' notice. Always give notice of cancellation in writing. Have your cancellation confirmed.

House rules

In cities, several people often live in one house. Rules are needed so that they can live well together. These rules are laid down in the house rules. Quiet hours are particularly important in Germany. Have a look at your house rules to see what time of day it has to be quiet. This is often the whole of Sunday. On other days, this is often from 10 pm. Make sure you are not too loud. Are people in the neighbourhood too loud? Then speak to them. Ask them to turn down the music or television.

Waste separation and deposit

Waste separation means that different types of waste are collected and recycled separately. In Germany, waste separation starts directly with the consumer. This means that every household has to sort its own waste and throw it into different bins and containers. The majority of waste in Germany is recycled and composted, which conserves resources and

protects the environment. Basically, avoiding waste is still the easiest way to do something about the growing mountains of rubbish.

If you throw something in the wrong bin, the employees or sorting facilities at the recycling centres have to sort it again. If we all sort correctly, we can avoid this effort, reduce costs and do something for the environment.

What goes in which bin?

The waste bins in Germany have different colours. The colours show you which waste is allowed in which bin. In large cities, the bins are often located right next to the house. In the countryside, you may have to drive to a recycling centre to find all the bins. Or you may have to wait for the next collection date for certain rubbish. In the meantime, you can store the rubbish in your garage or cellar, for example. You can find out when which waste is collected in the so-called "[waste calendar](#)".

💡 Only certain rubbish may be thrown into each bin!

💡 Residual waste bin (black): Ash (cold), hygiene articles, lighters, nappies, toys, cigarettes, toothbrushes, razor blades

💡 Paper bin (blue): Newspapers, books, clean office paper, cardboard, kitchen roll, pizza box, envelopes

💡 Yellow bag: cups, detergent bottles, shampoo bottles, crown caps, aluminium foil

💡 Organic waste bin (brown): Leftover food, bread, spoilt or mouldy food, tea bags, coffee filters, flowers, lawn clippings

💡 Bulky waste (twice a year you can dispose of 5 m² of bulky waste free of charge on fixed dates): Furniture, bicycles, prams, carpet

Do I have to separate my rubbish?

Yes, waste separation is compulsory in Germany. Everyone must separate their waste correctly and put it in the right bins. If you do not comply with the rules on waste separation, your landlord or landlady can give you a warning. If you do not change your behaviour, you may even lose your flat. Your landlord or landlady will also charge you for the costs incurred as a result of incorrect waste separation. If you own your own home, incorrect waste separation will increase your waste disposal bill. Incorrect waste separation is also an administrative offence. If you are caught, you will have to pay a fine. If you repeatedly fail to separate waste or separate it incorrectly, this fine can even amount to several hundred or thousand euros.

What do I need to know about "deposits"?

In Germany, there is a so-called "deposit obligation" for certain beverage containers. If you buy plastic and glass bottles or drinks cans in the supermarket, you pay a few cents more for them. If you later return them empty to the empties collection point in a supermarket (usually a vending machine), you get this money back. This is called a "deposit". There are two different types of these special bottles:

On **disposable bottles** (which are recycled) you will find a square sign with a can and a bottle surrounded by an arrow. This is the logo of Deutsche Pfand-System GmbH. You will receive a 25 cent deposit back on bottles or cans with this symbol.

On **returnable bottles** (which are washed and refilled) you will either find no labelling at all, a "blue angel" or the words "returnable (bottle)", "returnable bottle" or "deposit bottle". You get a 15 cent deposit back for returnable bottles. For beer bottles it is 8 cents.

💡 Beverage cartons are deposit-free.

💡 If you don't have the time or inclination to return your returnable bottles yourself, you can also place them in a clearly visible place next to a rubbish bin on the street. There are many people in Germany who collect these bottles to earn a little extra money.

Energy and environment

You need gas and electricity for your home. You use these to operate various appliances. You probably cook with electricity or gas. Your washing machine also needs electricity. And your mobile phone anyway. Some appliances consume more than others. That's why you should always pay attention to energy consumption when buying a new appliance. Many appliances draw power in standby mode even though they are actually switched off. The best antidote is a switchable power strip. With just one click, several appliances can be disconnected from the power supply.

In many houses, the heating works with gas. You often pay your supplier monthly in advance. Then the bill is recalculated once a year. Sometimes you have to pay extra. Sometimes you get money back. If electricity and gas are expensive, it's worth saving money every month. Then you will have enough money if you have to pay extra.

💡 If you use energy sparingly, you will save money. It's also good for the environment.

You mainly need water in the bathroom. But also in the kitchen, for cooking and washing up. Saving water pays off in several ways. You will pay less for water, waste water and the energy used to heat the water.

💡 Tips for saving water: Install an energy-saving shower head. Take a shower instead of a bath. Repair dripping taps. Install a flush stop button in the toilet.

You can find more tips and useful information at the [consumer advice centre](#).

Buying new appliances

Always pay attention to the energy label when buying new appliances. This shows you how efficient the new appliance is. The energy label can be found on a wide variety of products. For example, on light bulbs, washing machines, televisions and heaters. Energy efficiency classes and information on product features such as electricity and water consumption or volume make it easy to compare different appliances. Energy-efficient appliances can save several hundred euros per year.

💡 There is an app for the energy label. It helps to compare energy-relevant information on selected products. The app provides further information on the efficient use of appliances. The app is available free of charge in German and English in [Google Play](#) and the [Apple App Store](#).

Broadcasting fees

Independent reporting is very important. Germany has independent radio, television and online programmes. ARD, ZDF and Deutschlandradio offer this. They report free from economic and political influences. Everyone pays money for this. This is called the licence fee.

The law stipulates that a licence fee must be paid for every home in Germany. However, only one person per home has to pay the licence fee. This costs €18.36 per month. The money must be paid to the ARD, ZDF and Deutschlandradio contribution service. Further information can be found in the following [information sheet](#). Here in [plain language](#). Alternatively on the [broadcasting licence fee website](#). The website is available in several languages.

Some people can be exempted from paying the licence fee. For example, if you receive benefits under the Asylum Seekers' Benefits Act or other social benefits. An application must be submitted for exemption from the licence fee.

You can find the application for exemption [here](#).

Panels

There are food banks in Germany. Food banks distribute food to people. The Tafel is a service for people in need.

📍 [Salzwedel food bank](#)

📍 [Food bank Gardelegen](#)

📍 [Food bank Jahrestedt](#)

Clothing stores

People in need can get clothes. The clothes are second-hand. However, the clothes are checked before they are distributed. Do you still have good clothes that you no longer need? Please bring these clothes to the clothing centres.

📍 [Clothes chamber DRK Salzwedel](#)

📍 [Clothes chamber JMD Salzwedel](#)

📍 [Clothes chamber Storchennest Salzwedel](#)

📍 [Clothes chamber Klötze](#)

Financial matters and contracts

Basic information on contracts

Particularly important: You have not understood something? You can't read the document? Then don't sign anything. A signed contract often obliges you to pay money. It is sometimes very difficult to cancel this. Always check and compare several offers. Take your time to decide. Don't let anyone pressure you into signing a contract.

Insurances

Social insurances

There are five statutory insurances in Germany. You must have these insurances. This social insurance system protects you against unemployment, illness, the need for care, occupational accidents and old age. You are automatically covered by pension, accident, long-term care and unemployment insurance. You do not have a choice there. For health insurance, you can choose from a wide range of health insurance companies. You can find out more [here](#).

Supplementary insurance

There are many other types of insurance in Germany. It is not possible to say in general terms whether an insurance policy makes sense for you. Most of them protect you against financial risks. The [consumer advice centre](#) provides information about these additional insurances. You will also find information on questions relating to insurance. The most important is liability insurance. You should have this in any case.

Liability insurance

Have you caused damage to someone without meaning to? This could be a road traffic accident. Or your child has broken a window pane with a ball. Then you must pay compensation according to the law in Germany. This applies to personal injury, property damage and financial losses in the private sector.

In Germany, you can take out private liability insurance. The insurance pays for these damages for you and your family/children. You can decide for yourself whether you want to take out this insurance. However, we strongly recommend it.

💡 Are you looking for a good offer for personal liability insurance? Ask your [help centre](#). The [consumer advice centre](#) also provides information on this topic.

Mobile phone

The mobile phone market in Germany is very large. There are many providers and many different contracts and costs. There are generally two different mobile phone contracts in Germany: **Prepaid contract** and **fixed-term contract**.

- The prepaid contract has no fixed contract term. You top up your mobile phone with money and can use it to access the Internet or make calls.
- With a fixed-term contract, there is a minimum contract period. This is usually 12 to 24 months. This contract is automatically renewed if you do not cancel it. If you do not want the contract to be renewed automatically, you must cancel in writing. Pay attention to the deadline.

💡 Do not sign any contracts if you do not understand them.

Do you want to sign a contract? Check the conditions carefully beforehand. Ask yourself whether a prepaid contract might suit you better.

With both a fixed-term contract and a prepaid contract, you can choose between three options:

1. With a flat rate, you can make unlimited calls, send text messages and use the Internet up to a certain data volume.
2. With an inclusive package, you have a fixed quota of units for calling and texting and a fixed data volume for Internet use and pay a fixed price for this. When your units are used up, you can book additional units or additional data volume. You will usually have to pay more for this. 💡 **Please note:** With many providers, additional data volume is automatically added when your data volume is used up. This additional data volume can cost a lot of money. It is therefore essential that you switch off the automatic rebooking of data volume (data automatic). You can do this via the online customer portal or your provider's hotline. Ask for written confirmation that you have switched off the automatic data volume.
3. You can also pay directly for every call, every text message and every use of the Internet. This is usually more expensive than with a flat rate or an inclusive package, but you only pay for what you actually use. And there are no hidden costs.

💡 Your [Helferkreis](#) will help you choose and take out a good contract.

Current account

Would you like to pay money via a bank? Then you need a current account. Your money is always available in your current account. Would you like to withdraw money from your account? Or would you like to make cashless payments? Then you need to have enough money in your account. Otherwise you will have to pay interest to the bank.

With a current account you can:

- Make bank transfers
- Receive cashless payments (payments from government offices / authorities / social benefits are often only transferred to a current account)
- Set up standing orders
- Participate in direct debits
- Cashing cheques, making cashless payments with the EC/Maestro card
- Withdraw cash at the bank counter or at an ATM
- Print out your account statements

Opening an account

Decide which bank you would like to have an account with. Make an appointment to open an account. Please bring one of your legitimisation documents with you. This includes your proof of arrival, residence permit or identity card. You cannot open an account with a fictitious certificate. If no current address is noted on the legitimisation document, please also bring a registration certificate or a comparable document.


- You have opened the account. You will then receive an EC card with a four-digit PIN code by post. Sign the back of the EC card and memorise the PIN code. You will need the PIN code for cashless payments. You will need the PIN code for cash withdrawals at ATMs.


Always keep your card and PIN code separate!

- Withdraw money from your bank's ATMs. Then the withdrawal costs nothing. If you enter the PIN code incorrectly three times, the bank will withdraw your card and block it. In this

case, you must ask your bank.

- Have you lost your EC card? Has your EC card been stolen? Then have the EC card blocked immediately. Tell them your sort code and account number. Then ask your bank for a new EC card.

 [116116](tel:116116)

 Around the clock.

💡 Different banks offer current accounts with different conditions. Find out exactly how much a current account costs each month. Compare the services offered by the bank.

💡 If you need help using your debit card correctly, ask your [helper organisation](#).

Taxes and tax returns

Taxes are important. They help the state to function. They provide the state with money for public spending. It can be used to build roads. It is used to pay teachers and police officers. It finances many important things.

You pay taxes everywhere. When you go shopping, when you eat out, when you fill up with petrol. That's the **sales tax**. And when you work. That's **income tax**. Are you employed? Then your employer has already deducted your taxes. Are you self-employed? Then you have to pay tax on your income yourself.

Tax identification number

The tax ID is an 11-digit number and is used for income tax purposes. The number is valid for your entire life. The authorities can always identify you with this number. Your place of work requires this number. You do not have this number in your documents? You can obtain it in person from the registration office. Or by filling in a form at the [Federal Central Tax Office](#).

💡 Do you need help with your tax return? It is best to contact your local income tax association. If you have further questions, the tax office can also help you.

Internet

Mobile Internet

You have mobile Internet on your mobile phone. This is very practical. You can search for something on the Internet while travelling. You can also search for an address. The Internet costs money. It is best to have a contract. This contract can be a fixed-term contract or a prepaid contract. You can find more information [here](#).

💡 You do not need internet to use Integreat.

WLAN at home

If you want to have Internet in your own home, you need a router. There are various companies that can sell you a router and a contract. The best place to find out more is your local [help centre](#).

💡 As an asylum seeker in Germany, you are not legally entitled to Internet access (WIFI) in your accommodation. WIFI (WLAN) is available in the shared accommodation centres of the Altmarkkreis Salzwedel. If you live in an Altmarkkreis Salzwedel flat, you must conclude a contract yourself. Ask your [helper group](#) to help you choose a good contract. Consider whether a contract that you can cancel at any time is better than a contract that is valid for a long time (e.g. 2 years).

Mobility

Public transport and bicycle

You can reach many places around your home by public transport. You can also cycle. Exercise is healthy. Cycling is inexpensive. Cycling is also environmentally friendly.

Public transport

To get to your destination at Altmarkkreis Salzwedel, you can use public transport. This is the bus or the train.

💡 Travelling without a ticket will be penalised! You must have a valid ticket for every journey. Otherwise you will pay a heavy fine.

📍 [PVGS Salzwedel GmbH](#)

🕒 [Timetable](#)

Bicycle

Are you going to live longer at Altmarkkreis Salzwedel? Then it's worth buying a bike. It's cheaper than travelling by public transport.

💡 Important traffic rules for cyclists (selection):

- Always ride on the right-hand side of the carriageway.
- Do not ride next to each other, but behind each other.
- If there is a cycle path, you must ride on the cycle path (always on the right-hand side of the road in the direction of travel).
- Children up to the age of 11 may use the footpaths on bicycles.
- It is forbidden to use a mobile phone on a bicycle.

💡 Purchase and repairs: Pay attention when buying. Your bike must be equipped as follows. This means it is roadworthy. Otherwise you will have to pay a fine if you are stopped by the police.

- Front and rear lights
- Reflector front and rear
- Reflectors in the spokes (2 per wheel)
- Reflectors on the pedals
- Bell

- Two independent brakes

Volunteer bicycle workshops

📍 [Salzwedel multi-generation centre](#)

📍 [eXchange e.V.](#)

Driving licence and driving a car

A driving licence can be very useful. Especially if you live in a village or a small, remote town. Often there are no public transport connections here. Then a driving licence is helpful. And buying a car is often necessary. Would you like to get a German driving licence? Or do you already have a driving licence from your home country? And would now like to transfer it? Conversion means that the driving licence is also valid in Germany. We provide you with this information on this page.

Is my driving licence valid in Germany?

Would you like to drive in Germany yourself? Then you need a driving licence from Germany or another EU country. Driving licences from non-EU countries are only valid for six months in Germany. You may only drive in Germany with a driving licence from your home country for the first six months. The six months begin with your first police registration in Germany. You must always have your driving licence with you when you drive. You must also have a translation of your driving licence into German with you.

Would you like to drive yourself after six months? Then have your driving licence transferred.

If you are only visiting Germany, you may drive with your foreign or international driving licence. You must always have your driving licence with you when you drive.

💡 During your asylum procedure, all your documents will remain with the BAMF. You will normally only get them back once your asylum procedure has been completed. As long as your driving licence is with the BAMF, you are not allowed to drive yourself.

How do I transfer my driving licence?

Contact your local driving licence authority or driving licence office. It can sometimes take a while before you receive an answer. The authority sometimes receives a lot of applications at once. Contact the relevant authority before your six-month driving licence expires. You must go to the driving licence office in person. You will need to present various documents there:

- ID card or passport
- confirmation of registration
- Biometric passport photo
- Certificate of an eye test (from an optician or ophthalmologist)
- Confirmation of participation in a first aid course.
- Your original foreign driving licence (an international driving licence is not sufficient). As a rule, you must also submit a certified German translation.
- A declaration that your foreign driving licence is still valid.

The driving licence office will then decide whether your driving licence can be converted without a test. Otherwise, you must first take the theory and practical test. This depends on the country in which you obtained your driving licence.

💡 It is a good idea to attend a driving school before taking the test. Germany has a lot of traffic rules and signs. However, unlike those who are getting their driving licence for the first time, you do not have to take driving lessons.

💡 Do you want to have a truck or bus driving licence converted? Then you will need a certificate of a general medical examination and an ophthalmological examination.

The driving licence office is in the [district administration](#) at Altmarkkreis Salzwedel. You can make an appointment [here](#).

Führerscheinstelle

📍 [Karl-Marx-Straße 32, 29410 Salzwedel](#)

✉ [@info-fs@altmarkkreis.de](mailto:info-fs@altmarkkreis.de)

🌐 <https://www.altmarkkreis-salzwedel.de/buerger-pre...>

How can I get a German driving licence?

To get a driving licence for the first time, proceed as follows:

- Register with a driving school. In large cities, there are driving schools with driving instructors who speak Arabic and Persian, for example. You can find driving schools in your area at [drivolino.de](#) or [fahrschulen.de](#).
- Take part in a first aid course. You can find a course in your area at the Arbeiter-Samariter-Bund or the Johanniter.
- Have an eye test at an optician or an ophthalmologist. The eye test costs around €7. Some opticians also offer the eye test free of charge.
- Have a biometric passport photo taken.

Can my driving licence be revoked?

If you disregard important traffic rules, you can lose your driving licence. A distinction is made here between a driving ban and the withdrawal of your driving licence.

- If you are banned from driving, you must surrender your driving licence to the fines office for several months. During this time, you are not allowed to drive yourself. After the period has expired, you can collect your driving licence again.
- If your driving licence is revoked, it loses its validity. This means that you are no longer allowed to drive yourself and may not obtain a new driving licence for a certain period of time (suspension period).

Have you endangered road traffic? Have you been driving drunk? Have you collected 8 penalty points? These are reasons to revoke your driving licence.

You receive penalty points for various offences, for example if you drive too fast. Penalty points are also known colloquially as "points in Flensburg".

