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Welcome to the Donnersberg district

Welcome to Donnersbergkreis and Rhineland-Palatinate.

Here you will find information from the District Administrator and our Integration Officer.

We hope you feel at home with us

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The District Administrator of the Donnersberg district welcomes you



Ladies and gentlemen,

As District Administrator, I would like to welcome you to the Donnersberg district. I hope you have arrived safely. It is very important to us that you feel at home around the highest mountain in the Palatinate. Numerous people in the local authorities and in the district administration, as well as many, many volunteers in very different areas, make sure of this. This is what characterises our region and makes it so liveable and lovable. I would like to express my heartfelt thanks to all those who are involved.

We also know that many of you would like to work here as soon as possible. There are many wonderful employers and businesses in the Donnersberg district. We are working in our registration centre at the Immigration Office to ensure that you can seek employment with them as soon as possible.

The Donnersberg district is located "right at the top of the Palatinate" and has a dense network of hiking trails, lots of forest, two wine-growing regions, 81 lively local communities and five association municipalities. People are involved in many different areas for their home region.

Explore this wonderful region, which has a lot to offer with its rural structure. I am sure you will discover one or two surprises. Many associations and groups have put together special offers for you and your families. You are welcome to take advantage of them.

If you have any further questions, please get in touch - with the district administration, the local council offices or the numerous volunteers. We all hope that you have as pleasant a time as possible in our Donnersberg district.



Yours
Rainer Guth
(District Administrator of the Donnersberg district)

The Advisory Board for Migration and Integration says: "Welcome to the Donnersbergkreis!"

Welcome to the Integreat app!

On behalf of the Advisory Board for Migration and Integration, we would like to welcome you! We are delighted that you are part of our community.

The advisory board is committed to the interests of migrants, promotes dialogue and integration, advises the district on issues relating to migration and diversity and works to create an open and respectful society.

This app is designed to offer you a platform to find information, exchange ideas and find support - no matter where you come from or what experience you bring with you.

Together, we want to build bridges, celebrate diversity and create a vibrant community. Don't hesitate to get actively involved and ask questions. We are here for you!

Have fun and success on your journey!

Best regards,

For the Advisory Board for Migration and Integration

Silvia König, 1st Chairperson

Contact: @ beirat@migration.donnersberg.de

Small district with great charm



Donnersbergkreis? You've probably never heard of it before in your life. The Donnersberg district has around 75,000 inhabitants, spread over 81 towns. There are only a few towns. The largest is Eisenberg. However, the district administration is based in the somewhat smaller Kirchheimbolanden, which has a population of just under 8,000.

A rural region

On average, less than 1,000 people live in one place in the Donnersberg district. This alone shows that it is a rural region - with all its advantages and disadvantages. Buses and trains, for example, don't always get you where you want to go in time. The car is indispensable for many people here, not least to get to their jobs - for example to large automotive suppliers in Kirchheimbolanden and Rockenhausen. The district's agricultural sector mainly grows wheat, maize and potatoes. Yes, even wine is grown in the Donnersberg district. The two small but fine wine-growing areas are located in the Alsenztal valley between Steingruben and Obermoschel and in the Zellertal valley. It's worth trying them, as the local wines are characteristic and have won many awards.

Living where others go on holiday

The Donnersberg district has many advantages: Life is affordable and easily manages without the hustle and bustle of big cities. People know each other in the village, neighbourly help is not a foreign concept and people live where others like to go on holiday - around the Donnersberg. This 686.5 metre high mountain is of volcanic origin - but don't worry, there is no danger of it erupting!

The Donnersberg was already inhabited by the Celts 2,000 years ago. This historical connection to the Celts is an important building block in the tourist concept of the Donnersberg district, including the Celtic village and Celtic trail. There is also a great deal of cycling and hiking in our region, especially as the south of the Donnersberg district borders the Palatinate Forest, the largest contiguous forest area in Germany and a Unesco biosphere reserve - with an extensive network of hiking and cycling trails.

The network of Palatinate Forest huts, such as those in Göllheim or Winnweiler, where you can eat well and cheaply, is also unique. Key point food: Try some bratwurst or liver dumplings. These typical dishes are of course also available in the Palatinate Forest huts. Just give it a try - whether with bread, sauerkraut or mashed potatoes, you're sure to enjoy it.

The number 1 sport

The end is dedicated to a great similarity between your home region and the Donnersberg district: football is the number one sport here and there. It is played a lot, gladly and often in numerous amateur clubs. And just a few minutes' drive away in the city of Kaiserslautern, a prominent professional club plays, although unfortunately not in the first division at the moment. It is 1. FC Kaiserslautern - and football fans in Ukraine are likely to recognise its name from more glorious days.

Information from our District Administrator R. Guth from a meeting in Rockenhausen on 29 June 2025

On 29 June 2025, District Administrator R. Guth visited the intercultural café in Rockenhausen.

The aim was to give people from all nations living here the opportunity to discuss their problems. The District Administrator also wanted to get to know the people and understand their concerns.

Here we share the most important points of the many discussions.

Point 1) Accessibility of the immigration office

People asked about the availability of the immigration office by telephone for people from Ukraine. Often the displaced persons from Ukraine could not reach anyone there. It was confirmed that accessibility has been difficult since the beginning of the year. The reason for this was the departure of employees. However, new Ukrainian-speaking employees have been hired since 1 June 2025. The new colleagues have already familiarised themselves well and quickly. A great improvement has already been achieved.

>>> This has also relieved the burden on the other employees of the Foreigners' Registration Office and this has an effect on all nationalities!

See also this [link](#)

Point 2) Online appointment allocation at the Foreigners' Registration Office

It was asked why online appointments are not possible at the Foreigners' Registration Office. With the introduction of the online appointment system, this was also possible at the Foreigners' Registration Office. However, the online system could not recognise how much time each appointment takes. The duration of the appointments often varied greatly and was given incorrectly.

However, it is important to our immigration office to have enough time for each individual appointment. This is the only way to be able to answer your concerns and questions in detail. We therefore recommend that you **continue to make appointments by telephone or e-mail**. This way, the staff at the Immigration Office can understand why you need an appointment and how long the appointment will take.

See also this [link](#)

Point 3) Work permits for people from Ukraine

You have been asked whether a work permit is required to start work.

Ukrainians who fulfil the requirements of § 24 of the Residence Act may work in Germany without a work permit. However, if you receive citizen's allowance from the Job Centre, you must inform the Job Centre. This will enable the Job Centre to adjust your benefits in good time and you will not have to pay anything back later.

See also this [link](#)

Point 4) What impact will the hoped-for end of the war in Ukraine have on people living here?

It is currently unclear how a possible stay after the end of the war in Ukraine will be regulated. The European Union will probably make a decision on this. We will have to wait and see.

See also this [link](#)

Point 5) Driving licences for people from Ukraine

We were asked about the validity of driving licences issued in Ukraine.

Car driving licences issued in Ukraine are valid without restriction for displaced persons who have a residence permit in accordance with Section 24 of the Residence Act.

There is no corresponding regulation for **lorry driving licences**. In these cases, the driving licence office of the district administration must check individually. It is therefore recommended that you arrange a consultation appointment there if you have specific questions.

See also this [link](#)

Point 6) Costs for professional qualification translations - all nationalities

The costs for translations of certificates and diplomas are not covered by the district administration. Please check with your job centre or employment agency. Some costs are covered there.

We hope this information is helpful. Such meetings will continue to take place in the future and we will share this information here.

Immigration office, law and naturalisation

Here you will find information and links to

- Foreigners' Registration Office
- Law
- Naturalisation

Foreigners' Registration Office Appointments

To visit the Foreigners' Registration Office, please make an **appointment**.

The Foreigners' Registration Office can be reached by telephone on **06352/710-450**

on **Monday, Tuesday and Wednesday** from **08.00 to 12.30**

on **Thursday** from **08.00 to 12.30** and from **14.00 to 18.00**

on **Friday** from **08.00 to 12.00**

It is important for our Foreigners' Registration Office to have enough time for your appointment. This is the only way to ensure that your concerns and questions can be answered calmly and in detail. We therefore recommend that you continue to make appointments by telephone or e-mail. This way, the staff at the Foreigners' Registration Office can understand why you need an appointment and how long the appointment will take.

Unfortunately, an online system for making appointments has not proved successful. The system could not recognise how much time each appointment takes. The duration of the appointments often varies greatly and was often calculated too short by the system.

Only by calling you can the staff at the immigration office understand why you need an appointment and how long the appointment will take. This means that you will receive the best advice on the phone and during your visit to the Foreigners' Registration Office.

Passport photos only digital

New regulations for ID card and passport applications have been in force since 1 May 2025. Passport photos (e.g. for residence permits) may only be submitted digitally; paper photos will no longer be used, as was previously the case.

The good news is that the district administration has a device that can be used to take digital passport photos on site. This only costs 6 euros.

Advantage: You no longer have to have the photos taken by a photographer, which saves time and money.

So from now on, **simply come to the appointment and have your photos taken at the district administration.**

It is also still possible to have photos taken by a professional photographer or at the drugstore "dm". These will be made available as a digital file and can be accessed by the district administration once an access code has been issued. In addition to the code, paper photos are also handed out at the drugstore. However, the photos taken at the district administration cannot be taken in paper form.

