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## Hello!

Dear citizens of Aschaffenburg,

Our city has a lot to offer - whether in terms of leisure and culture, everyday life or family life!

Are you looking for counselling centres, offers, information or addresses on a topic or for a target group in Aschaffenburg? hallo aschaffenburg is your digital info point for social and educational topics in Aschaffenburg, here you will find non-commercial offers. The web app helps you with your search, provides an overview and links to the websites of the relevant institutions.

You can also quickly switch to one of the many other languages via the globe symbol at the top right. This also makes it easier for the many immigrant residents to find their way around Aschaffenburg.

We hope you enjoy browsing!

"Familienbildung & Bildungsbüro der Stadt Aschaffenburg" (Family Education & Education Office of the City of Aschaffenburg)



## About the app

This web app is a digital guide for all residents of the City of Aschaffenburg: Where can I have my identity card changed? How can I request a translator for an appointment? What counselling centres are there on the topic of XY? This app aims to make living in the city as easy as possible. Here you can find important information, addresses and counselling centres that can help in everyday life. Only non-commercial offers and facilities are shown.

After downloading, you can also use this app offline if you do not have internet access. The app will update automatically when you are back online.

The contents of the app are available in many languages. Of course, this no longer applies to most of the pages we link to. If you live in the City of Aschaffenburg and need translators, you can contact the language and cultural mediators: <a href="SKV">SKV</a> - Language and cultural mediators</a>

The app was developed by the "Bildungsbüro" (Education Office) and the "Familienbildung" (Family Education Department) of the City of Aschaffenburg.











Note: In Aschaffenburg, there are many facilities, offers and campaigns that can be interesting and relevant for everyday life. Therefore, the app does not claim to be complete. Feedback, comments or questions to <a href="mailto:bildungsbuero@aschaffenburg.de">bildungsbuero@aschaffenburg.de</a>

Aschaffenburg in numbers







Graphic: Volker Immerschitt Numbers: City of Aschaffenburg

More exciting figures on the City of Aschaffenburg can be found here:

Aschaffenburg in figures





- Brochure on education figures from Aschaffenburg
- Family life brochure figures from Aschaffenburg

## Aschaffenburg landmark

Aschaffenburg is an independent city in the Bavarian administrative district of Lower Franconia and part of the Frankfurt/Rhine-Main metropolitan region. Aschaffenburg has about 71,000 inhabitants and consists of ten districts:

- Stadtmitte
- Dam
- Gailbach
- Leider
- · Nilkheim
- Obernau
- · Obernauer Kolonie
- · Österreicher Kolonie
- Schweinheim
- Strietwald

The district with the most inhabitants is the city centre, the smallest is Obernauer Kolonie. Two rivers flow through Aschaffenburg: The River Main and the River Aschaff.

Aschaffenburg has a long city history: Excavations prove that Aschaffenburg had already formed as a settlement in the 3rd century. Around 975, the construction of the present Collegiate Church of St. Peter and Alexander began. The name Aschaffenburg was already mentioned around 700 and is composed of the words Aschaff and Burg and means "The castle on the Aschaff".

Three landmarks belong to Aschaffenburg:

the Collegiate Church built around 975



• the Pompejanum, built from 1840 to 1848, which is a replica of a Roman home.





• Johannisburg Castle, built from 1605 to 1614/19



All photos: Sophie Ament, City of Aschaffenburg

Learn more about Aschaffenburg? Here are links, videos and flyers:

- Homepage of the City of Aschaffenburg Culture and Tourism
- Tourist Information of the City of Aschaffenburg
- Image video of the City of Aschaffenburg German
- Image video of the City of Aschaffenburg sign language
- Image video of the City of Aschaffenburg English
- Image video of the City of Aschaffenburg French
- Image video of the City of Aschaffenburg Hungarian

## Contact

We would be delighted to receive any feedback and questions you may have:

City of Aschaffenburg **Bildungsbüro**Pfaffengasse 7





63739 Aschaffenburg Tel.: <u>060213301852</u>

E-mail: bildungsbuero@aschaffenburg.de

www.aschaffenburg.de/bildung

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## **Graphic:**

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## **Emergency numbers und SOS**

These are the most important emergency numbers and contacts:

• Police: **110** 

• Fire brigade: **112** 

• Ambulance, emergency doctor (for life-threatening emergencies): 112

Medical on-call service (for normal illnesses): 116117

• Poison control centre - Bavaria: 089/19240

Women's emergency hotline for Aschaffenburg: <u>06021/24728</u> or <u>06021/24455</u>

Crisis helpline: <u>0800/1110111</u> or <u>0800/1110222</u>

• The telephone counselling service also offers mail and chat counselling.

## • Emergency dental services.

• If medication is needed at night or at the weekend, there is an **here** an overview of which pharmacy is on emergency duty.

## Important information for an emergency call:

- Name?
- · Address or current location?
- What has happened?





- How many people are injured or sick?
- · What kind of diseases or injuries are present?
- Wait for questions!

The emergency call centre/ the police will end the call when all important information has been transmitted.

## 112 or 116117: When to dial which number?

The emergency number <u>112</u> is the telephone number for acute or **life-threatening emergencies**.

## Examples:

- Signs of a heart attack (severe chest pain, shortness of breath, cold sweat)
- Signs of a stroke (visual and speech disorders, paralysis)
- · Accidents with severe injuries/high blood loss
- Fainting/unconsciousness
- Allergic shock (anaphylaxis)
- · Severe pain
- Severe burns
- · Asthma attack (sudden shortness of breath)

## If you are not sure as to whether the condition is (or could become) life-threatening, dial <u>112!</u>

If there is no acute emergency but the person needs transport to the nearest hospital and cannot drive him/herself, the ambulance service centre will send an ambulance. If the deployment of the emergency services is medically necessary, the health insurance provider will cover the costs of the ambulance and patient transport.

The <u>116 117</u> is the number of the **medical on-call service.** Under the number 116 117, which is valid for the whole of Germany, you can reach a telephone exchange which will refer you to the nearest on-call practice, no matter where you are. The medical on-call service is responsible for patients when GPs are closed, e.g. at weekends, on public holidays and in the evenings.

## Examples:

- · Common colds
- Flu-like infections with fever and pain
- · Infections of the throat, nose, ears (ENT)
- · Gastrointestinal infections with vomiting and diarrhoea
- Migraine
- Lumbago
- .....

The medical on-call practice in Aschaffenburg has a fixed location in the Aschaffenburg-Alzenau Clinic and is usually free of charge.





#### Contact:

## Klinikum Aschaffenburg-Alzenau

Am Hasenkopf 1 63739 Aschaffenburg

Tel.: 06021/320

E-mail: klinikum@klinikum-ab-alz.de

www.klinikum-ab-alz.de

## Paediatric emergencies

## Paediatric on-call practice at the hospital

The paediatricians in private practice hold consultations in the new on-call practice of the Association of Statutory Health Insurance Physicians (KV) in the children's hospital when the paediatricians' practices are regularly closed.

Information about the doctors on duty in your area can be obtained from the medical on-call service:  $\underline{116\ 117}$ 

Contact:

## Paediatrician's and adolescent doctor's KVB on-call practice

at the Klinikum Aschaffenburg-Alzenau Am Hasenkopf 1 63739 Aschaffenburg

Tel.: 116117

Opening hours:

Wed, Fri 4:00 PM - 10:00 PM

Sat, Sun, Holiday: 09:00 AM - 10:00 PM

On Mondays, Tuesdays and Thursdays, the consultation hours take place from 6 PM to 10 PM in the practices of the doctors on call. Night hours from 10 PM to 8 AM are handled by clinic doctors.

## Kinderklinik

The Aschaffenburg-Alzenau Clinic includes the Clinic for Paediatrics and Adolescent Medicine, which is one of the largest paediatric clinics in Germany. Children and adolescents from 0 to 18 years are treated.

For children and adolescents with psychiatric disorders and their families, there are many contact persons in child and adolescent psychiatry (KJP).

Children and adolescents with chronic, complex or threatening illnesses and disabilities find support and treatment at the Social Paediatric Centre (SPC).

Contact:

## Klinikum Aschaffenburg-Alzenau

Location Aschaffenburg





Am Hasenkopf 1
63739 Aschaffenburg
E-mail: klinikum@klinikum-ab-alz.de
Patient hotline 06021/320
Homepage of the clinic



## More numbers

## Pharmacy emergency service

Whether on Sundays, at night or on public holidays: The pharmacy emergency service ensures that there is always a pharmacy open nearby.

Which pharmacy this is can be found out by landline, mobile phone or on the internet.

- The call from the fixed network is always free of charge 0800/0022833
- The call by mobile phone costs 69 cents per minute: 22833
- On the Internet, the search is possible at <a href="www.aponet.de">www.aponet.de</a>

The medical on-call service also provides information about the nearest emergency pharmacy under the toll-free telephone number  $\underline{116117}$  for information on the nearest emergency pharmacy.

## Crisis helpline

The volunteers of the telephone counselling service are available around the clock, even on weekends and holidays. They advise all people with worries or who find themselves in crisis situations, anonymously and free of charge. The telephone counselling service also offers support by mail or chat. The telephone counselling service is run by the Protestant Church and the Catholic Church in Germany.

## Contact the telephone counselling service:

Telephone: <u>0800/1110111</u> or <u>0800/1110222</u>

Internet: www.telefonseelsorge.de

## "Jugendamt" (Youth Welfare Office)

The "Jugendamt" (Youth Welfare Office) of the City of Aschaffenburg accompanies children and young people as they grow up and supports families with many services. With approximately 170 employees, it is one of the largest municipal offices. The Youth Welfare Office is broadly staffed and includes, for example, Coordinating Child Protection, the Youth Cultural Centre (JUKUZ), Child Guidance Counsellors, the General Social Service (ASD), the





Youth Court Assistance, the Advance Maintenance Payments and also the Youth Social Work at Schools (JaS)

#### Contact:

City of Aschaffenburg

## Jugendamt (Youth Welfare Office)

Office No. 231

Dalbergstraße 15

63739 Aschaffenburg

Phone <u>06021/3301324</u>

E-mail: jugendamt@aschaffenburg.de

<u>Further information on the Jugendamt (Youth Welfare Office) can be found on the municipal</u> homepage.



## "Nummer gegen Kummer" parents' hotline

The voluntary, trained counsellors of the "Nummer gegen Kummer" parents' helpline offer a nationwide range of talks, counselling and information to support parents and other carers in the often difficult questions of bringing up their children.

The parents' hotline can be reached at the free nationwide number 0800/1110550.

For more information on the "Nummer gegen Kummer" parents' hotline, click here.

## Children and youth hotline "Nummer gegen Kummer"

Here, children and young people receive free telephone counselling from voluntary, trained counsellors. The child and youth hotline can be reached via the number 116 111.





