

Table of Contents

Welcome to Freiburg	6
About Integreat	6
Integreat in sign language (Video)	6
General information	7
Offices and institutions	8
Office for Migration and Integration	8
Office for Social Affairs (AfS)	8
Office for Children, Youth and Family (AKI)	9
Digital and IT (DIGIT)	10
Employment Agency	10
Job centre	10
Registry office	11
Police	12
Support groups	14
Questions relating to immigration law	14
Authorities and advice centres	14
Immigration office	14
Migration advice centres for adult immigrants (aged 27 and over)	15
Youth migration services	16
Return and perspective counselling	16
friga social counselling	17
Asylum advice centres and initiatives	17
Refugee counselling	19
Writing room / authority guides	19
Legal matters and rights	20
Basic rights	20
Unaccompanied refugee minors	21
Women's rights	21
Children's rights	26
Family asylum and international protection for family members	27
Application for asylum	27
Decision of the BAMF	28
Living	30
Flat	30
Rent and rental agreement	30
Housing benefit	31
Residents' Registration Office	31
Waste separation and deposit	32
Energy and environment	33
Broadcasting fees	34
Housing entitlement certificate	34
Accommodation and support for refugees	35
Everyday life in Freiburg	36
Transport and shopping facilities	36
Freiburger Verkehrs AG	36
Public transport and bicycle	37
Shopping facilities	38
Driving licence and driving a car	39
Participation, co-design and co-decision-making	41

Mayoral and municipal council elections	41
The Migrant Advisory Council of the City of Freiburg	41
Commitment and support	42
Important information platforms	42
Information portals for education and leisure in Freiburg	42
Online counselling	43
Work aids for integration management	43
Online counselling for parents in various languages	43
Financial matters and contracts	44
Basic information on contracts	44
Insurances	44
Current account	44
Taxes and tax returns	45
Internet and free hotspots	46
Migrant associations	46
Albanian Cultural Association Kosova e.V.	47
Association of Gambians Freiburg e. V.	47
Association des Ressortissants Sénégalais de Freiburg i.Br. e. V. (ARSF e. V.)	47
Guinean-German Association Freiburg e.V.	47
Intercultural German-African Association IDAV e. V.	48
Ghana Union Freiburg	48
Comunità Cattolica Italiana di Freiburg	48
Intercultural association FAIRburg e. V	48
Brazil Initiative Freiburg	49
German-Italian Dante Alighieri Society	49
IGBO Community Union	49
Roma Office Freiburg	49
Social Service for Muslim Women - SmF e.V.	50
Tertulia Freiburg e.V.	50
Dona Flor - German Brazilian Cultural Association	50
Cooperation and Progress of Africans and All (CaPoA) Freiburg e. V.	51
ProVenezuela e.V.	51
Religious communities	51
Religious freedom	51
Freiburg DITIB Mevlana Mosque e. V.	51
International Christian Community Freiburg	52
Ahmadiyya Muslim Jamaat - Freiburg	52
Ibad Ur-Rahman Mosque	52
Education and Meeting Association Freiburg e.V.	53
Fatih Mosque	53
Blackforest Foundation (Freiburg Naqshibandiyya Sufi Community)	53
Alevi Cultural Association Freiburg e.V.	53
Islamic Community of Bosniaks in Germany	54
Freiburg Alevi Kültür Merkezi / Alevi Community Freiburg e.V.	54
Contact points for victims of discrimination	54
Complaints centre for refugees	54
pro familia Freiburg	54
OFEK BaWü - Community-based interventions	54
Leuchttlinie - Counselling and information for victims of right-wing violence	55
Rosa Hilfe Freiburg e.V.	55
Egalitarian Jewish Chawurah Gesher e.V. Freiburg	55

Baden-Württemberg Democracy Centre	55
Social Service of Muslim Women Freiburg	56
Specialist Extremism Distancing Centre (FEX)	56
Anti-discrimination office - Network for equal treatment in Freiburg	56
Anti-discrimination and inclusion	56
Wegberater - Salafism contact point	59
Pro Sinti and Roma e.V.	59
Education and school	59
Guide to education (general educational counselling)	60
School	60
General information	60
Counselling centres	61
International school at Römerhof for people aged 15 to 25	62
School and childcare	63
Package for education and participation	63
Schools in Freiburg	64
VHS (Adult Education Centre Freiburg)	65
Multilingual orientation in daycare centres, schools and society for new arrivals	66
Edit "Online counselling for parents in different languages"	66
Learn German	66
Language courses	66
Integration courses	66
General information	66
Obligation to participate in the integration course	67
Freiburg language schools with integration courses	68
Integration courses and literacy courses	68
Further language offers	70
Online self-study course	71
Learn German without a course	72
Language level and certificates	73
Working	73
Finding work - counselling and help	74
General information	74
MY TURN Freiburg	75
IQ project "Plan A - Qualification Coaching Freiburg"	76
"Job-NETZ - Sustainable employment and participation centre"	76
Applications and job interviews	76
Recognition counselling for foreign educational qualifications	78
Career counselling for women	79
Job centre	79
General information	79
Job search and qualification	83
Citizen's income	85
Legal information on the subject of work	86
Labour contract	86
Labour and wages	87
Minimum wage	87
Apply for a certificate of good conduct	88
Accident at work	88
Irregular and illegal employment	89
Counselling centres	89

Am I allowed to work?	90
Am I allowed to work with a residence permit?	90
Am I allowed to work if I come from a safe country of origin?	91
Am I allowed to work with a tolerated stay permit?	92
Am I allowed to work as a refugee with a residence permit?	94
Immigration of skilled labour	94
The basics of skilled labour immigration	94
For employers	95
For professionals	95
For training and studies	96
EU Blue Card	97
Independence	97
Start-up counselling Goethe2	98
Training and studies	99
Recognition of certificates	99
Vocational training (dual and full-time)	100
Vocational school	101
What is vocational training?	103
Learning support during training	104
Financial support during training	106
Counselling centres - Training	106
Free German courses	107
Assessment of maths and German skills for training	108
Study	108
General information	108
Study at a university	108
Funding and scholarship	109
Counselling centres	110
Study Service Centre	110
Studierendenwerk Freiburg SWFR	110
Guide to education (general educational counselling)	110
Health	111
Health	111
General information	111
Information on the German healthcare system in many languages	112
Health insurance	112
Medicines and pharmacies	113
Emergency numbers - SOS	113
Acute admission to a psychiatric clinic	114
Telephone counselling for poisoning and drug emergencies	114
Health department	114
Medical assistance for people without access to health insurance	114
Electronic patient file (ePA)	115
Women's health and support services for girls and women	116
Violence against women helpline	116
Freiburg women's and child protection centre for domestic violence	117
Support for pregnant women and families with refugee experience	118
Frauenhorizonte - against sexual violence e.V.	118
Freiburg centre for women with genital mutilation	119
pro familia - Counselling for pregnant women	119
Help for victims of human trafficking for sexual exploitation	120

Counselling for girls and women against sexual abuse - Wildwasser e.V.	120
Help hotline for violence against women	120
breastcare app	121
donum vitae counselling centre Freiburg	121
Counselling centres and offers of help	122
Refugium - psychosocial counselling for refugees	122
The family guide for people with disabilities	123
Rosa Hilfe Freiburg - Counselling and group for queer refugees	123
Help for addicts and relatives in Freiburg	124
Counselling and exchange for parents of children with disabilities	124
Counselling centre for sexual health	124
Advice centre for people with care needs	124
Counselling in the event of discrimination	124
Multilingual information for people with disabilities and their families	125
Telephone help in crises	125
Children, youth and family	125
General information	125
Family benefits	126
Leisure activities for children and young people	126
Childcare	127
Counselling centres and offers of help	128
Women's counselling centre for domestic violence	128
GRC Tracing Service - Restoring Family Links	129
Youth migration service	129
IN VIA social work for girls and women	130
Family education of the DRK Freiburg	130
Outpatient educational support at DRK KV Freiburg	131
donum vitae counselling centre Freiburg	131
PSYCHOSOCIAL COUNSELING CENTRE for parents, children and young people	132
Leisure, sport and culture	133
Sport and exercise	133
Offers for senior citizens	133
Diversity in motion	134
Sports portals	134
Libraries	134
Open offers / meetings	135
International women's café in Mooswald	137
International women's café in Zähringen	137
International women's café in Landwasser	138
Schwere(s)Los! e.V. - Socio-cultural centre in Stühlinger	138

Welcome to Freiburg

About Integreat

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

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

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

Sharing information

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

Latest news

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

Feedback

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

Read aloud function

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

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

Integreat in sign language (Video)



[This video describes the Integreat app in sign language.](#)

General information

Are you new to Freiburg? We would like to make it easier for you to get started with detailed information.

- If you would like to stay in Germany for a longer period of time, you will need a residence permit, which you can obtain from the [\(Foreigners' Registration Office\)](#).
- Once you have found a flat here, you must register at the ([Citizens' Service Centre](#)) within one week. Only then can you use state services, for example the job centre.
- It is important that you are [health insurance](#).
- [Here](#) you can find a handbook with information from the Federal Office for Migration and Refugees.
- [Here](#) you can find all information about Ukraine-Hilfe in Freiburg [\(Ukraine-Hilfe\)](#)
- [Here](#) you will find explanatory videos for women and men with migration and refugee experience in various languages. They provide initial orientation in Freiburg. The videos are intended to help you find your way around Freiburg more easily in the first few months.
- [Here you will find](#) useful tips and information in 17 languages for life in Germany. [RefugeeGuide online](#).

- [Here](#) you will find important information about mobility services in Freiburg

Offices and institutions

Office for Migration and Integration

The Office for Migration and Integration offers various services for people in Freiburg. These include

- [Aliens and citizenship law](#)
- [integration](#)
- [Benefits and services for refugees](#)
- [BA1 competence centre for immigrants](#)

The centre helps people who have recently arrived in Freiburg to find their feet here. It supports them in finding work and training places and integrating into society.

If you do not know which office to contact with your request or if you need information, the reception team will be happy to help you. You can also obtain application forms, information brochures and submit missing documents here.

Please note the opening hours of the relevant departments.

Reception opening hours

Office for migration and integration

Mon 7:30 - 17:00


Tue 7:30 - 17:00

Wed 7:30 - 18:00

Thu 7:30 - 17:00

Fri 7:30 - 14:00

The way to us

 Berliner Allee 1, 79114 Freiburg im Breisgau

 [+49 \(0\) 7612016301](tel:+4907612016301)

 @ami@stadt.freiburg.de

 www.freiburg.de/ami

Travelling by public transport on the VAG

line Stop

Tram 1 Runzmattenweg

Tram 3 Runzmattenweg or Bissierstraße

Bus 10 Bissierstraße

Bus 22 Bissierstraße

Bus 36 Bissierstraße

Office for Social Affairs (AfS)

The main task of the Social Welfare Office is to

- economic assistance

- provide personal assistance to citizens of the city of Freiburg im Breisgau.

On this basis, the Office for Social Affairs grants benefits to, for example

- People who are unable to work or can only work a little
- Elderly people and those in need of care
- People who have no home or whose home is taken away from them
- people with disabilities.

The office also performs the municipal tasks of the job centre. It is active in the field of social work, e.g. through street social work or neighbourhood management.

If you don't know who to contact. You don't know which office is responsible for you. If you have any questions, please contact the reception team.

📍 Fehrenbachallee 12, 79106 Freiburg

☎ [07612013507](tel:07612013507)

✉ @AfS_Empfang@stadt.freiburg.de

🌐 [Here you can find more information about the AfS](#)

Organisational units

[Subsistence benefits and care assistance](#)

[Municipal tasks Job centre and youth employment assistance](#)

[Benefits for people with disabilities and care authorities](#)

[Services for homeless people and people at risk of homelessness](#)

[Senior citizens' office with care support centre](#)

[Social work](#)

[Administration \(AfS\)](#)

[Appeals and social law centre](#)

[Housing benefit](#)

Office for Children, Youth and Family (AKI)

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

The Youth Welfare Office supports parents in bringing up children and young people. Anyone can contact the Youth Welfare Office free of charge. Are you a child, adolescent or young person? Do you have problems? Then you can contact the Youth Welfare Office.

If you do not know which office in the building or which department of the City of Freiburg you can contact with your concerns or if you need information, the [reception](#) team will be happy to help you.

General opening hours

🕒 **Monday to Thursday** 07:30 - 16:30

🕒 **Friday** 07:30 - 15:30

Please note the opening hours in the specialist departments

Organisational units

[Assistance](#)

[Parenting and family counselling, early help, guardianship/custody](#)

[Support for day care centres](#)

[Youth issues and youth social work](#)

[Child maintenance, educational support and WJH](#)

[Municipal social services](#)

[Guardianship and guardianship](#)

[Unaccompanied minor refugees](#) are also subject to youth welfare law. This means that the case goes to the youth welfare office.

📍 Europaplatz 1, 79098 Freiburg

✉️ @aki@stadt.freiburg.de

☎️ [+49 \(0\) 7612018310](tel:+49(0)7612018310)

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

Digital and IT (DIGIT)

Dear residents of Freiburg, dear newcomers,

Here in the ([DIGIT](#)) you will find the services that citizens ask for most. You will also find the City of Freiburg's online services here.

Employment Agency

The Federal Employment Agency is responsible for everything to do with employment. Are you looking for a job? Do you need help choosing a career? Would you like to have your qualifications recognised? Then contact the Employment Agency.

👥 Is your asylum procedure still ongoing? Or are you tolerated? Then the [Employment Agency](#) is your point of contact. They will help you with questions about the transition between school and work (careers advice). The employment agency will find you a job and advise you on further vocational training.

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

Freiburg Employment Agency

📍 Lehener Str. 77, 79106 Freiburg im Breisgau

☎️ [+49 \(0\) 8004555500](tel:+49(0)8004555500)

🔗 [Here you can find more information](#)

Job centre

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

💡 Job Centre staff are not allowed to pass on any information about customers. Do you have a voluntary companion? Then you must give them a power of attorney. This must be completed in full and signed by both parties.

👥 Is your asylum application still pending? Or your application has been rejected? Then the [Federal Employment Agency](#) is responsible for matters relating to employment promotion.

👥 Steps after a positive decision

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

1. personal interview

- You must go to the job centre during opening hours
- You will be registered as a customer there
- Your background will be recorded
- A counselling appointment will be arranged with the benefits department. An appointment will be made with the job centre
- You are registered as unemployed

2. benefits department

Important: There is no counselling without an appointment.

- You can apply for benefits. You need an appointment for this. The person responsible for you will then help you.

3. job centre

- **Important:** There is no counselling without an appointment.
- Have you already attended an integration course? Bring your certificate with you. If not, bring the commitment to the course with you.
- Do you have documents relating to school attendance or training? Do you have job references? Have your foreign qualifications been recognised? Please bring these with you.
- Tell us about any special skills you have (crafts, language skills, etc.).
- Think about which area of work you are interested in before the appointment.

👤📧 [You can find further information and the relevant contact details here.](#)

👤 [You can find the Job Centre website here.](#)

Registry office

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

The tasks at a glance

- [Self-determination law](#)
- [Newborns](#)
- [Concluding marriages and partnerships](#)
- [Receiving resignations from the church](#)
- [Issuing certificates \(birth certificate, death certificate, marriage certificate\)](#)

📍 Rathausplatz 2-4, 79098 Freiburg

☎️ [+49 \(0\) 7612010](tel:+49(0)7612010)

✉️ @standesamt@stadt.freiburg.de

🌐 [Click here for more information](#)

🌐 [Request an appointment online here](#)

Births:

☎️ [+49 \(0\) 7612010](tel:+49(0)7612010)

✉️ @geburten@stadt.freiburg.de

🌐 [Here you can find more information](#)



[Here you can find FAQ about birth certificates for newborns](#)

Report deaths:

☎️ [+49 \(0\) 7612013182](tel:+49(0)7612013182)

✉️ @sterbefall@stadt.freiburg.de

🌐 [Here you can find more information](#)

Police

Responsibilities of the police

The police are there to protect us from danger. They also solve crimes. It has nothing to do with the secret service or politics. Is there an emergency? Then you can contact the police at any time by dialling [110](#). The call is free of charge. You can read [here](#) what you need to bear in mind when making an emergency call.

What the police may and may not do is laid down in law. For example, they need a judge's authorisation to search a home. Unless there is great danger to a person in the home.

👮 Do not try to bribe the police. Attempts to bribe police officers are severely penalised in Germany.

When should I call the police?

Are you or another person in danger? Have you witnessed a crime? Then call the police. It could be a robbery. Or a burglary. Theft, arson and damage to property are also included. Sexual abuse, assault or threats are also a matter for the police. You should also call the police in the event of domestic violence.

If you call the emergency number 110, the police will be with you as quickly as possible.

Important: If you have been the victim of right-wing, racist, anti-Semitic, Islamophobic, homophobic or transphobic violence, you can contact the police at any time. You can find out more about this in our chapter "[Discrimination](#)".

You can also call the police in the event of a so-called administrative offence. For example, if someone is not respecting quiet hours and is listening to loud music at night.

If you notice political or religious radicalisation of young adults in your area, you can also report this to the police. You can also contact the BAMF's Radicalisation Advice Centre at [09119434343](tel:09119434343) in several languages. 📞

What can the police do?

The police may ask you for your ID. If you are not suspected of any specific criminal offence or you have no evidence of another suspect, the police are not allowed to search you. This also applies to your home: your home may only be searched if you are suspected of a criminal offence or if the police suspect that a suspect is in your home. However, if the police announce that they want to search you or your home anyway, you must say that you do not consent to this. If you do not say anything, this is deemed to be consent. You have said no? The police search your home anyway? Then the police are committing a criminal offence. In this case, contact a counselling centre or a lawyer. You have the right to make a phone call during a search. You may also call someone else. This person can then also be a witness and help you. Normally, the police need a court order.

💡 Women may ask for a female police officer if they themselves are to be searched.

If you are travelling in a vehicle, the police may ask for your ID, driving licence and vehicle registration document. The police may also ask you to stop and leave the vehicle. The police may also check whether you have a warning triangle and a first-aid kit with you. However, they are not allowed to search your vehicle or test your fitness to drive by carrying out various tests (e.g. walking in a straight line) if there is no clear indication that you are under the influence of alcohol or drugs. If the police do or demand this anyway, you must refuse to give your consent. If the police force you, they are committing a criminal offence.

💡 If you do not say anything, this will be interpreted as consent.

The police may only carry out a blood test or urine test if you are accused of a criminal offence. As a rule, the police must have the consent of a judge. Only if it is necessary to react immediately (for example, because the drugs or alcohol can no longer be detected later) may the police act without the consent of a judge. However, it is important that there really are indications of alcohol or drug consumption. The police are not allowed to carry out these tests arbitrarily. If a police officer wants to carry out a blood test or urine test without an understandable reason, you can refuse your consent.

The police are also not allowed to take you to the police station without a reason. If a police officer asks you to come with them, you can also refuse to give your consent. If you are taken along anyway, the police are liable to prosecution. In this case, you should contact a lawyer. If you do not know a lawyer yourself, you can contact the "[Anwaltlicher Notdienst in Strafsachen](#)" (emergency lawyer service in criminal matters) of the Vereinigung Berliner Strafverteidiger e.V. (Berlin Defence Lawyers Association) on the following telephone number 📞 [01723255553](tel:01723255553) and ask for support there. The staff there are available day and night.

If you are questioned by the police, you may refuse to make a statement. This means that you do not have to answer their questions. You should not answer the questions without a lawyer. If you receive a written invitation from the police, you do not have to go there. You only have to accept invitations from the public prosecutor's office or a court. Be sure to contact a lawyer beforehand.

You have the right to ask for the police officer's identity card and to write down their details. This is important if you want to file a criminal complaint later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Important: You must file a criminal complaint within three months of the incident. You can do this directly at the public prosecutor's office. You do not have to go to the police.

Support groups

In many neighbourhoods, there are groups that work for you without payment. The volunteers can help you find your way around your neighbourhood. They can help you take part in leisure activities and sports programmes. You can learn your first German language skills here. If you have questions about everyday life, ask the volunteers. For example, if you don't understand a letter in German or if you want to know where there are good shops and sports facilities or how bus travel works. Volunteers can also help you with questions about a bank account. Many volunteer groups also offer help if you would like to learn German.

Here you can find some of the volunteer groups in Freiburg

- [Civic engagement in the area of migration](#)
- [BeneFit - On the move together in Weingarten](#)
- [House of Commitment e.V.](#)
- [Intercultural orchestra Con Anima](#)
- [Meeting place for cultures, creativity and community](#)
- [CaPoA Freiburg e.V. \(Corporation and Progress of Africans and All\)](#)
- [LEA watch/ OurVoice](#)
- [Zusammenleben e.V.](#)
- [Stadpiraten Freiburg](#)


Questions relating to immigration law

Authorities and advice centres

Immigration office

The Foreigners' Registration Office is responsible for all questions relating to entry, residence and work permits. It also refers you to counselling centres (MBE) where you can get advice on these topics.

For more information:

 [Foreigners' Registration Office](#): Here you can find all information from the Foreigners' Registration Office in Freiburg.

 [§ 24 AufenthG](#): Frequently asked questions about applying for a residence permit § 24

Steps after a positive decision from the BAMF. Applying for an electronic residence permit (eAT)

Application

You can also fill in the "Application for a residence permit" form. You send this by post to the immigration office. You can download the form online. Or you can obtain it at the information desk of the Foreigners' Registration Office. Please bring an interpreter with you when you apply. They can translate your request (the reason for the visit).

Appointment

The form has been received by the Foreigners' Registration Office. It has been processed. You will be contacted by post or email if you still need to submit documents. After a positive check, you will be requested by post or email to attend an appointment to submit your biometric data.

Important: Have a fictitious certificate issued as a temporary replacement document when you go to the job centre. You will need this for the job centre.