See our press release at: <https://t1p.de/xafr9>

Online services of the Foreigners' Registration Office - submitting applications online

Use the online service of the district administration.

You can [apply for residence permits online](#) at the Foreigners' Registration Office.

If you have any questions, the Foreigners' Registration Office will be happy to help you [over the phone](#).

Reception centres for asylum seekers (Afa)

Here you will find a link to the reception centres in Rhineland-Palatinate

> [Link Reception centres for asylum seekers in RLP](#)

Country-specific information

If your home country is listed here, you will find your own regulations here

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Ukraine

Regulations for people from Ukraine who now live in Germany

Change of residence until 04 March 2026 (Ukraine)

Temporary protection for Ukrainian nationals and their family members whose residence permit issued under Section 24 of the Residence Act is still valid on 1 February 2025 **will be automatically extended until 4 March 2026**.

It is not necessary to ask the immigration authorities for extensions. No appointments are necessary at the immigration authorities.

Source: [LINK](#)

Do I need a work permit to start a job?

People from Ukraine may work in Germany without applying for a work permit. Authorisation to stay in Germany in accordance with Section 24 of the Residence Act allows you to start working immediately.

However, if you receive citizen's allowance from the Job Centre, please be sure to inform your local Job Centre. They will advise you and explain to you what changes will occur when you start working.

However, please bear in mind that if you work, you will generally always receive more money at the end of the month than you receive from the Job Centre. In this case, you can also apply for other benefits and keep your child benefit. In any case, it is worth taking up a

permanent job.

Info hotline for refugees



The banner features the title 'INFO-HOTLINE UKRAINE' in large red letters, with 'RHEINLAND-PFALZ' in smaller grey letters below it. To the right is the logo of the Rheinland-Pfalz region. The central blue section displays the phone number '0800 0003 695' in white, followed by the text 'Kostenlose Hotline für Fragen von Helfenden und Geflüchteten' and the hours 'Mo-Fr 8–15 Uhr, Sa 9–12 Uhr'. Below this is the website 'www.ukraine.rlp.de'. The bottom yellow section contains text in Ukrainian and Russian: 'Безкоштовна гаряча лінія для питань помічників та біженців пн-пт з 8.00 до 18.00, сб з 9.00 до 14.00' and 'Бесплатная горячая линия для вопросов от помощников и беженцев: пн-пт 8-18 ч, сб 9-14 ч'. Navigation arrows are on the left and right sides of the blue section.

[Here is the link to the Ukraine hotline](#)

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What impact would a hoped-for end to the war in Ukraine have on the people living here?

What impact will the hoped-for end of the war in Ukraine have on the people living here?

It is currently unclear how a possible stay after the end of the war in Ukraine will be organised. The European Union will probably make a decision on this. We will have to wait and see.

Driving licences for people from Ukraine

Validity of driving licences issued in Ukraine.

Car driving licences. If these driving licences were issued in Ukraine, they are valid without restriction in Germany. The prerequisite is a residence permit in accordance with Section 24 of the Residence Act.

Truck driving licences. This regulation does not apply to HGV driving licences. Please speak to the staff at the driving licence office in Kirchheimbolanden. They will be able to answer your question. Please call the district administration and make an appointment.

Pets with Ukrainian refugees



Refugees from Ukraine can enter Germany from Ukraine with their pets under simplified conditions until further notice. However, once the animal has entered the country, a permit is always required.

The application must be sent to the address vet-agrar@donnersberg.de. If available, photos or copies of all pages of the animal's vaccination card should also be attached.

The animal must be kept in isolation until authorisation is granted. This means that contact with both other animals and people must be kept to a minimum. Visits to a veterinary practice should also be avoided. Should the animal become ill, a vet should come to the house for treatment. The licence then contains further instructions on keeping the animal, which must be observed. Special attention must be paid to hygiene measures.

The following applies to anyone arriving in collective accommodation:

If you are handing your animal over to a private individual, make a note of the name, address and telephone number of the person you are handing your animal over to. Write an email with this information to vet-agrar@donnersberg.de

There are also certain regulations to prevent the introduction of African swine fever.

The most important rules can be viewed here:

- [Pet animals Application for authorisation according to Art. 32 VO EU 576.2013 trilingual](#)
- [Leaflet pets](#)
- [Leaflet African Swine Fever German](#)

- [Leaflet African swine fever Ukrainian](#)

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Links to further information

Here you will find links to further information that may help you.

If you have any questions, please do not hesitate to contact your help organisation.

[Rhineland-Palatinate state government](#)


[Ukraine-Hotline Rhineland-Palatinate](#)

[BAMF - Federal Office for Migration and Refugees](#)

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Information on citizen's allowance and child benefit

Have you fled from Ukraine? Then special regulations apply with regard to the citizen's allowance and other benefits.

You can find all the information you need on this  [page of the Federal Employment Agency](#).

There are various aids to help you fill in the applications. You can also download these from the site. All information is also available in Ukrainian, Russian or in simple language.

You will find further important information to download on the page.

[S.B.]

Naturalisation

Here you can find out how you and your family can obtain German citizenship.

Please contact us if you are interested.

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Naturalisation Office Reachability

The staff responsible at the naturalisation office in the Donnersberg district have a lot to do, as many people want to be naturalised.

However, in order to be able to help you despite all the work, telephone hours have been set up.

You can find the telephone times and the telephone number here:

[Homepage of the district administration](#). (please scroll down on the right side of the homepage)

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Naturalisation - Information from the state government of RLP

The state government of Rheinland-Pfalz informs you here about the possibilities for your naturalisation.

Please use this link: <https://einbuengerung.rlp.de/>

Naturalisation - Information from the Federal Government

Here you will find a link to further information and the requirements for naturalisation in Germany

>>> [LINK](#)

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Counselling network for naturalisation

Would you like to find out more about naturalisation? Then you have come to the right place. Please use these two links:

[Link Project](#)

[Information from the Federal Government](#)

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Social life

Living

Search for a flat

If you are looking for a flat, you have various options.

💡 **You can search on the Internet.**

To do this, enter these keywords and the desired place of residence:

- Flat wanted
- Flat offers
- looking for flat
- Property offers

💡 You can look in the property market of the daily newspaper "[Die Rheinpfalz](#)".

💡 Search on [ImmobilienScout24](#)

Flats for asylum seekers

As an asylum seeker, you will be referred by the district administration of the Donnersberg district to the social welfare office of a municipality. You will be housed in accommodation there. You can live there until your asylum procedure has been finalised. There are often other asylum seekers living there.

The following rules must be strictly observed:

- Treat the flat and the furnishings with care and attention
- Save energy and water
- Report any problems or damage in the flat to the social welfare office immediately
- Do not make any structural changes to the flat yourself
- separate your rubbish, you can [find](#) information on this [here](#)
- adhere to the house rules

Once your asylum procedure has been completed and you are allowed to stay in Germany, you must move out of your accommodation as soon as possible and rent a flat yourself. The information [here](#) can help you to **find your own flat**.

The flat must be clean when you move out. Hand in the keys to the social welfare office immediately. If not, you will have to pay the cost of changing the lock.

If you have moved, you must register with the residents' registration office of the city council or the municipality in which you then live.

New flat:

Have you found a flat? Do you not yet earn enough money? Then there is the possibility of receiving a subsidy towards the rental costs. If this flat is in the Donnersberg district, you can [find](#) all the information [here](#) 🌐. You can also apply for housing benefit [online at](#)



. Find out before you sign a tenancy agreement! If the flat is too expensive, there will be no subsidy for the rent.

[S.B.]

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. That is the rent. You must keep the flat in good condition. 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 need to be informed about 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. Do you need help? Then go to your help centre. The tenants' association can also help. But you will have to pay money.

Rent - costs of accommodation (KDU)

The information on this page applies **ONLY to the Donnersberg district**. The same values apply to all locations in the Donnersberg district.

Important if you receive benefits from the Job Centre:

1. The **relevant Job Centre** should be informed **before signing** a tenancy agreement. The Job Centre will give you a rental certificate, which the landlord should fill in quickly. All important costs for rent and ancillary costs are listed here.
2. The rental certificate completed by the landlord should then be **brought to the Job Centre quickly and in person**. The Job Centre will check the costs and approve the rent certificate if the **size and costs** of the flat are correct.
3. If possible, please have a friend or someone from the help centre check the rental agreement again.

In the case of deposits, the money should be paid into a special **deposit account** and not into the landlord's private account. This is not a requirement, but it is highly recommended so that you don't get into trouble later when repaying the deposit.

How much may the rent cost?

The **costs for accommodation** (KDU) should not exceed the following **costs and flat sizes**:

Gross cold rent in Donnersbergkreis, depending on the number of people:

1 person € 382.00 (appropriate size 50 square metres)
2 persons € 478.20 (appropriate size 60 square metres)
3 persons € 573.60 (appropriate size 80 square metres)
4 persons € 622.80 (appropriate size 90 square metres)
5 persons € 714.00 (appropriate size 105 square metres)
Additional persons 15 sqm per person

This **gross cold rent** is calculated from **the cold rent and ancillary costs** (water, waste water, rubbish, property tax, etc.). The **heating is not included here**, this is paid in addition to this money by the Job Centre.