Children or young people have concerns and questions and would like to discuss them with someone their own age, but not necessarily with their friends? That's what the team of "Jugendliche beraten Jugendliche" is for. These are young, trained counsellors aged between 16 and 27.

- Click here for more information on the child and youth hotline "Nummer gegen Kummer".
- For more information on child and youth helplines in Europe, click here.

## Women's emergency hotline for Aschaffenburg

The women's shelter and the women's emergency hotline of SEFRA e.V. are places where women affected by domestic violence can turn to. Advice and support is available there.

Women's shelter telephone: 06021/24455

Women's emergency hotline SEFRA e. V. telephone: Tel. <u>06021/24728</u>

## "Gewalt gegen Frauen" helpline

The "Gewalt gegen Frauen" helpline is a nationwide counselling service for women who have experienced or are still experiencing violence. At <u>08000 116 016</u> and via online counselling, affected persons of all nationalities, with and without disabilities are supported - 365 days a year, around the clock. Relatives, friends and professionals are also advised anonymously and free of charge.

Qualified counsellors confidentially assist those seeking help. The helpline is run by the Federal Office for Family Affairs and Civil Society Tasks. <u>Click here to go to the homepage of the helpline</u>.

## Helpline for "Pregnant women in need"

Confidential birth has been regulated by law in Germany for a few years now. The helpline "Schwangere in Not" offers confidential and anonymous initial counselling on all questions about pregnancy at the toll-free number <u>0800/4040020</u>. Counselling is optimised for disabilities and also available in different languages.

Further information on the helpline "Schwangere in Not" can be found here.

The helpline also offers free and anonymous online counselling at: www.hilfetelefon-schwangere.de

## Depression info line

Here, affected persons and relatives can find support in finding contact points in the care system. The Depression info line offers:

- Disease and treatment-related information
- Information on contact points in the existing care system





• Note: This is not a substitute for treatment by doctors or psychotherapists. In case of an acute crisis, please contact a doctor, a psychiatric clinic or the emergency doctor at 112.

The Depression info line is free of charge: 0800/3344533

Click here for more information.

## Muslim pastoral care line

The Muslim pastoral care telephone MuTeS is open to all people in emotional distress under the number <u>030/443509821</u>. The voluntary Muslim telephone counsellors provide counselling anonymously and without regard to religion, origin, age or gender. The counselling sessions are always in German and on Tuesdays in Turkish. By arrangement, conversations in Arabic, Urdu, French, English and Bosnian are also possible.

The sponsor of MuTeS is Islamic Relief Deutschland e. V.

Click here for more information on MuTeS.

## Information telephones of the BZgA

The Federal Centre for Health Education has various information telephones available. Here, for example, there is counselling on the topics of HIV and AIDS, addiction prevention, an addiction and drug hotline, counselling for eating disorders, gambling addiction or on the topic of organ donation.

<u>This page provides further information</u> on the individual advisory services.

## Veterinary emergency service

An overview of the veterinary emergency service currently on duty can be found on the homepage of the Aschaffenburg animal shelter.

## Crisis network of Lower Franconia

When you don't know where to turn in a mental crisis: The Lower Franconia crisis service is a contact point for this and is available daily, 365 days a year.

Together they find out what help is needed: telephone counselling, referral to outpatient crisis support, a mobile intervention or referral to inpatient crisis treatment. Often, counselling over the phone can relieve the stress.

Lower Franconia has a broad network of counselling and treatment services for emergencies of all kinds. The professionals discuss with the callers what help is needed. If personal counselling or mobile outreach is needed because of a crisis, help can be offered by Mobile Incident Response Teams at the Aschaffenburg, Würzburg and Schweinfurt locations. You can reach any place in Lower Franconia in a timely manner.

The crisis network is a service offered by the District of Lower Franconia in cooperation with voluntary welfare organisations.





#### Contact:

Lower Franconia District Silcherstr. 5 97074 Würzburg

#### Crisis network of Lower Franconia

24/7

Telephone: 0800/6553000 (free of charge)

Homepage of the crisis network of Lower Franconia

## Info and advice

## Services of the City of Aschaffenburg

<u>Click here</u> to go to the "Services of the City of Aschaffenburg" section of the app.

## Pregnancy and childbirth

Information about pregnancy and birth is available <u>here</u> in the app.

## **Family**

Information and advice centres for families can be found <a href="here">here</a> in the app.

## Children and adolescents

Information and advice centres for children and young people can be found here in the app.

## Advice for women

## **Equal Opportunities Office of the City of Aschaffenburg**

The Equal Opportunities Office of the City of Aschaffenburg supports the City of Aschaffenburg in ensuring that the constitutional mandate of Article 3 of the Basic Law (GG) is implemented and that action is taken in accordance with the Bavarian Equal Opportunities Act and the General Equal Treatment Act (AGG).

Key task areas:

- Information and counselling in case of disadvantages, discrimination, professional and family difficulties
- · Referral to other authorities and counselling centres
- · Development of measures to promote gender equality
- Public relations work through own lectures, publications, events, training, exhibitions, etc.
- Cooperation with counselling centres, women's groups, organisations and initiatives

Contact:





City of Aschaffenburg

## **Equal Opportunities Office**

Dalbergstraße 15 63739 Aschaffenburg Tel.: 06021/3301419

E-mail: <u>gleichstellungsstelle@aschaffenburg.de</u> <u>Homepage of the Equal Opportunities Office</u>

## Advice on training and work

Counselling centres for women on training and work can be found here.

## Women in distress

## SEFRA e.V. - Self-help and counselling centre and emergency hotline for women

SEFRA e.V. runs the emergency hotline and the specialised counselling centre for women (aged 16 and over) in Aschaffenburg and the districts of Aschaffenburg and Miltenberg.

SEFRA e.V. advises women, supporters and professionals free of charge, confidentially and anonymously on request:

- Sexualised violence (sexual harassment, rape, abuse in childhood)
- · Domestic violence
- Stalking
- Other forms of violence (digital, psychological, bullying)
- Crisis situations (e.g. separation, divorce)
- · Consequences of violence
- Legal counselling by specialist lawyers for family law, victim advocate (by appointment)

## Contact:

## SEFRA e.V.

Frohsinnstraße 19 63739 Aschaffenburg

Tel.: <u>06021/24728</u> E-mail: <u>sefra@t-online.de</u> <u>Homepage of Sefra e.V.</u>







## Dedicated police support staff for victims of crimes

The dedicated police support staff for victims of crime provide information and support in the areas:

- · Violence in the family / domestic violence
- · Abuse or neglect of children
- Sexual violence against adults
- · Sexual abuse of children, adolescents and charges
- Stalking

## These are their tasks:

- They provide information on the criminal procedure and victims' rights.
- They provide information on police measures and available options.
- They give behavioural tips for prevention

They also provide information on counselling centres and help facilities. If necessary, they establish contact with the responsible police station.

## Contact:

Lower Franconia Police Headquarters

## Dedicated police support staff for victims of crime

Frankfurter Straße 79 97082 Würzburg Victim Phone Hotline <u>0931/4571074</u>

Homepage of the dedicated police support staff for victims of crime

You can also contact the dedicated police support staff for victims of crime in Aschaffenburg directly:

Aschaffenburg Criminal Investigation Department

Dedicated police support staff for victims of crime

Lorbeerweg 1 63741 Aschaffenburg Phone <u>06021/8570</u>





## Women's and Children's Shelter Bayarian Lower Main

The women's shelter is a safe place to live for women and children who have been threatened with (or affected by) domestic violence.

You can get in touch 24 hours a day by phone  $\underline{06021/24455}$ . Together they will then discuss whether it is a good idea to admit someone to the women's shelter.

Unfortunately, the women's shelter cannot take in women who:

- are not yet 18 years old
- do not have a valid residence permit
- · are suffering from acute addiction
- · are suffering from acute mental illness
- are homeless
- · would like to bring animals
- Sons are over 14 years of age can only live in the women's shelter in exceptional cases. Therefore, a discussion with the son(s) takes place before admission.

The women's shelter offers:

- · Psychosocial counselling
- A protected living space with a secret address
- Support in decision-making and reorientation
- · Accompaniment if required
- · Help in coping with the experience of violence
- · Referral to other support services if needed

## Contact:

#### Women's and Children's Shelter Bavarian Lower Main

Tel.: <u>06021/24455</u>

Homepage of the Women's and Children's Shelter

Online counselling is also available here, free of charge and anonymous if needed <a href="https://frauenhaus-untermain.assisto.online/">https://frauenhaus-untermain.assisto.online/</a>

## **Training and work**

## Info and contacts

## Agentur für Arbeit (Employment Agency)

The Employment Agency advises and supports students, jobseekers, employees and companies throughout their entire working lives.

Counselling topics include:





- the placement of apprenticeships and jobs
- · Vocational orientation, choice of studies and further vocational training
- Counselling of people with impairments
- Counselling on career advancement, re-entry or career change
- · Counselling people from abroad
- Financial benefits

#### Contact:

## Agentur für Arbeit (Employment Agency)

Memeler Straße 15 63739 Aschaffenburg Tel.: 0800/4555500

E-mail: <u>aschaffenburg@arbeitsagentur.de</u> <u>Homepage of the Employment Agency</u>



## Bundesagentur für Arbeit

## Agentur für Arbeit Aschaffenburg

## **BiZ - Berufsinformationszentrum (Vocational Information Centre)**

The Vocational Information Centre (BiZ) at the Aschaffenburg Employment Agency is the first port of call for anyone who is about to make an educational or vocational decision.

At the BiZ, there are four topic areas:

- Work and career
- · Training and studies
- · Job applications
- · International roles

These areas are equipped with internet workstations, thematic print media and books. In this way, you will find both a source of both educational and professional orientation, obtain information on questions regarding careers and working life, and independently search for jobs and apprenticeships, or further training opportunities.

In addition, there are special application computers where you can create an application, scan it, print it out in colour and save it on your own USB stick.

## Contact:

Agentur für Arbeit (Employment Agency)

Berufsinformationszentrum BiZ

Goldbacher Str. 25 – 27 63739 Aschaffenburg (Kinopolis-Passage)

Tel.: 06021 /390360

E-mail: <u>Aschaffenburg.BiZ@arbeitsagentur.de</u>





Exact opening hours and information on how to access the BiZ can be found on the BiZ Aschaffenburg homepage.



## Jobcenter - City of Aschaffenburg

Jobcenter is responsible for all people who receive basic benefits for jobseekers. It advises on all aspects of the topics:

- Job and training search, or placement
- Support services and funding opportunities, for example integration measures and further vocational training
- · Basic security benefits.