Collection

You will receive the collection notification by post

📍 Berliner Allee 1, 79114 Freiburg
☎ [076116470](tel:076116470)
✉ @Auslaenderbehoerde@stadt.freiburg.de
🌐 [Here you can find more information](#)

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

Have you come to Germany? Are you older than 27? Then you can seek advice from organisations. You will need a residence permit for this. Counselling is free of charge. Help, support, information and clarification are available on the following topics:

- Notifications or the procedure for applications to authorities
- Right of residence or work permit
- Financial support
- Help with applications
- Integration courses/language courses
- Recognition of foreign qualifications
- Education and social security
- Living and working in Germany

- Reunification of children, spouses, family reunification

💡 **Here you can find the various advice centres in Freiburg.**

🗺️ **[Here you can find more information about the migration counselling centres for adult immigrants \(MBE\)](#)**

💡 **Are you between 12 and 27 years old? Then contact the Youth Migration Service.**

🗺️ **[You can find more information about the Youth Migration Service here.](#)**

💡 **Do you need help with questions about local shared accommodation? The Social Service can help you.**

🗺️ **[You can find information about the shared accommodation centres here.](#)**

Youth migration services

Are you **between 12 and 27 years** old? The JMD supports young people. We help them to arrive in Germany. We provide advice on these topics:

- General orientation
- Residence
- School, training, career
- Personal questions
- Financial and legal issues

Jugendmigrationsdienst Freiburg (Caritasverband Freiburg-Stadt)

📍 Sundgaullee 8, 79110 Freiburg

☎️ [076179032112](tel:076179032112)

@ jugendmigrationsdienst@caritas-freiburg.de

🗺️ **[Here you can find more information about the Youth Migration Service.](#)**

Return and perspective counselling

Perhaps you would like to return to your home country? But you don't know how it works? Do you need financial help for your return journey? The return counselling service will advise you on options for voluntary departure to your home country. The counselling is open-ended. You decide for yourself after the counselling. You can leave voluntarily. Or you can stay on.

Contact details:

☎ [+49 \(0\) 7614517062](tel:+49(0)7614517062)

✉ @rueckkehrberatung@drk-freiburg.de

🌐 www.rueckkehrberatung-freiburg.de

friga social counselling

We will advise you free of charge:

- When filling out applications
- For questions about letters from public authorities
- For questions about redundancy
- On the question of which social benefits you receive (zum Beispiel Wohngeld, Bürgergeld, Kindergeld, Krankengeld, Arbeitslosengeld)
- If you have problems with the authorities, appeals or financial emergencies
- Also for other benefits such as cheap tickets, school lunches, swimming pool or theatre tickets
- We have the [Freiburgpass](#), the [Familiencard](#) and a stamp for [Kulturwunsch](#)

Contact

☎ [+49 \(0\) 76159479616](tel:+49(0)76159479616)

✉ @kontakt@friga-freiburg.de

🌐 [Here you can find more information and contact about Friga](#)

📍 Habsburgerstr. 9, 79104 Freiburg

Our counselling centre is located in the "Fabrik" in the first house on the right (front building) on the first floor.

There is barrier-free access and a barrier-free toilet.

Straßenbahnlinien:

Linie 4 Richtung Zähringen bis Okenstraße

Linie 2 Richtung Hornusstr. bis Komturplatz

Asylum advice centres and initiatives

Have you applied for asylum? Then you can seek advice at the asylum counselling centre. You can also go to the counselling service if you are a new immigrant with permanent residence status.

Asylum seekers and refugees can seek advice on everyday matters. The counsellors help with these topics:

- Asylum procedure - providing information and answering questions

- Information about German law
- For questions about authorities
- Finding local services
- Orientation on site
- Problems in everyday life
- About the integration offers (such as language courses)
- For questions about family reunification
- Referral to other specialist centres
- About voluntary return or onward migration
- They are contact persons for volunteers. They answer specialised questions about the asylum procedure

Do you have a secure right of residence?

Then the [migration counselling](#) service [for adult immigrants](#) can also help you. It advises adults aged 27 and over. Families can also seek help there.

Are you under 27 years old? Then the [Youth Migration Service](#) is the right place for you.

You can find other advice centres and initiatives [here](#)

 [Aktion Bleiberecht Freiburg](#)

 [Freiburg forum active against marginalisation](#)


 [Ecumenical Asylum Forum Freiburg](#)


 [Refugee Law Clinic Freiburg e.V.](#)

 [South Baden Action Alliance against Deportation \(SAGA\)](#)

Lawyers and solicitors


 **RA Udo Kauß**

 Herrenstraße 62, 79098 Freiburg


 [0761702093](tel:0761702093)

 **RAe Schandl & Hoffmann**

 RA Harald Schandl


 Egonstraße 51, 79106 Freiburg

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 www.ihr-rechtsberater.eu

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Rechtsanwälte Vogel, Schandl, Hoffmann, Möllinger

Egonstraße 51, 79106 Freiburg

+49 (0) 76159521020

@vogel@rain-vogel.eu

RAin Ruth Baumeister

Markgrafenstraße 80, 79115 Freiburg

076131454

Refugee counselling

Counselling is for refugees and people who support them.

We support you with

Questions about the asylum procedure and legal proceedings

Questions about securing your residence

Questions about family reunification

Questions about residence for foreigners

the enforcement of your claims

Counselling is confidential and free of charge.

Contact hours

Open consultation hours every Thursday. 14-16:00 (without appointment).

Outside office hours by appointment only.

Ferdinand-Weiß-Str. 9, 79106 Freiburg i.Br

Mr Franz Grasser

+49 (0) 76128561348

Mr Mechthild Hartmann

+49 (0) 76189759337

@asyl@diakonie-freiburg.de

Writing room / authority guides

Do you need help filling out forms? Do you need to submit an application? Have you received a letter and don't quite understand it? Then come to the typing pool or to the authority guides! We don't go to the authorities with you. But we will help you to make an appointment. Or, if necessary, we can put you in touch with specialist advice centres. They will help you further.

Authority guides and authority guides:

📍 Landwasser: in the shopping centre opposite the Catholic church, Auwaldstraße 92

🕒 Tuesdays 15:00 - 17:00

📍 Brühl: in the district centre, Tennenbacher Straße 36

🕒 Wednesdays 10:00 - 13:00

Contact details:

☎ [+49 \(0\) 1707796162](tel:+49(0)1707796162)

@ Laura.RodriguezAlonso@drk-freiburg.de

🌐 <https://www.drk-freiburg.de/angebote/migration-un...>

Schreibstube Stühlinger:

📍 Ferdinand-Weiß-Straße 9a, 79106 Freiburg im Breisgau; entrance via the inner courtyard in Stühlinger Gewerbehof

🕒 Wednesdays from 15:00 - 18:00

Contact details:

☎ [+49 \(0\) 761205741286](tel:+49(0)761205741286)

@ katharina.seitz@drk-freiburg.de

🌐 <https://www.drk-freiburg.de/angebote/hilfen-in-der-not/schreibstube.html>

Legal matters and rights

Basic rights

The Basic Law

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

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

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

Universal Declaration of Human Rights

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

There are 30 rights. The most important are

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

Unaccompanied refugee minors

Is a refugee under the age of 18? Have they travelled to Germany unaccompanied? Then they are classed as an unaccompanied minor foreigner = umA. These young people are reported to the youth welfare office. The youth [welfare](#) office talks to the young person. The Youth Welfare Office determines their age.

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

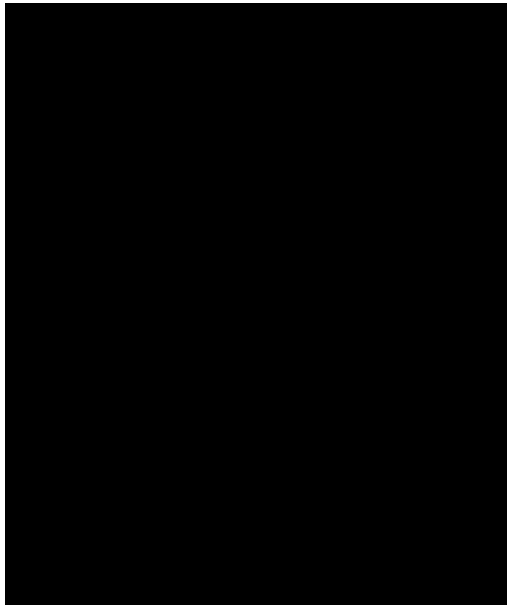
💡 The Youth Welfare Office will bring an interpreter to the interview.

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

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

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

Women's rights



Women and men have the same rights.

Women and men have the same duties.

This is reflected in the laws and in daily life.

This means, **for example:**

- Girls and boys go to **school together** and receive the same instruction. They participate in physical education classes together.
- Women are allowed to **study** or learn a profession. In principle, **all professions** are open to women.
- Women assume **responsibility** in **society**, for example as policewomen, doctors, teachers or in offices and authorities. Their instructions must be followed.
- Women decide for themselves what **work** they want to pursue. They can dispose of the **money** they earn themselves.
- Women do **not** have to ask their husbands, parents, or other family members for **permission** to **work**, open a **bank account**, or sign **contracts**.
- Women may **dress** as they wish.
- Women decide for themselves if, when and whom they want to **marry**.
- **Mothers** are particularly protected. You must and may not work for six weeks before and eight weeks after the birth. They may **not** be **dismissed** because of their maternity.
- The tasks and roles in the family are **not prescribed**.
- Women participate **in public life**. They attend cultural, political or sporting events, restaurants and bars.
- Women can **vote** and be elected to **political office**.
- Women and men are equal in **inheritance law**, daughters as well as sons.
- **Sexual touching**, comments or solicitations are only allowed if all parties agree. **A "stop" or "no" must be respected at all costs.**

The following are examples of what is not allowed in Germany:

- **Any form of violence against women, including in marriage.**
- **No one may be sexually harassed.**

- **Rape, even within marriage, is punished.**
- **No one should be forced to marry. Coercion into marriage by force or threat shall be punished.**

The following **explanatory video "Living Equally in Germany"** (3 min) by TERRE DES FEMMES informs especially refugee women (and men) about their rights and the prohibition of violence against women in Germany. In addition to domestic violence, forced marriage and other forms of violence against women, the film also addresses the freedom to choose one of the many possible ways of life. The lovingly drawn illustrations were created in intensive exchange with refugee women.



To watch the video, click on this [link](#).

Here are all the rights that are discussed in the video also illustrated as a graphic:

<p>In Deutschland haben Frauen und Männer die gleichen Rechte</p> 	<p>Jede Frau und jeder Mann darf sich frei und allein bewegen.</p> 	<p>Jede Frau und jeder Mann hat das Recht auf Bildung und einen Beruf.</p> 
<p>للأمراء والرجال نفس الحقوق في ألمانيا</p> <p>Jede Frau und jeder Mann darf an sportlichen und kulturellen Aktivitäten teilnehmen.</p> 	<p>لكل امرأة ولكل رجل حرية التنقل بمفردها / بمفرده</p> <p>Jede Frau und jeder Mann darf das eigene Geld selbst verwalten.</p> 	<p>لكل امرأة ولكل رجل الحق في الحصول على التعليم والعمل</p> <p>Jede Frau und jeder Mann darf über die eigene Lebensform selbst entscheiden.</p> 
<p>لكل امرأة ولكل رجل الحق في المشاركة بحرية في الأنشطة الرياضية والثقافية</p>	<p>لكل امرأة ولكل رجل الحق في إدارة الأموال الخاصة بمفردها / بمفرده</p>	<p>لكل امرأة ولكل رجل حرية تحديد نمط حياته الخاصة بها / به</p>

<p>Niemand darf mich und mein Kind schlagen.</p> 	<p>Niemand darf mich sexuell belästigen.</p> 	<p>Niemand darf mich gegen meinen Willen verheiraten.</p> 
<p>لا يحق لأي أحد التهدي علي أو على طفلي</p>	<p>لا يحق لأحد للتحرش بي جنسياً</p>	<p>لا يحق لأحد أن يتزوجني بالإكراه</p>
<p>Niemand darf mich zur Prostitution zwingen.</p> 	<p>Beratungsstellen helfen mir.</p> 	<p>Die Polizei hilft gegen Gewalt.</p> 
<p>لا يحق لأحد إجباري على ممارسة البغاء (الدعارة)</p>	<p>المراكز الإستشارية تقدم لي المساعدة الضرورية</p>	<p>الشرطة تقدم المساعدة لي في حال تعرضي للعنف</p>

Women's rights in many languages



Graphic of the Counselling and Intervention Centre Women Help Women e.V. ("Beratungs und Interventionsstelle Frauen helfen Frauen e.V.")

Children's rights

Children's rights

As a child, you need special protection. That is why you also have special rights. These rights are set out in the Convention on the Rights of the Child. The General Assembly of the United Nations adopted the Convention in 1989.

The UN Convention on the Rights of the Child can be divided into four groups: the right to life and personal development, equal treatment, the best interests of the child and participation. In detail, this means

- Every child has the right to all the things they need to live. This includes, for example, food and drink or medical treatment.
- The right to go to school is also a child's right, as is the right to play and leisure.
- All girls and boys have the same rights and no child should be treated worse than other children.
- Every child has the right to grow up healthy, cared for and protected from violence.
- Every child has the right to live with their parents or, if the parents are separated, to have contact with both parents.
- All girls and boys have the right to form their own opinion and to stand up for it.

💡 Are there issues that affect you as children? Then adults must listen to your opinion and take it into account when making decisions.

🌐 You can find a clear explanation of the 10 important children's rights here: [German/Arabic](#) and [German/Persian](#).

Are you experiencing violence? Do you feel unfairly treated? Then the [youth welfare office](#) can advise you.

Family asylum and international protection for family members

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

For the purposes of family asylum, members of families include

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

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

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

Born in Germany:

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

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

Further information can be found directly at the BAMF.

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

Application for asylum

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

1. personal application for asylum

- You apply for asylum at the **Federal Office for Migration and Refugees (BAMF)**
- Asylum procedure counselling can provide you with important information for the asylum procedure. The Refugee and Integration Counselling Service is responsible for this.
- **Important:** You can only submit your application in person. You cannot send this application by post.
- You will receive the appointment and the responsible BAMF office with your proof of arrival. If you have not been given an appointment, ask your accommodation manager

2. first interview appointment (asylum application)

At the first appointment, your personal details and those of your family members will be recorded and written down. This is called a "transcript". After the appointment, you will use this transcript to report to the [Aliens' Registration Office](#) to obtain a permit.

3. personal interview

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

a) The [decision](#) is negative

- If the decision is negative and you wish to contest it (i.e. you do not agree with it), go to your [asylum counsellor](#) immediately. They will discuss with you what you can do and can put you in touch with specialised lawyers. For example, you can take legal action against the decision.
- Would you prefer to leave the country voluntarily? Then you can receive financial support for your new start in your country of origin.

b) The decision is positive, i.e. you are recognised as entitled to protection. The next steps are

Fictitious certificate or short-term tolerated stay and subsequent electronic residence permit (eAT): You have received the positive BAMF decision. You must then immediately obtain an identity document or its equivalent. You can obtain this from the [\(Foreigners' Registration Office\)](#).

Job centre: You will no longer receive your money from the social welfare office, but must submit an application to the [job centre](#).

Decision of the BAMF

The decision from the BAMF

You will receive your decision by post after the BAMF has interviewed you. The decision will state whether you have been granted asylum.

There are different types of protection:

1. Asylberechtigung Artikel 16a Grundgesetz (GG):

- You will receive a residence permit for 3 years
- A settlement permit after 3 or 5 years is possible if the requirements are met (e.g. predominantly securing your livelihood, very good knowledge of German)
- You have free access to the labour market
- You are entitled to privileged family reunification

2. recognition of asylum/refugee status § 3 Asylgesetz (AsylG):

- You will receive a residence permit for 3 years. An extension is possible.
- Settlement permit after 3 or 5 years is possible if further requirements are met (e.g. predominantly securing a livelihood, specific knowledge of German)
- You have free access to the labour market
- You are entitled to privileged family reunification

3. granting of subsidiary protection § 4 Asylgesetz (AsylG) :

- Residence permit for 1 year, 2 years for each extension
- Settlement permit after 5 years is possible if the requirements are met (e.g. securing a livelihood and good German language skills)
- You have free access to the labour market, self-employment only after approval
- You are not entitled to privileged family reunification

4. determination of national ban on deportation § 60 Abs. 5 und 7 Aufenthaltsgesetz (AufenthG):

- You will receive a residence permit for 1 year. An extension is possible.
- Settlement permit after 5 years is possible if further requirements are met (e.g. securing a livelihood, sufficient knowledge of German)
- Work is possible with permission from the immigration authority

Has your asylum application been rejected? There are two types of rejection:

1. The asylum application is inadmissible because another country is responsible. This is the case if you have already applied for asylum or submitted fingerprints in another country. You will be deported to Italy, for example, if you do not leave voluntarily.
2. The asylum application will be rejected (national procedure). You will be threatened with deportation to your home country.

💡 In both cases, you will unfortunately have to leave Germany. If deportation is not

possible, you may be granted a tolerated stay. Duldung is not a residence permit. The Karlsruhe Regional Council is responsible for tolerated persons. They will also check whether deportation is possible and then carry it out.

I don't want to be deported, but I no longer have any options to stay in Germany. What can I do?

If you decide to leave voluntarily, you can receive financial help for your new start in your home country.

[Here you can find more information about \(return and perspective counselling\)](#)

Living

Flat

Rent and rental agreement

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

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

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

Only you have a key to your flat. Take good care of your key. Have you lost the key? Then a locksmith will have to come. A locksmith can be expensive. Sometimes the landlord or landlady needs access to your home. Sometimes other people also need access to your home. You 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.

Housing benefit

Housing benefit

You earn little money. Everyone in your household earns little money. Then you can get subsidised housing. To do this, you need a certificate of eligibility for subsidised housing (WBS). Under certain conditions, you are also entitled to housing benefit. You and your family receive money from the state. In this case, you do not usually need to apply for housing benefit.

You must apply for a certificate of eligibility for housing in the federal state or city (municipal administration, housing office) in which you are looking for social housing.

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

Office for Social Affairs

📍 Fahnenbergplatz 4, 79098 Freiburg

☎ +49 (0) 7612015480

@wohngeld@stadt.freiburg.de

🌐 www.freiburg.de/wohngeld

Residents' Registration Office

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

💡 This registration has nothing to do with registering as an asylum seeker or registering with the [foreigners authority](#). You must do this in addition.

Who has to register and when?

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

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

What do I need to bring with me to register?

You must register in person at the Residents' Registration Office or Citizens' Registration Office. You can find the address of your residents' registration office or citizens' registration office at the bottom of this page.

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

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

Address of the residents' registration office

📍 Rathaus im Stühlinger
Fehrenbachallee 12, 79106 Freiburg
☎ +49 (0) 7612010
✉ [@buergerberatung@stadt.freiburg.de](mailto:buergerberatung@stadt.freiburg.de)
🌐 www.freiburg.de/bürgerservicezentrum

Waste separation and deposit

Waste separation means that different types of waste are collected and recycled separately. In Germany, waste separation starts directly with the consumer. This means that every household has to sort its own waste and throw it into different bins and containers. The majority of waste in Germany is recycled and composted, which conserves resources and protects the environment. Basically, avoiding waste is still the easiest way to do something about the growing mountains of rubbish.

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

[Find out more about municipal waste management here](#)

What goes in which bin?

Waste bins in Germany have different colours. The colours show you which waste is allowed in which bin. In large cities, the bins are often located right next to the house. In the countryside, you may have to drive to a recycling centre to find all the bins. Or you may have to wait for the next collection date for certain rubbish. In the meantime, you can store the rubbish in your garage or cellar, for example. You can find out when which waste is collected in the "waste calendar", which you can find in your letterbox every year or collect from the town hall.

Do I have to separate my rubbish?

Yes, waste separation is compulsory in Freiburg. Everyone must separate their waste correctly and put it in the right bins. If you do not adhere to the rules on waste separation, your landlord or landlady can give you a warning. If you do not change your behaviour, you may even lose your flat. Your landlord or landlady will also charge you for the costs incurred as a

result of incorrect waste separation. If you own your own home, incorrect waste separation will increase your waste disposal bill. Incorrect waste separation is also an administrative offence. If you are caught, you will have to pay a fine. If you repeatedly fail to separate waste or separate it incorrectly, this fine can even amount to several hundred or thousand euros.

💡 Only certain rubbish may be thrown into each bin! [Where do I dispose of what?](#)

What do I need to know about "deposits"?

In Germany, there is a so-called "deposit obligation" for certain beverage containers. If you buy plastic and glass bottles or drinks cans in the supermarket, you pay a few cents more for them. If you 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 deposit bottles yourself, you can also leave them in a clearly visible place next to a rubbish bin on the street. There are many people in Germany who collect these bottles to earn a little extra money.

Energy and environment

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

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

💡 If you use energy sparingly, you will save money. It's also good for the environment. You can also read about how to heat, ventilate and save energy properly [here](#) or [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](#).

Broadcasting fees

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

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

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

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

Housing entitlement certificate

Basic principles

Flats subsidised by the state may only be rented to certain people. These are people on low incomes. Rent control limits the amount of rent. The rent is lower than for comparable flats. You can apply for such a licence. To do so, you must look for a flat. You must not earn too much. The City of Freiburg will determine your income to be taken into account. It will provide information on how to determine your income.

Relatives

Your relatives are included in the housing entitlement. You must live in the flat with your relatives

Relatives include spouses, children, siblings and parents

Where do I submit the application?

You apply for the certificate from the city in which you live. The application form for the housing entitlement certificate is available from the city of Freiburg.

You can apply for the housing entitlement certificate [here](#)

Flat size

The flat must not exceed a maximum size. This depends on how many people live in your household:

1 person 50 m²

2 persons 65 m² or alternatively 2 living rooms

each additional person + 15 m² or alternatively + 1 room

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

Accommodation and support for refugees

Social Services of the City of Freiburg

It helps refugees who live in shared accommodation or flats. The employees help the refugees to integrate into society. The specialists are there for refugees, volunteers and the neighbourhood. The housing administration and property management teams place refugees in flats and shared accommodation. They look after the accommodation.

contact

@SozialerDienst@stadt.freiburg.de

Appointments by appointment by email:

[AMI Wohnraumverwaltung@stadt.freiburg.de](mailto:AMI.Wohnraumverwaltung@stadt.freiburg.de)

Opening hours

Mon 7:30 - 16:00

Tue 13:00 - 16:00

Wed 7:30 - 17:30

Thu 7:30 a.m. - 12:30 p.m.

Fri 7:30 am - 12:30 pm

If you would like to rent your flat to families in emergency situations or refugees in cooperation with the city, please get in touch with the contact person at Housing Acquisition.