💡 Have you just obtained your driving licence? Then you are two years into your probationary period. You have broken the traffic rules during the probationary period. Then you have to attend an advanced training seminar. You may also have to undergo psychological counselling. Your probationary period will also be extended by a further two years. You do not take part in the advanced training seminar and the counselling? Then your driving licence will be revoked. Examples of a traffic offence are, for example, driving through red traffic lights, driving at night without lights, drunk driving. Wrong parking is not a traffic offence. In this case, you only have to pay the fine.

Leisure and exchange

Libraries

In a library or bookshop you can borrow books, CDs, learning materials and learning aids to take home. You will need a library card for this. You can get this from your local library. It is also possible to study or read there in peace and quiet.

Find out more on site:

📍 [Bibliothek Salzwedel](#)

📍 [Bibliothek Gardelegen](#)

📍 [Bibliothek Klötze](#)

📍 [Bibliothek Kunrau](#)

Offers for senior citizens

In 2020, around 18.3 million people over the age of 65 lived in Germany. And this number is growing every year. They now make up more than 22% of the total population. Older people often need care or help in the home. The older people are, the more likely they are to need help. Some also live alone. This sometimes means that their social contacts become fewer. Social contact is important for mental health.

There are various opportunities to socialise. You can have lunch together. You can also learn German together.

Here you can find offers for senior citizens in your region.

📍 [Begegnungszentrum Salzwedel](#)

📍 [Begegnungszentrum Gardelegen](#)

📍 [SeniorenTreff Diesdorf](#)

📍 [EFA Klötze](#)

📍 [Mehrgenerationenhaus Salzwedel](#)

📍 [Netzwerkstelle Migration & Integration Salzwedel](#)

📍 [Netzwerkstelle Migration & Integration Gardelegen](#)

Museums

There are various museums here. You can find various events on the museums' [websites](#). The [Freilichtmuseum](#) in Diesdorf has existed since 1911. Here you will find old residential and commercial buildings. There are also 25 historic gardens. The [Danneil-Museum](#) presents 16 exhibition areas in Salzwedel. Here you can learn more about the history of the Altmark (Altmark). The [Jenny-Marx-Haus](#) is located 100 metres from the [Danneil Museum](#). Here you can learn all about the life of Jenny Marx. The culture and way of life of the Germanic tribes living in the Altmark during the Roman Empire is presented in the [Langobadenwerkstatt](#) is presented in the

Religious practice

There are many different religions in Germany. Many people follow a particular religion. They organise themselves in their own communities. For example, in a church, mosque or synagogue.

Contact with a community is important. Here you can celebrate worship together. It makes it easier to socialise with your fellow human beings. There are various groups or meetings for this purpose. You can find information on the community's website. Give them a call or introduce yourself in person.

🌐 <https://www.kirchenkreis-salzwedel.de/>

🌐 <http://arche-salzwedel.de/>

Making Integreat better: Integreat Community

Do you use Integreat in your everyday life? Do you want to make Integreat better?

We want to hear your opinion. We do interviews or send you a questionnaire. We also organise small workshops. You can help us a lot with little time!

You want to be part of it? Then send us an e-mail with your name to community@integreat-app.de - we'll get back to you!

Sports programmes

Enjoying exercise is one thing. But sport offers you another opportunity: sport makes it easier to settle into a new environment and socialise. The rules of sport recognise no cultural or national boundaries. People usually understand each other even without a common language. Sport offers a good and informal way of socialising with locals through personal contacts.

📍 [Kreissportbund Altmark West e.V.](#)

🌐 <https://www.sportatlas-sachsen-anhalt.de/bgi/inde...>

Language

Language basics

In order to find a job in Germany and generally get by, you need to learn German. Here you will find opportunities and contact points for appropriate language courses. There are various ways to learn German. Your residence status has an influence on which option you can choose. As long as you do not yet speak German well enough yourself, you will need help. You can also find contact persons for this here.

Language level and certificates

You can attend a German course. There are six levels: A1, A2, B1, B2, C1 and C2. If you are learning a new language, you start at A1. You have C2 in your mother tongue. The six levels mean in detail:

A1: Beginner

You can understand and use simple words and sentences.

You can introduce yourself and others.

You can ask questions about yourself.

You can answer questions.

A person speaks slowly and clearly. You can converse with them.

A2: Basic knowledge

You can understand sentences and frequently used words.

You can communicate in simple, everyday situations. You can describe your background, education and surroundings.

B1: Advanced use of language

You can understand a lot. You can say something about familiar topics and personal interests.

You can talk about experiences and events, dreams, hopes and goals. You can give brief reasons or explanations for plans and opinions.

B2: Independent use of language

You can understand the most important content of complex texts on concrete and abstract topics. You can also understand specialised discussions in your field of specialisation.

You can communicate fluently and spontaneously. You can justify a point of view on a topical issue with advantages and disadvantages.

C1: Specialised language skills

You can understand a lot of demanding, longer texts. You can also grasp implicit meanings.

You can express yourself clearly, in a structured and detailed manner on complex issues.

C2: (Near) native speaker level

You can understand practically everything you read or hear with ease.

You can summarise information from different written and oral sources. You can give reasons and explanations in a coherent presentation. You can express yourself spontaneously, very fluently, precisely and with nuance.

Language courses

Initial orientation courses (EOK)

The German courses for initial language orientation are for language beginners. Here you will learn elementary German. You will discover life in Germany. The course is designed to make your life in Germany easier. You will learn how to orientate yourself in everyday life. A course comprises 300 units of 45 minutes each. Various topics are discussed in the course. You will learn about "health/medical care", "work", "kindergarten/school", "housing", "local orientation/transport/mobility". The focus is on oral communication: participants should learn to find their way around in everyday life as quickly as possible. The course also teaches German values.

Initial orientation courses are primarily intended for asylum seekers with unclear prospects of remaining in Germany. Are there still places available? Then recognised asylum seekers with good prospects of staying may also take part. Do you still have to go to school? Then the initial orientation courses are not for you. Have you been offered a place on an [integration course](#)? Then you can switch to this course. The people on the courses have very different educational backgrounds. Illiterate people can attend the courses, as can university graduates. Initial orientation courses are free of charge.

💡 German is spoken on the course - interpreters are not present.

📍 [BVH Salzwedel](#)

📍 [BVH Gardelegen](#)

Integration courses

In this course you will learn German. You will learn more than just the basics. At the end of the course you will be able to speak German at level B1. You will also learn about the culture, politics and social customs in Germany.

The integration course concludes with the "German Test for Immigrants" (DTZ) and "Living in Germany" (LiD) examinations.

The [job centre](#), the [social welfare office](#) or the [immigration office](#) can oblige you to take part in an integration course. You have not been obliged? But you would like to take part in a course? Then you can apply for an integration course at the Federal Office for Migration and Refugees (BAMF). You can find the application form [here](#). Do you need help with the application? Then contact your [advice centre](#).

In the Altmarkkreis Salzwedel district, the district adult education centre offers integration courses.

📍 [Kreisvolkshochschule Salzwedel](#)

📍 [Kreisvolkshochschule Gardelegen](#)

You can find other organisations here:

🌐 <https://bamf-navi.bamf.de/de/>

Vocational language courses (DeuFöV)

In this course you will improve your German language skills. The courses are designed to improve your vocabulary. You will learn job-related words. Are you already working? Are you still doing an apprenticeship? Do you want to start working soon? Then attend this course. Ideally, you should have already attended an integration course.

Each of these courses concludes with a certificate examination. In addition to the basic courses, there are various specialised courses with different focuses.

To attend a job-related German course, you need an authorisation or commitment. You can obtain this either from the [Jobcenter](#) or from the [Agentur für Arbeit](#). You can also submit an [application](#) to the Federal Office for Migration and Refugees (BAMF).

Vocational language courses are offered by the district adult education centre.

You can find the locations here.

📍 [Kreisvolkshochschule Salzwedel](#)

German as a foreign language (DaF courses)

The district adult education centre offers various courses in German as a foreign language. (DaF) various courses. The courses are available for different [language levels](#). The courses train speaking, reading, writing and listening comprehension skills. The courses are subject to a fee. You have to pay for these courses yourself. If you are interested in a course, you can get advice. You can also find the courses [here](#).

📍 [District Adult Education Centre Salzwedel](#)

📍 [District adult education centre Gardelegen](#)

Voluntary language courses

You can learn German in your free time. It's more fun together. There are volunteers who organise meetings. People meet up to exchange ideas. You can also learn German by playing games.

📍 [Netzwerkstelle Migration & Integration Salzwedel](#)

📍 [Netzwerkstelle Migration & Integration Gardelegen](#)

📍 [Jugendmigrationsdienst](#)

📍 [Begegnungscafe Kluhs](#)

📍 [eXchange e.V.](#)

Online language courses and online study

Online language courses

You can learn German on your smartphone or 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. You can find more

information about the language levels (A1-C2) [here](#).

🌐 [Lunes App](#): The app helps you at school. And in training. And at work. The app has lots of information about words from different professions. There is a picture for every word. So you learn the German words. And there is a read-aloud function. Various exercises make learning fun. You can learn and memorise the vocabulary.

🌐 [Serlo ABC](#): A free alphabetisation app for self-study or as a supplement to a language course. The app is approved as a textbook for integration courses.

🌐 [Mein Deutschbuch](#): Comprehensive offer for learning the German language. The website is aimed at learners and teachers, A1-B2.

🌐 [Deutsch-Uni Online \(DUO\)](#): Language learning programmes for A1 to C2.

🌐 [Basic language course from Deutsche Welle](#): This online language course contains modules on literacy and job-related language skills. There is also a placement test.

🌐 ["The City of Words"](#): App and website for playful vocabulary learning without prior knowledge in German, English, French and other languages.

🌐 [VHS learning portal](#): Free German courses. You can also learn to read, write and do maths. There is also help for preparing for school-leaving exams in German, maths and English.

🌐 [Language placement test](#): onSET-online language placement test for refugees and for language categorisation for full-time and voluntary workers.

Online study

Many refugees and asylum seekers want to go to university. But it is difficult for them. Because they have to pay a lot of money for university. And they often need good certificates and papers. Kiron Higher Education offers a good solution: Tuition fees are not important for refugees and asylum seekers. And they don't need good certificates and papers. The university offers places for everyone. The first 2 years go to university online. You can watch the courses in English. You can also add subtitles in any language. In the third year you go to the university on site. You can learn German while studying. You also get other help and counselling.

🌐 [Website Kiron](#)

Learn German without a course

Language cafés

There are also many volunteers in so-called language cafés (or Sprachtreffs) who can help you learn German. In the language cafés you can meet up with other people and speak German with them. This allows you to practise your German and learn new words. And maybe even make new friends along the way. In the language cafés, it doesn't matter whether you have previous knowledge or not. Everyone sits together in small groups and just talks.

📍 [Netzwerkstelle Migration & Integration Salzwedel](#)

📍 [Netzwerkstelle Migration & Integration Gardelegen](#)

📍 [Begegnungscafe Kluhs](#)

📍 [eXchange e.V.](#)

Libraries

In the public [libraries](#) you will find many dictionaries and learning materials for learning German. You can also study there in peace and quiet and usually also use the WLAN.

Interpreting

Find interpreters and translators

💡 In Germany, official documents such as certificates, marriage or birth certificates may only be translated by state-certified translators. These translations can be very expensive. It is best to check in advance whether you really need a certified translation and compare the translation prices.

You can find state-certified translators [here](#). You can have recognised translations done at [Inlingua Sprachschule in Stendal](#) or at [Übersetzungsbüro in Magdeburg](#)

Find a language mediator

You don't speak German very well yet. You have to go to an authority. Then you need an interpreter. An interpreter is also helpful when you go to a [doctor](#). Or at parents' evenings at school. Or at nursery school. You will then understand better what people are trying to tell you.

Contact the [Projekt SISA](#) your [helper group](#) or the Koordinierungsstelle Migration.

Become a language mediator

Do you speak English or German very well? Then you can support your compatriots who do not speak English or German. For example, you can accompany them to visits to the authorities or other appointments. Get in touch with the Koordinierungsstelle Migration or at [Projekt SISA](#).

Lisa Marie Sacher | Migrationskoordinatorin

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Training, work and study

Information on training, work and study

Would you like to work in Germany? Then you need to know: How can I work in Germany? And where can I get help? You can find everything you need to know about work and jobs here:

[Access to the labour market](#)

Have you already gained a qualification abroad? For example, a school-leaving qualification or a professional qualification? Then you need to have the qualification recognised here in Germany. You can find out how to do this on the page: [Recognising foreign qualifications](#).

There are over 400 different professions in Germany. Do you want to learn a profession? Then you can find information on [training](#) here. For example: How can I do an apprenticeship? What professions are there?

Children and young people have to go to school. They must be at least 6 years old for this. Children and young people go to [general school](#). There they learn for their future life. For example, so that they can learn a profession. Or: so that they can graduate from a university.

Do you want to study? Then you can find information about [studying](#) here. And you can see which people you can contact.

Find a job

Labour market access

EU citizens and persons with a residence permit

💡 You come from the **EU**? Do you now live in Germany? And you would like to work? Then you can do so without any problems. As an EU citizen, anyone can work in Germany. Without restrictions.

💡 If you have been **recognised** by the BAMF as a person entitled to asylum, refugee status or subsidiary protection, the [foreigners authority](#) will issue you with a residence permit. This entitles you to pursue any gainful employment and thus grants you full access to the labour market.

Asylum seekers or tolerated persons

Have you fled to Germany? Then your [residence status](#) is important. It determines whether you are allowed to work. We explain the differences below. You will also find the relevant advice centres below.

Asylum seekers with proof of arrival or authorisation to stay:

Would you like to work? The foreigners authority can authorise you to do so. You must submit an application there. The Federal Employment Agency (BA) must give its approval. You must observe the following rules so that the authority can make a decision.

📍 Are you living in an initial reception centre (EAE)? Then the following applies:

- 9 months work ban (6 months if you have underage children) from the date of entry
- After that you are normally allowed to work. Submit an application to your local authority.

- The BA will then check the working conditions.

💡 Has your asylum application been rejected as manifestly unfounded or inadmissible? Then you are not allowed to work.

📍 Are you living in your own home or with family? Then the following applies:

- 3 months work ban from entry
- After that you are normally allowed to work. Submit an application to your [local authority](#).
- The BA will then check the working conditions.

Asylum seekers from safe countries of origin

Do you come from a safe country of origin? These include Albania, Bosnia and Herzegovina, Ghana, Kosovo, North Macedonia, Montenegro, Senegal and Serbia. Did you apply for asylum after 31 August 2015? Then you are not allowed to work.

Tolerated people

The [foreigners authority](#) always decides whether you are allowed to work. You must therefore submit an application to the foreigners authority. The foreigners authority can impose a general work ban on you. There are certain rules that you must observe.

💡 Persons with a tolerated stay permit due to unclear identity (§ 60b AufenthG) are always prohibited from working.

📍 Are you living in an initial reception centre (EAE)? Then the following applies:

- 6 months work ban
- Your tolerated stay has already lasted 6 months? Then the foreigners authority will decide whether you are allowed to work. Submit an application to your authority.
- The Federal Employment Agency will check your working conditions.

📍 Are you living in your own home or with family? Then the following applies:

- 3 months work ban
- Has your tolerated stay permit already lasted 3 months? Then the foreigners authority will decide whether you are allowed to work. Submit an application to your authority.
- The Federal Employment Agency will check the working conditions.

Important!

💡 Different rules apply to [self-employment](#)! The prerequisite for the above applications is ALWAYS a concrete job offer.

Counselling centres

For advice and placement in the labour market, there are the following contact points specifically for refugees - here too, there are differences depending on whether your asylum

procedure is still ongoing or whether you are recognised or tolerated.

📍 [Agentur für Arbeit](#)

📍 [Jobcenter](#)

📍 [Flüchtlingsberatung](#)

📍 [Jugendmigrationsdienst](#)

Labour contract

Anyone who starts a job is given an employment contract. This regulates the most important conditions of your work. It states when you work. How much holiday you get. It states how much money you will receive. Both sides - employee and employer - must honour these agreements. The contract becomes legally binding when you sign it. Only sign it once you have fully understood the content.

Types of contract:

Open-ended employment contract

There is usually a probationary period of three or six months. During this period, an employment relationship can be terminated within two weeks. The employer can terminate the contract. You as an employee can also give notice. At the end of the probationary period, a permanent employment relationship begins. This has longer protection against dismissal. Working hours are normally a maximum of 40 hours per week.

Fixed-term employment contract

The employment relationship ends at the agreed time without the need for notice of termination.

Mini job

The maximum earnings per month are €556 and are tax-free.

Labour law:

There are many laws in Germany that regulate and safeguard the rights of employees. These include, for example

- Regulation of working hours
- minimum wage
- holiday entitlement
- Protection against dismissal
- Company representation of interests (works council)
- Regulation of the work of trade unions
- and some more

Taxes and social security contributions:

Every employee in Germany pays a portion of their wages in taxes. The federal, state and local authorities use this to finance their expenditure. Employers, in turn, are obliged to pay social security contributions for their employees. These social security contributions finance the social security system in Germany. The system guarantees that you will receive money from the state if you are out of work.

Tax identification number:

The tax ID is an 11-digit number and is used for income tax purposes. The number is valid for your entire life. The authorities can always identify you with this number. Your place of work requires this number. You do not have this number in your documents? You can obtain it in person from the registration office. Or by filling in a form at the [Federal Central Tax Office](#).

National insurance number:

You need a national insurance number for a job. You can obtain this from your health insurance company (e.g. AOK, DAK).

Illegal work:

You have a job that is paid. But this work is not registered with the tax office and health insurance fund. You therefore do not pay taxes and social security contributions. This is **illegal**. You could face fines and imprisonment! Do you receive social benefits or unemployment benefit? But you are still working? You haven't told the social welfare office, the employment agency or the job centre? That is also **illegal**. You are wrongly receiving state benefits even though you are in paid work.

Multilingual counselling:

Counselling for migrant workers (BemA)

The **Advice**Centre for **Migrant Workers** advises you on the following topics:

- Employment contract
- Remuneration
- Protection against dismissal
- Working hours
- Labour protection
- Health protection
- Collective labour agreement

Counselling is free of charge and confidential.

@bema@aul-lsa.de

🗣️ German, English, Polish, Romanian, Russian, Ukrainian, Hungarian, Macedonian, Bulgarian and Serbo-Croatian

☎️ You can find the telephone numbers [here](#). Make an appointment.

[Here](#) you will find various multilingual brochures. You will find information on parental allowance, wages and money or contractual penalties. There are explanatory videos on illness and wages or dismissal. You will also find an overview of the applicable minimum wage. There is also an overview of how to file a complaint.