#### Contact:

## Jobcenter - City of Aschaffenburg

Auhofstraße 2 63741 Aschaffenburg

Tel.: <u>06021/390800</u>

E-mail: <u>jobcenter-aschaffenburg@jobcenter-ge.de</u>
Home page of the Jobcenter - City of Aschaffenburg



## DGB Aschaffenburg-Miltenberg district association

The DGB (Deutscher Gewerkschaftsbund) is the confederation of eight affiliated trade unions in the Bavarian Lower Main region:

- Construction, agriculture, environment: IG Bauen-Agrar-Umwelt (IG BAU)
- Mining, chemicals and energy: IG Bergbau, Chemie, Energie (IG BCE)
- Railway and transport: Eisenbahn- und Verkehrsgewerkschaft (EVG)
- Education and science: Gewerkschaft Erziehung und Wissenschaft (GEW)
- Metals industry: Industriegewerkschaft Metall (IGM)
- Food and catering: Gewerkschaft Nahrung-Genuss-Gaststätten (NGG)
- Police: Gewerkschaft der Polizei (GdP)
- Services: Vereinte Dienstleistungsgewerkschaft (ver.di)

The eight unions negotiate with employers on collective bargaining improvements (for example, wages, holidays or training). They represent the interests of their members in the companies. They provide legal protection, support in the event of strikes, lock-outs and





reprimands, offer qualifications and further education and advise on issues such as employment contracts and works council elections. The DGB is the umbrella organisation of the eight trade unions and the voice of the trade unions in politics, business and society.

The DGB office in Aschaffenburg also provides advice and information on all aspects of the world of work, working conditions, collective agreements and social issues.

## Contact:

#### **DGB Lower Franconia**

Aschaffenburg office Haselmühlweg 1 63741 Aschaffenburg

Telephone: <u>06021/3586820</u> E-mail: <u>aschaffenburg@dgb.de</u>

Homepage of the DGB Aschaffenburg-Miltenberg district association



## Chamber of Skilled Crafts (Handwerkskammer - HWK) for Lower Franconia

The Chamber of Skilled Crafts offers many different educational programmes for companies, employees and vocational trainees. It also advises young people and their parents on career choices and can help them find the right training place. This is about professions such as baker, bricklayer or painter.

The Chamber of Skilled Crafts (HWK) is active in the following areas:

- Training
- Further education
- Start-up
- · Corporate governance
- Apprenticeship exchange

## Contact:

(Handwerkskammer - HWK Chamber of Skilled Crafts) for Lower Franconia Bildungszentrum (Education Centre) Aschaffenburg





Hasenhägweg 67 63741 Aschaffenburg Tel.: 06021/49040

E-mail: <u>bildungszentrum-aschaffenburg@hwk-ufr.de</u> <u>Homepage of the Aschaffenburg Education Centre</u>

Homepage of the HWK Lower Franconia

## IHK - Chamber of Commerce and Industry Aschaffenburg

The IHK - Chamber of Commerce and Industry represents all tradespeople in the districts of Aschaffenburg and Miltenberg and in the City of Aschaffenburg, with the exception of the skilled trades

The primary goal of their work is to create better framework conditions for the economy in the Bavarian Lower Main. Among other things, the IHK organises training and further training examinations and advises trainees, trainers and start-ups. It also offers seminars, training courses, consultation days and lectures

Further information at www.aschaffenburg.ihk.de.

#### Contact:

## **IHK Aschaffenburg**

Kerschensteinerstr. 9 63741 Aschaffenburg Tel.: 06021/8800

E-mail: <u>info@aschaffenburg.ihk.de</u> Homepage of the IHK Aschaffenburg



## Counselling on further education - further education initiator in the Bavarian Lower Main region

Good guidance on continuing vocational education and training involves more than just providing information about services. As a neutral body, the CET initiators advise all employees and companies on all aspects of vocational education and training and provide support for current professional challenges. Counselling is free of charge, neutral and confidential.

The further education initiators advise on these topics, for example:

- · Vocational further education
- Orientation for career change and job transition
- State funding opportunities and contact person

Contact:





#### Volkshochschule Aschaffenburg

## Further education instigator in the Bavarian Lower Main region

Luitpoldstr. 2

63739 Aschaffenburg Tel: 06021/3868833

Email: amrhein@vhs-aschaffenburg.de



<u>Homepage of the Bavarian continuing education portal - Komm weiter in B@yern</u> Image film



## Bayerisches Staatsministerium für Familie, Arbeit und Soziales



This project is funded by the Bavarian State Ministry for Family, Labour and Social Welfare.

## Unemployment advice centre - Diakonisches Werk Untermain e.V.

The unemployment counselling service offers individual case counselling on the topics of unemployment, job search and social benefits

Counselling is individual, free of charge and confidential. The offer is open to all people, regardless of nationality or religion.

Please make an appointment.

Contact:

Diakonisches Werk Untermain e.V.

## Unemployment counselling

Diakonie Social Store Kolpingstraße 7 63739 Aschaffenburg

Katharina Will

Tel.: 06021/5807522

Mobile phone <u>0157/34744249</u>

E-mail: katharina.will@diakonie-aschaffenburg.de

Lucy Heyder

Tel.: 06021/5807522

Mobile phone <u>0157/34744248</u>

E-mail: <u>lucy.heyder@diakonie-aschaffenburg.de</u> Homepage of the Diakonie Aschaffenburg





# Diakonie **#** Untermain

## Application support - Diakonisches Werk Untermain e.V.

Volunteers with experience in human resources help several times a week to:

- · Create CVs.
- · Write applications.

Please enquire about times 06021/5807521, no appointment necessary

#### Contact:

Diakonisches Werk Untermain e.V

Job application support at the "Diakonie Sozialkaufhaus"

Kolpingstr. 7 63739 Aschaffenburg Sebastian Bergmann Phone 06021/5807525

E-mail: sebastian.bergmann@diakonie-aschaffenburg.de

Homepage of the application support

## Regional job exchange - "Wo, wenn nicht hier" ("Where, if not here")

The regional job exchange of the Bavarian Lower Main Regional Management Initiative contains a wide range of job, internship and training offers from companies and institutions in the Bavarian Lower Main region.

For this purpose, the various career websites of the regional companies are searched through and combined in the job exchange. In addition to job offers, an overview also presents leisure opportunities and life in the region.

## www.wo-wenn-nicht-hier.com/Jobs/

More info about the Bavarian Lower Main can be found on Facebook, Tiktok & Instagram:

- www.facebook.com/bayerischeruntermain
- www.instagram.com/bayerischeruntermain
- www.tiktok.com/@bayerischeruntermain





## **ZENTEC GmbH**

Division – Bavarian Lower Main Initiative Homepage of the Bavarian Lower Main Initiative

## AktivSenioren Bayern e.V.

AktivSenioren are retired entrepreneurs, self-employed people and managers from numerous sectors and functions who pass on their life and professional experience to younger people on a voluntary basis. In this way, they support start-ups as well as small and medium-sized enterprises or the self-employed – and they do so almost free of charge.

AktivSenioren provides advice in all phases of a company's life:

- Setting up a business (example: drawing up a business plan).
- Corporate governance (example: help in overcoming crises).
- Business model analysis (example: identification of strengths, weaknesses and opportunities).
- Company succession (example: help in finding suitable persons for this purpose).

They also offer interactive 1:1 job application training for students, where they can often experience and learn from the situation of a job interview for the first time.

AktivSenioren offer two consultation days per month. Advance booking is requested:

 ZENTEC entrepreneurship day Industriering 7 63868 Großwallstadt Every third Wednesday of the month 10:00 - 12:00

Pre-registration: <u>06022/26 11 10</u> or on the <u>homepage of Zentec</u>

 Aschaffenburg education office Pfaffengasse 7
 63739 Aschaffenburg Every first Tuesday of the month





10:00 - 12:00

Pre-registration: 06021/90 09 288

The exact dates and further information can be found on the Aktivsenioren homepage.



## Youth

## Youth work advisory team - JUKUZ

The youth work advisory team supports young people who are looking for a job or training and need help. It provides advice and support on all topics:

- · Career choice
- Training
- Work
- · Application and interview
- Flat
- · Planning for the future
- · Help with applications and contact with authorities
- · and much more.

Counselling by the youth work advisory team is subject to confidentiality and is free of charge. It is best to make an appointment.

## Contact:

## Youth work advisory team - JUKUZ

Kirchhofweg 2 63739 Aschaffenburg

Tel.: 06021/313146

Mobile phone <u>0173/3247567</u> (also Whatsapp) E-mail: <u>jugendarbeitsberatung@jukuz.de</u> Homepage of the youth work advisory team





# **Jugendmigrationsdienst (Youth Migration Service)**

The "Jugendmigrationsdienst" (Youth Migration Service) supports and counsels young people with a migration background aged 12 to 27.

Counselling is free of charge and confidential.

Topics are for example:

- Information about the German school system, higher education and training system
- Support with school and professional integration (e.g. training and career orientation, help in finding a training or job)
- · Help with the recognition of foreign educational and vocational qualifications
- · Support with social security
- Help with residence law issues

#### Contact:

# The Youth Migration Service from the association "Paritätischer Wohlfahrtsverband"

Glattbacher Straße 41 63741 Aschaffenburg

E-mail: <u>jmd-aschaffenburg@paritaet-bayern.de</u>

Homepage of the "Jugendmigrationsdienst" (Youth Migration Service)

### Appointments by telephone or e-mail:

Bernd Noack

Tel.: 06021/450025

E-mail: <u>bernd.noack@paritaet-bayern.de</u>

Marleen Stock

Tel.: 06021/4594881

E-mail: marleen.stock@paritaet-bayern.de

Antje Nikolaidis
 Tel.: 0152/02753841

E-mail: antje.nikolaidis@paritaet-bayern.de







### Meine Chance - Diakonisches Werk Untermain e.V. und Brücke e.V.

The association "Meine Chance" (My Chance) helps young people up to the age of 25 from the district of Aschaffenburg who

- have fallen out of the existing support systems or are at risk of falling out and cannot make it back on their own;
- are entitled to support from the state (e.g. Job Centre...) and do not claim it.

"Meine Chance" supports young people free of charge and confidentially:

- to find one's own way,
- · to apply for social benefits,
- to avoid or overcome homelessness,
- in the case of stress at school or when young people no longer go to school at all,
- · to find an apprenticeship or a job,
- when they are experiencing trouble at home,
- with special problem situations (e.g. debts, mental illness, addiction...).

### Contact:

#### **MEINE CHANCE**

Heinsestraße 2 - 4 (2nd floor right) 63739 Aschaffenburg Homepage of MEINE CHANCE

# **Steffen Eggert**

Tel: <u>06021/92064140</u> Mobile: <u>01514/7811924</u>

### Fabian Zeitlinger

Tel: <u>06021/92064142</u> Mobile: 0179/1254641

Appointments by arrangement. You are also welcome to contact us via WhatsApp

Appointments can take place at the advice centre or at a location chosen by the young person.