In any case, as described above, please **contact the Job Centre quickly BEFORE signing a tenancy agreement**.


Something else is **important**:


Whoever signs the tenancy agreement is responsible for the tenancy agreement and all costs.

If you sign without the Job Centre's approval, you are responsible for all costs for as long as the tenancy agreement is valid. Cancellation is usually only possible after 3 months. So if you sign a tenancy agreement that is too expensive and the Job Centre does not pay for it, you will have to bear all the costs yourself !!!!


Cheap food and clothing

The most important places to get very cheap food and hygiene articles are the food banks. You can get these items there if you don't work yourself or don't earn enough money. You will need a card for this. This is issued by the Tafel shops themselves. Go there with your proof that you are in need. For example, with your notice from the AsylbLG or social welfare (these are the letters that tell you how much money you will receive for a month).

Here is a link and the times and places where you can hand them out: 
[DRK-Tafeln-Donnersbergkreis](#).

Used clothing and other items can be found in the district's clothing stores: 
[DRK-Kleiderkammern](#).

Clothes banks and food banks are always happy to welcome people who would like to help out.


There are also several social department stores in the Donnersberg district where you can buy second-hand clothes, crockery and furniture, as well as sports and electrical equipment at very favourable prices. It is worth [googling](#)  to find the nearest social department stores.

S.B.

Waste separation and bottle deposit

In Germany you have to separate your rubbish. There are different rubbish bins and rubbish bags for this purpose. Please separate your rubbish, as a large proportion of waste is reused.

This is an important contribution to environmental protection.

You can find more detailed information in a small app. This is highly recommended, e.g. you can also find the locations of the bottle banks here.  [Waste disposal app](#)

Here is just a brief summary of waste separation:

Yellow bag:

This is where clean plastic, metal and aluminium packaging goes. For example: tins, milk cartons, plastic cups. The yellow bags can be obtained free of charge from the Citizens' Centre at the registration desk in the district administration or from the information desk in the town hall.

The green rubbish bin:

Only paper and cardboard belong in this bin.

Grey glass bags, glass containers:

The grey glass bags will no longer be collected!!!

Instead, you must throw your glass bottles into the glass containers provided.

Used glass separated by colour is a much higher quality raw material than mixed glass. It is therefore important to dispose of glass bottles and screw-top jars in the appropriate glass containers. Please follow the instructions on the containers.

You can find out where the glass containers are located in your town in the waste disposal app mentioned above. It is worth downloading it.

Brown organic waste bin:

Food scraps (raw and cooked) eggshells, fruit and vegetable scraps, wrapped in newspaper (not plastic).

Grey residual waste bin:

Nappies, cigarette butts and all other waste that does not belong in one of the other bins.

Bulky waste:

Large items that are no longer used (furniture, fridge, TV ...) can either be collected or taken directly to the recycling centre. All information on this can be found at the district administration:

Information on waste separation to read and print out in various languages can be found on the homepage of the district administration.

 [Waste separation plan](#)

What do I need to know about "deposits"?

In Germany, there is a so-called "deposit obligation" for certain drinks packaging. If you buy plastic and glass bottles or drinks cans in the supermarket, you pay a few cents more for them. If you return them empty later 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.

[S.B.]

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 can also read about how to heat, ventilate and save energy properly [here](#).

💡 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](#).

S.B.

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 currently 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](#). Alternatively on the [website of the licence fee service](#). 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](#).

S.B.

Financial matters and contracts

Particularly important for all contracts:

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.

If you are unable to solve problems with a contract on your own, seek help from a help centre. You can also get help from [consumer protection](#) organisations, although some pages are only in German.


[S.B.]

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  [Bundeszentralamt für Steuern](#).

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.

S.B.

Insurances

Personal liability insurance - the most important insurance

In Germany, you can insure yourself against many types of damage. Some insurances are important. Others are not.

In addition to health insurance, you need "private liability insurance" right from the start.

Taking out this insurance is voluntary. But it is very important.

In Germany, you have to pay compensation if you cause damage to someone.

This applies to personal injury, property damage and financial loss. For example, if you cause a traffic accident or if your child throws a ball into a window pane.

Your help centre will certainly be able to help you choose a suitable insurance policy.

The consumer advice centre has important information on this:

[Consumer advice centre on liability insurance](#)

S.B.

Current account

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. Ask the bank what documents you need to bring with you. Make sure you bring one of your legitimisation documents with you. This includes your proof of arrival, residence permit or identity card. 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

🕒 Around the clock.

Which bank should I use?

Different banks offer current accounts with different conditions. Find out exactly how much a current account costs each month. Compare the services that the bank offers in return.

Also check whether the bank in question has a branch near you. You will often have to go there in person to open an account and identify yourself. However, all banks now allow account management via app or PC.

If you do not speak German or English, please bring an interpreter with you.

If you need help using your EC card correctly, ask your helper organisation.

Here is a small selection of banks that have branches in the Donnersberg district:

[Sparkasse Donnersberg](#)

[Volksbank Kaiserslautern](#)

[Sparda Bank](#)

And many more...

S.B.

Mobile phone

The mobile phone market in Germany is very large. There are many providers and many different contracts and costs. There are basically two types of mobile phone usage:

1. Prepaid without a contract
2. fixed-term contract.

Prepaid is the easiest and quickest to use. You top up your mobile phone with money and can use the money to make calls or surf the Internet. Prepaid SIM cards and the corresponding airtime are available from most discounters (Aldi, Lidl, Penny, etc.) When purchasing the SIM card, you must identify yourself and state your place of residence.

A fixed-term contract has a minimum term, usually 24 months. With monthly costs. After 24 months, the contract is automatically renewed on a monthly basis if you do not cancel. If you do not want this, you must cancel in writing in good time.

Do not sign any contracts that you do not understand.

There are three requirements for taking out a mobile phone contract:

1. Age, you must be over 18 years old
2. Bank account, you need a current account with an IBAN number
3. ID card or passport with registration certificate, for many providers a residence permit with registration certificate is sufficient

The major network operators in Germany are

- [Telekom](#)
- [Vodafone](#)
- [1&1](#)
- [o2](#)

You can also find more information about the requirements for concluding contracts on their websites. There are other providers who broker contracts for these network operators. There is not good network coverage everywhere in Donnersbergkreis. Check beforehand which network is the best locally.

Would you like to conclude a contract? Check the conditions beforehand. Consider whether prepaid is better suited to you.

With fixed-term contracts and prepaid, you can choose between three options:

A flat rate allows unlimited calling, texting and Internet use up to a certain data volume.

An inclusive package offers a fixed number of minutes for calls, text messages and a fixed

data volume for the Internet at a fixed price. If you have used up the volume, you can buy more units or data volume, which often costs more. **Please note:** Many providers automatically book additional data volume when yours has been used up. This additional volume can be expensive. Switch off this automatic rebooking (data automatic). You can do this in the online customer portal or by calling your provider's hotline. Ask for written confirmation that you have switched it off.

You can also pay directly for every minute, every text message and every use of the Internet. This is often more expensive, but you only pay for what you use. There are no hidden costs. Your Helferkreis can help you choose and take out a good contract.

[S.B.]

Mobility

[Public transport](#)

[Driving licence and driving a car](#)

[Cycling](#)

You can reach many places around your home by public transport. Of course you can also cycle. Exercise is healthy. Cycling is inexpensive. Cycling is also environmentally friendly. Unfortunately, there are still too few cycle paths in the Donnersberg district - so be careful when cycling on country roads.

If you have the opportunity to rewrite or renew your driving licence, you will also find some important information here.

[S.B.]

Public transport


[Public transport](#)


To get to your destination in the Donnersberg district, you can use public transport. There are also bus connections in all the small villages. Unfortunately, they often only run a few times a day. You therefore need to plan your journeys very carefully. If you make an appointment, it is best to check in advance whether there is a good connection. If you also need a taxi on call, you must book this in advance. On-call taxis are a flexible part of public transport. You do not have to pay extra for a call taxi, but it is part of the bus or train ticket (details can be found in the VRN or railway timetable information)

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

You can find an overview of the various [tickets and prices](#)  [here](#).

[Timetable information in the Donnersberg district](#)

All local public transport lies within the fare zone of the Verkehrsverbund Rhein-Neckar (VRN). The VRN timetable information therefore covers all bus and train lines in the Donnersberg district and neighbouring regions. You can also install the  [VRN app](#) for your mobile phone.

The  [train app](#) is of course also a useful source of information and can also be used to book longer journeys.

[S.B.]

Driving licence and driving a car

Driving licence and driving

A driving licence can be very useful. Especially if you live in a village or a small, remote town. Often there are no good 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. This is also in the district administration in Kirchheimbolanden. The authority sometimes receives a lot of applications at once. Contact the relevant office before your six-month driving licence expires. You must go to the driving licence office in person. It can sometimes take a while before you receive an answer. Make sure you make an appointment before you go there. You will need to present various documents there:

ID card or passport

Confirmation of registration (police registration)

Biometric passport photo

Certificate of an eye test (from an optician or ophthalmologist)

Confirmation of participation in a first aid course. You can find a course in your area, for example, at the German Red Cross (DRK), the Workers' Samaritan Federation (ASB) or the St John Ambulance.