Fair integration (FI)

How does the labour market in Germany work? What rights do you have? Do you work in accordance with the statutory working time regulations? The project advises you on your rights on the German labour market. The counselling is free of charge and confidential. You can find more information [here](#).

Ahmad Dugha | Beratung Arbeitsrecht (Arabisch)

📍 [Stresemannstraße 18/19, 39104 Magdeburg](#)

✉ [@ahmad.dugha@aul-lsa.de](mailto:ahmad.dugha@aul-lsa.de)

☎ [+49 \(0\) 15563067982](tel:+49015563067982)

🌐 <https://www.sachsen-anhalt.netzwerk-ig.de/fuer-ei...>

Juan Carlos Muciño Arroyo y Moreno | Beratung Arbeitsrecht (Spanisch)

📍 [Stresemannstraße 18/19, 39104 Magdeburg](#)

✉ [@juan.mucino@aul-lsa.de](mailto:juan.mucino@aul-lsa.de)

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🌐 <https://www.sachsen-anhalt.netzwerk-ig.de/fuer-ei...>

Applications and job interviews

Would you like to start an apprenticeship or work in Germany? Then you must apply in writing.

Many companies publish job adverts. Either in the newspaper or on the Internet. The company is therefore looking for new employees. The job advert states what kind of work or training is involved. It also states what expectations the company has of the new employee. You will find information on where and how to apply.

Have you been invited to an interview? Then the company is interested in you. You can introduce yourself at the interview. Please allow enough time for the journey to the appointment. Make sure you arrive on time for the appointment. It is best to prepare in detail for the interview beforehand. You can also gather important information about the company. Visit the website and read through the company's history. Find out about the products or services. Do you want to show your interest in the job? Then ask questions during the appointment. This will show that you have done your research. You show that you are motivated.

An application usually consists of three parts:

Cover letter: In your personal cover letter, you briefly introduce yourself. You explain why you are suitable for the vacancy. For example, describe what experience you have already gained in your home country. Find out more about the company and describe why you would like to work there. Your cover letter should fit on one page. Sign your cover letter. There are many templates and aids on the Internet. It is important that you do not simply copy and paste. Your cover letter must suit you and the position.

Curriculum vitae: The CV lists all your experience. It is structured like a large table. Write from when to when you worked at which company. Write where you completed your training or studies. Write where you went to school and what school-leaving qualification you obtained. You don't have to include a photo in your CV, but many companies like it if you do. You can have your CV created on the [Europass website](#). The site is available in many languages. You enter your details. You write down your experience. At the end you will receive a CV. CVs look different in every country. It is important that you use the format that is used in Germany. You can select this at Europass.

Certificates and supporting documents: It is important that you send copies of your certificates (no originals!). Certificates are your school leaving certificate, your degree and work references from the past. The certificates should be in German or English, otherwise they should be translated. You should also send proof of internships, further training relevant to the job or certificates from your German course.

💡 The job advert will tell you how to apply. Please read it carefully.

In writing: Buy a nice application folder and put your cover letter, CV and certificates in it. Then send the application to the address given in the job advert.

E-mail: Many applications are now sent by e-mail. Combine your cover letter, CV and references into one PDF file and send this as an attachment to the e-mail. In the e-mail, write a short text addressed to the person who will receive your application.

Online: Large companies have their own website where you have to apply. You have to register there with your e-mail address and can then send your application there.

🌐 You can find helpful tips for your application at [Planet Beruf](#).

🌐 [Europass](#) is a multilingual online portal (over 20 languages) that helps migrants to visualise their skills and knowledge. It offers a free online tool to create a language passport or a CV (see above). You can also find important tips for good job applications on Europass.

🌐 At [Bewerbung.net](#), [StepStone](#) and [Lebenslauf2go](#) you can have a CV and cover letter created free of charge. In some cases, you can also import your data from Xing or LinkedIn. It is also possible to write your own texts in the template or import files.

🌐 You can find information and templates for cover letters at [Bewerbung2go](#), [BewerbungsWissen](#), [Karrierebibel](#)

Language exercises

🌐 On the [VHS learning portal "I want to learn German"](#) and the [Goethe-Institut](#) website ["Deutsch für dich"](#) you will find exercises on the subject of job applications and the world of

work in general. This will help you learn about the world of work and improve your German language skills.

Finding work - counselling and help

Finding a job is not always easy. There are contact points at Altmarkkreis Salzwedel that can help you. They will support you in all aspects of your job search:

📍 [Agentur für Arbeit](#)

📍 [Jobcenter](#)

📍 [Jugendmigrationsdienst](#)

📍 [Flüchtlingsberatung](#)

You can find offers [here](#).

The [state initiative Fachkraft im Fokus](#) supports skilled workers, refugees and companies.

Specialist integration service

The specialised integration service supports [people with disabilities](#) in their working life.

Are you chronically ill or at risk of illness? Do you need support with your work? Then the specialised service can help you with the following topics:

- Changes to work tasks
- Conflicts at work
- Problems with communication
- Disability-friendly equipment at the workplace

Are you returning to work after a long illness?

💡 If necessary, the specialised service will talk to your health insurance company, your doctor and your company. This will only be done with your consent.

The service will also help you to find a job. To do this, it needs a mandate from your benefit provider.

Counselling is free and confidential. Give us a call or send us an e-mail.

💡 Are you deaf and looking for advice? There are staff who speak sign language.

Companies also receive support. Companies receive advice on the following topics:

- Deployment of staff according to their abilities
- organisation of working conditions
- Checking the requirements of the job
- Recruitment of people with disabilities
- Applications for necessary subsidies and work equipment

- Familiarisation of staff

💡 In general, companies receive tips on how to deal with people with disabilities.

Lösch, Tobias

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🌐 <https://lvwa.sachsen-anhalt.de/das-lvwa/integrati...>

Voluntary services

Voluntary services

Get involved and play an active role in shaping society! Voluntary service offers a good opportunity for orientation. You get to know life in Germany and can improve your language skills. You also come into contact with different people. The experience will help you when you start your career later on. Anyone can do voluntary service. There are no special requirements. Gender, religion, ideology, age, nationality, citizenship or chronic illness do not play a role.

💡 Do you not have an unrestricted **work permit** from the [foreigners authority](#)? Then you must obtain **authorisation** from the authority.

💡 You should have reached at least [language level](#) A2 for German.

What is a voluntary social year (FSJ)?

A Voluntary Social Year (FSJ) is a great opportunity to gain practical experience and get involved in social work. If you have finished school and are under 27 years old, you can do a FSJ .

Where can I do an FSJ?

- Medical or nursing tasks, such as in hospitals or care facilities for the elderly.
(especially in hospitals, care centres for the elderly and facilities for people with disabilities)
- Educational tasks
(for example in kindergartens, schools, youth welfare centres, social work, parishes)
- Administrative and office work
(for example in parishes, cultural institutions, youth work)
- Housekeeping and caretaking tasks
(for example in facilities for the elderly or people with disabilities)

Where can I find offers?

Many organisations offer FSJ positions. You can find an overview [here](#).

You should **apply early**, preferably six months in advance. Sometimes you can also get a place at short notice.

Is the FSJ paid?

Yes, at FSJ you get pocket money. If you receive social benefits, the pocket money can be considered as income and will be partially taken into account.

Will I receive a certificate?

At the end of FSJ you will receive a **certificate** for the work you have done. You will also receive a **certificate** for the training days you have attended.

What are the benefits of FSJ?

- You help others and do good.
- You develop personally and gain new experiences.
- You gain practical experience that can also help you in your career.
- You can have an FSJ recognised as a pre-study internship or for a university of applied sciences.
- It is a good opportunity to take a break and experience something new.

Please note: If you **do not have an unrestricted work permit**, the FSJ must be **approved** by the [foreigners authority](#).

BufDi - Federal Volunteer Service

What is the Federal Volunteer Service (BufDi)?

The Federal Volunteer Service (BufDi) is similar to the FSJ. It is for all people who want to get involved for the common good outside of school and work. It is also available to **asylum seekers** and **recognised refugees**. They work in a social or cultural organisation or in the fields of sport, integration, community service or civil protection. Federal voluntary service lasts 6 to 24 months.

You must have finished school. You can do the Federal Volunteer Service as a man or woman of any age.

What are the advantages of BufDi?

- You gain practical experience and learn a lot.
- You get your first insights into the world of work
- You can learn from the life experience of older people
- and much more!

Where can I do an BufDi?

- Healthcare
- Help for people with disabilities
- integration
- Child and youth welfare, youth education, youth work

- Culture, preservation of historical monuments, adult education
- Help for the elderly
- Sport
- Environmental protection, nature conservation and sustainability
- Welfare work
- Civil defence and disaster control

You will also receive a **certificate** at the end.

Further information on the Federal Volunteer Service can be found [here](#). [Here](#) you can find all volunteering centres.

How to apply successfully!

Get in touch with the volunteer placement centre. Write an e-mail or give them a call. It is often possible to visit the placement centre on site and make contact. Apply as early as possible! A complete application consists of a cover letter, a CV in tabular form and a copy of your last certificate (school or work). Some organisations do not require these documents. Ask what you should hand in. If the interview is positive, you can sign the agreement and start.

Immigration of skilled labour

The basics of skilled labour immigration

There is a law in Germany. The law is intended to make it easier for skilled workers to come to Germany. Skilled workers either have a vocational qualification or a university degree. Skilled workers can obtain a residence permit for Germany. With this residence permit, they can work in Germany in any qualified occupation.

💡 Would you like to obtain an [EU Blue Card](#)? Then your new profession must match your qualifications. This means that you can only work in a profession that you have learnt.

🌐 You can also find this and further information on the [Make it in Germany](#) page

🌐 You can also take a [quick test](#) of your options here!

For employers

Accelerated skilled labour procedure: If someone from another country wants to work in Germany, as an employer you first need authorisation from this person. This is called an "authorisation". With this authorisation, you can start a faster process at the foreigners authority. The Immigration Office is an organisation that looks after people who come to Germany from other countries.

Your company then makes an agreement with this authority. This agreement sets out exactly what you, the new worker and the authorities are allowed to do and must do. It also specifies how long everything may take and who does what and when.

💡 The **fees** amount to 411 euros. There is also a visa fee of 75 euros. There are also all other fees (certified copies, translations).

The foreigners authority advises employers. It provides support to ensure that the foreign qualifications of the skilled worker are recognised. The Foreigners' Registration Office obtains the approval of the Federal Employment Agency. It checks what is required for the visa to be issued. The recognition centres only have a certain amount of time before they have to make a decision. So does the Federal Employment Agency.

💡 Have all the **requirements** been met? Then the foreigners authority will issue a so-called preliminary approval. The employer can forward this to the skilled worker. The skilled worker then books an appointment with the diplomatic mission abroad. The visa is applied for at this appointment. At this appointment, the skilled worker must present the original of the prior authorisation. The skilled worker must also bring the other documents required for the visa application.

Have you submitted the complete **visa application** from the skilled worker? Then a decision will be made within three weeks.

💡 The **family of** the skilled worker can also be considered. The application must be submitted at the same time. The family must fulfil the requirements for family reunification.

You can find templates and samples [here](#) and a detailed explanation of the procedure [here](#).

For professionals

💡 **Definition of specialist:** Do you have a university degree? Or have you completed vocational training? Did your training last at least two years? Does it qualify you for a profession? Then you are a skilled worker. Do you want to be officially recognised as a skilled worker? Then you must apply for this. Your qualifications must be recognised by the competent authority in Germany.

Job search

Entering the labour market:

Entering the labour market is made easier: As a skilled worker, you must provide three things. You need an employment contract. You must have a concrete job offer. And you need a qualification that is recognised in Germany. It is no longer checked whether there is a German person for the job. The Federal Employment Agency will continue to check the working conditions.

Skilled workers with a university degree:

Skilled workers with a university degree can work in any qualified profession. This means that skilled workers must work in a profession that requires training/studies. For the EU Blue Card, you need a job that corresponds to your qualifications.

Skilled workers with vocational training:

Skilled workers with vocational training can work in any qualified profession. This means that skilled workers must work in an occupation that requires training/studies.

Rules for entry

Entry to seek employment:

Skilled workers with vocational training can enter Germany. You can enter the country to find a job here. You will receive a residence permit for up to six months. Their qualifications must

be recognised in Germany. You must be able to support yourself during your stay. You must already speak German well enough to be able to work in your profession. German language skills at level B1 or better are normally required. Would you like to try out a job first? Then you can work up to 10 hours a week. This way you can find out whether you like the job. Your employer can get to know you. Skilled workers with a recognised academic qualification can also do trial work. You can find more information at [Make-It-In-Germany](#).

Stay for qualification measures:

You will be given more opportunities so that you can gain qualifications in Germany. Have you tried to have your qualifications recognised? The authorities have identified problems? Your qualifications do not match the German ones? Then you need sufficient knowledge of German. This is knowledge at level A2. Then you can apply for a visa. With this visa you can come to Germany for 18 months. During this time you can gain qualifications. The authorities can extend the visa once for 6 months. After that, you can apply for another visa. For example, for an apprenticeship. Or for studying. Or for work. You can find more information at [Make-It-In-Germany](#).

Settlement permit for skilled workers from abroad:

Foreign skilled workers can obtain a settlement permit in Germany after just four years. You can find more information [here](#). There are sometimes different conditions for skilled workers and EU Blue Card holders.

For training and studies

Entering the country **to look for an apprenticeship:** Would you like to do an apprenticeship? Then you can enter the country to look for a training place. You need German language skills at level B2. You also need a school-leaving certificate that entitles you to enter higher education. You must be no more than 25 years old. You must be able to pay for your own living costs in Germany.

Extended transfer options for international students in Germany: International students can obtain a new residence permit before they have completed their studies. For example: You want to learn a profession after your studies. You will then receive a residence permit for this. The new law for skilled workers makes this change easier: Are you studying? And you want to have a job? Then you can take a job. To do so, you must fulfil special conditions. The Federal Employment Agency sets these conditions. Once everything has been checked, you will receive a new residence permit.

Settlement permit for graduates of a vocational training programme in Germany: Under the new law, foreign graduates of a vocational training programme in Germany, just like university graduates, can obtain a settlement permit after just two years.

💡 **German language course** to prepare for training: Do you have the right visa? Then you can attend a German course. This German course will prepare you for your training.

EU Blue Card

The EU Blue Card is a residence permit for people with a university degree who do not come from the EU and wish to work in Germany. This requires a university degree and an employment contract with a certain minimum salary.

- For bottleneck professions and career starters: at least €43,759.80 per year (2025).

- For all other professions: at least €48,300 per year (2025).

Who can get the EU Blue Card?

Do you have a recognised university degree?

If you studied abroad, the degree must be recognised in Germany or be equivalent.

Tip: You can check whether your degree is recognised on the "[anabin](#)" website.

You don't have a university degree?

Then you need to have completed at least three years of training after leaving school. This must correspond to at least level 6 of the German or European education system - for example as a master craftsman/master craftswoman or educator.

Employment contract or binding job offer in Germany:

- The job must last at least six months.
- The work must match your degree.
- The salary must be at least €48,300 per year (2025).

For shortage occupations, a salary of € 43,759.80 (2025) is also sufficient if the Federal Employment Agency agrees. You can find a list of these professions [here](#).

Special case for career starters

If your degree is less than three years old, you can obtain the EU Blue Card with a salary of €43,759.80 (2025) - regardless of the profession. Here, too, you need the approval of the Federal Employment Agency.

Special case of IT specialists without training

Are you an IT specialist or IT manager without an official qualification? Then you can still get the EU Blue Card if:

- You have a concrete job offer in IT in Germany (at least 6 months).
- You earn at least € 43,759.80 per year (2025).
- you have had at least 3 years of high-level professional experience in IT in the last 7 years.

Prospects with the EU Blue Card

The EU Blue Card is valid for as long as your employment contract plus three months - up to a maximum of four years. It can be extended. After 27 months of working in Germany, you can apply for a permanent residence permit. If you speak German at level B1, this is possible after just 21 months. You can leave Germany with your family members for up to 12 months without your EU Blue Card becoming invalid. After one year with the EU Blue Card, you can also move to another EU country (except Ireland and Denmark) and apply for a new EU Blue Card there within one month.

Do you have an EU Blue Card and want to change jobs?

That is possible. You can work for a new employer with your valid Blue Card. Important: If you change jobs in the first year, you must inform the Immigration Office. The authority will then check whether you still fulfil all the conditions for the new job. If not, you may receive a different residence permit.

Focus on skilled labour state initiative



Support for skilled workers, refugees, companies and regional stakeholders

There are many small and medium-sized companies in Saxony-Anhalt and the Altmarkkreis Salzwedel district. Many of them are looking for skilled labour. Fachkraft im Fokus was founded to support these companies, skilled workers and refugees. The initiative has many offers.

💡 Fachkraft im Fokus offers appointments in Salzwedel and Gardelegen. Do you need an appointment? Book one by e-mail or telephone.

Counselling for skilled workers

Would you like to find a job in Saxony-Anhalt? Do you want to make a career change? Are you looking for further training? Fachkraft im Fokus supports you with:

- Questions about residence law,
- your job search,
- your career prospects,
- the recognition of your existing qualifications,
- the search for further training,
- your application and
- your family-related topics.

Personal counselling is possible. Counselling is free of charge!
Would you like to find out more? Please contact us:

Viktoria Milberger | Regionalberaterin Fachkräfte

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🌐 <https://www.fachkraft-im-fokus.de/>

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🌐 <https://www.fachkraft-im-fokus.de/>

Counselling for companies

Do you have questions about the integration of immigrants in your company? Do you need advice? Fachkraft im Fokus supports you with:

- Your recruitment of skilled labour,
- your development of concepts,
- your questions about residence. Also for the recognition and qualification of your employees.

You will receive information

- to improve your attractiveness as a company,
- how to recruit staff and
- on support programmes.

Do you have any further questions? Would you like to find out more? Please contact us:

Heiko Wisny | Regionalberater Unternehmen

📍 [Arneburger Straße 24, 39576 Stendal](#)

@ wisny@fachkraft-im-fokus.de

☎ [+49 \(0\) 15231901712](tel:+49015231901712)

🌐 <https://www.fachkraft-im-fokus.de/>

WelcomeCenter Sachsen-Anhalt

This [WelcomeCenter Sachsen-Anhalt](#) is part of the initiative. It provides information on integration into the labour market. Here you will find information about living and arriving in Germany. Also about working and developing. You will get tips on how to prepare an application. There are also helpful tips on finding a job. Volunteers can also find out how they can get involved. The site is available in English and German.