### Women

# Re-entry after raising a family

# **Equal Opportunities Office of the City of Aschaffenburg**

Complaints Office under the General Equal Treatment Act





The Equal Opportunities Office provides information and counselling in cases of disadvantage, discrimination, professional and family difficulties. Employees and civil servants are supported in returning to work during and after raising a family. The Equal Opportunities Office's leaflets on the topics of "Single Parents", "Violence against Women", "Bullying", "Separation/Divorce", "Sexual Harassment" and "When Relatives Need Care" are available on the website of the Equal Opportunities Office.

#### Contact:

City of Aschaffenburg

# **Equal Opportunities Office**

Dalbergstr. 15

63739 Aschaffenburg Phone <u>06021/3301419</u>

E-mail: <u>gleichstellungsstelle@aschaffenburg.de</u> Homepage of the Equal Opportunities Office

# Commissioner for Equal Opportunities on the Labour Market of the Federal Employment Agency

The Commissioner for Equal Opportunities on the Labour Market informs and advises labour market partners on both the employee and employer sides and their organisations. This function provides information on the situation of women in the training and labour market and points out the need for action to reduce disadvantages. It cooperates with bodies concerned with women's employment issues, especially with regard to education and training, re-entry after raising a family and flexible working time arrangements.

### Contact:

# Agentur für Arbeit (Employment Agency)

Memeler Str. 15 63739 Aschaffenburg :Phone 06021/390420 Phone: 06021/390554

E-mail: <u>Aschaffenburg.BCA@arbeitsagentur.de</u>

Homepage of the Employment Agency



# Sozialdienst katholischer Frauen e.V. Aschaffenburg

The SkF counsels women in different life situations. Although the SkF is organised as a Catholic organisation, counselling is provided there regardless of origin, nationality and denomination.

The SkF offers several projects for women who want to do vocational training or go to work:

- ABAT "Aschaffenburg Model self-determined living, training and participation"
- Meine Chance part-time vocational training





#### Contact:

### Sozialdienst katholischer Frauen e.V. Aschaffenburg

Erbsengasse 9

63739 Aschaffenburg Phone: <u>06021/27806</u>

E-mail: <u>beratung@skf-aschaffenburg.de</u>

www.skf-aschaffenburg.de



# Commissioner for Equal Opportunities on the Labour Market

The Commissioner for Equal Opportunities on the Labour Market (BCA) are based at the Agentur für Arbeit (Employment Agency). They are responsible for all issues concerning gender equality in the labour market and the reconciliation of family and work. They inform, advise and support jobseekers who, for example, also have special obligations in their family.

The BCA's offer is valid for citizens as well as for companies:

- · Tips for returning to work after the family phase
- · Workshop on professional orientation
- · Part-time training
- Mini and midi jobs
- · Application tips for women
- Women and pensions
- Actively using parental leave for a successful return to work
- Support for the nationwide future days Girls' Day and Boys' Day
- Supporting companies with a family-conscious personnel policy

### Contact:

Agentur für Arbeit (Employment Agency)

**Commissioner for Equal Opportunities (BCA)** 

Memeler Str. 15 63739 Aschaffenburg Phone: 06021/390554 Phone: 06021/390420

E-mail: <u>Aschaffenburg.BCA@arbeitsagentur.de</u>





### Homepage of the BCA

# People with disabilities

Information and advice on the topic of work and careers for people with impairments is available <u>here</u>.

# migration

# SKV - Language and cultural mediators of the City of Aschaffenburg

Language and cultural mediators (in German: SKVs for short) are people with and without a migration background who translate during conversations as a neutral authority. They are subject to binding confidentiality and receive intercultural training from the City of Aschaffenburg for their work. The service is free of charge for all citizens of Aschaffenburg and institutions based in the city.

### Flyer on language and cultural mediators (SKV) - multi-lingual

The language and cultural mediators can be requested by institutions (e.g. offices, schools, day-care centres, doctors' surgeries, etc.) or private individuals.

**Private individuals** can only request language and cultural mediators in person at the office hours of the integration management. **Office hours are on Mondays from 12-15.** Please bring proof of the date for which a language and cultural mediator is needed.

### Requirements:

- You live in the Aschaffenburg city area.
- The event will take place in the City of Aschaffenburg.
- The request must be made at least 7 days before the respective appointment in the office hours on Mondays.

Further information about the consultation hour can be found here.

**Institutions** can request language and cultural mediators by e-mail to <u>SKV@aschaffenburg.de</u> request. Again, the following also applies: Requests must be made at least 7 days in advance. The service is limited to citizens who live in Aschaffenburg, even if the appointment takes place in the city area.

### Contact:

City of Aschaffenburg

Integration Management
Auhofstraße 9
63741 Aschaffenburg
Telephone: 06021/3301207





Email: skv@aschaffenburg.de

Homepage of the language and culture mediators



Key words: Interpreter, Interpreting, Translator, Translation

# Counselling for young people between 12 and 27 years

# **Jugendmigrationsdienst - JMD (Youth Migration Service)**

The "Jugendmigrationsdienst" (Youth Migration Service) supports and counsels young people with a migration background aged 12 to 27.

Counselling is free of charge and confidential.

Topics are for example:

- Information about the German school system, higher education and training system
- Support with school and professional integration (e.g. training and career orientation, help in finding a training or job)
- · Help with the recognition of foreign educational and vocational qualifications
- Support with social security
- · Help with residence law issues

#### Contact:

# The Youth Migration Service from the association "Paritätischer Wohlfahrtsverband"

Glattbacher Straße 41 63741 Aschaffenburg

E-mail: <u>imd-aschaffenburg@paritaet-bayern.de</u>

Homepage of the "Jugendmigrationsdienst" (Youth Migration Service)

# Appointments by telephone or e-mail:

Bernd Noack

Tel.: 06021/450025

E-mail: <u>bernd.noack@paritaet-bayern.de</u>

Marleen Stock

Tel.: <u>06021/4594881</u>

E-mail: marleen.stock@paritaet-bayern.de





Antje Nikolaidis

Tel.: <u>0152/02753841</u>

E-mail: <a href="mailto:antje.nikolaidis@paritaet-bayern.de">antje.nikolaidis@paritaet-bayern.de</a>



# Counselling for adults aged 27 and over

# Refugee and integration counselling - Diakonisches Werk Untermain e.V.

The refugee, integration and migration counselling services of the Diakonisches Werk Untermain is a counselling centre for migrants and refugees. The counselling centre accompanies migrants in their integration process and supports them in establishing their life base in Germany.

Contact:

### Diakonisches Werk Untermain e.V.

Frohsinnstr. 27 63739 Aschaffenburg

Homepage of the Diakonie Migration Advisory Service

# Please enquire about office hours!

Maha Dost (English, Arabic, French)

Phone: <u>06021/399911</u>

Mobile phone: <u>0178/6689223</u>

E-mail: maha.dost@diakonie-aschaffenburg.de

Uwe Holtfreter (English, Russian, Bulgarian)
 Phone: 06021/399955

Mobile phone: 0157/34744254

E-mail: uwe.holtfreter@diakonie-aschaffenburg.de

Astrid Ostendorf (English, French)

Phone: 06021/399960

Mobile phone: <u>0157/34744257</u>

E-mail: <u>astrid.ostendorf@diakonie-aschaffenburg.de</u>

Lucy Heyder (English)

Phone: <u>06021/399945</u>

Mobile phone: <u>0157/34744248</u>

E-mail: <u>lucy.heyder@diakonie-aschaffenburg.de</u>

Nadine Bott (English)

Phone: <u>06021/399950</u>

Mobile phone: <u>01573/5474675</u>

E-mail: nadine.bott@diakonie-aschaffenburg.de

Kateryna Denk (English, Russian, Spanish, Ukrainian)

Phone: <u>06021/399950</u>





Mobile phone: 0160/2382685

E-mail: kateryna.denk@diakonie-aschaffenburg.de



# Counselling for asylum seekers

# Regensburg refugee and integration counselling for the City of Aschaffenburg

The refugee and integration counselling service of the city of Aschaffenburg advises and supports residents of the shared accommodation in the City of Aschaffenburg. Counselling is free of charge and confidential.

#### Contact:

# Refugee and Integration Counselling of the City of Aschaffenburg

Schweinfurter Straße 2 63743 Aschaffenburg

Alena Goldhammer (English)

Tel.: 06021/4428841

E-mail: alena.goldhammer@aschaffenburg.de

• Hamza Mohsen (English, Arabic)

Tel.: <u>06021/4428841</u>

E-mail: hamza.mohsen@aschaffenburg.de

### Opening times:

see Flyer of the migration advice centres



# Refugee and integration counselling - Caritasverband Aschaffenburg

The refugee and integration counselling service of Caritas Aschaffenburg advises People with a refugee background who are currently in the asylum process and Residents of shared accommodation in the city and district of Aschaffenburg. Counselling is free of charge and confidential.

Possible topics in counselling are, for example:

• Asylum and residence law and social welfare issues





- · Health problems
- · Education of children and adults
- Delinquency
- Family problems
- · Mental problems
- · Voluntary return

# for asylum seekers in the shared accommodation

Contact:

# Caritasverband Aschaffenburg e.V.

Schweinfurter Str. 2 63743 Aschaffenburg Homepage of the Caritas Refugee and Integration Counselling Service

# Opening times:

see Flyer of the migration advice centres

Jonas Franz

Phone <u>06021/6259156</u>

E-mail: j.franz@caritas-aschaffenburg.de

Karola Hofer

Phone <u>06021/7718083</u>

E-mail: k.hofer@caritas-aschaffenburg.de



# for asylum seekers in the city and district of Aschaffenburg

Contact:

### Caritasverband Aschaffenburg e.V.

Treibgasse 26 (Martinushaus) 63739 Aschaffenburg





### Homepage of the Caritas Refugee and Integration Counselling Service

### Opening times:

see the flyer of the migration counselling centres

Katja Denk

Tel.: <u>06021/392232</u>

E-mail: k.denk@caritas-aschaffenburg.de

Isabel Hessberger

Tel.: <u>06021/392234</u> oder <u>0171/9284010</u>

E-mail: i.hessberger@caritas-aschaffenburg.de

 Winfried Katholing Tel.: 06021/392121

E-mail: w.katholing@caritas-aschaffenburg.de

Markus Weigert
 Tel.: 06021/392234

 $E\text{-mail: }\underline{m.weigert@caritas-aschaffenburg.de}$ 



# Counselling for European poverty migrants

Poverty can also be a reason for migration and flight

Since European poverty migrants are usually not entitled to benefits if they cannot find work in Germany, they often remain destitute and live homeless and without health insurance in a particularly precarious situation. Among them are also children, infants, old people, pregnant women, sick people and Roma.