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.

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. There are several driving schools in the Donnersbergkreis. You can find driving schools in your area and further information at drivolino.de or fahrschulen.de.

Take part in a first aid course. You can find a course near you at the German Red Cross (DRK), the Workers' Samaritan Federation (ASB) or the St John Ambulance.

Have an eye test at an optician or an ophthalmologist. The eye test costs around 7 euros.

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.

[S.B.]

Cycling

Bicycle

Will you be living here longer? 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.
- 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

Hire bikes

It is not yet possible to hire a bicycle in the Donnersberg district. However, if you are travelling in Kaiserslautern, for example, it is possible at:

🚲 [VRNnextbike](#), as well as at the railway station via the 🚲 [Call-a-Bike system](#) of Deutsche Bahn.

Buying bikes

You can buy a new bike. You can also buy a second-hand bike. Look for used bikes in your neighbourhood in the [classified ads](#). The best place to buy a new bike is a bike shop. Goggle helps.

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

There are many sports clubs in the Donnersberg district that are happy to welcome new members.

Unfortunately, it is not always easy to find the nearest football club, table tennis club or whatever. Here is a list of all the sports clubs in the Donnersberg district. 🌐 [Sports clubs in the Donnersberg district](#)

You can also find more information on the pages of the local authority.

Your local aid organisation will also be happy to help you.

Language

Of course, there are now very good translation programmes or apps, such as

<https://www.deepl.com/de/translator>

<https://translate.google.com/?hl=de>

However, in order to find a job in Germany and generally get by, you **need to** learn German. Here you will find many different ways to learn German. Classroom lessons or online courses. Your residence status also 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.

S.B

Learning German "The first steps"

Do you come from another country?

And you now live in Germany?

Perhaps you only speak a little German.

And maybe you don't know much about Germany.

Then you can take an integration course.

The integration course has 2 parts:

1. language course

2. orientation course

This is what you will learn in the language course:

In the language course you will learn German for all the important things in everyday life.

For example

- shopping
- looking for a flat
- writing letters and emails
- writing a job application

The language course has different parts.

At the beginning you take a test.

We use the test to find the right part of the course for you.

After 300 hours of lessons you take a mock test.

Then you will know:

You already have this knowledge of German.

At the end of the language course you will take a German test. The German test is called: German Test for Immigrants.

The abbreviation is: DTZ.

The test is free of charge.

Maybe the test is too difficult for you the first time. Then you can repeat part of the course once. Then you take another test. This test is again free of charge. You must submit an application to the BAMF for this.

What you will learn in the orientation course:

You will learn a lot about Germany in the orientation course.

For example:

- about German culture
- about German history
- about your rights and duties
- about life in Germany
- about German politics
- about German laws

German democracy is an important part of the orientation course.

This is what you will learn about German democracy, for example:

- Freedom of religion
- tolerance
- Equal rights

The orientation course lasts 100 lessons. At the end of the orientation course you will also take a test. The test is called: Living in Germany.

The abbreviation is: LiD. The test is free of charge.

This is how you get the certificate for the integration course.

Have you passed both tests? Then you will receive a certificate. The certificate is called: Integration course certificate.

There are various integration courses.

For example:

- Some people cannot read and write.

There is a special integration course for these people.

This integration course takes longer.

Who can do the integration course?

Do you speak little or no German?

Then the integration course is for you.

For many people, the integration course is voluntary:

For example:

- For citizens of the European Union.

- For German citizens,

who do not speak German well.

- For late repatriates.

- For asylum seekers and asylum applicants

according to this law:

→ Asylum Act, section 55, paragraph 1

These persons have applied for asylum. And are still waiting for a decision. Therefore, these persons have a residence permit.

- For persons with a tolerated stay under this law:

→ Residence Act, section 60a, paragraph 2, sentence 3

Duldung means: The asylum application was rejected. But the person is still allowed to stay in Germany. For example: Because they are very ill.

Who can still take the integration course?

- People with a residence permit

according to this law:

→ Residence Act, paragraph 24

or paragraph 25, section 5.

Or you have fled from Ukraine, for example.

All of these people must submit an application to the BAMF for the integration course.

Does the BAMF approve the application? Then you will be authorised to attend the course.

For some people, the integration course is compulsory.

This means: The foreigners authority in your town has decided. You have to do the course. For example: If you have a residence permit for at least 1 year. And you can barely speak German.

Do you receive citizen's money? Then your job centre can also decide: You must take an integration course.

Do you receive benefits under the Asylum Seekers Benefits Act? If so, the benefits provider can also decide according to this law: You must take an integration course.

How much does the integration course cost?

Germany pays a large part of the costs for you. But you also have to pay part of it.

How much do you have to pay? You will find out when you enrol.

For some people, the integration course is free of charge.

For example:

- For asylum applicants
- For late resettlers and late resettlers
- For people with a tolerated stay under this law:
 - Residence Act, section 60a, paragraph 2, sentence 3
- For persons with a residence permit

under this Act:

→ Residence Act, Section 24

or section 25, paragraph 5.

Do you receive citizen's allowance, unemployment benefit or subsistence allowance?

Are you otherwise financially needy or employed and your salary does not exceed a certain amount? Then the integration course may also be free of charge.

→ You must submit an application to the BAMF.

Do you have travelling expenses? Then submit an application. You may be reimbursed for the travelling costs.

You can find the application for exemption from costs here: www.bamf.de/ik-kostenbefreiung

What other help is available?

Have you passed the German Test for Immigrants (DTZ)?

Have you passed the Test Leben in Deutschland (LiD)?

And did you only need 2 or 3 years for courses for special target groups?

Then the BAMF will refund half of your costs. You must submit an application for this.

Who can help you with the application?

Where can you get more information?

Do you have to submit an application?

Or do you have more questions?

Then you can get help here:

→ at the BAMF

→ from the course provider

→ at the foreigners authority in your town or city

→ at the migration advice centre (youth migration service and FID)

How to find an integration course:

You can find an integration course yourself. Have a look on the internet:

www.bamf.de/bamf-navi

Would you like to apply online for admission to an integration course? → verwaltung.bund.de

To apply digitally, you need to log in or register via the federal user account. → id.bund.de

Or you can ask your migration advice centre (Youth Migration Service and FID).

The counselling centre will find an integration course for you.

This is important:

Do you have a licence for the integration course? Then you must start the integration course within the next 12 months.

You can take a break from the integration course. But the break must not be longer than 12 months.

You will receive a letter together with your admission letter. The letter will say:

You may attend the language course.

You will receive another sheet of paper with the letter. It says on the sheet:

These things are allowed on the integration course.

And these things are not allowed in the integration course.

You can also find this sheet on the Internet:

www.bamf.de/merkblatt-integrationskurs

You are looking for a vocational language course

Have you completed the integration course or would you like to learn more German for your job?

You can attend a vocational language course. You must fulfil the following requirements:

- You are a recipient of Bürger-Geld
- Or you are looking for an apprenticeship or have just started an apprenticeship
- Or you are currently going through the recognition procedure for your training or profession
- Or you are already working but need more language skills to be able to do your job

There are vocational language courses at these levels: B1 to B2, B2 to C1 and C1 to C2

You can find vocational language courses nearby at
<https://web.arbeitsagentur.de/sprachfoerderung/su...>

The employment agency or job centre can issue you with a certificate of eligibility. Ask your counsellor about this.

In the Donnersberg district, courses are currently offered at the following centres:

The district adult education centre KVHS offers integration courses in Kirchheimbolanden and Eisenberg.

The course programme is currently being adapted. Unfortunately, childcare is currently not available.

Contact for enrolments and queries:

Christine Klein
Telephone: 06352/710107
cklein@donnersberg.de

Christian Youth Village Organisation of Germany (CJD)
At the Kirchheimbolanden location, the CJD offers integration courses with language level B1. It also offers vocational language courses.

Further information on the dates of the integration and vocational language courses can be found here:

Integration courses
Vocational language courses
Contact for enrolments and queries:

Hermann Eschborn
Telephone: 06352/7067113
Hermann.Eschborn@cjd.de

[S.B]

Local course providers

Literacy courses

Many adults in Germany have not had the good fortune or the opportunity to learn to read and write. This problem also affects some immigrants. There are special literacy courses for these people. For example at the following centres:

CJD Rhineland-Palatinate

Spießgasse 76

55232 Alzey

Contact: Marina Darmstadt

Tel: 06731 4961-25

Mail: marina.darmstadt@cjd.de

IBLA GmbH

Prinz-Carl-Anlage 36

67547 Worms

Contact: Mrs Jotter

Phone: 06241/304149

Mail: ibla-germany@web.de

Second language courses

Have you learnt to read and write in a non-Latin writing system? Then the integration course for second-language learners could be just right for you! Here you will first learn the Latin alphabet and then build on this to learn the German language. This is possible with the following providers:

CJD Rhineland-Palatinate

Spießgasse 76

55232 Alzey

Contact: Marina Darmstadt

Tel: 06731 4961-25

Mail: marina.darmstadt@cjd.de

District VHS Alzey-Worms

Theodor-Heuss-Ring 2

55232 Alzey

Contact: Julia Schröder

Phone: 06731/408-6747

Mail: Schroeder.Julia@Alzey-Worms.de

Contact: Najat M'Barki

Phone: 06731/408-6746

Mail: mbarki.najat@alzey-worms.de

Integration courses with target language level B1

Every integration course consists of a language course and an orientation course. If you want to live in Germany, you should speak German. In the language course, participants learn German up to level B1 of the Common European Framework of Reference for Languages. This is important for finding work, filling out applications and communicating in everyday life. Foreigners should also know a few things about the country in which they live: History, culture and the legal system are all part of this. All of this is taught in the orientation course.