 Mr Erdem Akkus

 [+49 \(0\) 7612016368](tel:+4907612016368)

@

Wohnungsakquise@stadt.freiburg.de

[You can find more information here](#)

Refugee social services in shared accommodation centres (DRK)

The city of Freiburg is responsible for the residential centres for refugees. The DRK-Kreisverband Freiburg e.V. provides social services in five hostels, making it the largest independent organisation providing social services for refugees. The hostels in Bissierstraße, Hirschengarten, Kappler Knoten, Mooswaldallee and Tel-Aviv-Yafo-Allee have different capacities.

The DRK-Kreisverband Freiburg e.V. helps refugees in these five shared accommodation centres in Freiburg. People flee their countries because they are being persecuted or are afraid of war and violence. Most of them are allowed to stay in Germany.

 [+49 \(0\) 76145366468](tel:+49(0)76145366468)

 [Write an e-mail](#)

 [Here you can find more information](#)


Everyday life in Freiburg


Transport and shopping facilities

Freiburger Verkehrs AG

The trams and buses of VAG take you quickly and comfortably through the city and to the neighbouring communities. The nearest stop is not far away. Get on board!

The VAG buses and trams run daily between 5.30 a.m. and midnight. On the nights from Friday to Saturday and from Saturday to Sunday and before selected public holidays, lines 1, 3 and trams run between Rieselfeld and Zähringen from Bertoldsbrunnen every 30 minutes from 0:30 am to 4:30 am.

The VAG buses have right of way at the traffic lights and are therefore faster in city traffic. There are additional buses for special events such as football, trade fairs and the Zelt Music Festival. Changing buses without the stress of parking: 6 Park & Ride sites near the city centre. The P&R car parks are marked on the route map. You can find the current connections on the Internet at  www.vag-freiburg.de


You can obtain the current timetables by telephone at  [07614511500](tel:07614511500) or at the VAG Pluspunkt customer centre, Salzstraße 3, Bertoldsbrunnen stop. Tickets, fare information, gift vouchers and fan merchandise from VAG are also available here.

 Monday-Friday 8:00-19:00

 Saturday 8:00-15:00

You can also buy tickets from ticket machines, at sales points and from the driver. You can also book the party car. Then you can celebrate a party with your guests. They travel through Freiburg.

For further information and reservations please contact

 [+49 \(0\) 7614511217](tel:+49(0)7614511217) or [+49 \(0\) 7614511221](tel:+49(0)7614511221)

You can get [tickets](#) here

Public transport and bicycle

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

Public transport:

To get to your destination in Freiburg, you can use public transport. These are the city trams, VAG buses, etc.

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

[Hier](#) finden Sie Informationen über Verkaufsstellen, Preise, Zehnerkarte, Monatsticket, Fahrplan usw.

Bicycle:

Are you going to be living in Freiburg for a long time? Then it's worth buying a bicycle. It's cheaper than travelling by public transport.

💡 Important traffic rules for cyclists (selection):

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

💡 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

Bicycle workshop

The bicycle workshop at the,
📍 Schopfheimerstraße 5, 79115 Freiburg

The Office for Migration and Integration runs the project together with [Bikebridge](#), [Goodmotion](#) and other volunteers.

Volunteer technicians repair used bicycles together with former refugees. The bikes are passed on in return for cooperation or a small donation.

Shopping facilities

There are cheap and free ways to get food, clothes, crockery and furniture. Sometimes you need a confirmation from the Office for Migration and Integration or the job centre. With this confirmation, you can also get a customer card from some shops. You must present this card every time you shop.

- **Fashion in the neighbourhood - DRK second-hand shop**

Our second-hand shop offers a nice ambience for your shopping pleasure. The shelves are well stocked with second-hand goods at low prices. There are also favourably priced branded items. Everyone is welcome to browse, try on and buy. Or you can just drop by for a chat. We look forward to seeing you!

Our opening hours are

Tue - Thu from 10 am to 4 pm

Fri from 10 am to 6 pm

Sat from 10 am to 2 pm.

Clothing donations can also be handed in at these times.

Address / Directions

📍 Yorckstraße 27, 79110 Freiburg

☎ [076189821399](tel:076189821399)

@ mode@drk-freiburg.de

🌐 www.drk-freiburg.de

You will find us on the corner of Yorckstraße / Lehener Straße between the Labour Office and Westarkaden. Please use public transport. Short walk to the tram stops Runzmattenweg (lines 1 and 3) and Berliner Allee (line 4).

- **Clothes shop, Freiburg Social Work Association**

Clothing and crockery (free of charge, issued with customer card)

📍 Dreikönigstraße 9 (Ecke Talstraße) , 79102 Freiburg

☎ [+49 \(0\) 761706539](tel:+49(0)761706539)

☎ [+49 \(0\) 7617043592](tel:+49(0)7617043592)

@ kl@vfs-ev.de

🌐 [Here you can find more information](#)

- **Freiburger Tafel e.V. Donate food + help people**

Food and drugstore items (for little money, issued with customer card)

Issue of customer cards:Note:

Only people who can cook at home can shop at the Freiburger Tafel. People in shared accommodation where food is available cannot buy food here.

📍 Schwarzwaldstr. 58A, 79117 Freiburg


☎ [+49 \(0\) 7612927244](tel:+49(0)7612927244)


@ info@freiburger-tafel.de

 [You can find more information here](#)

- **Helferkreis für Mutter und Kind e.V.**

Baby and children's clothing up to size 128 free of charge (requirement: ID and proof of income)

 Schwarzwaldstraße 14, 79102 Freiburg


 [+49 \(0\) 761289700](tel:+490761289700)

 info@helferkreis-freiburg.de

 [Click here for more information](#)

- **Spinnwebe - Second-Hand Centre, Diakonie**

Household goods, clothing and furniture.

 Krozinger Straße 11, 79114 Freiburg

 [+49 \(0\) 7614764094](tel:+4907614764094)

 spinnwebe@diakonie-freiburg.de

 [Here you can find more information](#)

- **Fairkauf - second-hand department stores', Caritas**

Clothes, furniture and other second-hand goods.

 Friedrich-Neff-Straße 5, 79111 Freiburg


 [+49 \(0\) 7611373110](tel:+4907611373110)


 fairkauf@caritas-freiburg.de

 [Here you can find more information](#)

- **S'Einlädele Freiburg, City Mission**

Clothing, household goods, household linen.

 Guntramstraße 58, 79106 Freiburg

 [+49 \(0\) 761280907](tel:+490761280907)

 webmaster@seinlaedele.de

 [Here you can find more information](#)

Driving licence and driving a car

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

Is my driving licence valid in Germany?

Would you like to drive in Germany yourself? Then you need a driving licence from Germany or another EU country. Driving licences from non-EU countries are only valid for six months in

Germany. You may only drive in Germany with a driving licence from your home country for the first six months. The six months begin with your first police registration in Germany. You must always have your driving licence with you when you drive. You must also have a translation of your driving licence into German with you.

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

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

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

How do I transfer my driving licence?

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

- ID card or passport
- Confirmation of registration (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 at the ASB or the Johanniter, for example.
- 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. In large cities, there are driving schools with driving instructors who speak Arabic and Persian, for example. You can find driving schools in your area at drivolino.de or fahrschulen.de.
- Take part in a first aid course. You can find a course in your area at the Arbeiter-Samariter-Bund or the Johanniter.
- Have an eye test at an optician or an ophthalmologist. The eye test costs around 7 euros. Some opticians also offer the eye test free of charge.

- Have a biometric passport photo taken.
- [Freiburg driving licence authority](#)

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 don't attend 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.

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

Participation, co-design and co-decision-making

Mayoral and municipal council elections

Since 1 December 1995, EU citizens have been able to vote in all local elections. For example, in mayoral and municipal council elections.

Before a municipal election, EU citizens who are allowed to vote receive a letter. The letter contains information about the right to vote.

The Office for Citizen Services and the Migrant Advisory Council explain how the election is organised.

[You can find more information about the elections here](#)

The Migrant Advisory Council of the City of Freiburg

The Migrant Advisory Council of the City of Freiburg represents the interests of the foreign population and migrants with a German passport.

It is elected every five years. The council has 19 members. The city sees it as a supplement to

the municipal council's migration committee.

Aims of the advisory board:

- Better living conditions for people who come to Germany from other countries.
- People who come to Germany should feel at home here.
- Everyone who lives in Germany should get along well.

The Advisory Board is in favour of

- Integration without losing one's own identity
- Better educational opportunities
- Against right-wing extremism, racism and xenophobia
- Non-EU citizens should also be allowed to vote

Tasks of the advisory board:

- Publicly advocates for the rights of migrants
- Organises events and projects to promote integration
- Forms working groups on topics such as education, women, refugees, culture and sport
- Prepares proposals that are discussed in the migration committee and municipal council

📍 Berliner Allee 1, 79114 Freiburg i. Br.

☎ [07612016335](tel:07612016335)

@ migrantenbeirat@stadt.freiburg.de

🌐 [More information is available here](#)

Commitment and support

Would you like to get involved in Freiburg?

You can make contacts and take on tasks. This is how you can help shape life in society.

There are so many great opportunities to get involved! For example, you can get involved in sports clubs, retirement homes, the fire brigade, the technical relief organisation or in the environmental or educational sector.

🌐 [Here you will find various projects in which you can participate.](#)

Give us a call if you would like to volunteer or if your organisation needs help.

☎ [07612016339](tel:07612016339)

@ Anna.Brosch@stadt.freiburg.de

🌐 [Click here for more information](#)

Important information platforms

Information portals for education and leisure in Freiburg

There are many opportunities to learn outside of school in Freiburg. This website shows many offers on the topics of environment, sustainability and sport. You will find many offers for schools and other organisations.

[Information portals for education and leisure in Freiburg](#)

Online counselling

mbeon - Multilingual counselling in the chat

There are many local counselling centres in Germany. If the counselling centre is closed or far away from where you live, digital chat counselling can help.

With mbeon, you can easily find information online. You can also get counselling via chat.

mbeon enables counselling via chat. All counsellors are qualified specialists from the Migration Counselling Service for Adult Immigrants (MBE). They are guaranteed to respond within 48 hours. They help with all questions and problems that come with living in a new environment. Counselling is anonymous, data-secure and free of charge.

The app also contains extensive information on topics such as work and career. You will also find information on the topics of health and learning German. Housing, family and residence are further topics. In addition, mbeon puts you in touch with migration advice centres and other important contact points.

The app is available in German, English, Russian and Arabic. You can receive counselling in more than 19 different languages.

The app has many advantages:

- The app is flexible. It can be used anywhere and at any time.
- Counselling is provided in your native language.
- The app is data secure. Documents can be sent quickly and securely.
- The app and counselling are free of charge.
- Counselling is anonymous.

The free app can be downloaded from the Google Play Store and the AppStore.

 [mbeon in the Google Play Store](#)

 [mbeon in the AppStore](#)

Further information is available on the [multilingual website](#) and the [Facebook page](#).

Work aids for integration management

[Here](#) you will find information and advice on integration in Baden-Württemberg.

Online counselling for parents in various languages

Are you new to Baden-Württemberg and still feel unsure about the German language?
Do you have questions about school or vocational training for your children?

Then take part in a free online counselling session with translation.

 [You can find more information here](#)

☎071127 34150

@info@elternstiftung.de

Financial matters and contracts

Basic information on contracts

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

Insurances

Social insurances

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

Supplementary insurance

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

Liability insurance

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

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

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

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


Opening an account

Decide which bank you would like to have an account with. Make an appointment to open an account. Please bring one of your legitimisation documents with you. This includes your proof of arrival, residence permit or identity card. If no current address is noted on the legitimisation document, please also bring a registration certificate or a comparable document.


- You have opened the account. You will then receive an EC card with a four-digit PIN code by post. Sign the back of the EC card and memorise the PIN code. You will need the PIN code for cashless payments. You will need the PIN code for cash withdrawals at ATMs.
Always keep your card and PIN code separate!
- Withdraw money from your bank's ATMs. Then the withdrawal costs nothing. If you enter the PIN code incorrectly three times, the bank will withdraw your card and block it. In this case, you must ask your bank.
- Have you lost your EC card? Has your EC card been stolen? Then have the EC card blocked immediately. Tell them your sort code and account number. Then ask your bank for a new EC card.

 [116116](tel:116116)

 Around the clock.

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

 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.

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 is the **Umsatzsteuer**. And when you work. That is the **Einkommenssteuer**. Are

you employed? Then your employer has already settled your taxes. Are you self-employed? Then you have to pay tax on your income yourself.

Tax identification number

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

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

Internet and free hotspots

Mobile Internet

You have mobile Internet on your mobile phone. This is very practical. You can search for something on the Internet while you are on the move. You can also search for an address. The Internet costs money. It is best to have a contract. This contract can be a fixed-term contract or a prepaid contract.

💡 You do not need internet to use Integreat.

WLAN at home

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

Public, free WLAN hotspots in Freiburg

**Free WLAN is available at several locations (hotspots) in Freiburg.
You can use the internet there with your own device.**

You can find public Wi-Fi here:

[Free Wi-Fi hotspots](#)

💡 As an asylum seeker in Germany, you are not legally entitled to Internet access (WIFI) in your accommodation. Therefore, there is usually no WIFI (WLAN) in the accommodation. If there is a telephone connection in the accommodation, it is possible for you to conclude a contract for WLAN yourself. Ask your circle of helpers to help you choose a good contract. Talk to the people living in the accommodation about payment beforehand. Consider whether a contract that you can cancel at any time is better than a contract that is valid for a long time (e.g. 2 years). Before signing the contract, ask your accommodation provider whether Wi-Fi is technically possible at all and how you can give the technician access.

Migrant associations

Albanian Cultural Association Kosova e.V.

We want to bring Albanian traditions, culture and music to Freiburg.
We want to bring people from different cultures together.

Contact

📍 Binzengrün 9, 79114 Freiburg
☎ [01745716842](tel:01745716842)
✉ info@verein-kosova-freiburg.de
🌐 [Here you can find more information](#)

Association of Gambians Freiburg e. V.

We help members in need and other interested parties in Germany and The Gambia. We strengthen the sense of community among Gambians in Germany. We help them to better understand German society and laws.

📍 Lise-Meitner Str. 21, 79100 Freiburg
☎ 01736404253
🌐 [Here you can find more information](#)

Association des Ressortissants Sénégalais de Freiburg i.Br. e. V. (ARSF e. V.)

We want the Senegalese to feel at home in Freiburg and integrate well. We organise cultural events and show the diversity of Senegalese culture.

Contact

📍 Lorettostr. 42, 79104 Freiburg
✉ arsf.info@yahoo.de
🌐 [Here you can find more information](#)

Guinean-German Association Freiburg e.V.

We want the Guineans in Freiburg to integrate and help each other. We want Germany and Guinea to work together.

📍 Neubronnstr. 12b, 79312 Emmendingen
✉ [You can contact the organisation here.](#)
🌐 [Here you can find more information](#)

Intercultural German-African Association IDAV e. V.

The organisation wants Germans and Africans to meet and talk to each other. That way, they get to know each other better. We are committed to integration and development. We often work together with other organisations.

📍 Müllhauserstrasse 10a, 79110 Freiburg

☎ 076159020981

@info@sylvie-nantcha.de

🌐 [Here you can find more information](#)

Ghana Union Freiburg

We promote and show the culture of Ghana. We promote the relationship between Germany and Africa. We also co-operate with the Ghanaian Embassy in Berlin. Anyone can become a member. We talk about marriage, family, children's rights, school, citizenship, naturalisation, asylum law, German voting rights, money and insurance and integration. We also talk about returning to Ghana. We also celebrate summer and Christmas parties.

📍 Komturst. 36, 79106 Freiburg

@offeiyebo@aol.com

☎ 0170 7063 149

Comunità Cattolica Italiana di Freiburg

We are an Italian and Catholic association. We organise church services in Italian. We go on excursions and organise events. We also organise baptisms in Italian.

📍 Herz Jesu Kloster, Okenstraße 17, 79108 Freiburg

☎ 015754247634

@info@comunitafreiburg.de

🌐 [Here you can find more information](#)

Intercultural association FAIRburg e. V

We want everyone in Freiburg to live well together. We deal with various topics, for example family, art, culture, the environment and energy. We are also responsible for young people and senior citizens, education, training and work. We organise events, theatre projects and readings.

Contact

📍 Schwarzwaldstraße 6, 79102 Freiburg


☎ 076115648579


@info@fairburg.de

 [Here you can find more information](#)

Brazil Initiative Freiburg

We support projects that provide information about Brazilian culture. We publish a magazine twice a year. We organise projects in Brazil. The association has a library. We want more solidarity in society and more information about injustices in Brazil.

 Walter-Gropius-Str. 2, 79100 Freiburg


 07615562572


@tatu@brasilien-initiative.de

 [Here you can find more information](#)

German-Italian Dante Alighieri Society

We promote the Italian language, art and culture. We strengthen German-Italian friendship and exchange. We organise many events and readings. We also offer language courses for all levels.

 Schwimmbadstr. 19, 79100 Freiburg

 076174976


@info@dante-freiburg.de


 [Here you can find more information](#)

IGBO Community Union

We want Igbo groups and Germans to get to know each other better. To this end, we organise joint excursions, sports and cultural activities. We also offer language courses for children. We also help orphanages in Nigeria with donations.

Contact

 Sulzburger Str. 18, 79114 Freiburg

 015114902923

@info@igbounionfreiburg.com

 [Here you can find more information](#)

Roma Office Freiburg

The Roma Office is an organisation of Roma war refugees. We don't just want to receive help, we want to work and organise our own lives. We want to earn a living so that our children have a secure future. We want to preserve our culture and co-operate with other cultures in Europe.

Contact

📍 Ensisheimer Str. 20, 79110 Freiburg
 ☎ 01759037476
 @ roma.buero.freiburg@t-online.de
 🌐 [Here you can find more information](#)

Social Service for Muslim Women - SmF e.V.

The SmF helps all people, regardless of gender, religion or generation. It offers help in all situations in life. We also want to establish a Germany-wide Muslim welfare organisation. The SmF was founded by Muslim women with a migration background. It is open to all citizens and is not a religious institution. Many volunteers with and without a migration background help with the many projects.

📍 Auerstraße 2, 79108 Freiburg
 ☎ 49 761-76674402
 @ freiburg@smf-verband.de
 🌐 www.facebook.com/smf.freiburg.ev/
 🌐 [You can find more information here](#)

Tertulia Freiburg e.V.

We are Spanish-speaking friends who like art and culture. We come from different countries and have common interests. We speak Spanish. We organise different events.

📍 Schwabentorring 2, 79098 Freiburg
 @ info@tertuliafreiburg.de
 🌐 [Here you can find more information](#)

Dona Flor - German Brazilian Cultural Association

We want to live Brazilian culture in Freiburg. We organise parties, sing in the choir, help with projects and connect people and groups. We celebrate Brazilian festivals such as Carnival and St John's Day. We provide information about culture and social issues. We help Brazil to develop.

@ info@donaflor.de
 🌐 [You can find more information about the organisation here.](#)

Cooperation and Progress of Africans and All (CaPoA) Freiburg e. V.

CAPOA Freiburg e.V. is a contact point for refugees. We help them to find a language course, a job or an apprenticeship. With our own projects, we start where people really need help. We also provide advice and support to all people from the African community in Freiburg.

📍 Guntramstraße 8, 79106 Freiburg
 ☎ 0176 - 38 706 718 or 0170 - 17 366 13
 @ info@capoa-freiburg.de
 🌐 [Here you can find more information](#)

ProVenezuela e.V.

Many of our members meet regularly in the city of Freiburg im Breisgau. If you would like to get in touch with them and take part in events in the city, please send an e-mail to

@ freiburg@provenezuela.org



[Here you can find more information](#)

Religious communities

Religious freedom

Freedom of religion applies in Germany. This is guaranteed by the Basic Law. You can practise your faith as you see fit, as long as you do not violate the Basic Law. You may also not be discriminated against on the basis of your religion, for example when looking for work. Religious freedom also means accepting the beliefs of others. Germany does not have a state church. State and religion are separate.

This means, for example:

- All people are free to choose and practise their religion and beliefs.
- All people have the freedom not to be religious. Anyone who does not believe in God is allowed to say so publicly.
- People of different religions and beliefs may marry each other.
- Marriage only counts as a legally valid marriage before the registry office. Marriages entered into exclusively within the framework of a religion are not legally binding in Germany.
- Religious laws do not determine the legal system in Germany.

Freiburg DITIB Mevlana Mosque e. V.

The association wants to give Muslims a place to pray and help them integrate into society. To this end, we offer various social activities.

Contact

📍 Mooswaldallee 6, 79108 Freiburg
 @ditibfr@gmx.de
 🌐 [Here you can find more information](#)

International Christian Community Freiburg

We are an international church with an evangelical faith. We organise services in English and German. Sometimes they are translated into French. Our members come mainly from Africa and Europe.

Contact

📍 Engesserstraße 13, 79108 Freiburg
 ☎ 07614535698
 @info@icg-freiburg.de
 🌐 [Here you can find more information](#)

Ahmadiyya Muslim Jamaat - Freiburg

We are a religious community that emerged from the Ahmadiyya Movement. We have a prayer centre in Freiburg. We also help with integration. We provide information about religions and organise open mosque days. We also organise talks between Christians and Muslims. We help people in need.

Contact

📍 Christaweg 50, 79114 Freiburg
 ☎ 015255899353
 @freiburg@ahmadiyya.com
 🌐 [Here you can find more information](#)

Ibad Ur-Rahman Mosque

You can find the mosque here:

📍 Habsburgerstraße 56A, 79104 Freiburg
 ☎ [07612171372](tel:07612171372)

@

ibadu-rahman@gmx.de

Education and Meeting Association Freiburg e.V.

We want a better future for ourselves and our children. We:

- support Muslims
- promote integration
- educate about Islam
- promote intercultural encounters

Contact us

📍 **Rufacherstr. 5, 79110 Freiburg**

☎ [**+49 \(0\) 76159513138**](tel:+49(0)76159513138)

@ [**info@bbf -verein.de**](mailto:info@bbf-verein.de)

🌐 [**Click here for more information**](#)

Fatih Mosque

The mosque is a cultural centre for education and integration e.V.