To help them, there is a counselling centre in the City of Aschaffenburg.

# TABEA - Diakonisches Werk Untermain e.V.





TABEA supports European migrants driven by poverty and their children through:

### **Counselling and accompaniment**

- Counselling and clearing centre for poverty-related migration, referral to specialised counselling centres
- Support for prospects and integration (taking up employment, applying for benefits, obtaining housing/accommodation...)
- · Contact point
- · Representation of interests

#### **Humanitarian aid**

- · Free acute care
- · Support for acute accommodation needs
- · Support in the implementation of necessary medical treatment
- · Assistance with lost identity documents
- Accompanying return journeys

#### Contact:

# TABEA - Treff, Anlauf- und Beratungsstelle für europäische Armutsmigrant\*innen

(a charitable association and advice centre supporting European poverty migrants, located at the Diakonie-Sozialkaufhaus)

Diakonisches Werk Untermain e.V.

Kolpingstraße 7

63739 Aschaffenburg

Cécile Heeg, Wolfgang Grose; Sebastian Bergmann

Phone <u>06021/5807525</u> or <u>06021/5807526</u>

E-mail: <a href="mailto:wolfgang.grose@diakonie-aschaffenburg.de">wolfgang.grose@diakonie-aschaffenburg.de</a>
E-mail: <a href="mailto:cecile.heeg@diakonie-aschaffenburg.de">cecile.heeg@diakonie-aschaffenburg.de</a>

E-mail: sebastian.bergmann@diakonie-aschaffenburg.de

Homepage of the TABEA office



# Social assistance

An overview of all welfare organisations in Aschaffenburg is available <u>here</u> in the app.

# **Advice and information**

In the City of Aschaffenburg, there are many offices that provide advice and support for a wide range of problems.





# **Cultural passport**

This passport allows reduced-price admission to various city facilities and discounts on certain bus tickets. You can also get a discount on over-the-counter medicines at participating pharmacies.

Contact:

City of Aschaffenburg

Citizens' Service Office at the Rathaus (City Hall)

Dalbergstraße 15 63739 Aschaffenburg

Tel.: <u>06021/330555</u>

E-mail: <u>buergerservice@aschaffenburg.de</u>

Further information is available on the Homepage of the City of Aschaffenburg

**Here** to make an appointment online.

- Culture pass
- Information on the Culture Pass in Arabic

# Debtor and insolvency advice by the City of Aschaffenburg

Debtor and insolvency advice offers support for people and their families who are indebted (over-indebted).

Debt counselling helps to get a better overview of one's own financial situation and to find ways out of debt. Together, an attempt is made to determine the actual debt level. The counselling centre advises on how to use the funds still available, supports negotiations with creditors, helps draft a debt relief plan and, if necessary, applies for consumer insolvency proceedings.

Please make an appointment.

Contact:

City of Aschaffenburg

"Amt für soziale Leistungen" (Office for Social Services)

Dalbergstraße 15 63739 Aschaffenburg

Phone <u>06021/3301343</u> or <u>06021/3301631</u> E-mail: <u>schuldnerberatung@aschaffenburg.de</u>

Homepage of the "Schuldner- und Insolvenzberatung" (Debtor and Insolvency Advice

Service)

### Care centre of the City of Aschaffenburg

The guardianship office advises those affected or their relatives on guardianship law and guardianship procedures and supports the legal guardian in carrying out his/her duties after the introduction of guardianship.





#### Contact:

City of Aschaffenburg

"Amt für soziale Leistungen" (Office for Social Services)

Dalbergstraße 15 63739 Aschaffenburg Phone: 06021/3301599

E-mail: betreuungsstelle@aschaffenburg.de

Homepage of the Care Centre

# Antragshilfestelle - Diakonisches Werk Untermain e.V.

This application assistance centre run by the "Diakonie Sozialkaufhaus" supports people from the city and district of Aschaffenburg in applying for benefits according to the German Social Code – SGB II – and

- · explains forms, procedures and the rules of application
- assists in filling out the main application and all necessary attachments and in compiling all important documents
- assists with applications for further approval and the like
- · helps to determine income and assets
- · assists with opening an account and registering with the health insurance fund
- accompanies the application process and is the point of contact

### Contact:

Diakonisches Werk Untermain e.V

Application assistance centre at the Diakonie Sozialkaufhaus

Kolpingstraße 7 63739 Aschaffenburg Natalie Asberger Phone 06021/5807528

E-mail: <u>natalie.asberger@diakonie-aschaffenburg.de</u> Homepage of the Application Assistance Centre



# Counselling centre for the prevention of homelessness

The counselling centre for the prevention of homelessness supports people who are already homeless or threatened by the prospect of homelessness. This support includes:

- · Counselling on care and integration services
- · Help and life planning
- · Establishing contact with authorities





### · Referral to counselling centres

If a termination takes places without notice due to default of payment or if there is already a notice of eviction, please make an appointment with the counselling centre immediately, pointing out the specific situation. During your consultation, a review will take place as to whether the eviction is lawful and what can perhaps be done about it. Advice can also be taken advantage of if legal proceedings are already pending or a judgement has been handed down, provided you are not represented by a lawyer.

Contact:

City of Aschaffenburg

# "Amt für soziale Leistungen" (Office for Social Services)

Dalbergstraße 15 63739 Aschaffenburg Telephone: 06021/3301445

E-mail: amt-fuer-soziale-leistungen@aschaffenburg.de

Homepage of the "Beratungsstelle zur Vermeidung von Wohnungslosigkeit" (Counselling

Centre for the Prevention of Homelessness)

# Flyer "Where can I find help?"

Finding counselling and support in social emergencies is a first step towards overcoming difficult life situations

The flyer "Where can I find help?" from the City of Aschaffenburg provides an overview of the various support services in Aschaffenburg. It contains addresses of counselling centres, affordable shopping facilities, financial assistance, landlords and leisure activities.

The flyer is available at the town hall, online <u>here</u> and as a PDF: <u>Where can I find help 2019</u>

### Help for people with mental illness and their relatives

In the chapter "Health and Sport" there is an <u>overview of various support services in Aschaffenburg</u> for people with mental illness and their relatives.

# Welfare and social associations

# Arbeiter-Samariter-Bund (ASB) (Workers' Samaritan Federation)

The ASB is a voluntary aid organisation that is independent, party-politically neutral and non-denominational under the umbrella of the Paritätischer Wohlfahrtsverband. The services in Aschaffenburg include:

- Meals on wheels
- Outpatient care/social care





- · Child day care
- · First aid training

#### Contact:

### ASB-Regionalverband Bayerischer Untermain e.V.

Kochstrasse 6 63739 Aschaffenburg E-mail: <u>berger@asb-ab.de</u> Phone <u>06021/95080</u>

Homepage of the Arbeiter-Samariter-Bund in Aschaffenburg

# **Arbeiterwohlfahrt (Workers' Welfare Association)**

The Workers' Welfare Association (AWO) is today one of the six umbrella organisations of independent welfare work and is active nationwide in all areas of social work and health care. It is party-politically neutral, non-denominational, democratically structured and exclusively non-profit-making. The services in Aschaffenburg include:

- Women's shelter, day nurseries, holiday camps, lunchtime and all-day care for schoolchildren by the AWO Kreisverband Aschaffenburg
- Specialist integration service and other services on the topics of <u>living and working for</u> <u>people with impairments</u> as well as care in old age from the AWO District Association of Lower Franconia

### Contact:

### AWO Kreisverband Aschaffenburg e.V.

Treibgasse 24 63739 Aschaffenburg Telephone: 06021/28805

E-mail: geschaeftsstelle@awo-aschaffenburg.de

Homepage of the AWO Kreisverband Aschaffenburg e.V.

### AWO Bezirksverband Unterfranken e.V.

Kantstraße 45 a 97074 Würzburg

Telephone: 0931/299380

E-mail: info@awo-unterfranken.de

Homepage of the AWO Bezirksverbandes Unterfranken e.V.







### **Bavarian Red Cross (BRK)**

The Bavarian Red Cross stands for civic engagement as well as voluntary service, rescues people in emergencies, provides a community, assists the poor and needy, and watches over international humanitarian law.

These services are offered by the Aschaffenburg District Association:

- · Everyday aids
- · Ambulance service
- · Home emergency call
- · Meals on wheels
- Social station/outpatient care
- Service Living
- Health offers
- · Dementia counselling
- · Day care centre

#### Contact:

### **Bavarian Red Cross**

Aschaffenburg District Association Efeuweg 2 63741 Aschaffenburg Phone 06021/84840

E-mail: info@kvaschaffenburg.brk.de

Homepage of the BRK



# **Caritasverband Aschaffenburg**

Caritas's fundamental aim is to help people in need. It campaigns at all levels for a just, peaceful and humane society and aims to influence political decisions. The services in Aschaffenburg are:

- · Offers for senior citizens
- · General social counselling
- Community Caritas
- Generational partnership Tatendrang
- · Refugee and integration counselling
- · Social welfare centres
- · Addiction counselling
- · Telephone counselling
- · and more





#### Contact:

### **Caritasverband Aschaffenburg**

Stadt und Landkreis e.V. Treibgasse 26 Martinushaus 63739 Aschaffenburg Phone 06021/392201

E-mail: info@caritas-aschaffenburg.de

Caritas homepage

# Diakonisches Werk Untermain e.V.

Humanity needs support: That is why Diakonie is committed to working with people - regardless of age, origin, religion, gender and life situation. The services in Aschaffenburg include:

· Advice and Assistance:

Debtor and Insolvency Counselling, <u>Refugee and Migration</u> Counselling, <u>Social Work, Youth Social Work with "Meine Chance"</u>, Application Assistance Centre SGB II, Telephone Counselling and Other Services

· Diakonie-Sozialkaufhaus:

<u>Provision for Adults and Children, Café Metropol, Projects and Groups, Social Employment Service, Employment Mentors, Social Service, TABEA Meeting Place, Contact Point and Counselling for European Migrants, Job Application Support</u>

- Bezirksstelle Diakonie Bayern (District Office)
- Care and Housing:
   Matthias-Claudius-Haus, Schöntalhöfe, Outpatient Care Service

#### Contact:

#### Diakonie Untermain e.V.

Office

Roßmarkt 27 63739 Aschaffenburg

Phone 06021/4429924

E-mail: gsl@diakonie-aschaffenburg.de

Homepage of the charitable association "Diakonie" in Aschaffenburg



## Malteser Hilfsdienst Aschaffenburg

Malteser in Aschaffenburg is a modern and professional aid organisation based on the Catholic faith. They are there for anyone who needs help. The services in Aschaffenburg include:





- Transport service
- · Home emergency call
- Hospice
- · Last aid courses
- Menu service
- · Emergency Preparedness
- Rescue station
- · Therapy assistance dogs
- · Bereavement services for adults
- First aid training
- · and more

#### Contact:

# **Malteser Hilfsdienst Aschaffenburg**

Schönbornstraße 38 63741 Aschaffenburg Phone 06021/416122

 $E\text{-mail: } \underline{malteser\text{-}aschaffenburg@malteser.org}$ 

Homepage of Malteser in Aschaffenburg



# "Paritätischer Wohlfahrtsverband" (Welfare Assocation)

The welfare association in Bavaria is one of the six umbrella organisations belonging to the "Freie Wohlfahrtspflege" – a collective welfare organisation. It stands up for diversity, openness and tolerance. The head office in the district of Lower Franconia is in Würzburg. There is a "Jugendmigrationsdienst" (Youth Migration Service) in Aschaffenburg that belongs to the district association of Lower Franconia.