Do you have any further questions? Please contact us:

Amanda Wilson | Regionalberaterin Welcome Center

📍 [Arneburger Straße 24, 39576 Stendal](#)

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+49 (0) 15202030996

<https://www.fachkraft-im-fokus.de/>

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

Independence

Who can become self-employed in Germany?

The BAMF is still processing your application for asylum? The BAMF has rejected your application? Are you tolerated? Then self-employed work is **prohibited**.

You do not belong to this group? Then you can set up a company in Germany.

Links with further information

- [Online guide "GründerZeiten"](#) (2 languages - German and Arabic)
- [Portal for founders](#) (5 languages - German, French, Italian, Russian and Turkish)
- [Homepage of the IQ centre](#) (14 languages - German, English, French, Polish, Spanish, Pashto, Bosnian, Russian, Chinese, Ukrainian, Turkish, Tigrinya, Vietnamese, Arabic)

There is a counselling service in the Altmark district. It's called business start-up counselling. You can draw up a plan together. You can find information [here](#). The counselling is free of charge.

Vocational training (dual and full-time)

Would you like to go to work? Then it is very advantageous for you if you have a **professional qualification**. People with a vocational qualification earn more money on average over the course of their lives. They are less likely to be unemployed. They are less likely to have fixed-term employment contracts.

There is a youth employment agency for young people up to the age of 25 in the Altmarkkreis Salzwedel. You can go there with any questions or problems regarding training and employment. You are also welcome to call on behalf of your children. You can find more information at: <https://schuba-saw.de/>

If you need specific support with applications or looking for an apprenticeship, the skills agency will support you free of charge.

 [Kompetenzagentur Salzwedel](#)

 [Kompetenzagentur Gardelegen](#)

Dual training

Dual vocational training is a speciality in Germany. You work in a company. At the same time, you go to school. So you learn theory and practice. You spend two thirds of your time working.

You spend one third of your time at school. An apprenticeship lasts 3 years. Depending on the profession, it may take a little longer. If you have a school-leaving certificate, you can complete your training more quickly. [KAUSA](#) will inform you.

Depending on the type of occupation you would like to learn in a dual training programme, contact the appropriate office:

Chamber of Crafts (HWK)

The Chamber of Crafts (HWK) is responsible for skilled trades. This covers professions such as baker, bricklayer or painter.

 [HWK Magdeburg](#)

Chamber of Industry and Commerce (IHK)

The Chamber of Industry and Commerce (IHK) is responsible for professions in industrial production, trade and services. This includes, for example, plant mechanics or wholesale and foreign trade clerks.

 [IHK Salzwedel](#)

Full-time training at the vocational school


In Germany, there is also full-time training at a vocational school. The vocational school provides completed vocational training in theory and practice outside the dual training system (without an apprenticeship in a company). It usually lasts two to three and a half years. Lessons take place full-time. In addition to vocational subjects, it also includes general education subjects. The vocational schools differ greatly in terms of their training programmes, admission requirements, duration of training and further education options. Therefore, please contact the school you are interested in.

 [BbS Salzwedel](#)

Vocational school

Are you over 15 years old? Are you no longer attending a general school? Then you have many options at a vocational school. You can prepare for a career. You can obtain a general school-leaving certificate.

 Käthe-Kollwitz-Straße 1, 29410 Salzwedel

 [0390185800](tel:0390185800)

 <https://www.bbs-saw.de/>

There are the following types of vocational schools:

Vocational preparation year (BVJ):

Vocational schools have programmes for pupils with or without a school-leaving certificate. You have not yet received a contract for an apprenticeship? You don't yet have a concrete idea of where you want to work? Here you can gain an insight into various occupational fields. You can build on your secondary school leaving certificate. Or you can obtain your secondary school leaving certificate.

Vocational preparation year with language support (BVJ-S):

Separate classes can be set up for language support. Pupils who have little or no language skills can take part. The classes are independent of school qualifications. As a rule, there must be at least 12 people in a class. Once [level](#) A2 has been reached, students can switch to the BVJ.

Vocational school:

Here, training takes place in a dual system. You learn part of your training at school. The other part is learnt in a company.

Vocational school:

You can prepare for the profession in vocational schools. The courses last 1 to 3 years. You receive basic vocational training. Or vocational preparation. Or even a vocational qualification. Do you already have a school-leaving qualification? Then you can obtain your next qualification here. Vocational schools are generally divided into the following occupational fields:

- commercial field
- Home economics, social pedagogy or care sector
- industrial-technical field

Technical college:

You can continue your vocational training at a technical college. The courses usually last one to two years. Do you already have a vocational qualification? Have you already worked? These courses expand your knowledge. They are designed to deepen the content you have learnt. After the courses, you can work in middle management. Or you can become self-employed. The specialised schools are also divided into the following subject areas:

- Technology
- economics
- Social work
- Agriculture

Technical secondary school:

Have you already completed an apprenticeship? Do you have a secondary school leaving certificate? Then you can go to a specialised secondary school. You go there for two years. This school prepares you for the general higher education entrance qualification. To do this, you must learn a second foreign language. Without a foreign language, you will receive a subject-specific higher education entrance qualification. This means that you are only allowed to study certain subjects. The Fachoberschule is available in the following specialisations:

- Business and administration
- Technology
- Health and social work
- Nutrition and Home Economics
- Design

Vocational grammar school:

Would you like to study at a university? Then you need the Abitur. You can catch up on your Abitur at a vocational grammar school. To do this, you need an intermediate level of education. Your average grades must be 3.0 or better. You can then attend a vocational grammar school for three years. After the three years, you will complete your Abitur. It is also divided into corresponding specialisations:

- Health and social work
- Technology
- Economics

Study at a university


Are you interested in business, law, social work or agriculture? Do you find completely different subjects interesting? There are many degree programmes in Germany. There is something for everyone. There are also different types of universities:

- Universities (academically orientated)
- Universities of applied sciences (practice-orientated)
- Dual universities (very practice-orientated)
- Universities for art, film or music

There are state and private universities. The quality of teaching at private universities is not always better. However, you often have to pay a lot of money. There are no tuition fees at state universities in Lower Saxony.

Helpful websites:

 [Hochschulkompass](#) (All degree programmes and universities in Germany)

 [Study in Germany](#) (information for refugees)

 [Employment Agency](#) (study orientation)

 [German Academic Exchange Service](#) (DAAD - all degree programmes in Germany)

Prerequisites

Would you like to study in Germany? Then you need an authorisation. This is officially called a university entrance qualification. This can be an Abitur. It can also be an entrance qualification for universities of applied sciences. Have you taken the Abitur in your home country? Then you may be able to study in Germany. The Central Office for Foreign Education (ZAB) will check your

qualification. You must submit an application for this.

You can find more information on the [Anabin](#) website. Go to the information portal "Recognition in Germany". The [DAAD](#) website also contains a lot of information.

Do you speak German well? You have to prove it. You need [language level C1](#). You can prove this with certain tests:

- German as a foreign language
- German language test for university entrance
- telc German C1 University

Some universities also offer preparatory semesters. You will also learn German there.

💡 Do you already know where you would like to study? Then enquire there directly. Most universities offer counselling services. There are deadlines for applying to a university. These are called application deadlines. Please observe these deadlines. Universities do not accept late applications.

Financing

You will need money while you are studying. Many people therefore work part-time. You are not allowed to work more than 20 hours during the lecture period (semester). You can also apply for state support: [funding and scholarships](#)

No Abitur or Fachabi?

You can study with your school-leaving certificate in your home country? But not in Germany? You can catch up on your authorisation to study at a preparatory college. Studienkollegs are specially designed for applicants from abroad. The college prepares you for studying in Germany.

Prefer not to study?

Would you rather do practical work? Would you like to earn money directly? Then perhaps an apprenticeship is right for you. Find out more on the [Apprenticeships \(dual and full-time\)](#) page. You can find out a lot about your options here.

BAföG, study start-up grant and scholarship

Are you a student? Or an apprentice or trainee? Are you unable to pay for living expenses during your studies or training? Then you can get financial support in Germany.

BAföG

There is the Federal Training Assistance Act (BAföG for short). The aim is to enable young people to train or study regardless of their social and economic situation. You can apply for training assistance free of charge.

You must submit an [application](#). [Here](#) you will find all the information you need to submit an application. You can also submit your application via the [service portal](#). You can then receive

money. This money covers your daily expenses. There is a [BAföG calculator](#). You will receive information on whether you may be able to receive BAföG. There is also an [app](#).

The money is paid monthly. At best, you will receive the money for the duration of your studies. The monthly amount of BAföG can be up to €992. Half of the money must be paid back after your studies.

The information on BAföG changes regularly. You can view this information via the following link

 [Website BAföG for refugees and migrants](#)

 [BAföG website - all information at a glance](#)

The local social welfare office can advise you.

BAföG-Stelle

 [Karl-Marx-Straße 32, 29410 Salzwedel](#)

 [@bafoeg@altmarkkreis.de](mailto:bafoeg@altmarkkreis.de)

 <https://www.altmarkkreis-salzwedel.de/bildung-soz...>

 [+49 \(0\) 39018405302](tel:+49039018405302)

 [+49 \(0\) 39018405303](tel:+49039018405303)

Study start-up grant

The start-up grant is a one-off subsidy of €1,000.00.

The aid is aimed at people who

- are studying in Germany, the EU or Switzerland for the first time
- are under 25 years old at the start of their studies
- have received social benefits in the month before the start of their studies

The application must be submitted by the end of the second month after the start of your studies. Please adhere to this deadline. Further information can be found [here](#).

Scholarship

You can also apply for a scholarship. As a rule, you do not have to repay a scholarship. There are certain requirements. You need good grades. And you must be involved in voluntary work. How much money do you receive as a scholarship? The amount is often calculated in the same way as the BAföG rate. In addition, there is a so-called "book allowance". This is a monthly payment of up to €300.

Certain organisations award the scholarships. They are often referred to as "Begabtenförderungswerke". The following organisations offer programmes specifically for refugees. Would you like to apply? The rules can be found on the websites. There you will also find information on what you need to be able to do.

 [Friedrich-Ebert-Stiftung \(FES\) - Scholarships for Refugees](#)

 [Böckler-Aktion Bildung der Hans-Böckler-Stiftung](#)

 [Konrad-Adenauer-Stiftung \(KAS\) - Scholarships for Refugees](#)

 [Villigst - Our scholarship for refugees](#)

 [Bread for the World - Programme for Refugees](#) (for women only)

The Otto Benecke Foundation offers the Guarantee Fund. All young, newly arrived migrants can apply here. You will be supported if you want to obtain a higher education entrance qualification in Germany, prepare for a university degree and pursue an academic career.

 [Otto Benecke Stiftung in Bonn - Garantiefonds Hochschule](#)

There is also the Germany Scholarship. This provides €300 per month. The Germany Scholarships are awarded by the respective universities.

 [Germany Scholarship: Become a scholarship holder](#)

Further information can be found on the website of the [Hochschulaktion für Geflüchtete](#) and in the [database of the Federal Ministry of Education and Research \(BMBF\)](#).

Some universities offer scholarships for international students. Have a look at the university's website. Or contact the university directly.

Recognition of foreign educational qualifications

School reports are very important in Germany. You get them at school. Or at university. Or at work. At work, they are called job references. Certificates are proof of what you have already learnt and achieved. Certificates are the decisive prerequisite for getting a job. You also need a certificate to be admitted to a school or university. Have you already obtained certificates abroad? Have these certificates **recognised** in Germany. A check will be made to see what your certificates qualify you for in Germany. Your achievements will be translated, so to speak. It may be that you no longer have your certificates. In this case, you can try to have your work experience and professional skills recognised through tests.

Specialist advice centres for recognition


 [Central Office for Foreign Education](#)

 [Recognition counselling for university degrees](#)

 [Recognition counselling for academic healthcare professions](#)

 [Recognition counselling for professions according to the Crafts Code](#)

 [Recognition counselling for professions in the fields of industry, trade, catering and services](#)

 If you are planning to study or work in academia, please get in touch with the contact persons at the universities to have your certificates recognised.

 <https://landesschulamt.sachsen-anhalt.de/behoerde...>

Health

You will find multilingual information on healthcare, prevention, care, addiction and drugs in the health portal. [Here is the link.](#)

General information on health

Do you have an acute illness? Are you in pain? In Germany you are entitled to basic medical care. Some vaccinations are recommended by the state. You can get these vaccinations. Some examinations are recommended. They are intended to prevent illness. You can have these examinations. Some examinations are very important for your health. You can get these free of charge from doctors. See a doctor if:

- you are acutely ill or in pain
- you are pregnant
- you are [chronically ill](#). You have diabetes, epilepsy or mental illness, for example.

💡 You still have medication? Alternatively, do you have the package leaflet for your medication? Bring these with you to your doctor's appointment.
Have you already been to a doctor or hospital because of the illness? Please also bring the findings with you.

You can obtain a treatment voucher from [the social welfare office](#).

👤 Do you have a residence permit? Then you must register with a regular health insurance company. There you will receive an insurance card. This entitles you to services from doctors. Just like all citizens in Germany.

Electronic patient file (ePA)

From **15 January 2025**, a new digital patient file called the **electronic patient file (ePA)** will be introduced in Germany. This file will store all important health data, such as what the doctor has found out about your health, what medication you are taking or what examinations you have had.

Everyone with statutory health insurance automatically receives this ePA. If you do not want this, you can object.

Doctors and patients can access health data quickly and easily via the ePA. But only people who are authorised to do so are allowed to see the data. This keeps the data secure.

How can insured persons refuse to set up an ePA? What deadlines apply?

If someone no longer wants to use the ePA at a later date, they can have it deleted. The aim is to enable doctors and patients to work together faster and better to improve health.

If someone wants to refuse the ePA, they must inform their health insurance company. If they do not do this, the EPR will be created automatically.

Important details about the EPC. What do you need to bear in mind?

Contents of the ePA:

- All important information from your visits to the doctor is automatically included in the EPR if it is available in digital form. This means, for example, that findings or diagnoses that the doctor writes down are transferred to the EPR.
- You can also upload information such as vital signs (e.g. your height or weight) or older medical documents to the ePA yourself.
- From 2025, there will be an automatic overview of all the medication you are taking. This will later be supplemented by a special medication plan.

Access rights:

- You can specify which doctors or hospitals are authorised to access your ePA. If you want to make changes, you can do this via the ePA app or contact the ombudsman's office of your health insurance company.
- If your health card is read at a doctor's surgery or hospital, they will have temporary access to your ePA for 90 days unless you object.

Use and accessibility:

- You can manage the ePA via a special app on your smartphone. Each statutory health insurance fund offers its own ePA app, which you can download free of charge from the App Store (for iOS) or the Google Play Store (for Android).
- If you do not have a smartphone, you can get support from pharmacies or special centres to access your ePA.

Legal regulations:

- The introduction of the ePA will initially begin in Hamburg and North Rhine-Westphalia. It will then be available throughout Germany from February 2025.
- Privately insured persons can also use an ePA, although this depends on the insurance company in question.

Advantages:




- The ePA facilitates communication between doctors, hospitals and other medical facilities. It gives you a better overview of your health data.
- The ePA also increases the safety and accuracy of medication.

Challenges:

- Not all documents, such as old paper medical reports, are automatically digitised. However, you can ask your health insurance provider whether they can take over digitisation.
- There may be technical difficulties at the beginning because some doctors have to adapt their practice software.
- Another problem is that there is no multilingual information, i.e. no translations into other languages.

The ePA is an important step towards digitalisation in the healthcare sector. It should improve medical care. It also provides a basis for research.

Would you like to find out more? You can find more information here:


-  [FAQ of the Association of Statutory Health Insurance Physicians](#)
-  [Questions and answers on the electronic patient file \(ePA\) by the KBV](#)
-  [Information from the consumer advice centre about the ePA](#)

Health insurance

Insurance is compulsory in Germany. Do you have a residence permit? Then you must register with a regular health insurance fund. There you will receive an insurance card. This will give you the same benefits as everyone else in Germany.


Do you have an acute illness abroad? You will also receive basic care in many foreign doctors' surgeries and hospitals. You can obtain information from your health insurance company.

You can choose a general practitioner (family doctor) of your choice. Do you need treatment from a specialist? Then you will receive a referral from your family doctor.


 Are you going to a hospital? Are you seeing a therapist? Are you seeing a doctor? Then take your insurance card with you.


Insurance card

The insurance card is very important. You can use it to go to the doctor. The doctor's work is paid for by your insurance. The card is also your insurance throughout Europe. It is called the European Health Insurance Card (EHIC). You can use it to go to the doctor in any EU country.

 Are you travelling to a country outside the EU? Then you should take out additional insurance. Insurance for abroad protects you while travelling. It's called international health insurance.

Would you like to understand the German healthcare system? You can find information on this [website](#) . This information is available in German and English.

 [Here you will find](#) all the important information about health insurance (read chapter 1). The guide explains the German healthcare system. It is also available in [other languages](#): The "Guide to Health for Asylum Seekers in Germany" and the "Guide to Health for All" are important.

 As a refugee or asylum seeker, you are not yet covered by health insurance. You need a health insurance voucher. You can use this to go to the doctor. You can obtain these licences from the [social welfare office](#).

Visit to the doctor


General practitioners and specialists

Are you ill? Go to your family doctor. You can choose your own family doctor. General practitioners set their own opening hours. Do you want your family doctor to help you? Make an appointment.

General practitioners carry out important examinations. They are your first point of contact in the event of illness. They decide on the medication you need. They decide whether a specialist examination is necessary.

If necessary, your GP will refer you to a specialist. They can carry out specialised examinations.

If the practice is closed, the medical on-call service (telephone [116117](tel:116117)) can help.

 You can search for emergency practices [here](#). These are doctors who can also help outside opening hours.

Paediatricians and paediatricians


Paediatricians examine children. There are prescribed examinations for children. These are important for your child's health. They are intended to prevent illnesses in children. Children must also be immunised. Vaccinations are important. They prevent children from getting certain diseases. The prescribed examinations are called "U examinations". They always take place at a certain time. They are free of charge. Please consult a paediatrician for more information.


Dentists and dentists


If you have a toothache, go to a dentist.

Gynaecologists (gynaecologists)

It is important that a gynaecologist examines women regularly. This enables doctors to recognise diseases early enough. This is called a check-up. You can also discuss the topic of contraception there.