Provider:

CJD Rhineland-Palatinate

Amtsstraße 27-29

67292 Kirchheimbolanden

Contact: Hermann Eschborn

Hermann.eschborn@cjd.de

Tel: 06352 4003-26

Mobile: 0171 - 640 85 82

Datey Eyrich

Am Staffelstein 18

67292 Kirchheimbolanden

Contact: Monika Mai

mai@datey.com

Phone: 0176 47893879

KVHS Donnersbergkreis

Uhlandstraße 2

67292 Kirchheimbolanden

OR

KVHS Donnersbergkreis

Thomas-Morus-Haus

Jakob-Schiffer-Str. 17,
67304 Eisenberg (Palatinate)
Contact: Christine Klein
Tel: 06352 710 181 or 06352 710 107
Mail: cklein@donnersberg.de
E-mail: kvhs@donnersberg.de

CJD Rhineland-Palatinate

Spießgasse 76
55232 Alzey
Contact Marina Darmstadt
Tel: 06731 4961-25
Mail: marina.darmstadt@cjd.de

Integration courses with target language level B2

CJD Rhineland-Palatinate

Spießgasse 76
55232 Alzey
Contact: Marina Darmstadt
Tel: 06731 4961-25
Mail: marina.darmstadt@cjd.de

CJD Rhineland-Palatinate

Amtsstraße 27-29
67292 Kirchheimbolanden
Contact: Hermann Eschborn
Hermann.eschborn@cjd.de
Tel: 06352 4003-26
Mobile: 0171 - 640 85 82

Language levels and certificates

There are six levels: A1, A2, B1, B2, C1 and C2. You start with A1. You have level C2 in your native language. 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 environment.

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.


S.B.


Learn German online

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:** Extensive range of resources for learning German. 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](#): app and website. Free German courses. You can also learn to write, read 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](#)

S.B.

Work, training and education

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

 [Access to the labour market](#)


What professions are there in Germany? Where are my chances best? The most comprehensive collection on this topic can be found at  [Berufenet](#) of the Federal Employment Agency.


Have you already obtained a qualification abroad? For example, a school-leaving qualification or a vocational 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](#). For example: How can I do an apprenticeship? What professions are there?

The  ["NETZWERK Unternehmen integrieren Flüchtlinge" \(NETWORK Companies Integrate Refugees\)](#) is the largest nationwide association of companies that promote the integration of refugees into the labour market in Germany.

If children are older than six, they have to go to school, as **school attendance is compulsory** in Germany. The vast majority of schools in Germany are run by the state. Your children can therefore attend these schools free of charge. Private and international schools are of course also open to you. However, fees are charged for these. Here you will find important information about the school system in Germany.  [School system in Germany](#)

Do you want to study? Then you can find basic information about studying  [here](#).

[S.B]

Access to the labour market

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.

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? 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 Federal Employment Agency 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 [immigration 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 [immigration 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.

Information on "Admission to the labour market" at  [Federal Employment Agency](#).

Information from the  [Federal Office for Migration and Refugees](#) (BAMF)

[S.B]

Recognition of certificates

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 important 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

 [Recognition of foreign certificates and educational certificates \(Rhineland-Palatinate\)](#)

 [Recognition of professional qualifications \(Rhineland-Palatinate\)](#)

 [Overview of the recognition of professional qualifications and university degrees](#)

 [BQ-Portal- The information portal for foreign professional qualifications](#)

Are you looking to study or work as a scientist? Get in touch with the contact persons at the universities to have your certificates recognised.

[S.B]

Education

Training (dual and full-time)

Would you like to go to work? Then it is very advantageous for you if you have a vocational 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.

Dual training

Dual vocational training is a speciality in Germany. You work in a company. At the same time, you go to school. This way 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 an Abitur, you can complete the apprenticeship more quickly.

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.

 [Chamber of Crafts of the Palatinate](#)

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.

 [Palatinate Chamber of Industry and Commerce](#)

Full-time training at the vocational school

In Germany, there is also full-time training at a vocational school. Vocational schools provide 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. You should therefore speak to the school you are interested in.


The Berufsbildende Schule Donnersbergkreis has two locations: Eisenberg and Rockenhausen.

 [BBS Donnersbergkreis](#)

[S.B]

Support with problems during training

If you have problems with your training, there is support available


If you are doing an apprenticeship and are having problems with grades, financing or exams, you can contact the employment agency or the  [job centre](#).


The job centre or employment agency can offer you help. Support is often provided by a training organisation. Through a personalised support plan. The support plan includes, for example, extra tuition in German and other subjects. Or you can receive support in preparing for exams. You can also be helped with personal problems with the training company.

The advantage: with this help, you can graduate. And participation is free of charge.

Supportive financing through vocational training allowance (BAB)

If the money you earn during your training is not enough, you can enquire about supportive funding from the employment agency or job centre. This supportive financing is called vocational training allowance (BAB).


You can find out what requirements you need to fulfil in order to receive BAB on the website of the  [employment agency](#).

You can also get help during your training from VerAplus. There are mentors here who will support you during your training and can work with you to solve problems. So that you can complete your training and pass your exams. All information and how to apply for this support can be found here:  [VerAplus](#)

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. The skilled workers either have a vocational qualification or a university degree. The law is called § 18a+b AufenthG. This allows skilled workers to 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!

[S.B.]

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 programmes:

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. You can gain qualifications during this time. 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 [at](#)  [here](#). There are some different conditions for skilled workers and EU Blue Card holders.


[S.B.]

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 authorises 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.

[S.B.]

The 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.

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

You do not 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 nursery school teacher.

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 [at !\[\]\(3dfb8d66e81160ad61421a3452093d1b_img.jpg\) 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.

[S.B.]

Independence

Can I set up my own business in Germany?

Not everyone is allowed to set up their own company or work for themselves in Germany.

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

You do not belong to this group? Then you are allowed to work independently in Germany.

Here you will find links with further information

- [!\[\]\(746d018fdf6ab02bf5fb7681133e8b29_img.jpg\) Online guide "GründerZeiten"](#) (2 languages - German and Arabic)
- [!\[\]\(5daa6eee1904cb6b9d765700250de764_img.jpg\) Portal for founders](#) (5 languages - German, French, Italian, Russian and Turkish)
- [!\[\]\(d72e437c7cc5947bc0b147aba6602563_img.jpg\) Homepage of the IQ centre](#) (14 languages - German, English, French, Polish, Spanish, Pashto, Bosnian, Russian, Chinese, Ukrainian, Turkish, Tigrinya, Vietnamese, Arabic)

[S.B.]

Health care

Here you will find information on the topic of health in Germany

Health insurance/ health assistance

HEALTH INSURANCE / HEALTH ASSISTANCE

Health insurance is compulsory in Germany. If you have health insurance, you will receive an insurance card from your health insurance company. You can go to the doctor with your insurance card. The doctor's work is paid for by your insurance. With an insurance card, you receive the same benefits as everyone else in Germany.

How does it work? How do you get an insurance card?

Residence permit / toleration

Refugees and asylum seekers without a residence permit do not yet have health insurance. They receive health assistance. The social welfare office is responsible for health assistance.

For persons seeking asylum, the benefits for health assistance are limited. Treatment is only provided for acute illnesses, pain or urgent treatment that cannot be postponed.

These people receive a document from the social welfare office which authorises them to visit a doctor. There are papers for the general practitioner and for the dentist. You will receive one paper for each of these doctors per quarter. You must collect the paper before a necessary visit to the doctor. Please bring your identity card from the immigration office with you.

If further treatment by a specialist is necessary, the general practitioner will issue a referral. This referral must be authorised by the social welfare office. Apply for authorisation from the social welfare office before you go to a specialist or hospital.

The social welfare office will only cover medically necessary treatment. You may only go to hospital without a treatment voucher in an emergency.

Work permit

If you live here and are in the asylum procedure, you will receive a work permit after three months. You are allowed to take up work. This also applies if you have a tolerated stay permit.

As soon as you take up work that is subject to social insurance contributions, you will be enrolled in health insurance. You will then receive an insurance card. With the insurance card, you can go to the doctor like everyone else in Germany.

Residence permit

Do you have a residence permit? But you don't have a job yet? Then you can still get health insurance and therefore an insurance card.

As soon as you have a title, you must register with the job centre.