📍 **Habsburgerstr. 79, 79104 Freiburg**



[**07613839999**](tel:07613839999)



[**kbi.freiburg@gmail.com**](mailto:kbi.freiburg@gmail.com)

Blackforest Foundation (Freiburg Naqshibandiyya Sufi Community)

Here you will find the contact details of the community:

☎ [**+49 \(0\) 1726241667**](tel:+49(0)1726241667)

@ [**schroete.rimran@gmail.com**](mailto:schroete.rimran@gmail.com)

📍 **Am Hagmättle 33, 79117 Freiburg**

Alevi Cultural Association Freiburg e.V.

We are an Alevi association. Together we practise Alevism. We are people from different countries and cultures. We organise events.

📍 **Auggener Weg 8, 79114 Freiburg**

@ [**info@dergahfreiburg.de**](mailto:info@dergahfreiburg.de)

🌐 [**Here you can find more information**](#)

Islamic Community of Bosniaks in Germany

Here you will find the telephone number and e-mail address of the organisation.

📍 Kaiserstuhlstraße 14. 79106 Freiburg

@igbd-gemeindefreiburg@outlook.de

☎️ [01631552578](tel:01631552578)

Freiburg Alevi Kültür Merkezi / Alevi Community Freiburg e.V.

Here you will find the contact details of the municipality.

☎️ [+49 \(0\) 1794942949](tel:+49(0)1794942949)

@M .cinkilic@hotmail.de

Contact points for victims of discrimination

There are various contact points in Freiburg for people who are discriminated against. This contact point will be happy to advise and support you.

Complaints centre for refugees

The complaints centre is open to all people with experience of displacement who live in shared accommodation or in municipal housing. The centre offers you support if you:

- feel unsafe or afraid in the accommodation
- are being harassed
- have experienced violence or have been injured
- have experienced a violation of your personal boundaries, an assault or sexualised violence.

Appointments by arrangement

☎️ [+49 \(0\) 7612016305](tel:+49(0)7612016305)

@AMI_Beschwerdestelle@stadt.freiburg.de

pro familia Freiburg

Pro Familia Freiburg helps, advises and supports people who experience discrimination. Have you been discriminated against? Then you can report the discrimination [here](#) and make an appointment if you need help.

☎️ [07612962586](tel:07612962586)

@adbuero.fr@profamilia.de

📄 [You can find more information about Pro Familia here.](#)

OFEK BaWü - Community-based interventions

We can advise you on issues relating to anti-Semitism. We help you to find legal options. You can take part in group counselling and empowerment programmes, which we also offer digitally.

We can arrange specialised psychological counselling.

We can help you with your public relations work on this topic.

If you would like specialist counselling or further training, we are here for you.

☎ [08006645268](tel:08006645268)

@ kontakt@ofek-beratung.de

🌐 [You can find more information and contacts about OFEK BaWü here.](#)

Leuchtlinie - Counselling and information for victims of right-wing violence

Have you been the victim of a racist or anti-Semitic attack? We can help you make a report. We support you with legal and psychological issues.

☎ [071188899933](tel:071188899933)

@ kontakt@leuchtlinie.de

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

Rosa Hilfe Freiburg e.V.

We help LGBTIQ* people and their families. We inform other people about this topic. We help with coming out, health, relationships, bisexuality, the desire to have children, rainbow families and discrimination. We are also there for queer refugees.

☎ [017642744953](tel:017642744953)

@ kontakt@rosahilfefreiburg.de

🌐 [Here you can find more information about Rosa Hilfe Freiburg e.V.](#)

Egalitarian Jewish Chawurah Gesher e.V. Freiburg

Are you experiencing anti-Semitic bullying at school, kindergarten or in everyday life?

We can help you. We inform schools, organisations and administrations how they can deal with the issue.

☎ [+49 \(0\) 7617075733](tel:+49%280%29%207617075733)

@ vorstand@gescher-freiburg.de

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

Baden-Württemberg Democracy Centre

The Baden-Württemberg Democracy Centre is active in three areas:

- 1) We explain what democracy is and how people can live together well.
2. we are committed to ensuring that all people are treated equally.
3. we want to prevent people from treating other people badly or harming them. We want to prevent people from becoming extremists. We want to prevent them from becoming radicalised.

☎ [071188899933](tel:071188899933)

@ kontakt@leuchtlinie.de


 [For more information about the Democracy Centre.](#)

Social Service of Muslim Women Freiburg

We are against discrimination. We want everyone to feel comfortable in Germany. We aim to improve social, political and societal participation. We help and advise people who are affected by discrimination.

 [076176674402](tel:076176674402)

 @freiburg@smf-verband.de

 [Here you can find more information about the Social Service of Muslim Women Freiburg.](#)

Specialist Extremism Distancing Centre (FEX)

We want to prevent extremism. We show professionals and volunteers how to deal with radical young people. We educate, intervene and prevent. We want society to stick together.

 [08002016112](tel:08002016112)

 @info@fexbw.de

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


Anti-discrimination office - Network for equal treatment in Freiburg

The anti-discrimination office in Freiburg, which is run by pro familia Freiburg, campaigns against discrimination.

We offer:

- A place where you can feel safe to talk about discrimination.
- You are welcome to seek personal advice from us and find out about your rights.
- We are happy to help you if you want to take action.
- We offer workshops for organisations and events.

You can reach us at

 [+49 \(0\) 7612962586](tel:+49(0)7612962586) or [+49 \(0\) 7612962587](tel:+49(0)7612962587)

 www.vielfalt-freiburg.net

Anti-discrimination and inclusion

• People with disabilities

In Germany, almost one in ten people has a severe disability. Many more people have health impairments. Or they are chronically ill. For example, there are people who cannot see. They are blind. There are people who cannot hear. They are deaf. Some people's bodies are smaller than others. Some things are not so easy for them. You can't walk by yourself. Or it is more difficult to do a certain job. But they should also be able to participate in society. There are inclusion measures for this. For example, they get help at work. Or children receive special support even before they start kindergarten. It's called early intervention.

Early intervention

Early intervention is for young children who have a disability or could develop a disability. It also helps children who develop more slowly than other children in certain areas. Examples of early intervention are Speech support, vision school or movement therapy. Early intervention is available for children from birth to school age. Early support is important in order to avoid disabilities or to minimise the consequences of disabilities.

Your paediatrician can help you to find early support. You can also contact the [local health authority](#).

Severely disabled people

People with a degree of disability of 50 or more can obtain a severely disabled person's pass. There are a number of advantages associated with this card. For example, tax reductions. And reduced or free use of buses and trains. The benefits a person receives depend on the type of disability and the degree of disability. You can apply for a disabled person's pass from the pension office.

The family guide provides valuable information [here](#). You can find out what the degree of disability is. You will learn who determines the degree of disability. And what you can do if you do not agree with your degree of disability.

[Here you can find more information and contact points in Freiburg](#)

Probleme bei der Inklusion

However, there are still many problems with the integration of people with disabilities. Because people are not disabled - they are disabled: The ATM, which is too high, prevents them from being able to collect money without problems. The stairs are off-limits for wheelchairs. And the small font is a problem for visually impaired people. Do you see someone who might need help? Then ask if you can help.

[Offers for people with disabilities and their families](#)

• Experiences with discrimination


Treating people unequally because of certain characteristics is prohibited in Germany. But it is still widespread. Whether when looking for accommodation, at work, in authorities, schools, doctors' surgeries, in leisure time or with the police. Discrimination can happen in all areas of life. Am I not allowed into the club because I have a disability? Did I not get the job because I wear a headscarf? Are my children treated worse at school because they speak little German? Do the police only check me on the long-distance bus because I have a different skin colour? Does the taxi driver refuse to give me a lift because I am transgender? Experiences like these lead to anger, powerlessness and a feeling of helplessness. But you don't have to simply accept discrimination. You have the right to defend yourself against it.


All people in Germany have this right. Regardless of their origin or residence status. This is enshrined in the German Basic Law as one of the human rights. You can take legal action against discrimination.


Have I been discriminated against?

Sometimes you don't know exactly whether you have been discriminated against. You are unsure because other people don't see a problem with an action or don't think the discrimination is bad. This is where counselling can help. The staff at the counselling centre will take your experiences seriously. They can tell you whether your experience is also legally considered discrimination and what legal options you now have. But even if your experience is not legally considered discrimination, the counselling centre can help you. The staff can help you to come to terms with what you have experienced and develop strategies for the future.

The anti-discrimination counselling centres support all people who have experienced discrimination and would like advice.

For example, you can contact the Federal Anti-Discrimination Agency directly on the following telephone number  [030185551855](tel:030185551855) for advice. The advice centre is open

 Mondays from 1 - 3 pm

 Wednesdays and Fridays from 9 am - 12 pm.

The staff speak German. Counselling is free of charge and anonymous if you wish. You will have to pay the usual telephone charges for the call.

What do I do if I have been discriminated against by the police?

You can also experience discrimination at the hands of the police. One experience that many people in Germany have, for example, is so-called racial profiling. If a person is stopped, questioned, searched or even arrested by the police simply because they appear suspicious because of their skin colour or similar characteristics, this is discrimination. "Racial Profiling". But discriminatory insults, abuse or assaults can also happen. Victims of police brutality or police violence can report police officers.

Police officers are not above the law. What they may and may not do is regulated in the Criminal Code, the Code of Criminal Procedure and police law. You can find out more [here](#).

Important: You have the right to ask for the police officer's identity card and to write down their details. This is important if you want to file a criminal complaint later. It is also always helpful to ask passers-by to observe the situation. Then you also have witnesses. Please note: You must file a criminal complaint within three months of the incident. You can do this directly with the public prosecutor's office. You do not have to go to the police.

• **Lesbian, gay, bisexual, trans* and inter* (LGBTI)**

Many different people live together in Germany. They have different religions. They are of different genders. They come from different countries. They have different political views. All these people live together peacefully. They have the same rights.


The same applies to people of different sexual orientations or gender identities: these include lesbians, gays, bisexuals, transgender and intersex people. In short, they are called LSTBI. They have the same rights in Germany as other people.

There are three genders in Germany. These are "male", "female" and "diverse". Transgender people can change their gender in Germany. They can also have their name changed. Women are allowed to love and marry other women in Germany. Men are allowed to love and marry other men in Germany.

Many LGBTI people have fled to Germany because they were persecuted in their home country. Are you a refugee and lesbian, gay, bisexual, transgender or intersex? Then you can contact one of the many LGBTI organisations in Germany. There you will find support, social contacts and information. The LSVD project "Queer Refugees Deutschland" has contact details for these organisations. You will also find further information:

Lesbian and Gay Federation in Germany (LSVD)

Queer Refugees Germany" project


 www.queer-refugees.de


 @queer-refugees@lsvd.de


Wegberater - Salafism contact point

We provide counselling and help with questions about extremism, Salafism and jihadism. We also provide support if someone in your family or circle of friends is radicalised.

How to find us,

 Eschholzstr. 86, 79115 Freiburg im Breisgau

 07612016307

 07612016304

 @wegberater@stadt.freiburg.de


 www.wegberater.freiburg.de


Pro Sinti and Roma e.V.


Pro Sinti und Roma e.V. is active in Freiburg and other places in Baden-Württemberg. We offer the following services for (post-)migrant Roma and German Sinti:

- [Social counselling and support for everyday life](#)
- [Legal and migration issues](#)
- [Community-based counselling for people who have experienced racism](#)

In principle, we offer counselling in various languages. In our counselling, we make sure that people are well supported and can make their own decisions and take their own steps.


 Do you need help? Then get in touch with us, we will be happy to help you.

 @info@srnet.org

 076814930645

You can find more information here:

 prosintiundroma.de/home

 Follow us on instagram:

@prosintiroma

@cbb_prosintiundroma

@roma.times

Education and school

Guide to education (general educational counselling)

We will inform you about your options and name counselling centres that can help you. Simply come to the Wegweiser Bildung on Münsterplatz during our counselling hours or to the counselling centres in the city districts. We also offer counselling by phone, email, messenger, chat and video chat.

Our counselling is free of charge. We currently offer counselling in seven languages: German, English, French, Italian, Russian, Spanish and Ukrainian.

If you need counselling in another language, please contact us.

We are also happy to come to an existing group or your institution and provide on-site counselling.

You can find more counselling services on education [here](#).

We are happy to inform and advise you.

Address:


Wegweiser Bildung am Münsterplatz 17, 79098 Freiburg in the entrance area of the city library.

Just drop by. We are there for you in person:

Tuesday - Friday 14.00-17.00 hrs
Tuesdays additionally 10.00-13.00 hrs

There is no counselling on Mondays.

You can reach us by phone at these times under the number

 [07612012020](tel:07612012020)

[@info@wegweiser-bildung.de](mailto:info@wegweiser-bildung.de)

Whats App: [07613689533](tel:07613689533)

 <https://wegweiser-bildung.de>



School

General information

School attendance is compulsory in Germany. The duration of compulsory schooling is twelve years. Children must attend school full-time for nine years. Afterwards, they can also attend school part-time for three years. 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 any vocational training after 9 years? And he or she is not attending 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.

Enrolment information:

Depending on your child's age, you can contact the following central offices for further information and enrolment:

For children up to 6 years:

Pre-booking for childcare places

 www.freiburg.de/kinderbetreuung

For children from 6 to 10 years

 Mrs Kieber


 [@schulleitung.phsvn@freiburger-schulen.bwl.de](mailto:schulleitung.phsvn@freiburger-schulen.bwl.de)

 [+49 \(0\) 7612017331](tel:+4907612017331)

For children from 10 to 15 years:

 Mr Hanslischek


konrektor.kasvn@freiburger-schulen.bwl.de

 [07612017363](tel:07612017363)

For teenagers over 15 years

 Mrs Zipfel

zipfel.wrgsvn@freiburger.schulen.bwl.de

 [07612017943](tel:07612017943)

Counselling centres

Guide to education (general educational counselling):

We will inform you about your options and name counselling centres that can help you.

Counselling centre for parents, children and young people of the city of Freiburg

The counselling centre works in the city and is responsible for the following districts: Altstadt, Brühl, Herdern, Zähringen, Wiehre, Günterstal, Littenweiler, Ebnet, Kappel.

Educational counselling centre with a focus on: School difficulties and learning problems

The educational counselling centre helps with questions about: Difficulties at school and with learning

School psychological counselling centre Freiburg

In the school psychological counselling centres, psychologists help schools, teachers, parents and pupils with problems at school. Sometimes a test is carried out to find the problem.

Youth Counselling Freiburg

Do you have questions about money and housing?
About school, training and work?

About health issues?
Stress with family and friends?

With offices and authorities?
Or do you need an idea of what to do next?

Foreign certificates - applying for recognition

You need recognition if you

- want to go to a secondary school
- want to apply for an apprenticeship
- want to work in a daycare centre

International school at Römerhof for people aged 15 to 25

The International School at Römerhof is a state-recognised school. The school is run by Caritasverband Freiburg-Stadt e.V..

It is aimed at 15 to 25-year-olds with and without a migration background. You can attend language learning classes if you do not yet speak German. After that, there are classes 9 and 10, which lead to a secondary school leaving certificate.

Young people with or without a school-leaving certificate and young people with a special educational background can enrol at the school.

Click [here](#) for more information.

School and childcare

Enrolment information

Depending on your child's age, you can contact the following centres to find out more and to enrol. If your child does not yet speak German well, he or she can attend a preparatory class.

For children up to 6 years of age:


Pre-registration for childcare places

<https://www.freiburg.de/kinderbetreuung>

For children from 6 to 10 years

 Mrs Kieber

@schulleitung.phsvn@freiburger-schulen.bwl.de

 [07612017331](tel:07612017331)

For children from 11 to 15 years:

Mr Hanslischek


@konrektor.kasvn@freiburger-schulen.bwl.de

 [+07612017363](tel:+07612017363)

For teenagers over 15 years:

 Mrs Zipfel

@zipfel.wrgsvn@freiburger.schulen.bwl.de

 [07612017943](tel:07612017943)

 [Centralised admission procedure VABO](#)

Package for education and participation

What are benefits for education and participation?

The money helps children and young people from families with little money. Parents receive the money for certain assistance for their children. The money can be used for school trips, lunches at school or daycare centres and for music, sports and games at clubs.

Who can receive benefits for education and participation?

Parents can apply for education and participation benefits for all children in the household. They must receive one or more of these benefits:

- [Citizen's allowance](#)
- [social welfare](#)
- [Housing benefit and child supplement](#)
- [Benefits under the Asylum Seekers Benefits Act](#)

If you receive citizen's allowance, apply to the Freiburg Job Centre. If you receive housing benefit, supplementary child allowance or social assistance, apply to the Social Welfare Office. If you receive both citizen's allowance and supplementary child allowance, apply to the Job Centre Freiburg. If you receive benefits under the Asylum Seekers Benefits Act, apply for help from the Office for Migration and Integration.

A separate application must be completed for each child.




If your application is approved, you will receive a voucher. You hand this voucher in to the service provider. The provider settles the voucher directly with the Office for Social Affairs. You will not receive any cash.

[You can find more information and the application forms in various languages here.](#)

Possibility of counselling

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

You can contact the BuT counselling service here:

 [BuT counselling website](#)
 [030577130040](tel:030577130040)
 [@info@but-beratung.de](mailto:info@but-beratung.de)

Counselling is free of charge and can be provided in English, Arabic, Russian or Turkish.

Schools in Freiburg

School attendance is compulsory in Germany. Why do you have to enrol your children in school? You can choose from various schools.

You can find lots of information about schools in the following .

- [School childcare](#)
The school childcare centre is an educational facility and supports children before and after school with activities such as free play, group and project work.
- [Freiburg education package:](#)
The Freiburg education package enables educational institutions to provide additional measures
- [Education and participation benefits in Freiburg](#)
Children and young people in need are entitled to participate. For example, for school trips, lunch at school and daycare centres. Or for music, sport and games in clubs and groups

- [Sponsorships for school children](#)

Reading with children or supporting refugee children and young people in their everyday school life

- [Freiburg research rooms](#)

Girls and boys should come into contact with nature and technology through discovery and research and talk about it.

- [Holiday care for school children](#)

You can have your children looked after during the holidays. The city of Freiburg offers many options for children.

- [Secondary schools in Freiburg](#)

There are many different schools for the fifth grade in Freiburg. Deciding which school is the right one usually involves numerous considerations. Every family asks itself many questions: What skills do we want our child to develop? What do the pupils particularly enjoy, where do their interests lie? But also: which school best suits our family's everyday life?

[The better eaters](#)

Food also means culture and communication. And what and how we eat also has an impact on our health. Food is "learnt". Every culture has its own food traditions, there are trends and fashions. A healthy diet is very important. The city of Freiburg supports healthy eating with its own projects.

The [school directory](#) of the Freiburg State Education Authority lists all schools in the Freiburg city area, organised by school type.

VHS (Adult Education Centre Freiburg)

We believe that learning is important for personal development, social participation and career success. Our aim is to provide educational opportunities and a place to meet. We work for the general public and are independent of specific groups, parties or religions. We stand for diversity.

We are a "learning organisation" and constantly review how we work, what our goals are and how good our educational offer is. We take care to act sustainably and use our resources carefully. We are open to new ideas.

Tasks and goals

We offer educational programmes that are fun. We welcome all people who want to learn, are committed to a free and democratic basic order and want to live together peacefully.

We are there for local people. We are interested in their educational aspirations.

We advise people so that they can better plan their educational pathways. We help people to get involved in society. We help people who have fewer opportunities for education. We support them in finding a job. We help people to decide on an educational path and to implement it. We deal with new topics in society and develop appropriate content. We offer further training using many different methods. We provide an open and respectful atmosphere in which people can exchange ideas.

Contact us

📍 Rotteckring 12, Postfach 5569, 79022 Freiburg i. Br.

✉ info@vhs-freiburg.de

☎ +49 (0) 7613689510

🔗 [Get more information here](#)

We are close to the people on the ground
and are interested in their educational concerns.

We offer counselling to support people individually in planning their educational pathways. Our approach is socially integrative. We contribute to the participation of educationally disadvantaged people and promote integration into the labour market through targeted measures. We facilitate and support educational transitions.

We address new social issues in our programme and develop suitable content from them. We enable digital and analogue access to further education through a variety of formats. We create an open and respectful learning atmosphere in which an exchange of experiences, ideas and perspectives is encouraged

Multilingual orientation in daycare centres, schools and society for new arrivals

If you have just moved here with your family, many things are new. School may also work differently than in your previous place of residence or country. So that you can support your child well, you need clear and simple information about the school.

Edit "Online counselling for parents in different languages"

Are you new to Baden-Württemberg and still feel unsure about the German language?
Do you have questions about school or vocational training for your children?

Then take part in a free online counselling session with translation.

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

☎ 071127 34150

✉ info@elternstiftung.de

Learn German

Language courses

Integration courses

General information

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







The integration course concludes with the exams „**Deutschtest für Zuwanderer**“ (DTZ) and „**Leben in Deutschland**“ (LiD) and

The job centre or the foreigners authority can oblige you to take part in an integration course. You have not been obliged? But you would like to take part in a course? Then you can apply for an integration course at the Federal Office for Migration and Refugees (BAMF). Do you need help with the application? Then contact your social worker or a migration counselling service. They will also help you choose an integration course provider.

Target group

- Female and male migrants
- Since 31 December 2022, all asylum seekers with a residence permit, regardless of whether they have good prospects of staying and also people from so-called safe countries of origin
- Tolerated persons with a discretionary tolerated stay pursuant to Section 60a (2) sentence 3 AufenthG or a tolerated stay for training pursuant to Section 60c AufenthG or a tolerated stay for employment pursuant to Section 60d AufenthG
- Refugees with a residence permit

See also under:

- EU citizens  [more information on the BAMF website](#)
- Late repatriates  [more information on the BAMF website](#)
- Foreigners with a residence permit before 2005  [more information on the BAMF website](#)
- Foreigners with a residence title from 2005  [more information on the BAMF website](#)
- German nationals  [more information on the BAMF website](#)
- Asylum seekers and tolerated persons  [more information on the BAMF website](#)

Obligation to participate in the integration course

An integration course is compulsory if you have recently arrived in Germany and fulfil certain requirements. For example, you must take the course if you come from a country outside the EU and want to stay in Germany permanently. It is also compulsory if you receive unemployment benefit II and the job centre recommends the course.