 Do you need help finding a suitable doctor? Ask your [support group](#). Alternatively, ask the counsellor at your accommodation.

 Are you looking for asylum? Are you ill? Do you need to see a doctor? Then you will receive a treatment voucher from the [social welfare office](#). With this, the doctor's visit is free of charge for you.

 Do you need an operation? Is it not an emergency? Then the [social welfare office](#) must authorise your stay in hospital. Apply for authorisation before you go to the hospital. Your doctor will issue you with a medical certificate. The social welfare office will only cover medically necessary operations.

You can search for doctors online [here](#).

Medicines and pharmacies

Do you need medication? Then go to your doctor. They will give you a prescription. You can get your medication with this prescription at any pharmacy. Pharmacies are usually open from Monday to Saturday. The opening hours vary depending on the pharmacy. Do you urgently need medication at night or at the weekend? Every pharmacy has a sign with the name and address of the pharmacy with an emergency service. You can also find this information on the Internet.

Search for pharmacy emergency services

 www.aponet.de

👤 As an asylum seeker, you will receive many medications without a co-payment. You should therefore ask your doctor about this. If you do not have a prescription, you will always have to pay for the medication.

Emergency numbers - SOS

An emergency is an acute threat to health. Do you have an emergency? Then call an emergency doctor.

Emergency contacts

Police ☎ [110](#)

Fire brigade, rescue service ☎ [112](#)

Ambulance, emergency doctor ☎ [112](#)

💡 The emergency numbers on mobile phones always work. Don't have any credit on your mobile phone? The number still works!

Important information for an emergency call

- **Who is** calling (your name)?
- **Where** has something happened (address)?
- **What** has happened?
- **How many** injured or sick people are there?
- **What kind** of illnesses or injuries are there?
- **Wait** for further questions!

Remain calm. Speak slowly and clearly. Then you will be better understood. Do not end the conversation. Has all the important information been communicated? The emergency call centre / police will end the call.

💡 Are you going to hospital? Don't forget your ID card or proof of arrival. Are you registered with a health insurance company? Bring your insurance card with you.

👤 As an asylum seeker, you may only go to hospital in an emergency without a treatment voucher. You must show your proof of arrival at the hospital. The hospital will then recognise that you are seeking asylum. The costs will be paid by the social welfare office.

Counselling centres and offers of help

Social psychiatric service (SpDi)

Which people does the Social Psychiatric Service (SpDi) want to help?

People with

- anxiety
- depression
- acute crises

- suicidal thoughts
- mental illness
- mental illnesses
- addictions


The counselling service helps those affected and their relatives. Counselling is free and confidential. Home visits are possible.


The service offers individual, partner and family counselling. There are also group programmes. These include self-help groups, for example. Self-help groups are run by specialised staff. You talk to other sufferers. This can help you. You are not alone.


 [Flyer](#)

 [+49 \(0\) 39018407711](tel:+49(0)39018407711)

@gesundheitsamt@altmarkkreis.de

 Monday and Friday 8.30 am to 11.30 am

 Tuesday 8:30 to 11:30 and 13:00 to 17:30

 Thursday 8.30 a.m. to 11.30 a.m. and 1 p.m. to 3.30 p.m.

 [Gesundheitsamt](#)

Psychiatry guide of the state of Saxony-Anhalt

There are various services for people with mental illnesses. There are outpatient and inpatient services. You can find various services in the Altmarkkreis Salzwedel district [here](#).

Psychosocial centre

For adults, children and adolescents

The Psychosocial Centre (PSZ) is a specialised facility. It offers outpatient psychosocial care for refugees. This includes psychological counselling and therapy. The PSZ is located at Halle, Magdeburg and Stendal. The service is for politically persecuted people or victims of violence and torture. They have

- intense fear,
- nightmares,
- repeated memories of traumatic events,
- grief,
- anger,
- depression,
- difficulty concentrating or
- other complaints?

Then fill out the [registration form](#) for the Magdeburg location. The service is free of charge.

📍 Sudenburger Wuhne 4, 39112 Magdeburg

☎ [+49 \(0\) 347137407000](tel:+4930347137407000)

@ kontakt@psz-sachsen-anhalt.de

🌐 [Webseite](#)

🕒 Monday, Wednesday, Thursday, Friday 9 am to 12 noon and 1 pm to 3 pm

🕒 Tuesday 1 to 3 p.m.

For professionals

The PSZ offers training courses. The training courses are free of charge.

🌐 [Topics of the training courses](#)

@ fortbildung@psz-sachsen-anhalt.de

Free telephone counselling

☎ [08001110111](tel:08001110111)

☎ [08001110222](tel:08001110222)

Addiction and drug counselling

Do you, family members or friends have problems with alcohol, cigarettes, gambling or cannabis? Get counselling.

Counselling is anonymous and free of charge. You can get counselling online [here](#). There are also local counselling centres.

📍 [Sucht- und Drogenberatung Salzwedel](#)

📍 [Sucht- und Drogenberatung Gardelegen](#)

📍 [Sozialpsychiatrischer Dienst](#)

🌐 [Flyer](#)

Counselling for people with disabilities (EUTB)

The **supplementary independent participation counselling** service (EUTB®) helps people with disabilities and their families. The counselling is free of charge and independent of public authorities.

We provide counselling:

- Children, young people and adults
- People with disabilities and their relatives

We help with:

- Applications (for example for care or money)
- Questions about care and care levels
- Mobility, leisure and financial support
- Questions about work and career
- Legal support

The counselling is:

- on site
- on the phone
- by video

If you wish, a sign language or language interpreter can be present.

The advice centre is part of the Malteser Hilfsdienst e.V.

Claudia-Manuela Engel | EUTB-Beratung

@claudia-manuela.engel@malteser.org

[☎+49 \(0\) 15110251355](tel:+49(0)15110251355)

[🌐https://www.teilhabeberatung.de/](https://www.teilhabeberatung.de/)

[📍An der Altmarkpassage 3b, 29410 Salzwedel](#)

[🕒Monday 8 am to 2 pm](#)

[🕒Tuesday 8 am to 12 noon and 1 pm to 4 pm](#)

[🕒Thursday 9 am to 12 noon and 12 noon to 5 pm](#)

[📍Nicolaistraße 2, 39638 Gardelegen](#)

[🕒every second Monday of the month from 9 am to 12 pm](#)

[🌐Further information can be found on the official website: <https://www.teilhabeberatung.de/>](#)

Counselling for chronically ill people

There is a counselling service for chronically ill people.

People with

- chronic illnesses
- cancer

- physical limitations
- impending disability

receive counselling. Even if you are older and need help. There is assistance with applications. There is support with the procurement of aids, housing or housing benefit. You will be referred to offers of help. There are special offers for older people. You can find these services [here](#). There are many social services. The counselling service will give you an overview.

Are you caring for someone in your family? You can also get help.

Counselling is free of charge and confidential. Make an appointment. Home visits are also possible.

📍 [Gesundheitsamt](#)

☎ [+49 \(0\) 39018407705](#)

Counselling

Counselling means listening and going part of the way with you. Are you going through a personal crisis? Have you been confronted with suffering or hardship? Pastoral care encourages, comforts and accompanies. Sometimes it is easier to talk to strangers about your worries. You don't have to say anything you don't want to.

The counsellors will listen to you and are there for you.

The counselling sessions are confidential, free of charge and subject to confidentiality. Counselling is not psychotherapy. Counselling is provided in German, English or Arabic.

💡 The counselling is non-religious. There is a special offer for Muslim counselling.

Make an appointment!

Evelyn Ruppert-Schulze

📍 [Schillerstraße 31, 29410 Salzwedel](#)

@ fluechtlingshilfe.saw@gmail.com

☎ [+49 \(0\) 15202641367](#)

If you speak German, you can also contact the telephone counselling service. It is available around the clock, anonymous and confidential.

☎ [08001110111](#)

☎ [08001110222](#)

Offer for people without health insurance

There is an offer for people without [health insurance](#) or access to the healthcare system. open.med Magdeburg offers you medical help and social counselling if you do not have health insurance. The service is independent of state institutions and can also be used anonymously.

The service is free of charge and independent of your [residence status](#).

The service offers you

- basic medical care,
- referrals to additional services and
- social counselling.

Don't speak German? That's no problem! We work with a digital programme for language mediation.

📍 Einsteinstraße 4a, 39104 Magdeburg

🕒 Wednesday 14:00 to 17:00

☎ [015785040353](tel:015785040353)

@open.med-magdeburg@aerztderwelt.org

There is also a dental counselling service. The dates are published [here](#). The appointments take place either at the above address or at Bahnhofsmission Magdeburg.

📍 Bahnhofstraße 69, 39104 Magdeburg

Background: There are people in Germany who do not have health insurance. These may be [self-employed](#) people who are unable to pay their health insurance contributions. Sometimes people with insurance also find it difficult. These could be homeless people, for example. They may be afraid of being [discriminated against](#) or have administrative difficulties. Some are afraid of the additional costs they will have to pay for certain treatments.

💡 Do you have debts or financial difficulties? Contact the [debt counselling](#) service in Salzwedel or Gardelegen for an appointment.

Violence against women helpline

The violence against women helpline helps women. The counsellors provide advice on all forms of violence against women.

☎ [116016](tel:116016)

🌐 www.hilfetelefon.de

Do you need help where you live? Then the counsellors will refer you to suitable local facilities. Online counselling is also possible via the website. The counselling sessions are confidential. Would you like to remain anonymous? That's no problem. You don't have to give any personal details on the phone. This also applies on the website. If you have hearing difficulties, you can book an interpreting service via the website. This costs you nothing. The conversation with the counsellors will be translated into German sign language. It can also be translated into written language. Counselling is possible in many languages via interpreters:

- Albanian
- Arabic
- Bulgarian

- Chinese
- Chinese
- French, Italian
- Italian
- Farsi/Dari
- Kurmanji
- Polish
- Portuguese
- Romanian
- Russian
- Spanish
- Turkish
- Ukrainian
- Vietnamese

Family guide

Aktion Mensch has published a guide for families. The guide is for people with disabilities and their families. It provides information and addresses. There is also a website. There you will find important information about living with a disability. The information is in simple and easy-to-understand language. It covers many areas of life:

- School and work
- Leisure activities and accessibility
- Rights and housing
- counselling
- Health and care insurance
- and much more

 www.familienratgeber.de

breastcare app

Breast cancer is the most common type of cancer worldwide. In Europe, one in eight women will develop breast cancer in the course of her life. In Germany alone, around 70,000 women are diagnosed with breast cancer every year. The earlier the disease is recognised, the greater the chance of a cure. Around 25% of cases can be prevented by adopting a healthy lifestyle. The breastcare app is science-based. It explains everything important about breast cancer in an easy-to-understand way. It also deals with the topic of early detection. You learn how important a healthy lifestyle is. The app is currently available in seven languages: Arabic, German, English, Farsi, French, Spanish and Turkish.

The breastcare app

- reminds you to palpate your own breasts with a cycle calendar
- explains self-examination step by step with illustrated instructions

- explains risk factors and symptoms and provides specific tips for a healthy lifestyle
- answers questions about medical screening examinations in Germany
- links to numerous contact points such as breast centres, integration officers or support services that women can turn to with questions
- tells stories of affected women that are encouraging

You can download the app from the Apple and Google app stores. The app is free of charge. The app can be used without collecting personal data. It is free of advertising and designed for the long term. Further information in seven languages at: www.breastcare.app

Children, youth and family

Basic information on children, youth and family

Children, young people and families are under special protection in Germany. This protection begins during pregnancy and lasts until the child is 18 years old (of age). In Germany, for example, it is forbidden to beat children. Raising children in Germany must not involve the use of violence. Every child must go to school. There are also authorities that ensure that a child is not harmed by its environment (including the family).

The family is also legally protected in Germany. It doesn't matter whether the family consists of a mother and father and their children, or whether there are two mothers or two fathers, or whether the children are adopted. Single parents with their children are also a family.

Pregnancy and birth

Pregnancy and birth

Pregnant women in Germany enjoy special protection. They are allowed to seek counselling. You will be cared for by a doctor. And the state will support you with new purchases for the child. If you are pregnant, you must first go to a gynaecologist (gynaecologist). Have the check-ups carried out there. You will then receive a maternity pass. The maternity pass is a document containing important information about your pregnancy. It also contains information about your health. And that of your child. Always take your maternity record with you in case of emergencies.

Midwife

Midwives support women and their families from the beginning of pregnancy to the end of breastfeeding. Midwives provide counselling during pregnancy. They can help with the birth. After the birth, they introduce breastfeeding. They also take care of the woman's physical and psychological recovery. Every woman can call on the help of a midwife. Most services are covered by health insurance.

 [Website Midwives' Association](http://www.midwives-association.de)

Delivery and aftercare

Your gynaecologist will refer you to a maternity clinic. After the birth, ask for a midwife or obstetrician for aftercare. You will receive a birth certificate from the clinic.

Notification to the registry office

Newborn children must be registered at the [registry office](#). Do you live in accommodation? Then the birth must be reported to the management. The maternity clinic will register the birth with the registry office. There you will receive the (provisional) birth certificate for your child. Bring your identity card with you. You will also need the birth certificate from the clinic. Are you married? Bring your marriage certificate with you.

💡 Please only bring original documents. If your documents are in a foreign language, an officially certified German translation is required.

👥 Do you live in shared accommodation? Give your accommodation manager a copy of your birth certificate. Your child will then be registered.

Paediatricians

There are ten early detection examinations (U1-U9 and J1). This means that your child will be examined regularly until the age of 6. The paediatrician monitors your child's development. The U1 (examination after birth) and U2 examinations usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician.

💡 Proof of complete early detection examinations may be requested when [registering for daycare](#).

Local counselling or offers

📍 [Erziehungs-, Familien und Schwangerschaftsberatungsstelle Salzwedel](#)

📍 [Schwangeren- und Familienberatung Gardelegen](#)

📍 [Erziehungs- und Familienberatungsstelle Gardelegen](#)

📍 [Familienhof Salzwedel](#)

📍 [Evangelische Familienbildungsstätte Klötze](#)

Childcare

Day care centre

Kita is a term for children's day care centre. Your child can attend a day care centre. Your child must be at least one year old and will be looked after by nursery teachers. It will learn many important things. Some centres also accept children under the age of one.

In many cases, the fees for the child day-care centre or day care are paid by the district. To do this, you must submit an application to the [youth welfare office](#). You can find the [application form](#) here.

Crèche, kindergarten and after-school care are different types of day care centres for different age groups.

💡 Your child can learn the German language and discover new things at the daycare centre. They will also socialise with other children and get to know friends and the German culture. Take advantage of this opportunity, it is important for your child's future. Attending a day care centre also helps to prepare your child for school.

💡 Unfortunately, there are not always enough places in the immediate vicinity of your home or accommodation. To find a place, ask at the centres. You can find a list [here](#).

Day nursery

The crèche is a facility for children aged 1 to 3 years. In the crèche, children are supported in their development by specially trained staff in small groups. Attention and care from the carers are particularly important here.

Kindergarten

The kindergarten is a facility for children from the age of 3 until they start school. In the kindergarten, the children can play, paint, do handicrafts and learn with other children. In the last year of kindergarten, the children also have regular pre-school lessons to prepare them for starting school. There are private and public kindergartens. Whether attending kindergarten costs you anything depends on the kindergarten and where you live.

(Primary) school children up to the age of 12

There are also after-school care options for school children aged 6 to 12. There are many different childcare models, such as after-school care, lunchtime care or all-day school. In all models, children are supported in completing their homework. In addition, leisure activities are not neglected. You can find out which childcare model is available for (primary) school children in your town from your primary school or from the youth welfare office.

💡 [Parents' brochure in Arabic](#)

💡 [Parents' brochure English](#)

💡 [Parents' brochure Persian](#)

💡 [Parents' brochure Russian](#)

School for children from 6 to 18 years

School attendance is compulsory in Germany. This means that all children must go to school. The duration of compulsory schooling is ten years.

💡 Your child must attend school regularly. It is your responsibility to make sure they do. If a child misses school for an extended period of time without a reason or cancellation, parents must expect to be fined.

School attendance at state and municipal schools costs nothing.

There are different types of schools in Germany. Which school your child goes to depends, among other things, on how old they are, but also on their school performance.

As a rule, children aged six or seven first attend primary school. After completing four years of school, the children transfer to a secondary school. Together with teachers, parents decide which type of school is best suited to their child. There are various secondary schools. The best-known types of school are the secondary school, the community school and the grammar school.

After nine or ten years of schooling, young people can start vocational training or continue their schooling. The Gymnasium concludes after year 12 with the Abitur, which entitles students to [study](#) at a university.

Children with special educational needs can attend a special school.

💡 Parents often receive written information from the school that their children bring home with them. It is important that you read this information. [Here you will find](#) important information in English, French, Arabic, Persian and Tigrinya about everyday school life in German schools.

[Here](#) you can find all local schools.

💡 [Parents' brochure in Arabic, English and Russian](#)

💡 [Parents' brochure in Persian, Romanian and French](#)

💡 [Parents' brochure in Turkish, Kurdish and Polish](#)

Family benefits

Parental allowance

Some parents work less after the birth of their child. Some no longer want to work as much. Others can no longer work as much. They can then receive money from the government. Parents who live separately can also claim parental allowance. They can apply for parental allowance if they have a settlement or residence permit in Germany. You can find more detailed information in German, English, Turkish and Russian [here](#).

Child benefit

All parents with a settlement or residence permit in Germany are entitled to child benefit. You must apply for child benefit yourself at the Federal Employment Agency. This agency pays child benefit for every child from birth until at least the age of 18. You can find more detailed information in German, English, Turkish and Russian [here](#).

Package for education and participation

What are benefits for education and participation?

This is money for children and young people from low-income families. The parents receive the money for certain services that help the children and young people. Especially for events at daycare centres and schools.

Benefits from the education package are usually cash benefits.

Who can receive benefits for education and participation?

Parents can apply for benefits for education and participation. They can do this for all children living in the household. To qualify, parents must receive one of the following benefits:

- Housing benefit
- child supplement
- citizen's allowance
- social welfare
- Asylum seeker benefits

You do not receive any of the above benefits? Are you unable to cover your child's specific educational and participation needs? Then you may be entitled to benefits from the education package in accordance with SGB II. You can enquire at the relevant [job centre](#).

Pupils in need of assistance up to the age of 25 receive benefits for education. These pupils must attend a general school or vocational school. They should also not receive a training allowance.