<https://integreat.app/donnersberg/de/gesundheit-u...>

You have the option of registering with a health insurance fund yourself.

Once you have registered with the job centre and a health insurance company, you will receive an insurance card from the health insurance company. The health insurance company will contact you. Please note that a passport photo is required for the insurance card.

Your children and spouse can be co-insured under certain circumstances. You should therefore register your children and spouse for family insurance. Contact your health insurance fund to do this.

Let the job centre know in good time which health insurance company you have chosen.

Also inform your social welfare office about your health insurance company.

It is your responsibility to ensure that the job centre and health insurance company receive all the necessary documents from you.

Social welfare office / health assistance department

Contact the local authority that admitted you after your arrival for treatment certificates, doctor or dentist. Which local authority administration is responsible for you depends on where you live.

There are the following municipal administrations in the Donnersberg district:

<https://integreat.app/donnersberg/de/gesundheit-u...>

If you belong to the municipality of Kirchheimbolanden, the district administration of Donnersbergkreis is responsible.

Even if you need a referral to a specialist, the Donnersbergkreis district administration is always responsible. This also applies to prescriptions.

AOK

The health insurance company **AOK** has an office in Alzey. You can visit the office during opening hours. They will help you with any questions you may have.

AOK Rhineland-Palatinate/Saarland - Alzey

Dr.-Georg-Durst-Straße 6, 55232 Alzey

Telephone: 06731 - 95180

Opening hours Monday - Thursday from 08:00 - 16:00

Friday from 08:00 - 15:00

<https://integreat.app/donnersberg/en/health-care/...>

Barmer

Barmer Ersatzkasse

<https://www.barmer.de/>

The health insurance company **Barmer** has an office in Alzey.

Barmer offers counselling there and is available to answer questions.

Supra-regional support for refugees of all nationalities is ensured by BARMER's branches throughout Germany.

Mon + Tue 09:00 - 17:00

Wednesday 09:00 - 13:00

Thursday 09:00 - 18:00

Friday 09:00 - 13:00


The BARMER team can be reached personally as follows:

Robin Müller

BARMER Alzey

Weinrufstr. 11

55232 Alzey

 0800 333 1010

robin.mueller@barmer.de

BKK_24

BKK24

<https://www.bkk24.de/>

Here is the link where you can find the service point and customer centre

<https://www.bkk24.de/kontakt/standorte.html>

The health insurance company BKK24 has an office in Alzey. You can visit this office. They will also help you with any questions you may have.

You can also contact a BKK24 employee directly.

The contact is

Tobias Palm

Regional Manager Sales Division

Mainzer Street 5

55232 Alzey

☎ 06731 - 9000 727

t.palm@bkk24.de

IKK Southwest

The health insurance company **IKK Südwest** has a branch in Kaiserslautern and offers health insurance for people of all nationalities. At the Kaiserslautern office you can get advice and also take out policies.

This health insurance company has set up a special service for **people from Ukraine**. You can obtain information by telephone or online, and a video is also available which answers many questions and explains the principle of health insurance in Germany. You are welcome to use this service.

- Telephone: 0800- 0119 110
- [Link to information](#)
- [Link to the video](#)

You can find the office here:

Wolfgang Henn

IKK Southwest

Brüsseler Straße 9

67657 Kaiserslautern

Phone: 06 31/56 [+48 \(0\) 83](#)

Central postal address:

IKK Südwest

66098 Saarbrücken

Here is the link where you can find the service point and customer centre

<https://www.ikk-suedwest.de/standorte/>

Doctors and medication

Here you will find some information to help you better understand the healthcare system in Germany.

Important: You will need health insurance when you visit a doctor. If you do not have this, please ask your social welfare office what you should do.

Doctors


In Germany, a general practitioner is the first point of contact for all mental and physical illnesses. He or she is your first point of contact for all health complaints. The general practitioner provides basic care. For children, this is the paediatrician.

The general practitioner, or paediatrician in the case of children, decides on further treatment. If specialised treatment by a specialist is necessary, the general practitioner will give you a referral to a specialist. If an operation is necessary, you will be referred to a hospital.

There is a free choice of doctor for general practitioners, paediatricians, dentists and gynaecologists.

The doctors set their own opening hours. Make an appointment with the doctor's surgery.

If the GP surgery is closed, the medical on-call service can help.

 116117

The telephone number listed here is for doctors who can also help outside opening hours.

<https://bereitschaftspraxen.116117.de/#/>

Remember to take your insurance card with you. Always take your insurance card with you when you go to the doctor or hospital.

If you do not have an insurance card, contact your social welfare office

In this case, you will need a treatment voucher from the social welfare office.

Medication and pharmacies

If you need medication, you will receive a prescription from your doctor. You can redeem this prescription at any pharmacy for the prescribed medication. The cost of this will be covered by your health insurance. Sometimes you have to pay a small additional amount.

If you do not have a prescription, you will always have to pay for the medication.


If you do not have health insurance and use a treatment voucher from the social welfare office, you will receive medication without a co-payment. You should therefore ask your doctor.


Emergency numbers

An emergency is an acute threat to health. The emergency medical service should only be called in acute emergencies. This could be an accident, for example. And if the general practitioner is not available!

Do not call these numbers if you are ill. Then go to your doctor.

Emergency contacts:

Police  110 - for crimes and accidents without injuries

Fire brigade / rescue service  112 ONLY for accidents with injuries and medical emergencies

Important information for an emergency call

- WHO is calling - your name
- WHERE has something happened - state the location or address here
- WHAT has happened
- HOW MANY injured or sick people are there
- WHAT type of injuries or illnesses there are

WAIT for further enquiries. Remain calm. Speak slowly and clearly.

Do not forget your ID and insurance card.

Don't have an insurance card?

You may only go to hospital without a treatment voucher in an emergency.

People with disabilities and care needs

PEOPLE WITH DISABILITIES AND CARE NEEDS

If you have a disability, health restrictions or other care needs, there are also offers of help. People with disabilities in particular need special help and support. All people in Germany can take advantage of assistance programmes. Regardless of nationality and language

You can find important information under the following links:

EUTB Donnersbergkreis <https://www.teilhabeberatung.de/>

You can obtain free advice and help from the EUTB association. Disabled people and their families can find help here. There are competent contact persons. All your questions will be answered here. You will be referred to the right organisation.

Community Nurse Plus

Are you elderly and need help? Contact the community nurse. She will also visit you at home if you wish. Counselling is free of charge. The community nurse will give you information on regional support services. She will arrange appropriate help for you.

<https://mastd.rlp.de/themen/soziales/gut-leben-im...>


Personal contact with the Community Nurse Plus:

VG Eisenberg, VG Göllheim, VG Kirchheimbolanden:

Office in the Donnersberg district administration

Uhlandstraße 2

67292 Kirchheimbolanden

 0173 - 37 87 606

E-mail: tloureiro@donnersberg.de

VG Nordpfälzer Land, VG Winnweiler

Office at the German Red Cross

Parkstraße 1

67806 Rockenhausen

☎0162 - 33 414 19

E-mail: emueller@donnersberg.de

Care support centres

You can get independent and free advice at the care support centre. Here you will find answers to all your questions about care.

- What help do I need?
- What services, facilities and assistance are available in the Donnersberg district?
- When and how do I receive care insurance benefits?

The care support centre will help you with your questions. If you wish, they can also visit you at home.

Contact the care support centres:

Care support centre Donnersbergkreis-Ost

Vorstadt 1, 67292 Kirchheimbolanden

Christine Waßmann

☎06352 - 71 90 619

<mailto:Christine.wassmann@pflgestuetzpunkt.rlp.de>

Katja Scheid

☎06352 - 71 90 618

<mailto:Katja.scheid@pflgestuetzpunkt.rlp.de>

Care support centre Donnersbergkreis-West


Rognacallee 10, 67806 Rockenhausen

Simone Keller

☎06361 - 45 90 739

<mailto:Simone.keller@pflgestuetzpunkt.rlp.de>

Katja Scheid

 06361 - 45 90 737

<mailto:Katja.scheid@pflagestuetzpunkt.rlp.de>

State Office for Social Affairs

Here you will find information from the State Office for People with Disabilities.

It is published by the State Office for Social Affairs, Youth and Care.

The brochure "Information for people with disabilities" has been a popular and much-used guide for years. It is intended to make people with disabilities aware of their rights. They should be encouraged to exercise these rights. It provides an overview of the main legal regulations. It also contains answers to important questions and shows the way through the application process. The brochure also lists the offices responsible for the individual benefits and compensation for disadvantages in Rhineland-Palatinate.

<https://lsjv.rlp.de/fileadmin/lsjv/Themen/Inklusi...>

Trauma - Psychology - School psychology

On this page you will find links to help you if you have mental health problems yourself or if you know someone who you suspect has them.

There are contacts who can help you and there are also special services for children that you can use

- [Kirchheimbolanden School Psychological Counselling Centre](#)
- Emergency counselling Palatinate - [German](#) - [Ukrainian](#)
- Trauma reactions - [German](#) - [English](#) - [Ukrainian](#)

Free psychosocial counselling

Are you new to Germany and a refugee?

Are you suffering from severe stress, mental health problems and don't know where to turn?