The most important reasons why an integration course is compulsory:









- You come from a country outside the EU
- You want to stay in Germany permanently
- The foreigners authority obliges you to attend the course
- You receive money from the job centre
- The job centre obliges you to take part in the course

- Your German language skills are not yet good enough

Do you want to integrate better? There are also voluntary courses.


- [Online language courses](#)
- [Learn German free of charge](#)

Freiburg language schools with integration courses

You can take part in a German course if you want to learn German. This is an offer from the state. You are free to decide where you would like to take the course. This course is called [Integrationskurs](#). Participation in an integration course is usually voluntary. Sometimes, however, the foreigners authority or job centre will oblige you to take part in such a course. They [Migrationsberatungsstellen](#) will help you to find a course that is suitable for you. You can find language schools in your area [here](#). ([Bamf-Navi](#))  [Berlitz Sprachschule](#)  [Bildungswerk der Erzdiözese](#)  [DAA Freiburg](#)  [Internationaler Bund Freiburg](#)  [Inlingua Sprachschule Freiburg](#)  [iOR Sprachschule](#)  [Südwind Freiburg e.V.](#)  [VHS Freiburg e.V.](#)

Integration courses and literacy courses

The integration course is an important language course if you have been recognised as a refugee. In the course, you will learn German and find out a lot about German society and culture. This will enable you to integrate better and participate in society.

 Here you can find more information [on the BAMF website](#).

 [Graphical overview of the integration courses](#)

Note: Integration courses are not for children and young people attending school.

What types of courses are there?

Integration courses

- For refugees and migrants who will be living in Germany permanently. These are usually full-time courses consisting of several modules. They can last up to one year. The language target is B1. You receive a certificate if you successfully complete the course. If you do not pass the exam, you can retake it.

Integration courses with literacy training


- These courses are slightly longer than normal integration courses. They are for refugees and migrants who cannot yet read and write the Latin alphabet. The language target is A2 or B1. You will receive a language certificate if you successfully complete the course.

Who can attend an integration course?

- Migrants with a permanent residence permit for the Federal Republic of Germany
- EU citizens with a residence permit in Germany
- ethnic German repatriates
- Asylum seekers with good prospects of staying (currently: Iran, Iraq, Syria, Eritrea and Somalia) and recognised refugees
- Tolerated persons according to § 60a Abs, 2 S.3 AufenthG

 You can find detailed information [here](#)


What do you need to consider?

- Authorisation to attend: If you would like to attend an integration course, you can apply for a certificate of eligibility from the BAMF ( ["Application for admission to an integration course"](#)).
- Obligation to attend: If you are an asylum seeker or a recognised person, you may be obliged to attend an integration course (by the Aliens Office, Social Welfare Office or Job Centre).
- Placement test: Before the course, you take a placement test with the course provider. This will check whether you can already speak some German and which section of the course you should start with.


How is the course organised?

The integration course has two parts, a language course and an orientation course:

Language course:

- 600 hours of German lessons (or 900 hours for integration courses with literacy training). The language course ends with an examination:  ["Deutschtest für Zuwanderer \(DTZ\)"](#). The aim is to achieve language level B1 (or A2 for integration courses with literacy training).

Orientation course:

- Duration 100 hours. You will familiarise yourself with Germany and receive important information about the country's laws, politics, culture and history. The course ends with the  ["Exam: Living in Germany"](#).

If you pass both exams, you will receive the "Integration Course Certificate".

How much does an integration course cost?

- Participants without a BAMF authorisation certificate (self-payers) pay 390 euros per module (=100 hours).

- Participants with an authorisation certificate pay 195 euros per module (=100 hours).
- Recipients of unemployment benefit II or social assistance and participants with a very low income can be exempted from the costs altogether (👤 "[Application for cost exemption](#)"). Jobcentre customers are automatically exempt from the costs.

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

Course providers in Freiburg

[The following course providers currently offer courses in Freiburg](#)

Further language offers

Of course, the text is even simpler here:

There are many opportunities to learn German in Freiburg. There are groups run by volunteers. These helpers speak German as their mother tongue. Sometimes they are also former teachers. Anyone can take part in these groups, regardless of their residence status.

Education for all:

- Bildung für alle e.V. (BFA) offers free language courses for immigrants in Freiburg im Breisgau. The organisation aims to help people who have difficulties integrating because they are not offered any educational opportunities. Our vision is a world that enables all people to participate in society through education.
[Click here for more information.](#)

German courses at the Rasthaus Freiburg:

- We offer free German courses several times a week for anyone who is interested. The courses are at different levels and you can simply drop in. The current times can be found on our homepage.
The teachers are always happy to welcome new helpers

@deutschkurse@rasthaus-freiburg.or


👤 [Click here for more information.](#)

Bissierlingual language support

The Bissierlingual language course project complements the other language courses in the city. We offer low-threshold German courses in shared accommodation or online. We want to make you more enthusiastic about the German language. This makes it easier to enter everyday German life and work. The Bissierlingual project is primarily aimed at residents of refugee accommodation centres in Freiburg. However, it is also open to other refugees.

Anyone who would like to take part can get in touch. We will assess your language skills and find a suitable language course programme. The planning of our courses is based on the needs and demand of the students. Our course programme is therefore constantly changing. In general, we offer all levels from literacy to B2. From time to time, we also offer special courses such as exam preparation courses, reading groups or conversation courses.

Contact us

 [+49 \(0\) 1622810132](tel:+49(0)1622810132)

 @karolina.kurkowska@drk-freiburg.de

 [Here you can find more information](#)

Online self-study course

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](#).

 [VHS learning portal](#):

- This is a portal for teachers and instructors.
- Here you will find exercises for all levels (beginners and advanced)
- There is a lot of grammar and vocabulary material here.
- You can learn to read and write here.
- You can use the portal free of charge,
- Also as a free app: download from Google Play and App Store
- There is also help for preparing for school-leaving exams in German, maths and English.

 [Lunes App](#):

- You can use the app to learn vocabulary for your job.
- There is vocabulary for different professions.
- The app is free of charge.
- Download from Google Play and App Store.

 [Serlo ABC](#): A

- The app is free of charge.
- It helps with alphabetisation
- It is well suited as a supplement to the language course
- The app is approved as a textbook for integration courses.

 ["The city of words"](#):

- App and website for playful vocabulary learning

- Without prior knowledge of German.

[Offers from the city library](#)

- The Freiburg City Library has various media (including books) for learning German.
- You can borrow these.
- You will find German and international newspapers and magazines.
- There are PCs with internet access that you can use.

Learn German without a course

Language cafés


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

- [Language café](#), speaking German together in the city library
- [eLearning](#) in the city library
- [Open language cafés](#)

Tandem


You can also look for a tandem partner. This is a person who speaks German very well and wants to learn your language. You meet up and take turns learning and speaking German and your language. This way you learn German and the other person learns your language.

- Support for learning German through volunteers, The Civic Engagement Coordination Centre advises and supports volunteers in the area of language. Workshops on various topics are offered on a regular basis. If you are interested or have questions about volunteer language cafés, group offers or individual language support, please contact Mr Zachary Wagner:

 [07612016333](tel:07612016333)

@zachary.wagner@stadt.freiburg.de


- [Tandem](#)
- [SES Senio Expert Service](#)

 Ask a [counselling centre for migrants](#) or the [Youth Migration Service](#) for help in finding a tandem partner.

Libraries

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

for a public library near you on the  [website of the German Library Statistics](#). Use is either free or very cheap.

 **Search instructions:** To search, click on "Circle" (Kreis) and then on "Set filter" (Filter einstellen). Then select [[Ihre Kommune]]. The municipalities are sorted by federal state. You must search at [[Bundesland der Kommune]]. Then click on "Set filter" again (Filter einstellen). Then click on "Show hit list" (Trefferliste anzeigen). Under "Name" (Name) you will then see the name of the library and under "City" (Ort) the city where the library is located. Have you found a suitable library? Click on the arrow on the far left to see the address.

Language level and certificates

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

A1: Beginner

You can understand and use simple words and sentences.

You can introduce yourself and others.

You can ask questions about yourself.

You can answer questions.

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

A2: Basic knowledge

You can understand sentences and frequently used words.

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

Working

Finding work - counselling and help

General information

Regulations on access to the labour market

If you come from a country outside the EU (third-country national), you need a work permit to be allowed to work in Germany. Your residence document will state whether you have a work permit, whether you are not permitted to work or whether you must first apply for a work permit from the immigration authority. ([Aufenthaltsgestattung, Duldung, 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.

👥 Have you fled to Germany? Then your residence status is important. It determines whether you are allowed to work. We explain below what applies to you. You will also find the relevant advice centres below.

👥 Asylum seekers with proof of arrival or authorisation to stay:

Are you living in the initial reception centre (LEA)? Then you are not allowed to work for 9 months. After 9 months you are normally allowed to work. However, this is always decided by the foreigners authority. You must therefore submit an application to the foreigners authority. There are certain rules that you must observe.

You must fulfil the following requirements so that the authority can make a decision:

👥 Asylum seekers with proof of arrival or authorisation to stay in the LEA:

- 6 months work ban
- After 6 months, you are entitled to be allowed to work. However, you must not come from a safe country of origin. Or your asylum application must have been rejected by the Federal Office for Migration and Refugees (BAMF) as manifestly unfounded.
- The priority check does not apply. However, the Federal Employment Agency will check your working conditions.

👥 Asylum seekers with proof of arrival or permission to stay outside the LEA.

- 3 months work ban
- You do not come from a safe country of origin? Have you applied for asylum after 31 August 2015? Then the immigration authority will decide.
- You do not come from a safe country of origin? Did you apply for asylum after 31 August 2015? Or your application for asylum was rejected without grounds? Then you have the right to work after 9 months.
- The priority check does not apply. However, the [Federal](#) Employment [Agency](#) will check your working conditions.

👥 Tolerated persons:

The [foreigners authority](#) always decides whether you are allowed to work. You must therefore submit an application to the foreigners authority. The foreigners authority can impose a


general work ban on you. There are certain rules that you must observe.

Tolerated persons in the LEA:


- You do not come from a safe country of origin? Did you apply for asylum after 31 August 2015? Your tolerated stay has already lasted 6 months? Then the foreigners authority will decide whether you are allowed to work.
- Persons with a tolerated stay due to unclear identity (§ 60b AufenthG) are always prohibited from working.
- The priority check does not apply. However, the Federal Employment Agency will check the working conditions.

Tolerated persons outside the LEA:

- 3 months work ban
- You do not come from a safe country of origin? Have you applied for asylum after 31 August 2015? Your tolerated stay has already lasted 3 months? Then the foreigners authority will decide whether you are allowed to work.
- Persons with a tolerated stay due to unclear identity (§ 60b AufenthG) are always prohibited from working
- The priority check does not apply. However, the Federal Employment Agency will check the working conditions.

 Refugees with a residence permit:

If you have been recognised by the BAMF as a person entitled to asylum, refugee status or subsidiary protection or if you have been granted a ban on deportation, the [immigration 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.

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

Counselling centres

For advice and placement in the labour market, there are the following contact points specifically for refugees - here too, there are differences depending on whether your asylum procedure is still ongoing or whether you are recognised or tolerated.

[You can get help and advice here.](#)

MY TURN Freiburg

The "MY TURN Freiburg" project helps women who have come to Germany. It supports them on their way to training, work and further education.

The project is for women who have little or no training and are looking for support. The participants receive counselling and support that is specifically tailored to women and their life situation. The project offers:

Activities that help the women to become more self-confident
Workshops on various topics
Help to find internships, apprenticeships and jobs
Vocational coaching

Improving language skills is also an important part of the project. Child supervision is also available for some of the programmes.

[here you can find more information](#)

IQ project "Plan A - Qualification Coaching Freiburg"

This job centre in Freiburg will help you find work:

IQ project "Plan A - Qualification Coaching Freiburg"

The IQ project "Plan A - Qualification Coaching Freiburg" helps people who have recently arrived in Germany. It offers personal support and coaching for their further vocational training. The project is for:

People with a partially recognised qualification.
People with a foreign university degree.
People with work experience but without a qualification.

The project helps them to improve their skills and find a suitable job.

[Here you can find more information](#)

"Job-NETZ - Sustainable employment and participation centre"

The programme is for men with migration experience between the ages of 18 and 35 who live in Freiburg or the Breisgau-Hochschwarzwald district.

We help you to find an apprenticeship or a job. We help you to stabilise your life and find a new job. We help you with socio-educational support, internships in various professions and German lessons. We also work together with many other organisations.

[Click here for more information](#)

Applications and job interviews

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

Many companies publish job adverts. Either in the newspaper or on the internet (e.g. social media, platforms such as [Indeed](#), [LinkedIn](#), [Stepstone](#)...). The company is therefore looking for new employees. The job advert states what kind of work or training is involved. It also states what expectations the company has of the new employee. You will find information on where and how to apply.

Have you been invited to an interview? Then the company is interested in you. You can introduce yourself at the interview. Please allow enough time for the journey to the appointment. Make sure you arrive on time for the appointment. It is best to prepare in detail for the interview beforehand. You should also gather information about the company. Visit the website and read through the company's history. Find out about the products or services. Do

you want to show your interest in the job? Then ask questions during the appointment. This will show that you have done your research. You show that you are motivated.

An application usually consists of three parts:

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

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

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

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

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

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

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

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

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

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

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

Language exercises

🌐 On the [VHS learning portal "I want to learn German"](#) and the [Goethe-Institut](#) website "[Deutsch für dich](#)" you will find exercises on the subject of job applications and the world of work in general. This will help you learn about the world of work and improve your German language skills.

Recognition counselling for foreign educational qualifications

**Beratungszentrum zur Anerkennung ausländischer
Berufsqualifikationen für den Regierungsbezirk
Freiburg**



Immentalstr. 16 | 79104 Freiburg | freiburg@anerkennungsberatung-bw.de

Counselling on the recognition of foreign qualifications

1. what is it about?

Did you go to school in another country?

Or have you learnt a profession in another country?

Or you have studied in another country?

And you have a question about the recognition of your foreign qualification?

2. what does the recognition counselling service do?

The Anerkennungsberatung will explain to you: How does recognition work?

The Anerkennungsberatung will tell you: Who is responsible for recognising your qualification?

The Anerkennungsberatung will inform you:

- What documents do you need?
- What does the recognition cost?
- Who can help you pay for it?
- How can you gain further qualifications?

This counselling is always free of charge!

3. how to contact Anerkennungsberatung :

📍 Immentalstraße 16, 79104 Freiburg

☎ [+49 \(0\) 761205741280](tel:+490761205741280)

@freiburg@anerkennungsberatung-bw.de

 <https://anerkennung-fr.de/>

@Contact form on website: <https://anerkennung-fr.de/angebote/flucht-und-mig...>

We look forward to hearing from you!


Finanziert durch das Ministerium für Soziales, Gesundheit und Integration aus Landesmitteln, die der Landtag von Baden-Württemberg beschlossen hat.



Career counselling for women

The City of Freiburg's Women and Career Contact Centre is the first port of call for women with career-related questions. Here you can get information and advice on returning to work, training and further education and how to find a job.

City of Freiburg, Women and Career Contact Centre

 Rathausplatz 2-4, 79098 Freiburg

 +49 (0) 7612011731

@frau_und_beruf@stadt.freiburg.de

 [Here you can find more information](#)


Job centre


General information

Contact:

For immigrants over 25 with a residence permit:

Jobcenter Freiburg – Kompetenz-Center für Zugewanderte

 Berliner Allee 1, 79114 Freiburg

 07612710721

 Mon - Fri from 08:00 to 12:00

How can I communicate with the job centre online?  [Jobcentre Digital](#)

You are welcome to use the new online service "Jobcenter.digital" (link). There you can upload documents, report changes, submit applications and send messages to your employment agency or your case worker in the "Benefits" department. To log in, you need an activation code, which you will receive either directly from your job centre or by post after registration.

You can also try out the new job centre app (download from the App Store or Google Play)

Your rights with the Citizen's Income - What am I entitled to?

The Citizen's Income is intended to help you secure your livelihood and get back into work. If you have any questions or need support, you can obtain information from the job centre. If you receive Citizen's Allowance, there are certain rules. These rules define what you must do (obligations) and what you are entitled to (rights). Money for living expenses

- You will receive money for food, clothing and other essentials.
- The job centre will also cover the costs of your rent and heating if they are reasonable. 🧐

[You can find more information here](#)

Your duties at Bürgergeld - What do I have to do?

- You must help the Jobcenter to check your entitlements.
This means, for example, that you must submit all the necessary documents.
- You must attend the appointments that the job centre arranges with you.
- If you are invited, you should be punctual and prepared.
- Together with the job centre, you will draw up a plan on how you can get back into work (cooperation plan) You are obliged to adhere to this plan.
- As a rule, you are obliged to take up any kind of work if you are receiving a citizen's allowance.
- This includes accepting reasonable jobs or measures.
- You must inform the job centre of any changes to your personal or financial circumstances (e.g. moving house or starting work)

What can happen if I do not fulfil my obligations?

If you do not comply with the rules, the job centre can reduce your citizen's allowance. This means you will receive less money.

What is the Job-Turbo?

The Job-Turbo is a programme of the Federal Ministry of Labour and Social Affairs. The aim is for refugees to start work directly after the integration courses (language level A2/B1). This helps them:

- Utilise your qualifications from your home country
- Acquire new knowledge and skills
- Improve your language skills when speaking with colleagues
- Earn money

The Job-Turbo has three phases:

1. Learn the language
2. Start work
3. Stabilise employment and continue training

What do I have to do once I have found a job?

- Please inform the job centre as soon as possible.
- If you do not have enough money (e.g. part-time work or mini-job), the job centre can continue to support you financially

What documents / information does the job centre need?

- Employment contract
- Statement of earnings / certificate of income
- Proof of income, e.g. bank statement/receipt

What can I do if I do not yet have the documents?

Please send a message to Jobcenter:

- When will you receive your first income from the employment relationship?
- What is the approximate amount of your income? Please ask your employer for both!

Where do the documents / information have to go?

You can submit the documents / information digitally, in writing, in person or by fax. You can also provide information to your job centre by telephone.

What can I do if my money is not enough for the first wage payment?

You have the option of applying for a loan for bridging benefits. 🌐 [You can find more information here](#)

I am unavailable for several days. What do I need to consider? (Absence from home)

If you are going to be temporarily unavailable, you need prior approval from your job centre. This approval is necessary if you...

- Are not staying at your place of residence
- Are temporarily not in the vicinity of your job centre
- Travelling abroad

Sometimes there are reasons why you cannot travel at the moment - for example

- A planned job interview
- Further training
- A language course...

The job centre will check whether you have such a reason. If there are no objections, the job centre will usually approve your plans. If you cannot be reached without the Job Centre's approval, you are not entitled to Citizen's Allowance.

How do I apply to Jobcenter for approval of unavailability (absence)?

You can apply for approval at least 5 calendar days before your departure either in person at the reception area, by telephone via the Service Centre:

☎ 0761 2710 721 or

🌐 jobcenter.digital.de to apply.

The Job Centre needs from you:

- The date of your departure and return
- In special cases, proof of holiday periods for language courses or further training

On the first working day after your return, you must report back to the job centre in person with your ID.

How long can I be unavailable?

If you receive citizen's allowance and are not working, you may not be available for more than 3 weeks (21 calendar days) per calendar year.

What additional benefits can I apply for?

You can apply for additional benefits in the event of

- Relocation
- pregnancy
- special needs, such as illness or disability
- and other cases.

Please contact the job centre for more information.

Who can help me with questions regarding the compatibility of family and career?

The Commissioner for Equal Opportunities on the Labour Market (BCA) at the Jobcenter Freiburg advises on fundamental issues relating to equal opportunities on the labour market, the advancement of women and the compatibility of family and career for recipients of citizen's allowance.

Supporting parents, especially single parents, is a key focus here.

Contact details:

Job Centre Freiburg

📍 Lehener Str. 77, 79106 Freiburg

☎ 0761 2710-632

✉ @jobcenter-Freiburg.BCA@jobcenter-ge.de

Job search and qualification

Can I work without perfect German?

Many employers also employ people who speak little German. If you work, you learn German better. There are language courses that you can do alongside your work. The Jobcenter or Arbeitsagentur can help with this.

What are the advantages of taking up work?

- Work brings your own income and helps you to live independently.
- Work or training improves your prospects of staying in Germany.
- German language skills are improved.
- You motivate others and make new contacts
- Work provides structure and helps you stay active

Can I develop professionally despite working as a helper?

It is good to work as a helper first and then do further training. Further training without a job is often not enough to find a good job. Employers can apply for funding via Beschäftigtenqualifizierung.

What do employers expect in order to give me a promotion?

In Germany, many employers expect proof of formal learning (certificates or diplomas). This enables employers to assess what professional knowledge you have.

Who has to apply for funding if I am already employed?

The employer must apply for funding for further training while working:

🔗 [More info here](#)

What do employers expect from applicants?

- They are looking for a reliable person who is a good fit for the job and knows enough about the job.
- Punctuality shows that you are reliable.
- The application must be complete and good so that the employer can see that you are suitable for the job.

Tips and application strategies

You can apply via your employment agency or via a suggestion from us.

You can also search for a suitable job yourself. For example, you can use our job exchange on the Internet at

 arbeitsagentur.de/jobsuche/

Important when applying:

- Apply as requested
- Send all important documents: CV, cover letter and certificates
- If a contact person is named, get in touch beforehand
- Include your current telephone number and e-mail address in the documents

Where can I find out more about the job search?


The Bundesagentur für Arbeit job search is a large website for jobs in Germany.

 [You can find more information here](#)


- You can search for jobs, apprenticeships and other offers.







Where can I find help with preparing a CV and applying for a job?

- You often need documents and a CV for an application. If you need help, ask your counsellor at the Jobcenter
- If you would like to write an application yourself, there is a lot of help available on the Internet. You can find a good first guide on the Bundesagentur für Arbeit website. It contains the most important information:

 [You can find more information here](#)

Where can I get an overview of different professions and further education programmes?

- Berufenet (Lexicon of professions):  [Here you can find more information](#)

- Check- U (Self-test for training and study):  [Click here for more information](#)
- New Plan (Self-test for further education):  [More information here](#)
- Mein NOW (Search for further education):  [Click here for more information](#)
- Events organised by Berufsberatung im Erwerbsleben (free lectures and events):  [More information here](#)
- Abi.de (Information on training in Germany):  [Here you can find more information](#)
- 100 Fachbegriffe (important words for certain professions):  [More information here](#)

You should also speak to your adviser at the job centre.