But the services for the hearing impaired are also present twice a month in Aschaffenburg. Then a specialist comes from Würzburg who offers counselling for hard of hearing and deaf people. Alternatively, there are online offers. Please make an appointment for this with the contact persons below.

#### Contact:

# Counselling for the deaf

Uta Schmitgen Münzstraße 1 97070 Würzburg Phone 0931/3540115

Mobile 0157/71703937 (via text message or the "Signal" app)

E-mail: <u>uta.schmitgen@paritaet-bayern.de</u>

Skype: sdhg.wuerzburg





#### Homepage of the "Gehörlosenberatung" (deaf Counselling Service)

### Counselling for the hard of hearing

Julia Kratz Münzstraße 1 97070 Würzburg Phone <u>0931/3540116</u> Mobile 0176/73511053

E-mail: julia.kratz@paritaet-bayern.de

Homepage of the counselling service for the hard of hearing

# The "Jugendmigrationsdienst" (Youth Migration Service) from the association "Paritätischer Wohlfahrtsverband"

Glattbacher Straße 41 63741 Aschaffenburg

E-mail: <u>jmd-aschaffenburg@paritaet-bayern.de</u>

Phone 06021/450025 or 06021/4594881

Homepage of the "Jugendmigrationsdienst" (Youth Migration Service)



### **VdK Bavaria Social Association**

The VdK is a modern social association. It offers help for pensioners, people with disabilities, the chronically ill, people in need of care and their relatives, families, older workers and the unemployed. Its expertise rests in social law: The VdK sees itself as an advocate for socially disadvantaged people. In Aschaffenburg, there is advice on questions of social law and help with applications, objection and complaint procedures regarding:

- Statutory pension insurance
- · Statutory health insurance
- · Statutory long-term care insurance
- Statutory accident insurance
- · Disability law
- The "Arbeitsförderungsgesetz" (Employment Promotion Act) or unemployment benefit
- · Basic income support for jobseekers/ALG II
- Basic income support in old age and in the event of reduced earning capacity
- · War Victims' and Soldiers' Pensions
- Rehabilitation

# Contact:

# **VdK-Kreisverband Aschaffenburg**

Brentanostraße 1





63739 Aschaffenburg

Phone <u>06021/22876</u> or <u>06021/362664</u> E-mail: <u>kv-aschaffenburg@vdk.de</u> Homepage of the VdK in Aschaffenburg



# unabhängig. solidarisch. stark.

# Social counselling

# General Social Counselling Service (ASBD) - Caritasverband Aschaffenburg

General Social Counselling is the basic service of Caritas. General social counselling advises and accompanies people in various problem and conflict situations and offers support with legal, economic, family, personal and health problems. It is often the first point of contact and refers people to other specialised services.

### Contact:

Caritas Association Aschaffenburg City and County e.V.

### **General Social Counselling Service (ASBD)**

Martinushaus Treibgasse 26 63739 Aschaffenburg Phone 06021/392201

E-mail: info@caritas-aschaffenburg.de

Homepage of the ASBD







# Social counselling - Diakonisches Werk Untermain e.V.

The "Sozialer Dienst" (Social Services) advises people in financial, psychosocial, family and health difficulties, in emergency situations, if they are homelessness and much more without any major hurdles.

This service assists in clarifying the emergency situation and looks for solutions together.

It provides experienced, discreet and free advice. It refers people to specialised agencies and accompanies this referral.

Guidance and counselling help people to stabilise life situations, to try out and take steps towards change and to develop perspectives.

#### Contact:

# Diakonisches Werk Untermain e.V. Social counselling at the Diakonie Sozialkaufhaus

Kolpingstr. 7

63739 Aschaffenburg

Sebastian Bergmann, Cécile Heeg, Wolfgang Grose

Phone 06021/5807525

E-mail: <a href="mailto:sebastian.bergmann@diakonie-aschaffenburg.de">sebastian.bergmann@diakonie-aschaffenburg.de</a>

Phone 06021/5807526

E-mail: <a href="mailto:cecile.heeg@diakonie-aschaffenburg.de">cecile.heeg@diakonie-aschaffenburg.de</a>



### KASA - Diakonisches Werk Untermain e.V.

So-called "kirchliche Allgemeine Soziale Arbeit or KASA" (church-based general social work) is open to people regardless of origin and religion. It assists particularly socially disadvantaged people and is a first point of contact for anyone who needs advice and support and is looking for solutions from difficult situations of any kind.

### KASA is:

- · an open social counselling service
- an interface in the counselling network and can point the way to further help and offers
- · a bridge to the parishes of the deanery and the community diakonia

#### Contact:

Diakonisches Werk Untermain e.V.

**Church General Social Work (KASA)** 





Heinsestr. 2-4 63739 Aschaffenburg Friederike Dajek

Tel.: 06021/399940

E-mail: <a href="mailto:friederike.dajek@diakonie-aschaffenburg.de">friederike.dajek@diakonie-aschaffenburg.de</a>

Homepage of the Diakonie



# Social counselling of Grenzenlos e.V.

Der <u>Grenzenlos e.V. Aschaffenburg</u> is a private aid organisation that was founded over 20 years ago and helps poor and needy people.

The Grenzenlos social counselling centre at Kolpingstraße 7 offers advice and assistance to those in need. The Grenzenlos Pass is also available here.

Contact:

### Sozialberatung Grenzenlos e.V.

Kolpingstraße 7 63739 Aschaffenburg Phone 06021/44994912

E-mail: forche@grenzenlos-ab.de

Homepage of the Social Counselling Service

### **Opening hours:**

Consultation hours by arrangement

### Offers for families

### Kinderest of the Grenzenlos e.V.

Der <u>Grenzenlos e.V. Aschaffenburg</u> is a private aid organisation that was founded over 20 years ago and helps poor and needy people.

The Kindernest at Herstallstraße 35 offers short-term care for up to eight children between the ages of 1 and 3. The children are cared for by experienced educators and volunteers

Contact:

### **Kindernest Grenzenlos**

Herstallstraße 35 63739 Aschaffenburg Phone 06021/362495

E-mail: <u>kindernest@grenzenlos-ab.de</u>

Homepage of the children's assocition "Kindernest"





### **Opening hours:**

Monday to Friday: 9:00 AM till 12:30 PM

# Places to stay and hot meals

### Café Grenzenlos

Der <u>Grenzenlos e.V. Aschaffenburg</u> is a private aid organisation that was founded over 20 years ago and helps poor and needy people.

In the café at Frohsinnstraße 10, people in need are provided with hot meals. There is also the possibility to take a shower and do laundry here

Contact:

### **Café Grenzenlos**

Frohsinnstraße 10 63739 Aschaffenburg Phone 06021/362277

E-mail: <u>nickel@grenzenlos-ab.de</u> <u>Homepage of Café Grenzenlos</u>

Opening hours:

Mon. till Fri: 10:00 AM till 3:00 PM

Saturday closed

Sunday closed during the summer months

### Metropol Social Café

Here there is a gastronomic offer (hot food, snacks, drinks) for little money. The Metropol is a place to meet people and also to warm up. There are PCs at Metropol and you can use the internet for free. Many groups and initiatives also meet here and projects take place.

Contact:

Diakonisches Werk Untermain e.V.

Sozial-Café Metropol located in the Diakonie Sozialkaufhaus

Kolpingstraße 7

63739 Aschaffenburg Tel.: 06021/5807524

E-mail: wolfgang.grose@diakonie-aschaffenburg.de

Tel.: <u>06021/5807525</u>

E-mail: <u>sebastian.bergmann@diakonie-aschaffenburg.de</u>

www.diakonie-aschaffenburg.de

### Café Wegweiser

Here you can get a hot meal for little money or warm up.

Contact:





### Café Wegweiser

Glattbacher Straße 37 63741 Aschaffenburg Phone: 0170/3502999

### **Bahnhofsmission**

Here you can get a hot meal for little money or warm up.

Contact:

### **Station Mission**

Platform 2 at Aschaffenburg Central Station

Phone <u>06021/337134</u>

E-mail: <u>bahnhofsmission@invia-aschaffenburg.de</u>

www.invia-aschaffenburg.de

# Living

# Housing associations and housing agencies

Below are contact details for housing associations and housing agencies:

# Stadtbau Aschaffenburg GmbH

Stiftsgasse 9

63739 Aschaffenburg

Phone 06021/44371678

E-mail: info@stadtbau-ab.de

Homepage of Stadtbau Aschaffenburg GmbH

### Wohnbau Aschaffenburg eG

Dinglerstr. 37

63739 Aschaffenburg Phone: 06021/23560 E-mail: info@wbab.de

Homepage of Wohnbau Aschaffenburg eG

Dawonia - Würzburg location

Tröltschstraße 4
97072 Würzburg
Phone 0931/390180
E-mail: info@dawonia.de

Homepage of the Dawonia

### St. Bruno-Werk

Rotkreuzstr. 2a Postfach 66 24 97016 Würzburg Phone 0931/309830

E-mail: <u>info@bruno-werk.de</u> Homepage of St. Bruno-Werk





# "Stiftungsamt" (Office for Charitable Foundations)

Stiftsgasse 7

63739 Aschaffenburg

Phone <u>06021/35770</u>

E-mail info@stiftungsamt.de

Homepage of the "Stiftungsamt" (Office for Charitable Foundations)

### **Hospital Foundation of the City of Aschaffenburg**

"Stadtkämmerei" (City Treasury)

Dalbergstr. 15

63739 Aschaffenburg Phone 06021/3301436

E-mail: norbert.lunz@aschaffenburg.de

Homepage of the Hospital Foundation of the City of Aschaffenburg

# Real estate and financing offers from Raiffeisen-Volksbank Aschaffenburg eG

Glattbacher Überfahrt 18

63741 Aschaffenburg Phone <u>06021/4970</u>

E-mail: <u>info@rvab.de</u>

Homepage of the Raiffeisen-Volksbank Aschaffenburg

# Real estate and financing offers from Sparkasse Aschaffenburg-Alzenau

Friedrichstr. 7

63739 Aschaffenburg Phone <u>06021/3971397</u>

E-mail: immo@spk-aschaffenburg.de

Homepage of the Sparkasse Aschaffenburg

# Housing allowance payments

Housing allowance according to the Housing Allowance Act is available as a monthly allowance for

- Tenants of a flat or room as a so-called "Mietzuschuss" (rent subsidy).
- Owners of their own home or condominium receive a so-called "Lastenzuschuss" hardship allowance.