We will listen to you and look for suitable solutions together or refer you to other additional support services in your area.

With WeCare, we want to give people with a history of flight in Germany free access to psychosocial counselling. For this reason, WeCare takes place digitally. Contact is made via WhatsApp before a counselling appointment or possible referral is arranged.

Initial contact via **WhatsApp Message to: +49 178 87 96 870**

Dying in a foreign country

If one of your loved ones passes away, it is difficult to get advice.

In this case, please contact the Federal Association of German Funeral Directors.

<https://www.bestatter.de>


If you are looking for a funeral director in your area, simply use the funeral director search by location or postcode on this website.

If you need immediate assistance in the event of a death, you can reach us around the clock on the emergency number +49 211 16008-86, even at weekends.

Children, youth and family

Important - Basic information on children, young people and families

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 children are not harmed by their environment (including their family).

You can also find important information about children, youth and family in the Donnersberg district at  [here](#)

An important contact for young people and their families: The CJD Youth Migration Service Kirchheimbolanden advises and supports young people with a migration background (aged 12 to 27) and their families with the following services:

- Individual counselling and support in all areas of life
- Parental counselling
- Counselling for questions about education
- Career guidance and job application coaching (transition from school to work)

Appointments can be made by email, signal or telephone  JMD [Kirchheimbolanden](#)

[S.B.]

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](#)

Delivery and aftercare

Your gynaecologist will refer you to a maternity clinic. After the birth, ask there 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 present 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.

[S.B]

Family planning

Family planning

Pregnancy prevention is a natural part of family planning for most people in Germany.

They want to and are allowed to avoid an unwanted pregnancy. They want to decide for themselves if and when they want to have a child. There are many good ways to effectively protect yourself from an unwanted pregnancy.

In Germany, you usually have to pay for contraceptives yourself.

(Exception: young people under the age of 20)

The costs of a consultation with a doctor and check-ups are covered by statutory health insurance.

If you have any questions, you can contact a doctor or one of the following pregnancy advice centres:

 [Profamilia Rheinland-Pfalz](#)

Counselling centre in Kaiserslautern and by telephone

- Pregnancy counselling
- Pregnancy conflict counselling
- Sexual counselling

- Family planning counselling
- Contraception counselling

[Diakonie Palatinate](#)

Counselling centres at several locations in the Donnersberg district

- Pregnancy counselling
- Pregnancy conflict counselling
- Social life counselling

You can decide for yourself whether and how many children you want to have. Nobody is allowed to force you to have children. **You** can also say that **you have the right to family planning.**

Contraception

There are various methods if you don't want to get pregnant or want to prevent infection with sexually transmitted infections (STIs). You can find more information on this and other health topics in many languages here:

 www.zanzu.de

[S.B.]



Childcare in general

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. Your child can attend a day care centre until the age of 12. Your child will be looked after by teachers there. They will learn many important things. Some centres also accept children under the age of one.

At the daycare centre, your child can learn German and discover new things. 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 daycare centre also helps prepare your child for school.

In Rhineland-Palatinate, daycare is **free from the age of 2.**

 You can [find](#) out whether a nursery place is available in your area [at](#) .

Crèche

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.

[S.B]

Daycare centre

Children want to play. They want to play with other children. They learn a lot in the process. Your child can play at the daycare centre. Your child makes friends.

Language is also important.

Your child will learn German at the daycare centre.

Please bring your child to the daycare centre regularly. Please speak to your child in your own language at home. This is also important.

The daycare centre:

Children are slowly acclimatised to the daycare centre and get to know the daycare centre. The children learn to follow the rules. The daycare centre prepares children for school.

The teachers in the daycare centre will help you and your children. Talk to the nursery teachers. You don't have to do everything on your own.

The daycare centre pays attention to your wishes

Rules for the daycare centre:

1. children from the age of 2 are allowed to go to the daycare centre. Sometimes even from the age of 1.
2. the daycare centre is free for children from the age of 2. You do not have to pay any money.
3. please enrol your child at a daycare centre. As early as possible. There is a daycare centre for every place of residence. Sometimes it is in the neighbouring town.
- 4 In the beginning, you will be at the daycare centre with your child. After a few days, your child will play at the daycare centre. Then it can stay there on its own.
5. your child needs clothes for the daycare centre. Your childcare centre will let you know what clothes your child needs.
6. the daycare centre runs from Monday to Friday. It is best to bring your child to the daycare centre every day. This is important. Then your child will learn German every day. The children in the daycare centre also do sports, go on excursions and celebrate festivals.
- 7 Please bring your child to the daycare centre regularly. And pick it up on time.

8. if your child is ill, he/she must stay at home. Please call the daycare centre first thing in the morning and tell them that your child cannot come.


9. the daycare centre must always be able to reach you. Leave your mobile phone switched on!

10. please give your child breakfast and something to drink. Please make sure: no sweets and no sugar!

11 Some daycare centres serve lunch. The lunch is warm and healthy. It costs money. The social welfare office or job centre will help you pay.

12. your child should get enough sleep so that he or she is not tired in the morning.

- Please come to the parents' evenings. Talk to the teachers and carers. Try to make contact with other parents.

Further important information and addresses of all daycare centres in the Donnersberg district can be found at  [here](#)

[S.B]

School

Compulsory schooling

School attendance is compulsory in Germany. Parents or legal guardians of children are obliged to ensure that their children attend school regularly. Parents/guardians must also register each child at the appropriate school. If a pupil is of legal age, they are responsible for registering at the school themselves. The exact duration of compulsory schooling and the age varies from state to state. In general, full-time compulsory schooling lasts 9-10 years. Children in Germany must attend school from the age of 6 until their 17th birthday.

If compulsory school attendance is not adhered to, parents will be held responsible. A fine may be imposed as it is considered an administrative offence. Children who are conspicuously absent from school can also be investigated by the regulatory authorities.

Invitation to the school entrance examination

In Rhineland-Palatinate, a medical examination is mandatory before a child starts primary school for the first time. The examination of the child takes place in the presence of the parents or one of the parents. You will receive an invitation to the school entrance examination from the public health department.

Please bring the following documents with you to the appointment:

- yellow medical check-up booklet from the paediatrician
- Vaccination card
- Glasses (if available)
- the invitation letter sent to you
- bring an interpreter with you if you need one

If you are unable to attend the proposed examination date, please contact the public health department as soon as possible so that an alternative date can be found.

Important:

The examination does not determine whether your child can attend school or not. The aim is to determine whether your child needs special support and assistance in any area in order to be able to learn successfully. The results of the assessment will be passed on to the school in consultation with you.

School for children aged 6 to 18

The duration of compulsory schooling is twelve years. The child must attend school full-time for nine years. Three years can be spent attending school only part-time. Would your child like to attend school full-time for the whole time? Then they can do so for 12 years.

💡 Your child is not doing [Education](#) after 9 years? And does not attend another school? Then your child must attend a full-time school for another year. Compulsory schooling ends at the age of 18. Unless there is a training contract.

Your child must attend school regularly. It is your responsibility to ensure this. School attendance at state and municipal schools is free of charge.

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.

💡 Parents often receive written information from the school that their children bring home with them. It is important that you read this information.

Basic information about schools in the Donnersberg district:

If your child is between the ages of 6 and 10, they will go to primary school.

Then either to the integrated comprehensive school (IGS) or to the Realschule Plus, or to the Gymnasium. You will find all of these schools in several locations in the Donnersberg district. Details can be found on the Donnersbergkreis [website](#) 🌐.

A very good, multilingual page about the German school system can be found [here](#).

[S.B.]

Services for families

Families receive support.

Parental allowance


Some parents are no longer able to work as much after the birth of a child. They may then be able to 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 [at](#) 🌐 [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](#).

You can apply for support for "Education and Participation":

- Lunch at school
- School trips and school excursions
- School supplies
- Participation fees for hobbies
- Learning support

All families who receive money from the social welfare office or citizen's allowance from the job centre or child supplement can apply. You can obtain the application form from the secretary's office at the school or daycare centre or online at  [Kreisverwaltung des Donnersbergkreises](#)

Child benefit:

You can apply for child benefit for any child up to the age of 25. The child must not yet be earning money themselves if they are older than 18. You can apply for child benefit immediately after the birth.

You apply for child benefit at the family benefits office. It currently amounts to €250 per child per month. More information: [BMFSFJ - Child benefit](#)

Parental allowance:

You receive parental allowance if you are no longer able to work or are able to work less after the birth of your child. Parental allowance is applied for at the district administration.

Advance maintenance payments:

You are a single parent and do not receive any maintenance from the other parent for the child you share. Then you can apply for maintenance advance. The district administration will then pay the maintenance and recover the money from the other parent. This secures your child's financial livelihood.

Child supplement:

You have a low income and children. Then you can apply for child supplement. This is only possible if you work.

BAföG for pupils and students

This is support while you are at school, studying or training. You can apply for it if your parents have little or no income. You will then receive financial support from the state. More information at www.bafög.de

Housing benefit:

You have a low income and need a subsidy towards your rent. Then you can apply for housing benefit in writing to the housing benefit authority. This is the district administration. Housing benefit can be paid from the month in which the application is made. You cannot apply for housing benefit if you receive social assistance or citizen's allowance, for example.