Children in daycare centres and childminders also receive part of the educational benefits.

Children and young people up to the age of 18 receive benefits for participation. Support for small children is also possible.

What benefits are involved?

Benefits for education

School trips and school excursions The actual costs of one-day excursions at school or daycare centres. It is possible to collect invoices from schools for one-day trips.

The actual costs of multi-day trips for classes and daycare centres.
For school trips, the money can be paid directly to the children or their parents.

Personal school supplies Personal school supplies totalling €174 in the calendar year 2023 are recognised, namely €116 for the first half of the school year and €58 for the second half of the school year, up to the 10th school year.

School supplies include, for example, a school bag, sports kit, materials for writing, arithmetic and drawing.

If you have several children at school, you will receive the money for each child. **School transport**

The actual cost of travelling to school for pupils.
This benefit is provided as a cash benefit unless the local transport company is billed directly.

Learning grants

The actual costs of learning support, such as tutoring
However, you should first speak to your child's teacher. They must certify the need for support.

Lunch for school, daycare centre and after-school care

Lunch at all-day schools, after-school care centres or daycare centres at no extra cost to parents

Benefits for participation

Parents can receive money for their children's participation in cultural, sports and leisure activities; for example, if the children:

- Take music lessons,
- are members of a sports club,
- attend courses at adult education centres,
- go to a museum, theatre or musical.

Parents can receive €15 per month for each child.

Where and how can the benefits for education and participation be applied for?

There are two ways to apply for education and participation benefits:

1. Do you receive social assistance, child supplement or housing benefit? You can find your respective [contact for applying for education and participation](#) on the website of the Federal Ministry of Labour. First select your federal state from the list and then the city or district in which you live.
2. Do you receive citizen's allowance? Then you must submit the application to the [job centre](#) where you live.


You can obtain **application forms** from your local contact person. Alternatively, you can visit the website of the job centre where you are applying for benefits.


Possibility of counselling

If you have any questions about the application process, the "Education and Participation" counselling team will be happy to help.

How to contact the BuT counselling service:

 [Website BuT-Beratung](#)

 [+49 \(0\) 30577130040](#)

 info@but-beratung.de

Counselling is free of charge. Counselling is also available in English, Arabic, Russian and Turkish.

Leisure activities for children and young people

There are many opportunities for children and young people in the Altmark district of Salzwedel. Children and young people can meet up in the afternoons. Youth clubs often offer sports,

socialising and games. You can do something together during the holidays.

📍 [Jugendfreizeitzentrum "Kroko" Kalbe](#)

📍 [Schülerfreizeitzentrum Salzwedel](#)

📍 [Evangelisches Landjugendzentrum Kusey](#)

📍 [EFA Klötze](#)

📍 [Jugendclub "Mood"](#)

📍 [Mehrgenerationenhaus Salzwedel](#)

You can find the children and youth work network [here](#).

Other excursions or activities for children and young people are organised by the network offices. There are special programmes for refugees.

📍 [Netzwerkstelle Migration & Integration Salzwedel](#)

📍 [Netzwerkstelle Migration & Integration Gardelegen](#)

The [family centre](#) also has many offers. There are meetings to exchange ideas and educational programmes. There are many offers for mums and dads. Parents with small children can meet up. Children can play here.

Sport is also important for children and young people. There are various clubs. The [district sports association](#) can help you choose. You can find out more [here](#).

There is also a [fairytale park](#) in Salzwedel.

Legal matters and rights

Basic rights

The Basic Law

In every country, there are rules that everyone must abide by. The most important law for Germany is the Basic Law. It is a collection of 146 articles. Each article stands for a law, i.e. a rule. These rules determine how we live together in Germany. The basic rights protect the freedom of each individual. They are set out in Articles 1 to 19 of the Basic Law (catalogue of basic rights).

🌐 Here you can find the Basic Law in 11 languages: [Arabic](#), [Chinese](#), [English](#), [French](#), [Italian](#), [Persian](#), [Polish](#), [Russian](#), [Serbian](#), [Spanish](#), [Turkish](#) and [German](#).

🎬 This film clearly illustrates how the German constitutional state works: [German](#), [Dari](#), [Arabic](#), [English](#), [French](#), [Pashto](#), [Urdu](#).

Universal Declaration of Human Rights

Human rights are important rights that always apply to all people all over the world. Human rights are rights that every person has by virtue of being human. They protect the dignity of every human being. They apply equally to all people. No distinction is made between people.

There are 30 rights. The most important are

- All people are worth the same.
- Everyone is allowed to have their own opinion.
- All people have a right to peace and security.

Asylum and refugees

Residence status

Everyone in Germany has an ID card. This ID helps to identify people. As an asylum seeker, you also need an ID card. This allows the authorities to recognise your status. Your status determines whether you are allowed to work or not.

There are 5 different documents:

1. proof of arrival

Status: Asylum seeker

Background: You have told the authorities that you need asylum. The authorities have registered you in the system. However, you have not yet applied for asylum. This permit is valid until you submit your application. You submit the application to the Federal Office for Migration and Refugees (BAMF).



2. residence permit

Status: Asylum seeker

Background: You have applied for asylum. A group of people will decide on your application. This often takes a very long time. This permit is valid until the decision is made. The Federal Office for Migration and Refugees (BAMF) decides on the asylum application. Has your application been rejected as unfounded? Then you can appeal against it. You can do this at the administrative court. You are allowed to stay in Germany until the administrative court has made a decision.

This permit says whether you are allowed to work. The permit tells you where you can live.

- Would you like to work? Do you need a permit for this? You can get this from the [Foreigners' Registration Office](#). Your employer or you as an employee can apply for this.
- Would you like to find work? Go to the [Employment Agency](#)
- Do you need financial help? Go to the [social welfare office](#)



3. fictitious certificate

Status: Recognised refugees

Background: You have submitted an application to the foreigners authority. This application is intended to extend your right to stay. The authority then often issues a certificate. This certificate authorises you to stay. This is important because your application has not yet been processed.



4. residence permit

The residence permit is a temporary residence title. It is issued for a specific purpose.

- You can later obtain a permanent right of residence (settlement permit)
- You have unrestricted access to the labour market
- The [job centre](#) can arrange work and social benefits for you



5. tolerated stay

Status: Tolerated person

Background: Your application for asylum has been rejected

With a tolerated stay you will not be returned to your home country. The tolerated stay is granted for a certain period of time. Sometimes deportation is impossible for legal, factual, humanitarian or personal reasons.

- There is a general rule. This allows certain groups to be tolerated for a maximum of 3 months. You cannot be returned to your home country for this period.
- A work permit is generally required. You can apply for this at the [Foreigners' Registration Office](#).
- Would you like to find work? Go to the [Employment Agency](#).
- Do you need financial help? Go to the [social welfare office](#).



Application for asylum

If you are registered in Germany and live in a shared accommodation centre, these are the next steps for you.

1. applying for asylum

- You [apply for asylum](#) at the **Federal Office for Migration and Refugees (BAMF)**
- [Asylum procedure counselling](#) can provide you with important information for the asylum procedure. There is a special counselling service for queer people. You can find more information [here](#).
- You will receive the appointment and the responsible BAMF office by post.

2. first interview appointment (asylum application)

3. personal interview

The second interview appointment is the actual interview. The BAMF will then decide on your asylum application. They will send you a decision. The decision will be explained in detail.

a) The decision is negative

- If the decision is negative and you wish to contest it (i.e. you do not agree with it), you can go to your [asylum procedure counsellor](#). They will discuss with you what you can do and can put you in touch with specialised lawyers. For example, you can appeal against the decision.

- Would you prefer to [leave the country voluntarily](#)? Then you can receive financial support for your new start in your country of origin.

b) The decision is positive, i.e. you are recognised as entitled to protection. You can find more information [here](#).

Family asylum and international protection for family members

You have been granted asylum in Germany. A member of your family also needs asylum. You can submit an application. The member of your family will be granted the status of a person entitled to protection.

For the purposes of family asylum, members of families include

- Spouses or registered partners,
- unmarried children who are minors,
- the parents of unmarried minor children,
- other adults who have custody of unmarried minor children,
- unmarried minor siblings of minors.

💡 Parents must have custody of their children. They must therefore be able to look after their children.

Do you want to bring your husband or wife to Germany? You must already be married in your country of origin. Then your husband or wife can also be granted asylum. The marriage must be recognised by Germany. The application for asylum must be submitted before or at the same time as your application. You must be entitled to protection.

Born in Germany:

You have already applied for asylum? Have you subsequently had a child in Germany? A separate asylum application can be made for your child. You or your partner must still be in the asylum procedure. Please inform the Federal Office for Migration and Refugees about the birth. The foreigners authority can also inform the Federal Office. The asylum application is then automatically deemed to have been submitted. The parents can submit their own reasons for asylum for their child. If they do not do this, the same reasons apply as for the parents. Here too, an appeal is possible in the event of a negative decision by the Federal Office.

Likewise, and for the protection of the child, underage children will not and must not be returned separately from their parents in the event of a negative decision.

Further information can be found directly at the BAMF.

🌐 [Website Family reunification \(BAMF\)](#)

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](https://www.germany4ukraine.de)

Embassy of Ukraine in Berlin

 [+493028887128](tel:+493028887128)


 [Albrechtstraße 26, 10117 Berlin](https://www.ambukr.de/)

Coordination Centre Engagement Ukraine Saxony-Anhalt

Do you need counselling? You can get advice by telephone or online. You will find information on all topics relating to arriving in Germany.

 <https://ukraine.agsa.de/>

Hotline from Monday to Friday from 10 a.m. to 4 p.m.

 [03915371225](tel:03915371225)

 [017684998160](tel:017684998160) (Whatsapp, Telegram, Viber)

 @ukraine@agsa.de

You want to travel? Do you want to move within Germany? [Here](#) you will find a multilingual guide. You want to return to Ukraine? You can find a form [here](#). You should give this document to the authorities before returning to Ukraine.

Counselling and help


Refugee counselling (gBB)

In Saxony-Anhalt, refugee counselling is called separate counselling and support (gBB). People can seek advice on everyday matters. Help is available on the following topics:


- Filling out applications
- finding accommodation
- Language courses
- Voluntary return
- Registering with the daycare centre
- Registration with the school
- Help for self-help
- Recognition of the degree
- Professional integration
- Dealing with the authorities

You can make an appointment. There are also open consultation hours. Counselling is free of charge. You can find more information [here](#).

Kerstin Steffen | Beraterin

 [Sonnenstraße 2, 29410 Salzwedel](#)

 @awogbbsaw@web.de

 [+493901302782](tel:+493901302782)

 <https://awo-aksaw.de/gbb/>

Suhad Bani Al-Tawail | Beraterin

📍 [Gartenstraße 27, 39638 Gardelegen](#)

✉ @awogbbga@web.de

☎ [+49 \(0\) 39077741912](tel:+49(0)39077741912)

🌐 <https://awo-aksaw.de/gbb/>

💡 Are you under 27 years old? You can also contact the [Youth Migration Service](#).

💡 Do you live in shared accommodation? Then the staff on site are there for you.

Unaccompanied refugee minors

Is a refugee under the age of 18? Has he or she travelled to Germany unaccompanied? Then they are considered an unaccompanied minor foreigner = umA. These young people are reported to the youth welfare office. The youth welfare office talks to the young person. The youth welfare office determines their age.

- The person is under 18 years old. Then the person is a minor. The Youth Welfare Office takes care of this person. The Youth Welfare Office places the person in accommodation for young people.
- The person is over 18 years old. Then the person is of legal age. They receive a rejection notice. Alternatively, they are treated as an adult.

💡 The Youth Welfare Office will bring an interpreter to the interview.

💡 You are not yet 18 years old on your proof of arrival? The Youth Welfare Office gives you a rejection notice? Then the Youth Welfare Office must enter a new date of birth on the notification. Only then can you have your documents changed at the Immigration Office and the Social Welfare Office.

Some minors (persons under the age of 18) travel **with relatives**. This could be an uncle or aunt. They could be cousins or older siblings. Your accommodation provider will report this to the Youth Welfare Office after your arrival. The Youth Welfare Office will speak to the minor and the adult relatives. The Youth Welfare Office will check whether the minor can stay there. The Youth Welfare Office will also decide whether a guardian should be appointed. The youth welfare office itself brings an interpreter to the interview.

💡 The adult relatives can also apply to the family court for guardianship themselves. The guardianship gives the relative full responsibility for the minor instead of the parents.

Migration advice centres for adult immigrants (aged 27 and over)


Arriving in a new country is not easy. Language, housing, work and culture: all these issues are important for your future life in Germany. Are you or your family new to Germany? Are you older than 27? Then you can seek advice from organisations. To do so, you must be authorised to live in Germany. You need a residence permit. Counselling is free of charge. Help, support, information and clarification are available on the following topics:

- Where can I learn German?
- How do I apply for a German course?
- How do I find a flat?
- Where can I apply for financial aid?
- Who can help me find a job?
- Can my degree be recognised in Germany?
- Which doctor can I go to?
- Who will help me during my pregnancy?
- How can my family also come to Germany?
- If necessary, accompaniment to offices and authorities by volunteers
- Information on migration and integration measures

Counselling is available in German and many other languages. It is free of charge. And support is provided regardless of your origin, religion or nationality.

Online counselling

 <https://www.mbeon.de/home/>

 Are you between 12 and 27 years old? Then there is a separate counselling service for you:
[Youth Migration Services](#)

Youth migration services


The Youth Migration Services (JMD) support young immigrants. These people are aged between 12 and 27. They help them to settle in Germany as quickly as possible. They support you with the following topics:

- Questions about general orientation
- School, training, career
- Personal questions
- Financial and legal issues

Ines Bühnemann | Jugendmigrationsdienst

 [Sonnenstraße 2, 29410 Salzwedel](#)

 @awo.jmd.saw@hotmail.de

 [+49 \(0\) 390135898](tel:+49(0)390135898)

 <https://awo-aksaw.de/jmd-saw/>

There is also an online counselling service.

 <https://beratung.jugendmigrationsdienste.de/>

Debt counselling

It can happen to anyone! Debt affects more people than you might think. Unemployment, illness, divorce, low income and other reasons mean that more and more people find themselves in financial difficulties. Do you see no way out of debt? Financial hardship is not taboo. Debt counselling supports people with financial difficulties. It provides psychosocial, financial and legal assistance. Counselling is based on the principle of helping people to help themselves. You yourself are an active part of the help process. You are expected to

- reliable co-operation,
- disclosure of all debts,
- the willingness not to incur any new debts and
- unconditional honesty.

Counselling is free and individual. Make an appointment. Counselling takes place in Salzwedel and Gardelegen.

📍 Karl-Marx-Straße 15, 29410 Salzwedel

☎ [0390136222](tel:0390136222)

🕒 Monday and Thursday 09:00-13:00

🕒 Tuesday 09:00-16:00

or

📍 Ernst-Thälmann-Straße 40, 39638 Gardelegen

☎ [03907779217](tel:03907779217)

🕒 Tuesday 10:00-15:00

🕒 Wednesday and Thursday 09:00-13:00

Mobile victim counselling

Support for victims of right-wing, racist and anti-Semitic violence

Have you been threatened or attacked because of your skin colour, religion, gender, political opinion or origin? The mobile victim counselling service can help you.

Nobody should be left alone after an attack. Do you have any questions?

How can I make a report? Should I press charges? Do I need legal help? Where can I find medical care? Can I talk to someone? Let us advise you.

Depending on your needs, our counselling services cover the following areas:

- psychosocial counselling. And also intervention,
- Support with legal issues,
- Accompaniment to the police, court, authorities and doctors,
- Help with applying for benefits,
- Referral to medical specialists,

- Help in finding legal support,
- Counselling in the event of ongoing threats,
- Public relations work only on request. And in close consultation with the person(s) affected,
- Support for self-organisation,
- Accompanying those affected during discussions and
- referral to other services.

Counselling is free of charge and confidential. It takes place in person, online via chat or e-mail and by telephone. Counselling can also be provided anonymously. Do you know someone who has experienced violence? This counselling can also help. So get in touch if you need it. Even if you were present during an incident, it can help to talk about your situation. You should not feel alone. Report incidents to increase visibility. Don't worry if you don't speak German. Counselling can take place in several languages. Further information can be found on the website.

📍 [Mobile victim counselling](#)

🌐 <https://www.mobile-opferberatung.de/>

💡 <https://www.mobile-opferberatung.de/infomaterial/...>

💬 The flyer is available in the following languages: Arabic, English, Farsi, French, Russian, Somali, Spanish, Turkish, Vietnamese.

☎️ [+49 \(0\) 1702904112](tel:+49301702904112) or [+49 \(0\) 1756638710](tel:+49301756638710) (communication also possible via signal)

@ opferberatung.nord@miteinander-ev.de

Guide for victims: What to do after a right-wing, racist or anti-Semitic attack?

🌐 [Guide \(German\)](#)

🌐 [Guide \(English\)](#)

🌐 [Guide \(Romani\)](#)

🌐 [Guide \(Turkish\)](#)

Guide for refugees: Support after a racist attack

You will learn in simple language

- what you can do after an offence
- what happens after the offence
- how you can deal with the offence
- Offer of victim counselling
- Contact the counselling centres

Would you like to find out more? You can find the counselling guide [here](#).

The guides are not a substitute for counselling. Please contact the counselling centre.

Counselling for victims of sexualised violence

Sexual violence ranges from unpleasant looks and unwanted physical contact to rape. Sexual violence against children and young people is particularly serious. An offence against sexual self-determination has consequences under criminal law. Those affected suffer serious psychological injuries. They must therefore be protected. Sexual violence always means a violation of a person's personal rights. It is an attack on a person's right to self-determination and on their dignity. Sexualised violence occurs most frequently where we least expect it. It often occurs within the family, the circle of friends or the wider familiar environment.

Do you need counselling? You can discuss the following topics there:

- Help in difficult situations,
- Talking about bad experiences,
- Referral to further offers of help,
- Strengthening your ability to cope with life,
- Referral to victim advocates,
- Support with difficult decisions and
- help with applications "Fonds sexueller Missbrauch".


Counselling is also available for people who are trusted by affected children, young people or adults. If you have any questions or would like to help, you can contact the counselling centre.

The counselling service helps professionals with

- Assessing risks,
- discussing cases without naming names,
- support services,
- basic training and
- assistance in drawing up protection plans.