Whether the benefits can be claimed and - if so - to what amount depends on three factors:

- · the number of family members belonging to the household,
- · the level of family income,
- the amount of the eligible rent or charges.

Further information is available on the homepage of the City of Aschaffenburg.

If you would like a personal meeting, please make an appointment.

Contact:

City of Aschaffenburg

"Amt für soziale Leistungen" (Office for Social Services)





Dalbergstr. 15

63739 Aschaffenburg

E-mail: wohngeldstelle@aschaffenburg.de

Homepage of the "Wohngeldstelle" (Housing Benefit Office)

# **Avoiding homelessness**

The counselling centre for the prevention of homelessness supports people who are already homeless or threatened by the prospect of homelessness. This support includes:

- · Counselling on care and integration services
- · Help and life planning
- · Establishing contact with authorities
- · Referral to counselling centres

If a termination takes places without notice due to default of payment or if there is already a notice of eviction, please make an appointment with the counselling centre immediately, pointing out the specific situation. During your consultation, a review will take place as to whether the eviction is lawful and what can perhaps be done about it. Advice can also be taken advantage of if legal proceedings are already pending or a judgement has been handed down, provided you are not represented by a lawyer.

#### Contact:

City of Aschaffenburg

# "Amt für soziale Leistungen" (Office for Social Services)

Dalbergstraße 15 63739 Aschaffenburg

Telephone: <u>06021/3301445</u>

E-mail: <u>amt-fuer-soziale-leistungen@aschaffenburg.de</u>

Homepage of the "Beratungsstelle zur Vermeidung von Wohnungslosigkeit" (Counselling

Centre for the Prevention of Homelessness)

# Food, clothing, household and furniture

### Kaufhaus Grenzenlos

Der <u>Grenzenlos e.V. Aschaffenburg</u> is a private aid organisation that was founded over 20 years ago and helps poor and needy people.

At Kaufhaus Grenzenlos in Kolpingstraße 7, donated food is given to people with a <u>Grenzenlos pass</u> every day.

Contact:

### **Kaufhaus Grenzenlos**

Kolpingstraße 7 63739 Aschaffenburg Tel.: 06021/44994915

E-mail: info@grenzenlos-ab.de





#### Homepage

### **Opening hours:**

Monday, Tuesday, Thursday, Friday: 9:00 AM - 3:00 PM

Thursday: 12 PM - 6 PM



### Sozialkaufhaus - Diakonisches Werk Untermain e.V.

The "Sozialkaufhaus" (Social Department Store) is an offer for people in need. Here you can buy clothes for children and adults, household items, media and children's things at very low prices. The Social Department Store supplies destitute people free of charge

Children's and adult sections are open Monday to Friday. In addition to providing supplies, the Social Department Store offers many services that enable people to escape poverty.

The <u>TABEA office for European poverty migrants</u> is also located here.

### Contact:

#### **Diakonie Sozialkaufhaus**

Kolpingstraße 7

63739 Aschaffenburg

Administration (departments, goods receiving): Judith Hock

Phone <u>06021/5807521</u>

E-mail: judith.hock@diakonie-aschaffenburg.de

Management: Wolfgang Grose

E-mail: wolfgang.grose@diakonie-aschaffenburg.de

Homepage of the "Sozialkaufhaus" (Social Department Store)



# Community service at the Diakonie-Sozialkaufhaus

The "Diakonie-Sozialkaufhaus" (Social Department Store) operated by the Diakonie - charitable association - is a large community service centre in the district of Aschaffenburg.





The initiative "Schwitzen statt Sitzen" is a new opportunity when people have committed offences. This opportunity is accompanied by social education. Those doing community service have an opportunity in the social shop to work off their custodial time in a meaningful way and to use the time to also stabilise their own life situations, to get to know networks and to try out steps that will allow them to live crime-free.

The allocation is made through the placement office Gemeinnützige Arbeit (Brücke e.V.).

### Contact:

Diakonisches Werk Untermain e.V.

# **Social Department Stores**

Kolpingstr. 7

63739 Aschaffenburg

Sebastian Bergmann, Cécile Heeg, Wolfgang Grose

Phone <u>06021/5807525</u>

E-mail: <a href="mailto:sebastian.bergmann@diakonie-aschaffenburg.de">sebastian.bergmann@diakonie-aschaffenburg.de</a>

Phone <u>06021/5807526</u>

E-mail: cecile.heeg@diakonie-aschaffenburg.de

Hompage of the social services operated by the "Sozialkaufhaus"



# Kleiderkammer - Caritasverband Aschaffenburg

The clothing store is open to all people who have to manage on a limited financial budget. You can choose your own clothes during the opening hours of the clothing store. Household goods and other items can also be purchased there. You only pay a small nominal fee for each item of clothing, and destitute people receive the clothing free of charge. Donations of clothes can also be handed in here.

# Contact:

# Kleiderkammer des Caritasverbands Aschaffenburg e.V.

Treibgasse 26 (located in Martinushaus)

63739 Aschaffenburg

E-mail: info@caritas-aschaffenburg.de

www.caritas-aschaffenburg.de





### Kleider-Oase

Here you can buy affordable clothes, accessories and toys.

In order to shop here, you will need an OASE identity card, which you automatically receive, for example, when you present a Cultural passport.

### Contact:

# **Kleider-OASE (Affordable clothing store)**

Treibgasse 14

63739 Aschaffenburg Tel.: 06021/8621914

E-mail: info@oase-aschaffenburg.de

www.oase-aschaffenburg.de



# Holzbrücke e.V. - Second-hand furniture shop

Holzbrücke is open to everyone and offers affordable household goods, furniture and white goods (washing machines, dishwashers etc).

### Contact:

Holzbrücke e.V. - Used furniture store

Fürther Straße 11 63739 Aschaffenburg Phone: 06021/95601





E-mail: info@bruecke-ev.de

www.bruecke-ev.de

Instagram: <a href="https://www.instagram.com/holzbruecke">https://www.instagram.com/holzbruecke</a> mobelladen/



# Für Zukunft ist es nie zu spät.

# Addiction counselling - Caritasverband Aschaffenburg

Here, people affected by addiction can find help, counselling and support.

Common issues include alcohol, illegal drugs, medication, gambling, media addiction and eating disorders.

- Anyone can take advantage of the counselling free of charge and without obligation.
- The counselling centre will only act on behalf of and with the consent of the person concerned.
- All employees are subject to the legal duty of confidentiality.
- The basis of any work together is cooperation, not confrontation.
- On offer: Counselling for those affected, relatives and interested parties, placement (in detoxification, rehabilitation and outpatient assisted living), outpatient aftercare, psychosocial support for substitution patients, as well as group and prevention offers for various target groups.

# Contact:

Caritasverband Aschaffenburg

# Psychosocial counselling centre for addiction problems

Treibgasse 26 (Martinushaus) 63739 Aschaffenburg

Phone 06021/392280

E-mail: psb@caritas-aschaffenburg.de

Homepage of the addiction counselling service from Caritas





# **Support Groups**

In self-help groups, people and/or their relatives exchange experiences and information who, for example, have a chronic illness or disability or live in stressful life situations. They give each other support

For the City of Aschaffenburg, there is a self-help contact point in the <u>volunteer agency</u> "Aschaffenburg Aktiv!", which interested people can turn to if they have any questions. There you will find, for example, up-to-date information on self-help groups and the relevant contacts.

### Contact:

City of Aschaffenburg Office of Social Services

Self-help contact point

Luitpoldstr. 4b

63739 Aschaffenburg

Telephone: <u>06021/3301821</u>

 $E\text{-mail: } \underline{selbsthilfe@aschaffenburg.de}$ 

Click here for the homepage of the self-help contact point.



# People with disabilities

Information and advice for people with disabilities is available <u>here</u>.

# **Senior citizens**

Offers, information and advice centres for senior citizens can be found in the chapter 70+





#### LGBTQIA+

In Germany, as in Aschaffenburg, people of different religions, origins and political views live together and have the same rights. This also applies to people of different sexual orientation or gender identity. LGBTQIA+ is an abbreviation for Lesbian, Gay, Bi, Trans, Queer, Intersex and Asexual. The + (sometimes \*) is a placeholder for other gender identities and sexual orientations. This shows that there are numerous possibilities in terms of who you love, how you feel and whether and to which gender you belong.

The LGBTQIA+ community is committed to ensuring that all people are treated equally. This is also about tolerance, acceptance, self-determination and equality, as many people who fall into one or more categories of LGBTQIA+ are still discriminated against.

When a child is born, an open gender entry has been possible since 2013. Since the end of 2018, there is the entry "diverse". So besides the two genders "male" and "female" there is another possibility. The options of not entering a gender or choosing the entry "diverse" are regulated by the Civil Status Act. The gender entry can also be changed subsequently in adolescence or adulthood.

### **Further information and contacts**

# rAinBows - The queer Youth Initiative in Aschaffenburg

As a queer youth initiative, the rAinBows would like to be a first point of contact for young people who have just become aware of their non-heteronormative sexual/gender identity or are still unsure.

The weekly meeting takes place every Thursday at 8 PM in the youth centre (see contact). Within the group, the visitors are to be supported in the coming-out process and given space for exchange.

Furthermore, the initiative strives for queer education in schools or through events such as the Christopher Street Day (CSD), which the initiative has been organising regularly since 2014. As part of their public relations work, they are committed to a more open, tolerant and enlightened society.

# Contact:

# rAinBows - The queer Youth Initiative in Aschaffenburg

JUKUZ/Jugendhaus Kirchhofweg 2 63739 Aschaffenburg

E-mail: rainbows.ab@yahoo.com

Instagram: <a href="https://www.instagram.com/rainbowsaschaffenburg/">https://www.instagram.com/rainbowsaschaffenburg/</a>

Facebook: https://de-de.facebook.com/ABrainbows/

To the rAinBows homepage





# Trans-Ident e.V. Aschaffenburg

Trans-Ident Aschaffenburg is a self-help group for people with transident feelings, i.e. people who physically belong to either the male or the female sex, but feel they belong to the opposite sex. The association has set itself the goal to offer transsexuals and their relatives help on their way and to advise them in all questions of their transsexuality or transidentity. They do not pursue any commercial goals and do not want to replace therapy by medical or psychological professionals.