Here you can calculate whether you would receive housing benefit: [BMWSB - Housing benefit - Housing benefit plus calculator](#) (bund.de)

Help groups in the Donnersberg district

Here you will find information about our helper groups.

People get involved in the helper groups to help. All help is provided voluntarily, without payment and in their free time.

This page was created by the Donnersberger Integrationsinitiative e.V. / (wha)

Who are we?

In the Donnersberg district, there are various volunteer groups in the individual municipalities, most of which came together back in 2015. In March 2022, however, we significantly developed the cooperation further. The following decision was made at a meeting organised by the integration officer and the [district administrator](#):

Real help will only reach people quickly, unbureaucratically and in a targeted manner if our district administration, the municipalities and us volunteers work together in a good and coordinated way. And this is how we have been doing it for several years.

How we work

We are grateful for every volunteer.

There is a lot to do, because we are still looking after the people who came to us in 2015, but since 2022 we have also been looking after people from Ukraine.

It is important to us that the people receive good and qualified help, but it is also important that the people now living with us actively make the contribution they can, because helping is always based on reciprocity.

If you are interested in supporting us, please read the article "[How can you help?](#)".

Contact us

Please write to us if you would like to help. We will be happy to get in touch and discuss everything with you.

Here are our contact details.

Donnersberger Integrationsinitiative e.V.

Erika Steinert, erika.steinert@gmail.com

Wolfgang Handt whandt@gmail.com

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How can YOU help?

Helping is easy, all you need is a little time and **YOUR determination** to help these friendly people from Ukraine.

What can YOUR help look like? You can find out for yourself

Just imagine **you are alone** or with your children in a foreign country, without a tour guide on an organised trip, without language skills, you can't read any writing, no street signs, no names of products in the supermarket and you can't talk to anyone, you have no money and no suitcase, you have many worries, no future prospects and only what you are wearing.

If you can really imagine that, then YOU can certainly imagine **what you would want**. And **THAT is EXACTLY** what these people need - no more and no less.

A warm welcome

If you are still convinced that you want to help, then **YOU are** very welcome to join a circle of helpers who will never leave you alone, who will help you, who will support you in your work with our new arrivals.

Help with the arrival, in the "**new home**" of these people, with the start into the completely new everyday life, be a trustworthy contact person, drink coffee or tea together, just listen, give safety and security, just be there!

Give it a try, build up contacts with our help, make new friends and get to know these people.

We can't tell you how much time you should give, but you can find out for yourself. **Every hour helps, just start getting involved and find out what you get back from these people.**

Take it easy, don't overextend yourself and don't neglect your life.

⇒ **YOUR HELP** will even enrich you and your family.

Thank you in advance, we look forward to working with you.

Contact

Erika Steinert, erika.steinert@gmail.com

Wolfgang Handt, whandt@gmail.com

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Sponsorships

Sponsorships

Are **YOU** willing to **invest a little time** together with your family?

Then YOU are in the right place.

Help by taking care of a family. Get to know a family or even individual people who have found a new home here with us. Help these people to find their way around here, talk to them, invite

them to visit you and give them your trust. Only through trusting conversations is it possible to learn a foreign language. The refugees of many nationalities living with us learn German at school, but do not learn our language in everyday use or in colloquial speech. However, this is important for their further development and for their understanding of our culture. The children who are now growing up here also benefit from "German families" who engage with them and help them.

Taking on a sponsorship is a very valuable task and often leads to lifelong friendships between different cultures.

You will certainly have to invest time and energy, but you will receive an immeasurable amount of gratitude and friendship in return.

Give it a try, contact us if you are interested, we will not leave you alone and will support you if you have any questions.

Contact one of the helper groups and give it a try

Source: Donnersberger Integrationsinitiative e.V.

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Insurance for helpers

The state of Rhineland-Palatinate has taken out insurance for people who volunteer in their free time without pay. This is intended to help in the event of damage. The insurance can be taken out if necessary. Further information can be found on this page >> [LINK](#)

Dates of the help groups

There are various support groups in the Donnersberg district, which often meet regularly.

You can always find the dates of these meetings here:

<https://integreat.app/donnernberg/de/events>

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Which support groups are there

Here you can find information about the help groups

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Café KOMM Rockenhausen

Café KOMM Rockenhausen

The Begegnungscafé was founded in 2016, during the wave of refugees from Syria, Africa, Afghanistan and many other countries in the town of Rockenhausen.

New arrivals are supported here and receive a lot of help.

You can find the dates of the meetings here: <https://integreat.app/donnersberg/de/events>

Telephone: 06361 1089 or 06361 7045

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Rockenhausen Welcome Centre

Welcome Centre Rockenhausen

You can find information about the meetings here:

<https://integreat.app/donnersberg/de/events>

We help with all questions and arrange further help if necessary.

- Help for new arrivals
- Filling out forms
- Arranging appointments with authorities for
 - job centre
 - Immigration office
 - health insurance
 - and others.....

We look forward to your / your visit

This page was created by Donnersberger Integrationsinitiative e.V. / (wha)

Donnersberger Integrationsinitiative e.V. in Rockenhausen

Our association **Donnersberger Integrationsinitiative e.V.** can be contacted via the **Rockenhausen Welcome Centre** .

Here is a link to the association's homepage: <https://donnersberg.org/>

The "Donnersberger Integrationsinitiative e. V." association provides help for new arrivals of all nationalities. The organisation helps with individual questions and uses its good contacts with the authorities. All information is treated confidentially.

Trust us - we will help you

If you have any questions or problems, you can also contact us by email

Erika Steinert, erika.steinert@gmail.com

Wolfgang Handt, whandt@gmail.com

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Café Helfende Hände - Winnweiler

Café Helfende Hände - Winnweiler

Address: Parish Centre Parish of the Holy Cross, Kirchstraße, 67722 Winnweiler

The aim of our meeting place is to offer refugees who now live in our municipality a welcoming meeting point: A cosy café (where you can also get really good coffee or tea) and friendly hosts who are open to practical questions and concerns - and see how they can provide support. In addition, all people who are in need or just want to drop in are welcome. Our clothing store will also be open during the café's opening hours. Our aim is not to always have an immediate solution at hand. We can't do that. However, the team on site has a list of committed people and help centres, which we use to see who is best placed to provide support in a specific problem. We then refer people to these organisations and establish contacts. The café will initially run as a "trial balloon" until the start of the summer holidays. Then we will reflect and check whether and how this offer was accepted - and then see whether and how it can be continued. Or not. We are simply being brave and open here - with the risk of failure or success. Better than doing nothing, right?

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Kirchheimbolanden - International storytelling café

The International Storytelling Café was launched in 2015 and resumed its programme in April 2022 after a short break.

Meeting place: Every Friday from 4 to 6 pm at the Freie evangelische Gemeinde, Am Bahndamm 13, Kirchheimbolanden.

We have no room for cultural reservations or political conflicts.

We value community, networking, togetherness, appreciation and having fun together.

Our meetings are regularly attended by an average of 25 people from different countries of origin. This results in many friendships and contacts. Over time, the participants develop a greater sense of self-esteem. They learn to understand and speak German better. They develop a better understanding of life in Germany because many questions can be answered here.

We organise

- Parties with an international buffet
- Baking and cooking with international cuisine
- handicrafts
- Hikes
- Reading fairy tales and poems from different countries
- International dancing
- Team building
- Singing together
- The countries of the people living with us are introduced with their customs and ways of life

- All guests help on a voluntary basis by offering their skills. These include hairdressing, sewing, help with PCs and smartphones.
- Twice a year, we organise a clothes bazaar, where toys are offered alongside clothes for adults and children. The bazaar is attended by many people from different cultures.

We have already organised the following activities several times in the past:

- Career guidance with a presentation by HWK Pfalz
- Visits to the fire brigade and the old people's home
- Visit to the public library
- Guided tour of the town
- Contact with public authorities
- Promotion of democracy
- Job and training placement

We look forward to your visit

on behalf of the staff: Jessika Blöcher (0177 6801495), Eva Franzreb (0151 62478336), Dr Mayr (0151 700 5151 6)

Kirchheimbolanden support group

There is a very small circle of helpers in Kirchheimbolanden.

Please contact these email addresses if you need help:

Silvia-Koenig@gmx.de

Fam.Morschhaeuser@t-online.de

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Emergency - Police and fire brigade

Do you need help ?

>> These numbers are reserved for emergencies only !!!

Call the **police** from all telephone networks:

>>> Telephone number 110 (for crimes and accidents without personal injury)

Call the **fire brigade** or the **rescue service** from all telephone networks:

>>> Telephone number 112 (only for accidents with injuries and medical emergencies)

>> Please do not call this number if you are ill - go to your doctor.

Always remain calm and speak clearly so that you can be better understood. Do not end the call.

This information is important and is needed to be able to help you quickly:

- Who is calling?
- Where did something happen?
- What has happened?
- How many injured or sick people are there? Are there children or adults?
- What kind of injuries or illnesses are there?

Source: Donnersberger Integrationsinitiative e.V.