 Denise Neuffer

 [01622870316](tel:01622870316)

 [03931210221](tel:03931210221)

 [@miss-mut@drk-stendal.de](mailto:miss-mut@drk-stendal.de)

 [Website](#)

Consultations can take place at [Familienhof Salzwedel](#). You can also get counselling online. You can book an appointment [here](#). The counselling is entirely on the side of those affected. It is free of charge and can be anonymous if you wish. The counsellors are not allowed to pass on anything you tell them. You do not have to file a complaint with the police. Counselling only takes place with your consent. It is voluntary.

Do not be afraid to seek help.

💡 If you are in acute danger, please contact the police. You can find the emergency numbers [here](#).

The Salzwedel Women's Refuge can also support you.

☎ [03901424859](tel:03901424859)

@ frauenhaus-salzwedel@web.de

🌐 [Website](#)

TINA*Young - Gender diversity counselling



You are **trans**, **inter**, **non-binary** or **agender** and need help? TINA*Young supports you!

Counselling for:

- Transition issues
- Life and career planning
- Questions about partnership and sexuality
- Experiencing discrimination
- Changing the gender entry

If possible, the counsellor will also accompany you to medical appointments and visits to the authorities.

Counselling is also provided:

- Family and friends
- Specialists from child and youth welfare services
- Administration, medicine, psychology, teachers

Counselling is free of charge and confidential. You can make an appointment by e-mail or via [Instagram](#) make an appointment.

The counselling takes place **every second Wednesday of the month from 13:00 to 16:00 in Salzwedel**. The counselling location is [Miteinander e.V.](#).

📍 Chüdenstraße 4, 29410 Salzwedel

Daria Kinga Majewski

📍 [Herderstraße 17, 39108 Magdeburg](#)

@ Daria.Majewski@ZfsG.email

☎ [+49 \(0\) 39153576913](tel:+49(0)39153576913)

🌐 <https://www.aidshilfesachsenanhaltsnord.de/de/TINA...>

There is also the platform [Sternchen-lsa.de](#). This is the information portal for Saxony-Anhalt. There you will find further information and offers on the topics of gender identity, diversity and self-determination.

For more information and further counselling services, please also visit the [Lesbian, Gay, Bisexual, Trans* and Inter* \(LGBTI\)](#) page.

Prevention of extremism

Faith or extremism?

Help for all those seeking advice: **The Radicalisation Advice Centre**. The team is your point of contact if you have the impression that someone in your environment is turning to a radical Islamic group. There are indications that play a role when a person becomes radicalised. You will receive telephone counselling. If you wish, you can be referred so that you can receive help locally.

☎ [09119434343](tel:09119434343)

@ beratung@bamf.bund.de

🌐 [Website](#)

Specialist centre and advice centre for violence prevention and radicalisation prevention SALAM Saxony-Anhalt

With offices in Magdeburg and Halle, the teams are also mobile throughout Saxony-Anhalt if required. The focus of their work is on conflicts, incidents of violence and radicalisation in the context of religiously motivated Islamist extremism. Professionals can seek counselling. Counselling is mobile, free of charge and confidential. There are also training programmes for professionals.

☎ [015202002393](tel:015202002393)

@ info@salam-lsa.de

📍 SALAM Sachsen-Anhalt, Hallesche Jugendwerkstatt gGmbH, Edmung-von-Lippmann-Str. 5, 06112 Halle (Saale)


Central return counselling

Would you like to return to your home country? But you don't know how to get your passport back? Do you need financial help for your return journey? The Central Return Counselling Service (ZRB) will advise you on the options for voluntary departure to your home country. The counselling is open-ended. You decide for yourself after the counselling.

Under the telephone number [+499119430](tel:+499119430) you can call the return hotline at BAMF. You can ask your questions about voluntary return from Monday to Friday between 9am and 3pm. Counselling is available in German and English.

 [Rückkehrzentrum Sachsen-Anhalt](#)

 <https://www.returningfromgermany.de/de/>

 You can find more information [here](#). The information is available in several languages.

Consumer advice centre

The consumer centres inform and support consumers in the area of private consumption. They provide advice on topics such as money, insurance, food, the environment, health and care, energy, travel and contracts. The information you receive here is generally reliable.

Personal advice from the consumer advice centre costs money. The costs depend on the topic. You can enquire directly at a consumer advice centre in your area.

The consumer advice centre can help with the following questions and topics:

- Do I have to pay for television?
- Can I watch films or listen to music on the Internet?
- How do I use apps safely?
- What is a bank allowed to do in relation to an account, loan or debt?
- How can I get out of a contract?
- Environmental protection and health protection
- Electricity and gas contracts
- Saving energy

[Information from the consumer advice centre](#) on various topics for migrants is available in several languages. Most of the information is available in German, English, Ukrainian, French, Turkish, Romanian, Bulgarian, Arabic and Farsi.

 <https://www.verbraucherzentrale-sachsen-anhalt.de/>

Online counselling

mbeon - Multilingual counselling in the chat

There are many local counselling centres in Germany. If the counselling centre is closed or far away from where you live, digital chat counselling can help.

With mbeon, you can easily find information online. You can also get counselling via chat.

mbeon enables counselling via chat. All counsellors are qualified specialists from the Migration Counselling Service for Adult Immigrants (MBE). They are guaranteed to respond within 48 hours. They help with all questions and problems that come with living in a new environment. Counselling is anonymous, data-secure and free of charge.

The app also contains extensive information on topics such as work and career. You will also find information on the topics of health and learning German. Housing, family and residence are further topics. In addition, mbeon puts you in touch with migration advice centres and other important contact points.

The app is available in German, English, Russian and Arabic. You can receive counselling in more than 19 different languages.

The app has many advantages:

- The app is flexible. It can be used anywhere and at any time.
- Counselling is provided in your native language.
- The app is data secure. Documents can be sent quickly and securely.
- The app and counselling are free of charge.
- Counselling is anonymous.

The free app can be downloaded from the Google Play Store and the AppStore.

 [mbeon in the Google Play Store](#)

 [mbeon in the AppStore](#)

Further information is available on the [multilingual website](#) and the [Facebook page](#).

Women's rights

Labour and wages

On average, women in Germany earn less than men. On the one hand, they work in areas that are paid less. This is the case in the social sector, for example. But women also often earn less than their male colleagues for the same job. Politicians have been discussing various proposals for years to achieve greater pay equality. So far, however, not much has changed.

Many women's jobs are not perceived as work. They do the housework. They bring up the children. Or they care for sick or elderly family members. These jobs are unpaid. But they are still work. This is often not recognised.

In Germany, many people still think that the man earns the money. And therefore he doesn't have to help out in the household. But more and more women are also working.

Would you like to find well-paid work in Germany? Then the first thing you should do is learn German. You can also get information about childcare and the school system [here](#). Where you live, you can obtain information from [migration advice centres](#), [the foreigners authority](#), [employment agency](#), [job centre](#) or directly from the schools that offer integration courses.

FGM - female genital mutilation

Female genital mutilation (FGM) is prohibited in Germany. Since September 2013, FGM has been punishable by imprisonment. Parents are also not allowed to leave the country to have their daughter circumcised abroad. This is also prosecuted under German criminal law. Girls and young women can apply for asylum if they are threatened with being circumcised.

Many girls die during the mutilation or as a result of it. There are many dangerous after-effects of the mutilation:

- Incontinence,
- pain,
- heavy bleeding,
- complications during sexual intercourse and childbirth,
- infertility,
- Risk of HIV and hepatitis infection,
- blood poisoning and tetanus,
- states of shock,
- psychological trauma,
- depression.

💡 Sexual satisfaction is also usually no longer possible after FGM.

If you are affected or threatened by FGM, contact the [help hotline](#) on [116016](#). The helpline staff are there for you day and night and in various languages.

In Germany, it is possible to reconstruct the clitoris. This reconstructive operation can be performed by plastic surgeons. Ask a gynaecologist for advice. A "[Centre for Victims of Genital Mutilation](#)" has been founded in Berlin. Here, not only the physical but also the psychological consequences are treated anonymously and free of charge. You do not need health insurance for this.

SAIDA The centre offers special psychosocial counselling.

👤 Marie-Pierre Liebenberg

@marie-pierre.liebenberg@saida.de

☎ [017644408073](tel:017644408073)

💡 [flyer](#)

🌐 [website](#)

🕒 Monday to Friday from 9 a.m. to 5 p.m.

Termination of pregnancy

In Germany, you have the right to terminate your pregnancy under certain conditions. An abortion can only be carried out in the first twelve weeks of pregnancy, after pregnancy conflict counselling and accompanied by a doctor. After the first twelve weeks, an abortion is only possible in exceptional cases.

If someone wants to force you to have an abortion or you have questions about a possible abortion, contact the help hotline for pregnant women in need: ☎ [+49 \(0\) 8004040020](tel:+49008004040020) .

📍 [Erziehungs-, Familien- und Schwangerschaftsberatungsstelle Salzwedel](#)

📍 [Schwangeren- und Familienberatung Gardelegen](#)

If you have become pregnant as a result of rape, you can have an abortion up to twelve weeks after conception. In this case, you do not have to go to a counselling centre. However, you can get free counselling at a counselling centre near you. If your physical or mental health is endangered by the pregnancy, you can still have an abortion at a later date. The risk must be certified by a doctor.

💡 Are you under 18 years old? Do you want to terminate the pregnancy? Then your mother or father must usually give their consent. Are you over 16 years old? Then the doctor may decide that you no longer need your parents' consent. Are you under 16 years old? Then you usually need the consent of one of your parents. Are you unable or unwilling to tell your parents about the pregnancy? Then contact a counselling centre. The staff there will help you.

Who pays for the costs of an abortion?

If you have become pregnant as a result of rape or if your pregnancy jeopardises your health, your health insurance or social welfare office will cover the costs of an abortion. If you wish to terminate your pregnancy for other reasons, you will have to pay part of the costs yourself. In this case, your health insurance will only pay for the medical counselling and care as well as the medication before and after the procedure. You will have to pay the costs of the actual abortion yourself. This is usually between €200 and €600. You can find out more about the various abortion options in many different languages at zanzu.de.

💡 Do you receive benefits from the state? Or do you only earn a little money? Then you can apply to your [health insurance company](#) or [social welfare office](#) to have the costs of the abortion covered.

I don't want to keep the child, but I don't want to have an abortion either. What can I do?

If you cannot or do not want to keep your child, you can give your child up for adoption after birth. The Youth Welfare Office will then initially take over the care of your child and look after it. If you then finally decide that you do not want to bring up your child yourself, you can give it up for adoption. The youth welfare office will then look for a caring family to raise your child.

If nobody is allowed to find out about your pregnancy, there is still the option of bringing your child into the world. You are not alone in this. There is the option of a so-called "confidential birth". With a "confidential birth", you can give birth to your child safely in a hospital. With the exception of a counsellor, no one will know your name. The counsellor is not allowed to talk to anyone about you. This way you remain unrecognised. After the age of 16, your child may have the right to know your name. However, apart from your child, nobody else has this right. You do not have to pay the costs for the counselling and the birth yourself. If you would like a "confidential birth", you can contact the counselling centre around the clock on the telephone number [+49 \(0\) 8004040020](tel:+49008004040020) or online to the counselling centre "[Hilfetelefon für Schwangere](#)" (website in German). Counselling is free and anonymous. The counsellors there speak many languages. Alternatively, you can also contact any clinic. The staff there know what to do.

Domestic violence

Your family and friends should support and protect you. However, this is not always the case. Sometimes these people can also hurt you. They can inflict violence on you. This violence can take different forms. It can be sexual. Or physical, such as punches or kicks. But it can also be psychological. If someone you know is violent towards you, this is called "domestic violence".

Domestic violence usually takes place in the home, but can also happen in other places. Many people think of domestic violence in terms of physical violence, i.e. sexual abuse or beatings. But domestic violence also takes other forms: If you are insulted, abused, threatened or controlled, this is also domestic violence. Stalking, i.e. when you are followed and watched, can also be a form of domestic violence.

Every form of violence is a criminal offence in Germany. This means that the [police](#) must get involved if they hear about it from you, witnesses or witnesses.

If you are a victim of domestic violence, you are not alone. Studies show that one in four women in Germany experience domestic violence. Many victims of domestic violence find it difficult to go to the police or a counselling centre with their experiences. They feel ashamed and hope that the situation will change and that the violent person will calm down and stop being violent. In most cases, however, the severity of the violence tends to increase and the intervals between the individual outbreaks of violence become shorter.

There are numerous contact centres in Germany for victims of domestic violence. Do not be afraid to seek help.

Intervention centre - specialist counselling for domestic violence and stalking

You can take advantage of the following help:

- Trauma counselling
- Support in acute crises
- Referral to further offers of help
- Counselling for relatives
- Strengthening the ability to cope with life
- Arranging legal counselling
- Support with legal proceedings
- Help with applying for benefits
- Information on therapy options

☎017683786823

☎03931700105

@interventionsstelle@drk-stendal.de

🌐[Website](#)

Counselling sessions can take place at [Familienhof Salzwedel](#). You can also get counselling online. You can book an appointment [here](#). Counselling is free of charge and confidential.

The women's refuge in Salzwedel can also support you.

 [Website of the women's refuge](#)

 [+49 \(0\) 3901424859](tel:+49(0)3901424859)


 [@frauenhaus-salzwedel@web.de](mailto:frauenhaus-salzwedel@web.de)

You can also contact the [help hotline for violence against women](#).

Perpetrator programme for men who use violence

Have you become a perpetrator? Have you perpetrated psychological or physical violence? Do you want to change? You can get help to resolve conflicts without violence in the future. Contact the specialist centre.

 [Website](#)

 [03917217441](tel:03917217441)

 [@promann@dfv-lsa.de](mailto:promann@dfv-lsa.de)

Trafficking in women, forced marriage and honour-based violence

The specialist centre VERA can help you. If you

- experience honour-related violence
- are to be or have been married off without your consent
- are affected by human trafficking.

You will receive

- psychosocial counselling
- support in clarifying questions about residence and social law
- advice on possible anonymisation
- support during proceedings, for example with the police or in court
- refers you to and accompanies you to specialised services
- supports you in developing new perspectives

VERA organises safe and anonymous accommodation for you. Counselling is mobile, anonymous and free of charge. If necessary, you will receive counselling in your native language.

VERA provides multilingual counselling. You can find a multilingual flyer [here](#).


 <https://papatya.org/onlineberatung-sibel/>

Children's rights

As a child, you need special protection. That is why you also have special rights. These rights are set out in the Convention on the Rights of the Child. The General Assembly of the United Nations adopted the Convention in 1989.

The UN Convention on the Rights of the Child can be divided into four groups: the right to life and personal development, equal treatment, the best interests of the child and participation. In detail, this means

- Every child has the right to all the things they need to live. This includes, for example, food and drink or medical treatment.
- The right to go to school is also a child's right, as is the right to play and leisure.
- All girls and boys have the same rights and no child should be treated worse than other children.
- Every child has the right to grow up healthy, cared for and protected from violence.
- Every child has the right to live with their parents or, if the parents are separated, to have contact with both parents.
- All girls and boys have the right to form their own opinion and to stand up for it.

 You can find a clear explanation of the 10 important children's rights here: [German/Arabic](#) and [German/Persian](#).

Are you experiencing violence? Do you feel unfairly treated? Then the [youth welfare office](#) can advise you.

Anti-discrimination and inclusion

Experiences with discrimination

Treating people unequally because of certain characteristics is prohibited in Germany. But it is still widespread. Whether when looking for accommodation, at work, in authorities, schools, doctors' surgeries, in leisure time or with the police. Discrimination can happen in all areas of life. Am I not allowed into the club because I have a disability? Did I not get the job because I wear a headscarf? Are my children treated worse at school because they speak little German? Do the police only check me on the long-distance bus because I have a different skin colour? Does the taxi driver refuse to give me a lift because I am transgender? Experiences like these lead to anger, powerlessness and a feeling of helplessness. But you don't have to simply accept discrimination. You have the right to defend yourself against it.

All people in Germany have this right. Regardless of their origin or residence status. This is enshrined in the German constitution as one of the human rights. You can take legal action against discrimination.

Have I been discriminated against?

Sometimes you don't know exactly whether you have been discriminated against. You are unsure because other people don't see a problem with an action or don't think the discrimination is bad. This is where counselling can help. The staff at the counselling centre will take your experiences seriously. They can tell you whether your experience is also legally considered discrimination and what legal options you now have. But even if your experience is not legally considered discrimination, the counselling centre can help you. The staff can help

you to come to terms with what you have experienced and develop strategies for the future.

The anti-discrimination advice centres support all people who have experienced discrimination and would like advice.

For example, you can contact the Federal Anti-Discrimination Agency directly on the following telephone number [030185551855](tel:030185551855) for advice. The advice centre can be reached at ☎ on Mondays from 1 - 3 pm and ☎ on Wednesdays and Fridays from 9 am - 12 pm. The staff speak German. Counselling is free of charge and anonymous if you wish. You will have to pay the usual telephone charges for the call.

🗣️ You can find the website [here](#). The website is available in German, English and Arabic. You will also find information in easy language and sign language.

Alternatively, you can also contact a [migration counselling service for adults](#) or the [youth migration service](#). The staff often speak many languages and can help you with all problems relating to life in Germany.

What do I do if I have been discriminated against by the police?

You can also experience discrimination at the hands of the police. One experience that many people in Germany have, for example, is so-called racial profiling. If a person is stopped, questioned, searched or even arrested by the police simply because they appear suspicious because of their skin colour or similar characteristics, this is discrimination. "Racial Profiling". But discriminatory insults, abuse or assaults can also happen. Victims of police brutality or police violence can report police officers.

Police officers are not above the law. What they may and may not do is regulated in the Criminal Code, the Code of Criminal Procedure and police law. You can find out more [here](#).

Important: You have the right to ask for the police officer's identity card and to write down their details. This is important if you want to file a criminal complaint later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Please note: You must file a criminal complaint within three months of the incident. You can do this directly with the public prosecutor's office. You do not have to go to the police.

Mobile victim counselling on site

🗣️ [multilingual flyer](#)

📍 [Mobile Opferberatung](#)

💡 Further information can be found [here](#).

Lesbian, gay, bisexual, trans* and inter* (LGBTI)

Many people live together in Germany. They have different religions. They are of different genders. They come from different countries. They have different political views. All these people live together peacefully. They have the same rights.

The same applies to people of different sexual orientations or gender identities. These include lesbians, gays, bisexuals and transgender and intersex people. In short, they are called LSTBI.