They can organise an appointment for you at Berufsberatung .

Citizen's income

What impact does income have on Bürgergeld?

According to §11 SGB II, income is taken into account in the calculation of Bürgergelds and reduces the entitlement to benefits. Income is taken into account if it is shown on your bank statement.

How much can I earn?

There are no limits - the aim is for your family to become financially independent of Jobcenter .

How much income is taken into account depends on your situation. It depends on how many people earn the income and what type of income it is.

 [You can find the tax-free allowance calculator here](#)

Is the Bürgergeld higher with or without work?

Income is supplemented by Bürgergeld Tax-free allowances make work worthwhile, including Minijobs. You can also gain professional experience.

Those who work always have more money than those who don't!

What happens to my health insurance when I work?

If you start a job that is subject to social security contributions, you are automatically covered by health insurance. The employer pays half of the contributions.

Are you entitled to Bürgergeld after losing your job?

You can apply for Arbeitslosengeld or Bürgergeld if you lose your job. Supplementary Bürgergeld is possible if your income is insufficient.

Legal information on the subject of work

Labour contract

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

Types of contract:

Open-ended employment contract

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

Fixed-term employment contract

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

Mini job

The maximum earnings per month are € 520 and are tax-free.

Labour law:

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

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

Taxes and social security contributions:

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

Tax identification number:

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

National insurance number:

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

Illegal work:

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

Labour and wages

On average, women in Germany earn less than men. On the one hand, they work in areas that are paid less. This is the case in the social sector, for example. But women also often earn less than their male colleagues for the same job. Politicians have been discussing various proposals for years to achieve greater pay equality. So far, however, not much has changed.

Many women's jobs are not perceived as work. They do the housework. They bring up the children. Or they care for sick or elderly family members. These jobs are unpaid. But they are still work. This is often not recognised.

In Germany, many people still think that the man earns the money. And therefore he doesn't have to help with the housework. But more and more women are also working.

Would you like to find well-paid work in Germany? Then the first thing you should do is learn German. The BAMF offers courses especially for parents and women. Here you can also get information about childcare and the school system. Where you live, you can obtain information from [migration advice centres](#), [immigration authorities](#), [employment agencies](#), [job centres](#) or directly from the schools that offer integration courses.

Minimum wage

There is a minimum wage in Germany. It's in the law. A minimum wage of 12.41 euros has been in force since 1 January 2024. On 1 January 2025, the minimum wage will rise to 12.82 euros.

The minimum wage also applies to overtime.

The minimum wage does not apply to

- Young people under the age of 18 without completed vocational training
- Trainees
- long-term unemployed persons during the first six months of their employment after becoming unemployed
- School or study-related internships
- Internships for professional orientation up to three months voluntary work

Apply for a certificate of good conduct

Some employers want you to provide a certificate of good conduct. Certificates of good conduct serve as proof that someone has no criminal record. The certificate of good conduct is sometimes also called a "police clearance certificate". For example, you will need one if you want to work in the security sector, with children or in the public sector.

There are different types of certificate of good conduct:

- for private purposes
- for a public authority
- Extended
- European

Ask the authority for which you need it which type is required.

You can apply [online](#) at .

 [Here you can find more information](#)

Accident at work

An accident at work is when you have an accident at work or on the way to or from work.


In this case, you are covered by accident insurance through the company (employer).

Please let them know that it is an accident at work before you are treated. The treatment will then not be paid for by the health insurance company, but by the employer's accident insurance. You can find out the name of the accident insurance company from your employer.

If you are unable to work due to an accident at work

- are unable to work for longer than one day or
- require prolonged medical treatment or
- become ill again at a later date

you must consult a so-called accident insurance organisation doctor.

You can find accident insurance consultants on the website of the  [German Social Accident Insurance](#).

Irregular and illegal employment

Irregular and illegal employment is when you receive money for a job and are not registered. Is that illegal? In Germany this is called "illegal employment". You could face fines and imprisonment!

If you receive citizens' allowance or social benefits and still work, this is called illegal employment. You receive money from the state even though you are working. This is forbidden and against the law. Undeclared work is a colloquial term for this.

If you want to take up work, inform the office from which you receive benefits. You are allowed to earn money while receiving benefits. The benefits will then be recalculated. You must report any earnings and income immediately.

If you do not have the correct work permit, you are not allowed to work.

Counselling centres

mira- with law at work

We advise you on questions of social law and labour law. Only those who know their rights can defend themselves if they are exploited or discriminated against. We inform you about your rights on the German labour market. We want everyone on the labour market to be treated fairly and have the same rights.

Who for: **Refugees and third-country nationals**

Counselling is free of charge.


We support you in solving your problems and answer questions about

- Employment contract (for example mini-job, part-time or full-time)
- Wages and salary (e.g. unpaid working hours)
- Working hours, holidays, dismissal
- Insurance, for example in the event of illness and accidents at work
- Short-time working allowance
- Job centre, social welfare office, employment agency

Our counselling service is free of charge and confidential. Regardless of your residence status - feel free to drop by!

Personal and telephone counselling - appointments by arrangement.

 @margarete.brugger@mira-beratung.de

 [+49 \(0\) 17643401400](tel:+49(0)17643401400)

 [Counselling - mira | With the RIGHT to WORK!](#)

Fair mobility advice centre

We help you to ensure that you are paid fairly and treated fairly.

Who for: People from countries in Central and Eastern Europe who work in the EU. A particularly large number come from Romania and Bulgaria.

We advise you if you

- do not receive your wages
- receive notice of termination
- do not know your rights arising from the employment relationship
- have questions about labour law.

We can provide you with information in various languages.

Fair Mobility advice centre in Freiburg i. Br.

📍 Kronenstr. 1, 79100 Freiburg

👤 **Mrs Cvetelina Cvetanova**

☎ [+49 \(0\) 76128561278](tel:+49076128561278)

@ cvetanova@faire-mobilitaet.de

Languages German | Bulgarian | Czech | English

👤 **Mrs Suzana Maurer**

☎ [+49 \(0\) 76128537782](tel:+49076128537782)

@ maurer@faire-mobilitaet.de

Languages German | Romanian | English

Here you can find more information:

🌐 www.fair-e-mobilitaet.de/informationen

🌐 www.fair-arbeiten.eu.

Am I allowed to work?

Am I allowed to work with a residence permit?

Permission to work as an asylum applicant with a residence permit depends on

- whether you are living in an initial reception centre or have already been accommodated outside the initial reception centre

how many months you have already been in Germany.

You are still living in the initial reception centre

No work permit can be issued **in the first nine months** after you have applied for asylum.

During this time, your identity document will state: **"Gainful employment not permitted"**.

After the ninth month from the date of your asylum application, you are entitled to an employment permit. Your identity document states "Gainful employment only permitted with the authorisation of the immigration authority."

You no longer live in the initial reception centre

If you have **been in Germany for less than 3 months**, you are not allowed to work.

If you have been in Germany for 4-9 months or longer, you can apply for a work permit from the Foreigners' Registration Office (see above). The decision is made at the discretion of the authority.

You can apply for an employment permit from the 10th month onwards. This is then no longer a discretionary decision, as you are entitled to it.

A general work permit applies from 4 years in Germany. You have full access to the labour market. This means that approval from the Federal Employment Agency is no longer necessary. However, you must apply for this at the Foreigners' Registration Office. It will then be noted in your residence permit.

How do you obtain a work permit?

You need a work permit

- for any job,
- for in-company vocational training and
- for an internship, FSJ, BuFDi.

You should apply for a work permit before concluding an employment contract.

If you have an employment contract, you must draw up a job description and a declaration of employment together with the employer.

You must fill this out and submit it to the Foreigners' Registration Office together with your employment, training or internship contract. The Foreigners' Registration Office will send the application to the Employment Agency. The employment agency will check the working conditions. For example, same salary, same working hours as the others in the company.

You will then either receive a letter from the foreigners authority rejecting your application or they will issue you with a work permit. If you receive a work permit, you must go to the Foreigners' Registration Office and the permit will be entered directly in your permit or tolerated stay permit. The work permit can be limited to the activity, the employer, the region and a certain amount of time for the activity. This means that you will have to submit a new application if anything changes here.

Remember that the work permit is limited in time and must be extended at the Foreigners' Registration Office when it expires. Apply for an extension in good time before your current permit expires!

Am I allowed to work if I come from a safe country of origin?

💡 Anyone who comes from a safe country of origin and has applied for asylum is not allowed to work.

The following countries are currently considered safe in Germany:
[Click here for more information.](#)

Exceptions:

Asylum seekers from the Republic of Moldova and Georgia who have applied for asylum by 30 August 2023.

The same applies to people from all other safe countries of origin who have applied for asylum by 31 August 2015.

The following applies to these people: They are allowed to work. You can apply for an employment permit.

To do so, fill out a declaration of employment and submit it to the immigration authority.
[\(Declaration on the employment relationship\)](#)

Am I allowed to work with a tolerated stay permit?

The authorisation to work with a [Duldung](#) to work depends on

- whether you are living in an initial reception centre or whether you have already moved into a flat outside an initial reception centre
- how many months you have already been in Germany.

You are still living in the initial reception centre

If you are in possession of **Duldung 0-6 months**, you are not allowed to work.

If you have a tolerated stay permit according to §60a for at least 6 months, you are only permitted to work with the authorisation of the immigration authority. You will find this information on your identity document as an ancillary provision.

You may be granted an employment permit. For this you must

- the [job description](#)
- the [declaration of employment](#), sign it and hand it in to the Foreigners' Registration Office.

The foreigners authority will ask the Federal Employment Agency whether it agrees. It will check the working conditions (e.g. minimum wage, scope of work).

You no longer live in the initial reception centre

If you have been **in Germany for 0-3 months**, you are not allowed to work.

If you have already been in Germany for 4 months, you can apply for a work permit at the Foreigners' Registration Office. Your identity document will state **"Gainful employment only permitted with the authorisation of the Foreigners' Registration Office."** This

means that you must fill in and sign the [job description](#) and [declaration of employment](#) and hand it in to the [Foreigners' Registration Office](#). The approval of the Federal Employment Agency is requested by the Foreigners' Registration Office. It will check the working conditions (e.g. minimum wage, scope of work). The granting of the work permit is at the discretion of the foreigners authority.

If you have already been in Germany for 4 years, a general work permit applies. You have full access to the labour market. This means that approval from the Federal Employment Agency is no longer necessary.

As a rule, you do not require a work permit for school education.

Persons with a [Duldung nach §60a AufenthG](#)

There is a work ban if:

- They come from a ["safe" country of origin](#) and submitted their asylum application after 31 August 2015 or entered the country after this deadline.
- The person has travelled to Germany in order to receive asylum seeker benefits.
- The deportation is not possible for a reason for which the person is responsible and this reason is responsible for the fact that the deportation cannot be carried out.

Persons with a Duldung §60b AufenthG

Tolerated stay for persons "with unresolved identity"

Gainful employment is not permitted for these persons (work ban).

This tolerated stay is issued to persons who have allegedly not fulfilled their obligations to co-operate.

Obtaining a passport and clarifying your identity

You must help to obtain your passport and clarify your identity. If you do not co-operate, the foreigners authority or the regional council may prohibit you from working.

If you are banned from working, you cannot apply for a work permit, training or continuation of your work.

How do you get a work permit?

You need a work permit.

- For any work
- For in-company training
- for an internship, FSJ, BuFDi.
- You should apply for a work permit before concluding an employment contract.

If you have an employment contract, you must draw up a job description and a declaration of employment together with the employer.

You must fill this out and submit it to the Immigration Office together with your employment, training or internship contract. The Foreigners' Registration Office will send the application to the Employment Agency. The employment agency will check the working conditions. For example, same salary, same working hours as the others in the company.

The foreigners authority will either send you a rejection notice or a work permit. If you get a work permit, you have to go to the immigration office. The permit will then be entered in your Gestattung or Duldung. The work permit may be limited to a specific job, employer, region and working hours. If any of this changes, you must submit a new application.

If you have a tolerated stay permit, the work permit is only valid for as long as the tolerated stay permit is valid.

Remember that the work permit is limited in time and must be extended at the Foreigners' Registration Office when it expires. Apply for an extension in good time before the expiry date of the current permit!

Am I allowed to work as a refugee with a residence permit?

If you are

- [recognised refugee/recognised refugee,](#)
- [refugee/refugee with subsidiary protection](#) or
- [refugee/refugee with a ban on deportation](#)

you will be issued a residence permit. This allows you to accept any job immediately. You can also use it to start an apprenticeship. Companies do not have to take any special requirements into account.

Your residence permit or supplementary sheet will then state: "Gainful employment permitted".

With the electronic residence permit (kurz: eAT) you can be self-employed. However, you will need authorisation from the immigration authority.

If necessary, please ask at the [advice centres](#).

Information for people from Ukraine

Once you have proven your identity, you will receive a residence permit in accordance with §24 of the Residence Act. This is then valid for a minimum of 1 year and a maximum of 2 years. It will then say "Gainful employment permitted". This means that you are allowed to work in Germany.

Immigration of skilled labour

The basics of skilled labour immigration

There is a Fachkräfteeinwanderungsgesetz in Germany. The law is intended to make it easier for skilled workers to come to Germany and work here. The skilled workers either have a vocational qualification or a university degree. The legal basis is § 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!

For employers

Accelerated skilled labour procedure

An employer can hire an employee from abroad. An accelerated skilled labour procedure can then be initiated. This procedure speeds up the processes at the immigration authorities. The **fees** for this procedure amount to 411 euros. Further fees are charged for processing and the visa.

The **Immigration Office** advises employers. It helps to ensure that foreign qualifications are recognised. It obtains the approval of the Federal Employment Agency. It checks the requirements for the visa.

If all requirements are met, the foreigners authority issues a **preliminary approval**. The skilled worker then books an appointment with the diplomatic mission abroad. The visa is applied for at this appointment.

A decision is made within three weeks.

💡 The **family** of the skilled worker can also be considered. The family must fulfil the requirements for family reunification.

🔗 [You can find a detailed description of the procedure here.](#)

🔗 [You can find templates and samples for the procedure here.](#)

For professionals

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

Job search

Entering the labour market:

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

Skilled workers with a university degree:

Skilled workers with a university degree can work in any qualified profession. This means that

skilled workers must work in a profession that requires training/studies. For the [EU Blue Card](#), you need a job that corresponds to your qualifications.

Skilled workers with vocational training:

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

Rules for entry

Entry to seek employment:

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

Stay for qualification measures:

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

Settlement permit for skilled workers from abroad:

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

For training and studies

Entering the country to look for an apprenticeship: Would you like to do an apprenticeship? Then you can enter the country to look for a training place. You need German language skills at level B2. You also need a school-leaving certificate that 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 vocational training in Germany: The new law means that foreign graduates of vocational training in Germany, just like university graduates, can obtain a settlement permit after just two years.

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

EU Blue Card

The EU Blue Card is a residence permit for academics from outside the EU who take up employment in an EU member state. The requirements for the EU Blue Card are

- academic university degree
- employment contract
- certain minimum gross salary.

This salary depends on the annual contribution assessment ceiling in the German pension insurance scheme. This limit changes every year.

The minimum gross salary varies depending on the profession. A distinction is made between bottleneck occupations and entry-level occupations as well as all other occupations. As an IT specialist, you can also obtain an EU Blue Card without a university degree.

Bottleneck professions and young professionals

Many professions require special knowledge and qualifications. If there are many vacancies in such a profession, this is a bottleneck occupation. You can find a list [here](#).

You are classed as a career starter if you have graduated within the last three years. If you find a job that guarantees you the required minimum salary, you will receive the EU Blue Card. This job can be considered a bottleneck occupation. But it can also be another profession.

Since 1 November 2023, the minimum gross salary has been 45.3% of the annual contribution assessment ceiling for pension insurance.

All other professions

You do not work in a bottleneck occupation? Are you not a newcomer to the labour market? Then you need to find a job that pays you at least 50% of the annual contribution assessment ceiling for pension insurance.

IT specialists

Don't have a university degree? But you can prove that you have at least three years of professional experience as an IT specialist? Then you can also obtain an EU Blue Card. To do so, you need an employment contract that guarantees you at least 45.3% of the annual contribution assessment ceiling for pension insurance.

Independence

Who can become self-employed in Germany?

Is your application for asylum still being processed? Has your application been rejected? Do you have a tolerated stay permit? Then self-employed work is **prohibited**.

You do not belong to this group? Then you are **permitted** to open a business in Germany. Let us advise you on this!

Links with further information

 [Here you will find a guide to opening a company.](#)

 [On the Gründerplattform you can read about experiences, tips and tricks from other self-employed people.](#)

 [Here you can find more support on the topic of self-employment.](#)

Start-up counselling Goethe2

The start-up centre helps men and women who want to become self-employed or who are already self-employed. Many of our customers are unemployed and therefore want to become self-employed. But this is not a must.

You can get advice free of charge, no matter where you come from. No matter what you do.


We offer


In the project " EXI-Gründungsgutscheine – Gründungsinteressierte in der Vorgründungsphase qualifizieren“:

- We advise individuals
- We help you with your business plan and your marketing concept.
- We advise you on all issues relating to setting up a business, for example on legal matters, taxes, accounting and digitalisation.
- We develop skills, provide information about authorities and offer courses on various topics with external experts.

All offers are free of charge for founders from Freiburg, Breisgau-Hochschwarzwald and Emmendingen.

Contact person

 Sulzburger Straße 16, 79114 Freiburg i.Br.

 0170 8541838

 @goethe2@diakonie-freiburg.de

 [Further information about Goethe2 is available here](#)

Appointments by arrangement.

 Which car park do you use to get to us?

Straßenbahnlinie Nr. 5, Haltestelle "Kroizinger Straße"

Straßenbahnlinie Nr. 3, Haltestelle "Buggingerstraße"

Free parking in the multi-storey car park at EKZ Weingarten.
Access is barrier-free. Please register in advance.

Training and studies

Recognition of certificates

**Beratungszentrum zur Anerkennung ausländischer
Berufsqualifikationen für den Regierungsbezirk
Freiburg**




**Deutsches
Rotes
Kreuz**


Immentalstr. 16 | 79104 Freiburg | freiburg@anerkennungsberatung-bw.de

Counselling on the recognition of foreign qualifications

1. what is it about?

Did you go to school in another country?

Or have you learnt a profession in another country?

Or you have studied in another country?

And you have a question about the recognition of your foreign qualification?

2. what does the recognition counselling service do?

The Anerkennungsberatung will explain to you: How does recognition work?

The Anerkennungsberatung will tell you: Who is responsible for recognising your qualification?

The Anerkennungsberatung will inform you:

- What documents do you need?
- What does the recognition cost?
- Who can help you pay for it?
- How can you gain further qualifications?

This counselling is always free of charge!

3. how to contact Anerkennungsberatung :

📍 Immentalstraße 16, 79104 Freiburg

☎ [+49 \(0\) 761205741280](tel:+490761205741280)

@freiburg@anerkennungsberatung-bw.de

<https://anerkennung-fr.de/>

@Contact form on website: <https://anerkennung-fr.de/angebote/flucht-und-mig...>

We look forward to hearing from you!

Finanziert durch das Ministerium für Soziales, Gesundheit und Integration aus Landesmitteln, die der Landtag von Baden-Württemberg beschlossen hat.



Vocational training (dual and full-time)

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

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.

📍 Bismarckallee 6, 79098 Freiburg

☎ [+49 \(0\) 761218000](tel:+490761218000)

@info@hwk-freiburg.de

🌐 <https://www.hwk-freiburg.de>

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.

[You can access the IHK's apprenticeship and internship exchange here](#)
[Click here for the IHK apprenticeship and internship exchange](#)

📍 Bismarckallee 18 - 20, 79098 Freiburg

☎ +49 (0) 76138580

@info@freiburg.ihk.de

🌐 www.ihk.de/freiburg

Pre-school training at a vocational school

In Germany, there is also full-time school-based 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.

Helpful websites on the subject of vocational training:

🌐 www.bs-freiburg.d

🌐 www.anschub.info

🌐 www.arbeitsagentur.de/Bildung

🌐 [Training with the city](#)

Vocational school

The following types of school exist at vocational schools:

Vocational entry year (BEJ)

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

Vocational school (dual):

This is where training takes place in a dual system. You learn part of your training at school. The other part you learn in a company.

Vocational school:

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

fields:

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

Technical college:

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

- Technology
- economics
- Social work
- Agriculture
- Design

Vocational colleges:

You need an intermediate level of education for the vocational college. You can improve your vocational qualifications here. You can also obtain the entrance qualification for universities of applied sciences. This means that you can then go on to university. Vocational colleges are available in the following areas:

- Technology
- Business and administration
- Social pedagogy
- Health and care
- Home economics

Vocational secondary school:

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

- Technical secondary school
- Secondary business school
- Secondary school for social work

Vocational grammar school:

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

- Technical specialisation
- Economics specialisation
- Social and healthcare sciences
- Agricultural science specialisation
- Biotechnological direction
- Nutritional sciences

Further information can be found here:

💡 [Vocational training barr.pdf](#)

🌐 www.bs-freiburg.de

🌐 www.anschub.info

What is vocational training?

Professional qualification is very important in Germany. It can help you find a better job. With vocational training you are a "skilled worker" and you earn more money. There are professions for which a degree is necessary. For other professions, you can do school-based or dual training. Vocational training usually lasts between 2 and 3.5 years. There are more than 300 training occupations in Germany.

School-based training

School-based training means that you learn everything at a vocational school. Some professions can only be learnt through school-based training. These are professions in the social and care sector such as dietician or nurse. There are state vocational schools that you can attend free of charge. There are also private vocational schools. They are subject to a fee.

Dual training

Dual training means that part of the training takes place at a vocational school and part at a company. This means that you learn theory at school. You gain practical experience in a company. The advantage is that you can apply what you have learnt in practice. In a dual training programme, you also earn some money for your work in the company.

What professions are there in Germany?

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

- **Where can I find information on vocational training?**

Would you like to find out which profession suits you best?

The Employment Agency's guide will help you: [Step by step to your dream job](#)

- Would you like to find out more about types of training?
You can find lots of information here.
- Are you looking for general information on vocational training?
You can find lots of information on planet-beruf

Would you prefer to visit a place where you can find all the information you need?