They have the same rights in Germany as all other people.

There are three genders in Germany. These are "male", "female" and "diverse". Transgender people can change their gender in Germany. They can also change their name. Women are allowed to love and marry other women in Germany. Men are allowed to love and marry other men in Germany.

 Many LGBTI people have fled to Germany. They were persecuted in their home country.

Are you a refugee and lesbian, gay, bisexual, transgender or intersex? Then you can contact one of the many LGBTI organisations in Germany. There you will find support, social contacts and information. You can find contact details at the LSVD project "Queer Refugees Deutschland". You can also find more information:

Lesbian and Gay Association in Germany (LSVD)
Queer Refugees Germany" project

 www.queer-refugees.de

@queer-refugees@lsvd.de

Are you currently undergoing asylum proceedings? There is a special offer for queer refugees.

Counselling is free and confidential. You can make an appointment by e-mail or call. Counselling takes place in Magdeburg, Halberstadt or Halle.

 Sophie Lauf

@sophie.lauf@lsvd-lsa.de

 [015254163236](tel:015254163236)

 <https://lsvd-lsa.de/angebote/queer-refugee-support>

Scene meeting point in Salzwedel

 [Kultur-Nische](#)

Counselling centre for discrimination

 [Mobile Opferberatung](#)

 [multilingual flyer](#)

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

People with disabilities

In Germany, almost one in ten people has a severe disability. Many more people have health impairments. Or they are [chronically ill](#). For example, there are people who cannot see. They are blind. There are people who cannot hear. They are deaf. Some people's bodies are smaller than others. Some things are not so easy for them. You can't walk by yourself. Or it is more difficult to do a certain job. But they should also be able to participate in society. There are

inclusion measures for this. For example, they get help at work. Or children receive special support even before they start kindergarten. It's called early intervention.

Early intervention

Early intervention is for young children who have a disability or could develop a disability. It also helps children who develop more slowly than other children in certain areas. Examples of early intervention are Speech support, vision school or movement therapy. Early intervention is available for children from birth to school age. Early support is important in order to avoid disabilities or to minimise the consequences of disabilities.

Your [paediatrician](#) can help you to find early support. You can also contact the [local health authority](#).

Severely disabled people

People with a degree of disability of 50 or more can obtain a severely disabled person's pass. There are a number of advantages associated with this card. For example, tax reductions. And reduced or free use of buses and trains. The benefits a person receives depend on the type of disability and the degree of disability. You can apply for a severely disabled person's ID card at the pension office.

You can get help [here](#).

The family guide provides valuable information [here](#). You can find out what the degree of disability is. You will learn who determines the degree of disability. And what you can do if you do not agree with your degree of disability.

Local facilities

There is an [integration village](#) at Arendsee. This is called IDA. Here you can go on holiday with a disability. Everyone is welcome. There are many activities on offer. Games, sport and creativity are the order of the day.

In Salzwedel there is the CJD. CJD stands for [Christian Youth Village Organisation Germany](#). There are various programmes. Mentally disabled people can live and work here.

[Lebenshilfe Altmark West](#) offers various programmes at Altmarkkreis Salzwedel. People with disabilities can live and work here. There are also integrative day care centres. Older people can be supported by day care centres.

There are also other facilities. Contact the [social welfare office](#) for more information.

Probleme bei der Inklusion

However, there are still many problems with the integration of people with disabilities. Because people are not disabled - they are disabled: The ATM that is too high up prevents them from being able to withdraw money without problems. The stairs are off-limits for wheelchairs. And the small font is a problem for visually impaired people. Do you see someone who might need help? Then ask if you can help.

District Disability Officer

@kreisbehindertenbeauftragteraltmarkkreis@web.de

☎ [+49 \(0\) 91429884](tel:+493091429884)

The state network of migrant organisations in Saxony-Anhalt has published a brochure on living with a disability in various languages.

📄 [Brochure Living with a disability German, Arabic, Persian](#)

📄 [Brochure Living with a Disability English, Polish, French](#)

📄 [Brochure Living with a Disability German, Romanian, Turkish](#)

📄 [Brochure Living with a disability German, Russian, Ukrainian](#)

Religious freedom

Freedom of religion applies in Germany. This is guaranteed by the Basic Law. You can practise your faith as you see fit, as long as you do not violate the Basic Law. You may also not be discriminated against on the basis of your religion, for example when looking for work. Religious freedom also means accepting the beliefs of others. Germany does not have a state church. State and religion are separate.

This means, for example:

- All people are free to choose and practise their religion and beliefs.
- All people have the freedom not to be religious. Anyone who does not believe in God is allowed to say so publicly.
- People of different religions and beliefs may marry each other.
- Marriage only counts as a legally valid marriage before the registry office. Marriages entered into exclusively within the framework of a religion are not legally binding in Germany.
- Religious laws do not determine the legal system in Germany.

Police

Responsibilities of the police

The police are there to protect us from danger. They also solve crimes. It has nothing to do with the secret service or politics. Is there an emergency? Then you can contact the police at any time by dialling [110](#). The call is free of charge. You can read [here](#) what you need to bear in mind when making an emergency call.

What the police may and may not do is laid down in law. For example, they need a judge's authorisation to search a home. Unless there is great danger to a person in the home. Read more about your rights vis-à-vis the police [here](#).

👮 Do not try to bribe the police. Attempts to bribe police officers are severely penalised in Germany.

When should I call the police?

Are you or another person in danger? Have you witnessed a crime? Then call the police. It could be a robbery. Or a burglary. Theft, arson and damage to property are also included. Sexual abuse, assault or threats are also a matter for the police. You should also call the police in the event of domestic violence.

If you call the emergency number 110, the police will be with you as quickly as possible.

Important: If you have been the victim of right-wing, racist, anti-Semitic, Islamophobic, homophobic or transphobic violence, you can contact the police or the [mobile victim counselling](#) service at any time. You can find out more about this in our "[Discrimination](#)" section.

💡 There is a victim protection officer at the police station in Salzwedel.

✉ @opferschutz.prev-saw@polizei.sachsen-anhalt.de

☎ [03901848120](tel:03901848120)

💡 Have you been the victim of a criminal offence? You can get help from the Weissen Ring.

🌐 <https://weisser-ring.de/>

☎ [016098225218](tel:016098225218)

✉ @giesemann.edda@mail.weisser-ring.de

You can also call the police in the event of a so-called administrative offence. For example, if someone is not respecting quiet hours and is listening to loud music at night.

If you notice political or religious radicalisation of young adults in your environment, you can also report this to the police. You can also contact the BAMF's radicalisation advice centre at ☎ [+49 \(0\) 9119434343](tel:+4909119434343) in several languages.

Rights vis-à-vis the police

What can the police do?

The police may ask you for your ID. If you are not suspected of any specific criminal offence or you do not have any evidence of another suspect, the police may not search you. This also applies to your home: your home may only be searched if you are suspected of a criminal offence or if the police suspect that a suspect is in your home. However, if the police announce that they want to search you or your home anyway, you must say that you do not consent to this. If you do not say anything, this is deemed to be consent. You have said no? The police search your home anyway? Then the police are committing a criminal offence. In this case, contact a counselling centre or a lawyer. You have the right to make a phone call during a search. You may also call someone else. This person can then also be a witness and help you. Normally, the police need a court order.

💡 Women may ask for a female police officer if they themselves are to be searched.

If you are travelling in a vehicle, the police may ask for your ID, driving licence and vehicle registration document. The police may also ask you to stop and leave the vehicle. The police may also check whether you have a warning triangle and a first-aid kit with you. However, they are not allowed to search your vehicle or test your fitness to drive by carrying out various tests (e.g. walking in a straight line) if there is no clear indication that you are under the influence of alcohol or drugs. If the police do or demand this anyway, you must refuse to give your consent. If the police force you, they are committing a criminal offence.

💡 If you do not say anything, this will be interpreted as consent.

The police may only carry out a blood test or urine test if you are accused of a criminal offence. As a rule, the police must have the consent of a judge. Only if it is necessary to react immediately (for example, because the drugs or alcohol can no longer be detected later) may the police act without the consent of a judge. However, it is important that there really are indications of alcohol or drug consumption. The police are not allowed to carry out these tests arbitrarily. If a police officer wants to carry out a blood test or urine test without an understandable reason, you can refuse your consent.

The police are also not allowed to take you to the police station without a reason. If a police officer asks you to come with them, you can also refuse to give your consent. If you are taken along anyway, the police are liable to prosecution. In this case, you should contact a lawyer. If you do not know a lawyer yourself, you can contact the ["Anwaltlicher Notdienst in Strafsachen"](#) (emergency lawyer service in criminal matters) of the Vereinigung Berliner Strafverteidiger e.V. (Berlin Defence Lawyers Association) at ☎ [+49 \(0\) 1723255553](tel:+49301723255553) and ask for support there. The staff there are available day and night.

If you are questioned by the police, you may refuse to make a statement. This means that you do not have to answer their questions. You should not answer the questions without a lawyer. If you receive a written invitation from the police, you do not have to go there. You only have to accept invitations from the public prosecutor's office or a court. Be sure to contact a lawyer beforehand.

You have the right to ask for the police officer's identity card and to write down their details. This is important if you want to file a criminal complaint later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Important: You must file a criminal complaint within three months of the incident. You can do this directly at the public prosecutor's office. You do not have to go to the police.

💡 What exactly the police are allowed to do is slightly different in each federal state.

Voluntary help

Are you looking for help?

There are often groups that work for you without payment. Volunteers can help you find your way around your neighbourhood. They can help you take part in leisure and sports activities. You can learn your first German language skills here. If you have questions about everyday life, ask the volunteers. For example, if you don't understand a letter in German or if you want to know where there are cheap shopping and sports facilities or how bus travel works. Volunteers can also help you with questions about a bank account. Many volunteer groups also offer help if you would like to learn German. You can also help. Helferkreise are organised by full-time staff

or associations.

Here you can find a list of volunteer offers at Altmarkkreis Salzwedel:

Evelyn Ruppert-Schulze | Netzwerkkoordinatorin

📍 [Schillerstraße 31, 29410 Salzwedel](#)

✉ @fluechtlingshilfe.saw@gmail.com

☎ [+4915202641367](tel:+4915202641367)

📅 Monday to Thursday 10 am to 12 noon Counselling for all

📅 Friday 3 to 5:30 pm Counselling for all 🗣 in German and Arabic

📅 Monday and Tuesday 9 am to 1.30 pm Counselling for ethnic German immigrants 🗣 in German and Russian

📅 Thursday 9 a.m. to 1 p.m. Counselling for ethnic German immigrants 🗣 in German and Russian

Ida Gunner | Aussiedlerberatung

📍 [Schillerstraße 31, 29410 Salzwedel](#)

☎ [+493901304830](tel:+493901304830)

Begegnungscafé Kluhs

📍 [An der Marienkirche 4, 29410 Salzwedel](#)

[Meeting café Kluhs](#)

📅 Thursday from 4 pm

Christina Dietmann | Netzwerkkoordinatorin

📍 [Rudolf-Breitscheid-Straße 5, 39638 Gardelegen](#)

✉ @fluechtlingshilfe.ga@gmail.com

☎ [+4915773235951](tel:+4915773235951)

[Meeting café in Gardelegen](#)

📅 Friday 5 to 7 pm

Lisa Marie Sacher | Migrationskoordinatorin

📍 [Karl-Marx-Straße 32, 29410 Salzwedel](#)

@integration@altmarkkreis.de

☎ [+4939018405004](tel:+4939018405004)

There are volunteer guides and language mediators in the Altmarkkreis Salzwedel. If you need support, please contact the migration coordinator. Would you like to become active yourself? You can find information [here](#).

Kreisvolkshochschule

📍 [Karl-Marx-Straße 15, 29410 Salzwedel](#)

@vhs.salzwedel@altmarkkreis.de

🌐 <https://vhs-salzwedel.de/>

There are multilingual people at the district adult education centre who can support you.

📅 Monday to Thursday from 10 am to 2 pm

📅 Friday 9 am - 1 pm

☎ [039018404310](tel:039018404310)

eXchange e.V.

📍 [Altperverstraße 7, 29410 Salzwedel](#)

@info@exchange-verein.de

☎ [+4939014289188](tel:+4939014289188)

🌐 <https://exchange-verein.de/>

The association eXchange offers voluntary counselling on various topics. You can ask questions about your asylum application or family reunification. You can also get help with applying for benefits. You will also receive help with all everyday questions.

📅 Monday 1 to 4 p.m. Advice for women and queer people, from 5 p.m. theatre workshop for refugees

📅 Tuesday 3 to 6 p.m. Counselling for all

📅 Thursday 3 to 6 p.m. Counselling for all

💡 The association has a bicycle workshop. There you can work on your bike yourself. Materials are provided.

Mehrgenerationenhaus

📍 [Sonnenstraße 2, 29410 Salzwedel](#)

✉ [@jugendtreff-sonnenstrasse@web.de](mailto:jugendtreff-sonnenstrasse@web.de)

🌐 <https://awo-aksaw.de/mgh/>

[Café Papierkram](#)

📅 every first Monday of the month from 3 to 5 pm

💡 Here you will be helped to fill out your applications.

Further offers and information can be found on the website of [LAMSA](#) the state network of migrant organisations in Saxony-Anhalt.

Would you like to help?

People who do voluntary work are committed to something that they find important. Very often you help other people or animals. Volunteers work in many places. They are often active in sports clubs or other organisations. Volunteering is something you do in your free time. Volunteering is not comparable to an employment relationship. Volunteering is not a job where you are paid.

Why do many people do voluntary work in their free time?

- It can be fun to help other people.
- You can develop your own skills. Training courses are often offered.
- You receive a certificate for your voluntary work. This can help you find a job or be recognised as a positive integration achievement.
- You stand up for democratic values together.
- You get to know lots of people and can make new contacts.

There are many more reasons to become active as a volunteer.

Volunteering has no limits! You can become active in these areas, for example:

- Children
- youth
- art
- culture
- education
- sport

- Fire brigade
- garden
- Democracy
- Integration and migration
- Everyday life and household
- Help for the elderly
- Animal welfare and care
- Music and
- Climate and nature conservation

[Here](#) you will find offers to become active.

The migration coordinator of the Altmarkkreis Salzwedel district looks after volunteer guides and language mediators. The guides help refugees in all areas of life:

- Support in finding accommodation
- Orientation at the place of residence
- Support with mobility
- Support in the search for an internship, an apprenticeship or a job
- Support with language training
- Help with contractual matters
- Assistance with appointments with authorities

Would you like [help with translations](#)?

Then you should:

- speak German (B2 level),
- speak one or more other languages (C1 level),
- be of legal age/adult.

Volunteers meet regularly for information events and exchange meetings.

Lisa Marie Sacher | Migrationskoordinatorin

📍 [Karl-Marx-Straße 32, 29410 Salzwedel](#)

✉️ @integration@altmarkkreis.de

☎️ [+49 \(0\) 39018405004](tel:+49(0)39018405004)

The network centres are also looking for volunteers for various areas:

- Organising leisure activities for children and adults
- Reading mentors or educational mentors
- Volunteer language support

- Help with filling out applications

Evelyn Ruppert-Schulze | Netzwerkkoordinatorin

📍 [Schillerstraße 31, 29410 Salzwedel](#)

✉ @fluechtlingshilfe.saw@gmail.com

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Volunteering with the Federal Agency for Technical Relief (THW)



What is the Federal Agency for Technical Relief (THW)?

The THW is Germany's civil protection and disaster relief organisation. This means that it protects the population in emergency situations. The areas of operation are varied.

- They help in the event of severe natural disasters.
- They clean up after natural disasters with the help of heavy machinery.
- They ensure the supply of drinking water.
- They build bridges to secure transport routes.
- They provide an emergency power supply in the event of power failures.
- They rescue people after train accidents.
- In the event of an armed conflict, they ensure that critical infrastructure is maintained and damage is repaired.
- And much more.

You can find an image film [here](#).

The German Federal Agency for Technical Relief also helps in other countries in the event of particularly serious disasters.

What does volunteering at THW Salzwedel involve?

There are various areas of responsibility, for example:

- Rescue & recovery of people and material goods
- Safety & evacuation work.
- Pumping and water transport
- Lighting and emergency power generation
- transport
- Emergency shelter

You will receive training from THW. There you will be taught the necessary skills. You can then specialise. There are many modules to learn. Some modules are multilingual.

You should take part in regular services. This will help you in the field.

THW is free of charge for you. You will receive special clothing for your deployment. If you don't have time to help, that's fine. You are not obliged to help at certain times.

Who can take part?

Basic knowledge of German is required:

- Getting to know = [A2](#)
- Operator = [B1](#)
- Higher functions = [C1/C2](#)
- Age: 12-99 years
- There are no restrictions on gender, religion or nationality.

Are you interested in volunteering at THW Salzwedel?

💡 Get to know the work of the technical relief organisation during a service. Register by telephone or e-mail.

Every **second Saturday of the month from 9:00 am to 4:00 pm**. There may also be other times. Please contact the relevant office for more information.

Technisches Hilfswerk Ortsverband Salzwedel

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🌐 <https://ov-salzwedel.thw.de/unser-thw-ortsverband>

📷 Instagram: [thw_salzwedel](#)

📘 Facebook: [THW Salzwedel](#)

Volunteering at Offener Kanal Salzwedel

OFFENER KANAL SALZWEDEL e.V. LOKAL.FERN.SEHEN



Would you like to make your own TV programmes? Do you enjoy working with the media? Are you interested in local topics and local events? Then the Open Channel is the right place for you!

Offene Kanal Salzwedel is a local community radio station. It produces programmes about local events. Citizens can produce their own television programmes on topics and events in and around Salzwedel that are important to them.

What can you expect?

- You **record events** and record outstanding regional events to make them accessible for the future and the community.
- **Political reporting** - you will attend meetings of the district council or town council and record them. In this way, they ensure transparent reporting on local political issues.
- **Your own projects** - Do you have a topic that particularly moves you? Make your own programme.

What does the Open Channel offer?

The Open Channel provides you with everything you need for your voluntary work free of charge:

- Professional camera and sound equipment
- editing suites for post-production
- a fully equipped television studio
- Professional support and advice


No previous experience is necessary. You will be familiarised with the latest technology free of charge. You will also receive further training.

You will gain valuable experience in media production.


You can organise your time flexibly.

Are you interested in volunteering at Offener Kanal Salzwedel? Drop by on site. You can also send an e-mail or give us a call.

Ivonne Ritter

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