Then go to the [Vocational Information Centre \(BiZ\)](#).

📍 Lehenner Straße 77, 79106 Freiburg

- You will find useful tests and information there.
- The centre provides information on vocational training, school and university in Augsburg,
- You can search for training places there.
- You can create applications, scan certificates or print out your application documents.
- You can get answers to your questions there. You can speak to the BiZ specialists at any time. They will be happy to help you.
- You can take part in events there (careers fair, application training or workshops)

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

Learning support during training

• Assisted training (AsA flex)

Trainees and companies can turn to us if they are in trouble or need help during their training or entry qualification (EQ) - either right at the start of their training or in the middle of it.

Reasons can be

- Learning difficulties
- Poor grades at vocational school
- exam nerves
- Problems with the German language
- Problems in the social environment

Initial interview

We need the following registration documents for the initial interview:

- The registration form for customers of the Job Centre can be found [here](#).
- The registration form for customers of the Employment Agency can be found [here](#).
- The declaration from the training or EQ company can be found [here](#)
- Copy of the training contract
- Current certificate
- For non-EU citizens: Certificate of residence

[You can find more information here](#)

[Click here for more information](#)

- **Job-related language support**

The vocational language courses (BSK) are a broad, needs-oriented range of courses for integration into the labour market. They build on the integration courses. They prepare migrants for the world of work in Germany.

The goal is then B2, sometimes B1. In addition to conversation training, participants practise job application situations and do a work placement. As a rule, the full-time programme lasts 6 months.

Enrolment

📍 Bismarckallee 11-13, 79098 Freiburg

@jobcenter-freiburg.jugendagentur@jobcenter-ge.de

📍 Lehener Str. 77, 79106 Freiburg

☎️ [+49 \(0\) 76120269100](tel:+49076120269100)

@jobcenter-Breisgau-Hochschwarzwald@jobcenter-ge.de

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

- **Educational year for adult refugees with literacy training.**

At BEF Alpha, participants learn to read and write and receive initial vocational orientation. The programme is aimed at adults who have recently arrived in Germany and are unable to read and write properly. The participants are between 21 and 35 years old and come from the following countries Eritrea, Iran, Iraq, Yemen, Somalia, Syria - these are the countries of origin.

Enrolment

IB Education Centre Freiburg.

📍 Straßburger Straße 3a, 79110 Freiburg

☎️ [+49 \(0\) 7618967119](tel:+4907618967119)

@weiterbildung.freiburg@ib.de



[Click here for more information](#)

- **Coaching for mothers**

Reaching mothers for training and work

- The offer is a short counselling session of a maximum of 4 weeks with weekly meetings.
- If you need more help, you can take part in individual coaching or a group seminar. This lasts for 6 to 7 months.

- Individual coaching is mainly about personal issues.
- The group seminars last up to 6 months. They deal with topics such as personal issues, career, time management, finances, health and self-esteem.

Registration

Caritas Education Centre Freiburg

📍 Immentalstr. 12, 79104 Freiburg

☎ +49 (0) 15731652997

🌐 [Here you can find more information](#)

Financial support during training

Vocational training allowance (BAB)

Is the money you earn during your training not enough? Then you can ask the employment agency or job centre whether you can get financial help. This supportive financing is called vocational training allowance (BAB).

You can find more information here:

[BAB calculator](#)

[BAföG for pupils / Advancement BAföG](#)

[Child benefit](#)

[Debt counselling](#)

[Housing benefit](#)

Counselling centres - Training

Who advises on the subject of training?

There are institutions, projects and advice centres that can help you with the following questions

- Which profession suits me?
- What professions are there in Germany?
- What requirements do I have to fulfil for certain professions?
- How do I write an application?
- How do I look for an internship or apprenticeship?
- Where can I learn German for my job?

💡 **Counselling is free of charge.**

The following institutions and advice centres are available in Freiburg

Employment Agency

- For career counselling, you must call the Employment Agency and make an appointment.
- The counsellors can direct you to further measures such as training courses or job application training.

📍 [Lehener Str. 7779106 Freiburg im Breisgau](#)

☎ [+49 \(0\) 80045555](#) (Employees)

☎ [+49 \(0\) 80045555](#) (Employer)

🌐 [Here you can find more information](#)

Job Centre Freiburg City

- Do you receive benefits from the job centre? Then you can also contact your counsellor there.
- The counsellors can direct you to further measures (e.g. training courses, job application training, etc.).

📍 [Lehener Str. 7779106 Freiburg im Breisgau](#)

☎ 07612710721

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

You can find more counselling centres here

[Freiburg Youth Employment Agency](#)

[Training counselling of the Freiburg Chamber of Crafts](#)

[Educational counselling Wegweiser Bildung](#)

[Stay tuned! Contact point for training conflicts](#)

[Municipal integration management \(KIM\):](#)

We help you with all questions relating to education, work, health, residence law and finances.

Free German courses

Bildung für alle e.V. (BFA) offers free German courses for new immigrants. The offer is aimed at people who have no access to other educational programmes.

Two teachers teach three evenings a week. The classes are attended by people with very different levels of German. Some are learning the alphabet, others are more advanced and can converse at B2 level. There are six lessons per week in the BFA language courses.

Registration

Bildung für alle e.V.

📍 Bertoldstraße 47, 79098 Freiburg

💡 Write us your name, birthday, place of residence, country of origin and telephone number.

☎ [+49 \(0\) 1737088184](#)

@anmelden@bfa-freiburg.de

[Here you can find more information](#)

Assessment of maths and German skills for training

Will my German and maths skills get me through my training?

For anyone who wants an answer to this question, the Office for Migration and Integration, together with

Education for All offers a free German and maths test.

[You can find more information here](#)

Study

General information

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

Do you want to study? Then you can find information on studying here. And you can see who you can contact.

Study at a university

General information

There are many different degree programmes in Germany. There are also different types of higher education institutions:

- Universities (academically orientated)
- Universities of Applied Sciences (practice-orientated)
- Dual universities (very practice-orientated)
- Art, film and music colleges (for artistic subjects)

There are state universities and private universities. The quality of private universities is not always better. However, you have to pay high tuition fees.

Helpful websites:

[University Compass](#) (all degree programmes and universities in Germany)

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

[Employment Agency](#) (study orientation)

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

Prerequisites

Would you like to study in Germany? Then you need a university entrance qualification. This can be an Abitur. It can also be an entrance qualification for universities of applied sciences. Have you passed the Abitur in your home country? You may be able to use it to study in Germany. You can have this checked.

You can find more information on the [Anabin](#) website. Go to the information portal "Recognition in Germany". You can also contact the [German Academic Exchange Service DAAD](#).

You must also provide proof that you have a good command of German (language level C1). This can be the "German as a foreign language" test. Or the German language test for university entrance. Or telc Deutsch C1 Hochschule.

There is also the possibility of funding from the Bildungsberatung Garantiefonds Hochschule.

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

💡 Ask at the university where you would like to study. Most universities offer counselling services. There are deadlines for applying to a university. These are known as application deadlines. Observe these deadlines. Universities do not accept late applications.

No university entrance qualification

You can study in your home country with your school-leaving certificate? But not in Germany? You can catch up on your university entrance qualification at a preparatory college. Studienkollegs are specially designed for foreign applicants. They prepare you for studying in Germany.

Funding and scholarship

As a student in Germany, you can receive financial support. This is possible via the Federal Training Assistance Act (BAföG for short). The BAföG is paid out monthly by the authorities. In the best case scenario, you will receive money for the entire duration of your studies. The monthly amount of BAföG can be between 399 and 735 euros. You have to pay back half of the BAföG amount after your studies. The exact conditions for BAföG change regularly. You can find detailed information under the following link:

🌐 [Website BAföG for refugees and migrants](#)

As an alternative to BAföG, you can apply for a scholarship. As a rule, you do not have to pay back a scholarship. Good grades are important in order to receive a scholarship. Scholarship donors also assess your voluntary work. You will normally receive the same amount of money as BAföG. In addition, there is a so-called "book allowance". This is a monthly payment of up to €300.

Certain organisations award scholarships. Scholarships are awarded to people with great potential. That is why these organisations are called Begabten-Förderungs-Werke. The following Begabten-Förderungs-Werke offer programmes specifically for refugees, among others. You can find out how to apply on their websites. They also tell you what the organisations require of you.

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

[!\[\]\(d0a1791f26d167e866e44ebbf83efebe_img.jpg\) Böckler-Aktion Bildung of the Hans Böckler Foundation](#)

[!\[\]\(5eb1325dfdc3f1cad8426726c0db51cd_img.jpg\) Konrad-Adenauer-Stiftung \(KAS\) - Scholarships for Refugees](#)

[!\[\]\(eafc244b53721dd1ec133f0772f70fc7_img.jpg\) Villigst - Our scholarship for refugees](#)

[!\[\]\(d3fb9f94af8b26d1c844efa9a98805b0_img.jpg\) Bread for the World - Refugee Scholarship Programme](#)

The Otto Benecke Foundation's Guarantee Fund is an exception to this rule. The programme is aimed at young new immigrants. Do you want to gain your higher education entrance qualification in Germany? Do you want to study in Germany? Do you want to work in the academic field? Then you can apply for the scholarship programme. There is also the Germany Scholarship. It provides financial support of €300 per month. The Germany Scholarships are awarded by the respective universities.

[!\[\]\(5a132f13505a6571904d622757b7a8f0_img.jpg\) University Guarantee Fund of the Otto Benecke Foundation in Bonn](#)

[!\[\]\(10f8862fc183b400327470ea85afe9ae_img.jpg\) Germany Scholarship: Become a scholarship holder](#)

Counselling centres

Study Service Centre

We will be happy to help you with any questions you may have:

- How you can apply
- How to obtain admission
- Enrolment
- Leave of absence
- Change of subject
- Registration for doctoral thesis

[Here you can find more information](#)

Studierendenwerk Freiburg SWFR

We help students with their concerns.

We are there for students from 5 universities in Freiburg, Offenburg, Kehl, Furtwangen, Villingen-Schwenningen and Lörrach.

[Here you can find more information](#)

Guide to education (general educational counselling)

We will inform you about your options and name counselling centres that can help you. Simply come to the Wegweiser Bildung on Münsterplatz during our counselling hours or to the counselling centres in the city districts. We also offer counselling by phone, email, messenger, chat and video chat.

Our counselling is free of charge. We currently offer counselling in seven languages: German, English, French, Italian, Russian, Spanish and Ukrainian.

If you need counselling in another language, please contact us.

We are also happy to come to an existing group or your institution and provide on-site counselling.

You can find more counselling services on education [here](#).

We are happy to inform and advise you.

Address:


Wegweiser Bildung am Münsterplatz 17, 79098 Freiburg in the entrance area of the city library.

Just drop by. We are there for you in person:

Tuesday - Friday 14.00-17.00 hrs
Tuesdays additionally 10.00-13.00 hrs

There is no counselling on Mondays.

You can reach us by phone at these times under the number

 [07612012020](tel:07612012020)

@info@wegweiser-bildung.de

Whats App: [07613689533](https://www.whatsapp.com/channel/0029va833333333333333333)

 <https://wegweiser-bildung.de>



Health

Health

General information

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

you are acutely ill or in pain
 you are pregnant
 you are chronically ill. You have diabetes, epilepsy or mental illness, for example.
 You still have medication? Alternatively, do you have the package leaflet for your medication?
 Bring these with you to your doctor's appointment.
 Have you already been to a doctor or hospital because of the illness? Please also bring the findings with you.

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

As refugees and asylum seekers, you are not yet covered by health insurance. You need a health insurance voucher. You can use this to go to the doctor. You can obtain these licences from the [Office for Migration and Integration](#).

[Click here](#) for an important website on the subject of health. The information on many health-related issues is reliable. The website is available in the following languages: German, English, Turkish, Russian, Arabic.

Information on the German healthcare system in many languages

The German healthcare system is complicated.

[Here](#) you will find a guide with lots of information.

For example, when to go to hospital and when to see a doctor. And how health insurance works.

Health insurance

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

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

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

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

Insurance card

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

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

Different rules apply if you are in the asylum process:

👥 As a refugee or asylum seeker, you are not yet covered by health insurance. You need a health insurance voucher.

You can use this to go to the doctor. You can obtain these certificates from the [Office for Migration and Integration](#)

Medicines and pharmacies

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

Search for pharmacy emergency services

🌐 www.aponet.de

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

Emergency numbers - SOS

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

Police 📞 [110](#)

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

Ambulance, emergency doctor 📞 [112](#)

[You can find more information here](#)

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

Important information for an emergency call

- **Who is** calling (your name)?
- **Where** has something happened (address)?
- **What** has happened?
- **How many** injured or sick people are there?

- **What kind** of illnesses or injuries are there?
- **Wait** for further questions!

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

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

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

Acute admission to a psychiatric clinic

If you no longer want to live and are completely desperate: Go to a psychiatric hospital. You can also call an ambulance.

The telephone number of the ambulance is 📞 [112](tel:112)

In Freiburg, go to Klinik für Psychiatrie und Psychotherapie: Hauptstr. 5, 79104 Freiburg or telephone: [+49 \(0\) 76127065010](tel:+49076127065010)

Telephone counselling for poisoning and drug emergencies

The 📞 [076119240](tel:076119240) is an important telephone number for emergencies.

Experts answer questions about poisoning. If someone has taken drugs and is unwell, you can also call. Or if, for example, a child has eaten or drunk dangerous contents from a product.

You can always call them. During the day and at night.

Für allgemeine Informationen können Sie von Montag bis Freitag zwischen 9 - 12 Uhr und 14 - 16 Uhr anrufen.

Health department

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

📍 Sautierstraße 28+30, 79104 Freiburg

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

Medical assistance for people without access to health insurance

Some people do not have access to health insurance or a treatment voucher. One reason for this may be that they are staying in Freiburg without papers. Or there may be other reasons.

You can contact the advice centre at FRABS e.V.. There you can obtain an anonymised treatment certificate for necessary medical treatment. Costs of up to 500 Euro can be covered for a period of 3 months.

Your identity is protected. You do not have to be afraid of deportation.

This is the [association](#) that organises the treatment vouchers.

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

Electronic patient file (ePA)

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

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

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

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

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

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

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

Contents of the EPA:

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

Access rights:

- You can specify which doctors or hospitals are authorised to access your ePA. If you want to make changes, you can do this via the ePA app or contact the ombudsman's office of your health insurance company.

- If your health card is read at a doctor's surgery or hospital, they will have temporary access to your ePA for 90 days unless you object.

Use and accessibility:

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

Legal regulations:

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

Advantages:

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

Challenges:

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

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



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

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

Women's health and support services for girls and women

Violence against women helpline

Violence against women helpline

 [08000116016](tel:08000116016)
 www.hilfetelefon.de

The Hilfetelefon Gewalt gegen Frauen is available throughout Germany for women who have experienced violence. The counsellors provide advice on all forms of violence against women. Do you need help where you live? Then the counsellors will refer you to local facilities. Online counselling is possible via the website. The counselling sessions are confidential. You don't want to give your name? That's not a problem. You don't have to give your personal details on the phone. This also applies on the website. If you have hearing difficulties, you can book an interpreting service via the website. This costs you nothing. The conversation with the counsellors will then be translated into German sign language. It can also be translated into written language. Counselling in these languages is possible via interpreters:

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

Freiburg women's and child protection centre for domestic violence

The women's shelter offers protection, accommodation and help in cases of domestic violence. The address is secret and must not be disclosed. You live together with other women and children in a shared flat. The women's refuge is not a home! You remain responsible for yourself and your children and take care of yourself.

What about my children?

You bring your children with you. They also need help and support. Many of them are suffering from the consequences of the domestic violence they have experienced.

How am I supposed to live? What do I need to organise?

The staff will advise you on your financial security options and support you with the formalities.

What will happen then?

The staff at the women's refuge will support and advise you and arrange further help,


including for your children.

You decide for yourself what changes are important in your life. We will look for possibilities with you.

How do I get to the women's refuge?

The first contact is always by telephone. If you get a place in the women's refuge, we will meet at a neutral location.

Contact us: We are available by telephone from 9 a.m. to 4 p.m. at [+49 \(0\) 76131072](tel:+49076131072) can be reached.

For emergencies, we are available around the clock via the police  [110](tel:110) or the telephone counselling service [+49 \(0\) 8001110222](tel:+49076110222) or [+49 \(0\) 8001110111](tel:+49076110111) can be contacted.

Our area of responsibility includes the city of Freiburg, the district of Emmendingen and the district of Breisgau-Hochschwarzwald

[Here you](#) can find information in these languages: German, English, Spanish, French, Turkish, Albanian, Arabic, Russian

Support for pregnant women and families with refugee experience

The "Early Help" team is there for refugee pregnant women and families with children up to the age of three.

Paediatric nurses advise and support the families. They come to your home.

They provide important information about pregnancy, birth and caring for young children.

If necessary, interpreters accompany the visits.

There are also groups for mothers and children.

The service is for families in Freiburg.

All information is available in German on this [website](#).

Frauenhorizonte - against sexual violence e.V.

The Frauenhorizonte counselling centre supports women* aged 16 and over who have experienced sexualised violence. It doesn't matter whether the offence has just happened or was committed some time ago. We offer counselling and psychological support. Together we will work out how we can best support you. We have an office in Freiburg, Emmendingen and Neustadt.

The consequences of sexualised violence are very different. Many women have sleep disorders, anxiety, panic attacks or unwanted memories of the experience. We help women with this. The aim of the counselling sessions is to restore stability and security in everyday life.

If the offence happened in Freiburg, we offer advice on reporting the crime. We accompany you to the police interview and to court.

The counselling sessions are free of charge and confidential. You can also remain anonymous.

We organise an interpreter for your language.

You must first make an appointment. You can do this by phone or email.

You can come in person or do an online counselling session.

📍 Baslerstraße 8, 79102 Freiburg

☎ +49 (0) 7612858585

✉ info@frauenhorizonte.de

🌐 www.frauenhorizonte.de

Freiburg centre for women with genital mutilation

There is a specialist centre for women with genital mutilation (FGM/C) at Freiburg University Hospital. Here you can discuss all questions and problems confidentially.

FGM/C represents a serious health risk for those affected. It can lead to serious complications for mother and child, especially during pregnancy and birth. For this reason, we offer a specialised consultation hour for women at the University Women's Hospital.

You will also receive a certificate for the asylum procedure.

If you would like to become pregnant and have questions, you can come to us.

If you have a daughter who is at risk of FGM/C, you can get counselling.

Consultation hour:

With a culturally sensitive doctor, we take sufficient time for the patient's concerns.

If you have language difficulties, please bring an interpreter with you if possible. You can contact us in advance to arrange an interpreter.

Consultation hours

Mondays from 12 noon and by individual arrangement

Contact & registration outpatient clinic

Phone: 0761 [+49 \(0\) 30020](tel:+49030020)

Mail: frk.fgm@uniklinik-freiburg.de

Click here for the website with [further information](#).

You can [book an appointment online](#) via this link.

pro familia - Counselling for pregnant women

pro familia is an important counselling centre for pregnant women.

It will help you if

- you are unintentionally pregnant and do not know whether you want to have the child or not. In Germany, a pregnancy can be terminated up to the 12th week. You will receive all the necessary information at pro familia .

- you need financial help during the pregnancy or for the birth

- you need information on how a birth in Germany works.

You can find detailed information on the [website](#).

Help for victims of human trafficking for sexual exploitation

You have to have sex with strangers against your will?

Do you have to give the money to someone else?

Then you can contact the advice centre Freija. We support people from all countries. It doesn't matter what their residence status is.

We are primarily there for women and girls. However, we advise people of all gender identities.

Counselling is free of charge. You do not have to give your name. The counselling is confidential.

Do you speak little German? We also offer language mediation.

Just give us a call.

Or write us an e-mail.

Or write to us via Whatsapp or Signal.

Then we can meet up.

[Here](#) you can check if you are affected.


[Here](#) is the website with all contact details.

Counselling for girls and women against sexual abuse - Wildwasser e.V.

Das Team von Wildwasser counsels girls and women who have been affected by sexual abuse.

We also talk to relatives and support persons. The counselling does not cost any money.

We provide counselling in German and English. We also offer language mediation.

 [+49 \(0\) 76133645](tel:+49(0)76133645)

[@info@wildwasser-freiburg.de](mailto:info@wildwasser-freiburg.de)

 Wildwasser Freiburg e.V., Basler Straße 8, 79100 Freiburg

Auf der [Webseite](#) gibt es weitere Informationen.

Help hotline for violence against women

Have you experienced violence as a woman?

Call this number: ☎ [116016](tel:116016)

Someone is always there. You don't have to give your name. It costs nothing.

[Here](#) you will find information in 18 languages.

breastcare app

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

The breastcare app

- reminds you to palpate your own breasts with a cycle calendar
- explains self-examination step by step with illustrated instructions
- explains risk factors and symptoms and provides specific tips for a healthy lifestyle
- answers questions about medical screening examinations in Germany
- links to numerous contact points such as breast centres, integration officers or support services that women can turn to with questions
- tells stories of women affected that are encouraging

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

donum vitae counselling centre Freiburg

Recognised pregnancy conflict counselling centre according to § 218/219

Counselling in all matters relating to pregnancy and birth

Specialist counselling centre for early help

☎ 0761 2023096

@info@donum-vitae-freiburg.de

📍 Leopoldring 7, 79098 Freiburg

Registration and information

🕒 Mon - Fri 9am-12pm Wed 9am-12pm and 2pm-4pm

Please arrange a counselling appointment.

Our counselling

We offer confidential counselling regardless of nationality and religion.

- Counselling is free of charge.
- We are bound to confidentiality.
- We also offer counselling with your partner, family or friend.
- We offer counselling in the following languages: German, English, sign language
- Interpreters are available if required.

We can advise you on the following topics:

- You are pregnant and have questions about pregnancy and birth, partnership and family
- You don't know how to proceed financially
- You are thinking about terminating your pregnancy
- You have questions about family planning and sexuality
- How to deal with prenatal diagnostics
- You are expecting a child that could have a disability
- On all topics relating to parenting and support up to the end of the 3rd year of life
- You want an application to cover the costs of contraceptives
- You would like a confidential birth

Early help services

Early help services are programmes for families with children up to the age of three. They are low-threshold and are aimed particularly at families in difficult circumstances.

Early help serves to strengthen parental relationship and care skills. It offers parents support, counselling and guidance. The aim is to enable every child to develop healthily and grow up without violence.

- Family paediatric nurses
- Sleep coaching
- Emotional first aid
- Baby groups
- Fit for the child, parent driving licence
- Pregnancy and escape

 [You can find more information here](#)

Counselling centres and offers of help

Refugium - psychosocial counselling for refugees

Have you had to flee your home country? Have you or your child had bad experiences and can't forget them?

Are you often sad or can't sleep well?

Would you like to talk to someone and get information about the help available?
Contact the Refugium. Social workers, psychologists, psychotherapists and psychiatrists work there.

Counselling is free and confidential. It doesn't matter what your residence status is.
We can organise a translation in your language.

You can't just go to Refugium. You call them and wait for an initial appointment.

[Click here](#) to go to the Refugium website.

The family guide for people with disabilities

 www.familienratgeber.de

The family guide from Aktion Mensch is for people with disabilities and their families. On the website you will find information about living with a disability. This information is available in simple and easy-to-understand German and deals with topics that are important for people with disabilities. For example, school, work and housing. It also explains what rights people with disabilities have in Germany.

Rosa Hilfe Freiburg - Counselling and group for queer refugees

Rosa Hilfe is an association in Freiburg. It offers counselling to people who are not heterosexual. It is aimed at all LSBTIQ*.

This is what the organisation does:

Telephone, face-to-face and online counselling. This can be on various topics: For example Coming Out, gender identity, sexual orientation, partnership, discrimination, homophobia, HIV/STI

Counselling and support for LSBTIQ* refugees

Cultural and social events such as readings, lectures and parties

There are special programmes for queere refugees:

Regular group meetings

Help with the asylum procedure - including preparation for the interview or accompaniment to the interview.

You can feel safe at Rosa Hilfe.

Appreciative translation into other languages can be organised on request.

You can get in touch here:

Call or Whatsapp:  [+49 \(0\) 1794230299](tel:+4901794230299)

@refugees@rosahilfefreiburg.de

[Here is the website.](#)

There is also a [calendar](#) of events for queer people. There you can get to know other queere people.

Help for addicts and relatives in Freiburg

At the addiction counselling service, adults get help if they want to do something about an addiction. You can be addicted to various things. For example, alcohol, drugs, medication and nicotine. Gambling or the internet can also be addictive.

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

Counselling and exchange for parents of children with disabilities

At Arbeitskreis Behinderte an der Christuskirche (ABC) there are various cafés for parents and their relatives with a disability. There are also meetings for women only.

You can meet other parents in our parents' café. Other women in the women's café.

We all know people with a disability.

We help each other.

Children are also very welcome!

We are happy to advise you.

We accompany you on visits to public offices, schools and hospitals.

The team speaks Arabic, English, Dari, Kurmanci, Sorani and Pashto.

Further information can be found on the [website](#).

Counselling centre for sexual health

Do you have questions about your sexual health?

We offer the opportunity for a confidential discussion. You do not have to give your name.

We provide information about sexually transmitted diseases and HIV.

We offer advice on tests for these diseases. The tests are voluntary.

We provide counselling and support for HIV-positive people.

Weitere Informationen gibt es [hier auf der Webseite](#).

Counselling is available in various languages on request.

Advice centre for people with care needs

Germany has a long-term care insurance scheme. This means that the state helps if someone can no longer care for themselves. Sometimes a care service comes to your home. Sometimes you move into a care centre.

The team at Pflegestützpunkt explains what help is available. This is a special advice centre.

Detailed information is available [here](#) in German.

Counselling in the event of discrimination

If you experience disadvantage and discrimination, you can go to the Anti-Discrimination Office in Freiburg.

With us, you are in a safe place. We will listen to you.

If you want to take action, we will help you.

We can write a letter of complaint together. We can also refer you to specialist centres.

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

Multilingual information for people with disabilities and their families

Many refugees with disabilities and their relatives are at a loss when they arrive.

We explain where you can get support.

We offer brochures in nine languages.

We inform you about your rights to support and about various assistance services.

We answer questions about the support system in Germany.

"What information would I like to have had when I arrived in Germany?"

This question was important to us when we wrote the information.

[Click here](#) to go to the multilingual website.

Українська, Русский, العربية, Kurmanji, Türkçe, English, Français, ىسرائف

Telephone help in crises

Are you feeling bad? Are you desperate? Don't know whether you want to go on living?

Here you will find first aid on the phone:

for women in crisis: ☎ [+49 \(0\) 306154243](#) Friday 7 to 9 pm and Saturday + Sunday 5 to 7 pm in English, German, Farsi, Dari

Muslim counselling hotline: always available ☎ [+49 \(0\) 30443509821](#) in Arabic, Turkish, German and perhaps other languages

Turkish-language crisis service: ☎ [+49 \(0\) 91142485560](#) daily 9-24 h

Telephone counselling service in German: always available: and ☎ [+49 \(0\) 8001110222](#) and ☎ [+49 \(0\) 8001110111](#)

Children, youth and family

General information

Children, young people and families are under special protection in Germany. This protection begins during pregnancy and lasts until the child is 18 years old (of age). In Germany, for

example, it is forbidden to beat children. Raising children in Germany must not involve the use of violence. Every child must go to school. There are also authorities that ensure that a child is not harmed by its environment (including the family).

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

Family benefits

Parental allowance

Some parents do not want to or cannot work as much after the birth of their child. That's why some parents work less. They can then receive money from the government, the parental allowance. Parents who live separately can also claim parental allowance. They can apply for parental allowance if they have a residence or settlement permit in Germany.

Child benefit

All parents with a residence or settlement permit in Germany are entitled to child benefit. You must apply for child benefit from the Federal Employment Agency. This agency pays child benefit for every child from birth until at least the age of 18.

Leisure activities for children and young people

Children like to play. Children like to learn. Children like to do sports. There are many opportunities for children in Freiburg. Children can spend time here with their families. They can also meet up with friends here.

There are also lots of activities for teenagers. Here they can spend time with friends.

- [Youth education centre JBW.de](https://www.jbw.de/)
- [Freiburg holidays](#)
- [Leisure time for young people](#)
- [Children's city Freiburg](#)
- [Spielmobil Freiburg e.V.](#)
- [Holiday care for children and young people](#)

- [Children's adventure centre](#)
- [Afternoon care for children and young people](#)
- [Freiburg Family Card](#)
- [Mundenhof](#)
- [Finder's Fox](#)
- [Museum](#)

Childcare

Day care centre

Kita means day care centre. Your child can attend a daycare centre when it is at least one year old. Your child can attend a daycare centre until the age of 12. Your child will be looked after there by teachers. They will learn many important things. Some centres also accept children under the age of one.

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

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

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

💡 Unfortunately, there are not always enough places near your home. To find a place, ask the [youth welfare office](#) or your accommodation service.

Day nursery

The crèche is a facility for children aged 1 to 3 years. In the crèche, the 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.

 [You can find information on daycare centres in Freiburg here. You can also register your child for a daycare centre in Freiburg here.](#)

Counselling centres and offers of help

Women's counselling centre for domestic violence

The counselling centre for women in cases of domestic violence provides information and advice:

- For all cases of violence in the family
- After an expulsion from the home
- If your (ex-)partner is stalking you
- If you are to be forcibly married.

The counselling centre advises you on what protective measures you can take:

- Clarification of your personal situation
- Creation of an individual safety plan
- Do you need protection in a women's refuge?

The counselling centre provides information about legal options:


- Advice on the Protection against Violence Act
- How can I make use of the legal options?
- Women should have the courage to demand their rights.

The advice centre provides information about further assistance:

- Help for people who have experienced violence. Also for their children.
- We can advise you on all medical, legal, psychological and professional issues.

Counselling is confidential, free and independent.

Counselling by appointment by telephone or in person.

 076131072

 [You can find more information about the women's counselling centre here.](#)

GRC Tracing Service - Restoring Family Links

Have you been separated from your family due to war or migration? Would you like to live with your family in Germany? The Tracing Service of the German Red Cross (DRK) helps families who have lost contact due to wars, disasters or migration.

They help with various questions:

- worldwide search for missing relatives
- Contact with relatives abroad via the National Red Cross and Red Crescent Societies
- Legal counselling
- Support during the family reunification process
- Help and support with applications
- Contact and correspondence with diplomatic missions abroad

All services are free of charge. On request, the GRC (DRK) can also publish the tracing on the international website of the Red Cross. This means that the wanted ad for a family member can be published all over the world. [Here you can find tracing adverts from refugees from all over the world.](#)

☎ [+49 \(0\) 76121417694](tel:+49(0)76121417694)

@suchdienst@drk-freiburg.de

🌐 [You can find more information about the tracing service here.](#)

Youth migration service

Are you between 12 and 27 years old? The Youth Migration Service (JMD) supports young people. We help them to arrive in Germany. We provide advice on these topics:

- General orientation
- Residence
- School, training, career
- Personal questions
- Financial and legal issues

You can reach us here:

☎ [+49 \(0\) 76179032112](tel:+49(0)76179032112)

@jugendmigrationsdienst@caritas-freiburg.de

🌐 [You can find more information about the JMD here.](#)

IN VIA social work for girls and women

The IN VIA girls' and women's centre is a safe place for women and girls only. The "DOUNIA +" and "ASHANA" projects provide support in arriving in Germany.

We provide advice and information on the following topics:

- Questions about life in Germany
- the search for work
- school or training
- Applications (e.g. job centre, housing benefit)
- Problems in the family

We also offer leisure activities:

- Excursions in Freiburg and the surrounding area
- Learning new things, for example swimming, yoga, computers
- Getting to know other women and girls at group meetings and events

☎ [076133842](tel:076133842)

@info@invia-freiburg.de

🌐 [You can find more information about the organisation here.](#)

Family education of the DRK Freiburg

We advise and help families right from the start. To this end, we offer courses and events. We want to help families, strengthen parenting skills and promote relationships within the family. There are suggestions for playing with the children and the opportunity to exchange ideas with other parents. Our course leaders are all qualified teachers.

These are the courses we offer:

- Parent-baby groups for babies from four weeks to their first birthday([PEKiP](#))
- Playgroups for parents and toddlers([parent-child group](#))
- Massage for babies([Touch with Respect](#))
- Babysitter training and placement([Fit for babysitting](#))
- International Mothers' Café([Open meeting place](#))
- Lectures and seminars([Lectures](#))
- for more offers click [here](#)

We participate in the state programme STÄRKE. This programme is aimed at families with children in their first year of life. There are also educational programmes for families in special circumstances.

Contact us

☎ [076188508643](tel:076188508643)

@familienbildung@drk-freiburg.de

 [Here you can find more information](#)

Outpatient educational support at DRK KV Freiburg

Germany offers a wide range of help and support for families. Everyone is familiar with kindergarten and school. In addition, there are a whole host of programmes for parents, guardians and families.


Outpatient educational support is one type of support. It is provided by the youth welfare office. It is free of charge for families. Families receive counselling and support for many types of difficulties and problems. Every family has the right to this type of support.

Socio-educational family support is help for the whole family. We work with the family as a whole. And also with the individual family members. The resources and strengths of the family members are strengthened. Socio-educational family support can help if you have difficulties. For example, when dealing with the authorities, doctors or school. Or if everything is getting too much for you at home. For example, if there are always arguments in the family. Or you don't know how to bring up your children. The aim is for you to manage your everyday life yourself. And that you know who can support you if necessary.


Parental assistance is a form of help for adolescents and young adults. In other words, for young people who are already 18 or a little older. We work with young people. We support them when they have difficulties at school or in training. Or if there are problems at home or in their social environment. The young people's skills are strengthened. These can include topics such as Developing future prospects, becoming independent, building and maintaining friendships, strengthening self-esteem, dealing responsibly with media and addictive substances and much more.

Both types of help must be applied for from the youth welfare office. The youth welfare office then invites you to an appointment. Together, they discuss what help can be provided for the family or for the young person or young adult. Goals are agreed. As a rule, support is then provided by a pedagogue for one year. If necessary, help is also available for longer.

Contact details:

 [076121417693](tel:076121417693)

 @maike.buehler@drk-freiburg.de


 [Click here for more information](#)

donum vitae counselling centre Freiburg


Recognised pregnancy conflict counselling centre according to § 218/219

Counselling in all matters relating to pregnancy and birth


Specialist counselling centre for early help

 0761 2023096

 @info@donum-vitae-freiburg.de

 Leopoldring 7, 79098 Freiburg

Registration and information

 Mon - Fri 9am-12pm Wed 9am-12pm and 2pm-4pm

Please arrange a counselling appointment.

Our counselling

We offer confidential counselling regardless of nationality and religion.

- Counselling is free of charge.
- We are bound to confidentiality.
- We also offer counselling with your partner, family or friend.
- We offer counselling in the following languages: German, English, sign language
- Interpreters are available if required.

We can advise you on the following topics:

- You are pregnant and have questions about pregnancy and birth, partnership and family
- You don't know how to proceed financially
- You are thinking about terminating your pregnancy
- You have questions about family planning and sexuality
- How to deal with prenatal diagnostics
- You are expecting a child that could have a disability
- On all topics relating to parenting and support up to the end of the 3rd year of life
- You want an application to cover the costs of contraceptives
- You would like a confidential birth

Early help services

Early help services are programmes for families with children up to the age of three. They are low-threshold and are aimed particularly at families in difficult circumstances.

Early help serves to strengthen parental relationship and care skills. It offers parents support, counselling and guidance. The aim is to enable every child to develop healthily and grow up without violence.

- Family paediatric nurses
- Sleep coaching
- Emotional first aid
- Baby groups
- Fit for the child, parent driving licence
- Pregnancy and escape

 [You can find more information here](#)

PSYCHOSOCIAL COUNSELING CENTRE for parents, children and young people

The main aim of our counselling centre is to help

- parents

- single parents
- couples
- children and adolescents,
who find themselves in crisis family and life situations.

We help you to overcome your problems. This will enable you to emerge stronger from the crisis.

We are independent in our counselling work. We focus on your individual problems and solutions.

[You can find details of our counselling services here:](#)

People can also come to us with personal problems that have nothing to do with parenting, but in this case there is a charge (individual counselling €30 and couples counselling €60). If you have financial problems, we will clarify individual solutions in the initial consultation.

Unfortunately, we do not have access to interpreters, nor can we provide or finance them.

Leisure, sport and culture

Sport and exercise

Offers for senior citizens

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

Here you can find offers for senior citizens in Freiburg.

- [Aktiv im Alter](#) There are many opportunities to be active in Freiburg. You can meet up with others, do sport, continue your education or get involved in voluntary work. Digitalisation is changing our lives. More and more things are difficult to do without the internet. That's why there are now also courses and programmes on offer. The many offers make it easy to be active.
- [Forum älterwerden](#) Create space - enable exchange - create community.
- [Sport- und Freizeitangebote für Erwachsene und Senioren](#): By entering the type of sport you are looking for, the target group and the neighbourhood, you will receive your offers and dates.

- [Begegnungsstätten](#)The AWO Freiburg retirement homes have a meeting centre. There are many offers for tenants and visitors. You can find out what is on when in a booklet.
- [vhs für Ältere](#)
- [Seniorenbüro mit Pflegestützpunkt](#): Counselling for the elderly and people in need of care
- [Seniorentreff \(Treffpunkt Scheune\)](#): Every year we organise a programme for senior citizens and young seniors from Lehen and the surrounding area. We address single people and people without a car and motivate them to take part in social life. We celebrate church services with breakfast, go on excursions and organise diamond days. We welcome everyone who comes to our events.
- [Alter und Soziale Dienste](#)We offer many different programmes. These include encounters, education, counselling and support. We provide advice on care, securing a livelihood, age-appropriate living, support and care. And we accompany people until the end of their lives.

Diversity in motion

Do you fancy some exercise? Do you want to meet new people?

The Diversity in Motion project offers various sports equipment and play materials. It takes place every week in a public square. You can just go and join in.

There is also kickboxing and basketball training every week.

[Here you can find more information](#)

Sports portals

On the [Sportportal](#) Freiburg you will find all the information you need about sport in Freiburg.

[Sports offers](#)

[Sports providers](#)

[Sports facilities](#)

[Job exchange](#)

If you would like to register as a sports provider, please contact the Sports Department of the City of Freiburg.

Libraries

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

Find out more on site:

The city library lends media for leisure, learning and information.

📍 Münsterplatz 17, 79098 Freiburg

☎ [+49 \(0\) 7612012207](tel:+4907612012207)

@stadtbibliothek@stadt.freiburg.de

[You can find more information about the city library here](#)

The city library is accessible for people with disabilities.

Please bring your ID with you when you register.

The mobile library is a mobile library. Here you can borrow books, games and films.

📍 fahrbibliothek@stadt.freiburg.de

☎ [+49 \(0\) 7612012250](tel:+4907612012250)

[Here you will find the stops and times of the mobile library.](#)

Haslach district library; provision and lending of media for leisure, education and information.

📍 Staudingerstraße 10, 79115 Freiburg

☎ [+49 \(0\) 7612012261](tel:+4907612012261)

@stadtbibliothek-haslach@stadt.freiburg.de

🌐 [Here you can find more information](#)

Mooswald District Library ;Provision and lending of media for leisure, education and information.

📍 Falkenbergerstraße 21, 79110 Freiburg

☎ [+49 \(0\) 7612012280](tel:+4907612012280)

@stadtbibliothek-mooswald@stadt.freiburg.de

🌐 [Here you can find more information](#)

Rieselfeld Media Centre; provision and lending of media for leisure, education and information.

📍 Maria-von-Rudloff-Platz, Glashaus, 79111 Freiburg

🌐 [Click here for more information](#)

Open offers / meetings

International women's café in Mooswald

The women's café is an open meeting place. It takes place every fortnight on Fridays from 4.30 pm to 6.30 pm.

You can get to know each other over coffee and cake. The women talk about their own experiences. They receive information on topics such as health and early support for small children. You will find out what is happening in the Mooswald district.

All women with or without children are invited.

Childcare is offered. There is no charge for attending.

Contact

📍 Elisabeth-Emterweg 26, 79110 Freiburg
 ☎️ [+49 \(0\) 76179032590](tel:+49(0)76179032590)
 ✉️ @quartiersarbeit-mooswald@caritas-freiburg.de

International women's café in Zähringen

At the International Women's Café Zähringen, women from different countries get to know each other. It is a place to talk to each other. There are various activities. The women cook and eat together. Sometimes there is a picnic or something is made.

Everyone can also contribute their own ideas.

📅 Tuesday from 14:30 - 17 o'clock.

There is a break during the school holidays. Sometimes other things are done together. There may be a different date or a different meeting place.

Contact

👤 Mrs Nina Breitsameter
 📍 Quartiersarbeit Zähringen, Zähringer Straße 346, 79108 Freiburg
 ☎️ [+49 \(0\) 76179032400](tel:+49(0)76179032400)
 ✉️ @quartiersarbeit-zaehringen@caritas-freiburg.de
 🌐 [Here you can find more information](#)

International women's café in Landwasser

The intercultural women's café is a meeting place for women. All women are welcome. All interested women are invited on Thursdays from 10 am to 1 pm. The women's café is a space for personal orientation, to get to know each other and to talk to each other. There is also a counselling service and a fitness mix.

Manager: Mrs Johanna Kostka

[Click here for more information](#)

Mothers' café - open meeting place

In our Mothers' Café, mothers and their children up to the age of 3 can socialise. They get ideas for their children. And they can ask questions and find answers. All this in a cosy atmosphere with coffee, tea and biscuits. Whether you're from Mooswald, Latina, Swedish, Freiburg, Swabian or a mum with a refugee background - everyone is welcome here! Translators are also available

on request. We regularly have paediatric nurses, educators and nutritionists as guests for specialist input.

Contact us

 [+49 \(0\) 76188508643](tel:+49(0)76188508643)

 [@familienbildung@drk-freiburg.de](mailto:familienbildung@drk-freiburg.de)

 [Click here for more information](#)

International women's café in Mooswald


The women's café is an open meeting place. It takes place every fortnight on Fridays from 4.30 pm to 6.30 pm.

You can get to know each other over coffee and cake. The women talk about their own experiences. They receive information on topics such as health and early support for small children. You will find out what is happening in the Mooswald district.

All women with or without children are invited.

Childcare is offered. Participation is free of charge.

Detailed information on the dates can be found here:

 [+49 \(0\) 76179032590](tel:+49(0)76179032590)

 [@quartiersarbeit-mooswald@caritas-freiburg.de](mailto:quartiersarbeit-mooswald@caritas-freiburg.de)

 vom Frauencafé: Kita Sternenhof, Elisabeth-Emterweg 26, 79110 Freiburg

International women's café in Zähringen

Women from different countries get to know each other at the International Women's Café Zähringen. It is a place to talk to each other. There are various activities. The women cook and eat together. Sometimes there is a picnic or something is made.

Everyone can also contribute their own ideas.


The meetings are always on Tuesdays from 2.30 pm to 5 pm.

There is a break during the school holidays. Sometimes other things are done together. This could be a different date or a different meeting place.

 Mrs Nina Breitsameter

 Quartiersarbeit Zähringen, Zähringer Straße 346, 79108 Freiburg

 [@quartiersarbeit-zaehringen@caritas-freiburg.de](mailto:quartiersarbeit-zaehringen@caritas-freiburg.de)

 [+49 \(0\) 76179032400](tel:+49(0)76179032400)

International women's café in Landwasser

The intercultural Frauencafé is a meeting place for women. All women are welcome. All interested women are invited on Thursdays from 10 am to 1 pm. The women's café is a space for personal orientation, getting to know each other and talking to each other. There is also a counselling service and a fitness mix.

[Click here for more information.](#)

Schwere(s)Los! e.V. - Socio-cultural centre in Stühlinger

Schwere(s)Los! is a centre at Freiburg where people can come together and be creative. Everyone can meet and develop in the context of art, music and movement, regardless of where they come from and what their lives are like. Participation in art, culture and inclusion are a matter of course here.

We offer creative and digital courses in our rooms, at Stühlinger Kirchplatz and in the rooms of other organisations. The courses are usually free of charge. Our "Café willKOMMEN" is open daily. We advise, accompany and support you with integration.

[Click here for more information.](#)