Click here for the homepage of Trans-Ident Aschaffenburg.

# **Queere Netzwerk Bayern (QNB)**

The Queere Netzwerk Bayern (QNB) is a central platform for LGBTQI+ in Bavaria and bundles together information on counselling services, events and the queer community in general.

Click here for the homepage of the QNB.

### LGBTQI+ training in Bavaria

The "LSBTI\* Fortbildungen Bayern" (LGBTQI+ training in Bavaria) project organises training for professionals in Bavaria who work with LGBTQI+ children, young people, adults or senior citizens. The trainings raise awareness about gender and sexual diversity, provide expertise and help to reduce possible insecurities and prejudices.

Click here to go to the homepage of the LSBTI\* Fortbildungen Bayern.

### "Strong!" Bavarian LGBTQI+ Centre Against Discrimination and Violence

The centre offers support, information and counselling for all lesbian, gay, bisexual, trans, queer and intersex people who have experienced violence or discrimination. There are personal, telephone or online counselling sessions - discreet, confidential and, if desired, anonymous.

The number of unreported acts motivated by hostility towards LGBTQI+ is high in Bavaria. All incidents of violence and discrimination can be reported to Strong! If people report there, it does not mean that they have to go to the police. If necessary, they will be assisted in filing a police report.





#### Contact:

#### Sub e.V.

Müllerstraße 14b 80469 Munich

Help hotline: 089/856346427

E-mail: kontakt@strong-community.de

To the homepage of Strong!



# Jugendnetzwerk Lambda e.V. Bavaria

The youth network Lambda Bayern e.V. is the umbrella organisation of LGBTIQ youth groups in Bavaria and part of the nationwide Jugendnetzwerk Lambda e.V. There, young people and young adults who volunteer and create queer youth work according to the peer-to-peer approach are involved - by young people for young people.

Here you can find more information about Lambda.

# Lesbian and Gay Association (LSVD) Bavaria

Representing the concerns of LGBTI\* people and advocating for equal rights is a global task. As in many other policy fields, however, the same applies here: Think globally, act locally. The Lesbian and Gay Association (LSVD) Bavaria has been campaigning for diversity and human rights in the Free State of Bavaria since 1999

Here you can find more information about the LSVD.

# **Equal Opportunities Office of the City of Aschaffenburg**

The Equal Opportunities Office of the City of Aschaffenburg supports the City of Aschaffenburg in ensuring that the constitutional mandate of Article 3 of the Basic Law (GG) is implemented and that action is taken in accordance with the Bavarian Equal Opportunities Act and the General Equal Treatment Act (AGG).

### Key task areas:

- Information and counselling in case of disadvantages, discrimination, professional and family difficulties
- Referral to other authorities and counselling centres
- Development of measures to promote gender equality
- Public relations work through own lectures, publications, events, training, exhibitions, etc.





Cooperation with counselling centres, women's groups, organisations and initiatives

#### Contact:

City of Aschaffenburg

# **Equal Opportunities Office**

Dalbergstraße 15 63739 Aschaffenburg Tel.: 06021/3301419

E-mail: <u>gleichstellungsstelle@aschaffenburg.de</u> <u>Homepage of the Equal Opportunities Office</u>

# Support from the Bavarian Ministry of Social Affairs

The Bavarian Ministry of Family Affairs, Labour and Social Affairs supports the establishment and work of a Bavaria-wide counselling and support network for LGBTIQ persons.

Click here for more information.

# FederalAnti-Discrimination Agency (Antidiskriminierungsstelle)

For example, the Federal Anti-Discrimination Agency provides legal advice in a discrimination case or information on the General Equal Treatment Act (AGG)

Click here to go to the homepage of the Federal Anti-Discrimination Agency.

# Rainbow portal of the Federal Ministry for Family Affairs

The Rainbow Portal of the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth is a knowledge network and information pool on same-sex lifestyles and gender diversity.

Click here to go to the Rainbow Portal.

### Victim-offender mediation (TOA)

Are you involved in a criminal offence as the accused or the injured party? There is the possibility of an out-of-court settlement, the victim-offender mediation after a crime. In this process, the injured party and the accused find their own way to a mutually satisfactory settlement. This can be, for example, reparation, compensation for pain and suffering or an agreement for the future.

They receive support from professional mediators.

The mediation is free of charge. A settlement in conversation usually makes criminal and civil proceedings superfluous.

#### **Contact:**

Hilfe zur Selbsthilfe e.V. Aschaffenburg





### **Victim-offender mediation**

Goldbacherstr. 39 63739 Aschaffenburg

Tel: <u>06021/29135</u>

Email: <u>info@hilfe-zur-selbsthilfe-ab.de</u> www.hilfe-zur-selbsthilfe-ab.de

### **Police**

# **Aschaffenburg Criminal Investigation Department Advice Centre**

Would you like to know how you can effectively protect your property or get free and neutral information about security measures?

The Aschaffenburg Criminal Investigation Department Advice Centre aims to prevent fraud and violent crimes before they even happen. Therefore, the main task of the counselling centre is general and targeted prevention, i.e. counselling citizens so that they do not become victims of violence or fraud

For this purpose, the advice centre is divided into two areas.

Advice on burglary and security measures:

- Burglary protection advice for homes, companies and institutions
- · Safety advice

Advice on the types of offence:

- · Fraud to the detriment of senior citizens
- · Violence against persons in public spaces, in companies and in authorities
- New media

### Contact:

"Aschaffenburg Kriminalpolizeiinspektion" (Criminal Investigation Department)

# Kriminalpolizeiliche Beratungsstelle

Lorbeerweg 1 63741 Aschaffenburg

Contact person: Karsten Feegers Phone <u>06021/8571830</u> Katja Heinz Phone <u>06021/8571832</u>

# Dedicated police support staff for victims of crimes

The dedicated police support staff for victims of crime provide information and support in the areas:





- · Violence in the family / domestic violence
- · Abuse or neglect of children
- · Sexual violence against adults
- · Sexual abuse of children, adolescents and charges
- Stalking

## These are their tasks:

- · They provide information on the criminal procedure and victims' rights.
- They provide information on police measures and available options.
- · They give behavioural tips for prevention

They also provide information on counselling centres and help facilities. If necessary, they establish contact with the responsible police station.

## Contact:

Lower Franconia Police Headquarters

# Dedicated police support staff for victims of crime

Frankfurter Straße 79 97082 Würzburg

Victim Phone Hotline 0931/4571074

Homepage of the dedicated police support staff for victims of crime

You can also contact the dedicated police support staff for victims of crime in Aschaffenburg directly:

Aschaffenburg Criminal Investigation Department

## Dedicated police support staff for victims of crime

Lorbeerweg 1 63741 Aschaffenburg Phone <u>06021/8570</u>

# **Building and living**

## Housing associations and housing agencies

Below are contact details for housing associations and housing agencies:

## Stadtbau Aschaffenburg GmbH

Stiftsgasse 9
63739 Aschaffenburg
Phone 06021/44371678
E-mail: info@stadtbau-ab.de

Homepage of Stadtbau Aschaffenburg GmbH

## Wohnbau Aschaffenburg eG

Dinglerstr. 37

63739 Aschaffenburg Phone: 06021/23560





E-mail: info@wbab.de

Homepage of Wohnbau Aschaffenburg eG

Dawonia - Würzburg location

Tröltschstraße 4 97072 Würzburg Phone <u>0931/390180</u> E-mail: <u>info@dawonia.de</u>

Homepage of the Dawonia

#### St. Bruno-Werk

Rotkreuzstr. 2a Postfach 66 24 97016 Würzburg Phone <u>0931/309830</u>

E-mail: <u>info@bruno-werk.de</u> <u>Homepage of St. Bruno-Werk</u>

## "Stiftungsamt" (Office for Charitable Foundations)

Stiftsgasse 7

63739 Aschaffenburg

Phone 06021/35770

E-mail info@stiftungsamt.de

Homepage of the "Stiftungsamt" (Office for Charitable Foundations)

# **Hospital Foundation of the City of Aschaffenburg**

"Stadtkämmerei" (City Treasury)

Dalbergstr. 15

63739 Aschaffenburg

Phone 06021/3301436

E-mail: norbert.lunz@aschaffenburg.de

Homepage of the Hospital Foundation of the City of Aschaffenburg

# Real estate and financing offers from Raiffeisen-Volksbank Aschaffenburg eG

Glattbacher Überfahrt 18

63741 Aschaffenburg

Phone <u>06021/4970</u>

E-mail: info@rvab.de

Homepage of the Raiffeisen-Volksbank Aschaffenburg

## Real estate and financing offers from Sparkasse Aschaffenburg-Alzenau

Friedrichstr. 7

63739 Aschaffenburg

Phone <u>06021/3971397</u>

E-mail: immo@spk-aschaffenburg.de

Homepage of the Sparkasse Aschaffenburg

# **Building in Aschaffenburg**

Building projects requiring approval according to Art. 55 (1) of the Bavarian Building Code necessitate building permission from the responsible building authority. In Aschaffenburg, this is the "Bauordnungsamt" (Building Regulations Office). The "Stadtplanungs- und





Bauordnungsamt" (Urban Planning and Building Regulations Office) also offers joint building advice on request. Advice is provided on issues of planning law and building regulations. In addition to general advice, citizens can also obtain information from the Building Regulations Office about development and waste water contributions, monument protection and preservation, housing subsidies, special use or fire inspections. The "Amt für Umwelt- und Verbraucherschutz" (Office for Environmental and Consumer Protection) provides information on energy issues and advice, for example, as well as on nature conservation and water law.

Further information on the subject of "Building in Aschaffenburg" can be found on the homepage of the City of Aschaffenburg.

City of Aschaffenburg

# **Building Regulation Office**

Dalbergstr. 15

63739 Aschaffenburg

Phone <u>06021/3301244</u>

E-mail: <u>bauordnungsamt@aschaffenburg.de</u>

Homepage of the "Bauordnungsamt" (Building Regulation Office)

City of Aschaffenburg

# "Stadtplanungsamt" (City Planning Office)

Dalbergstr. 15

63739 Aschaffenburg

Phone 06021/3301256

E-mail: <a href="mailto:stadtplanungsamt@aschaffenburg.de">stadtplanungsamt@aschaffenburg.de</a>

Homepage of the "Stadtplanungsamt" (Urban Planning Office)

City of Aschaffenburg

# "Amt für Umwelt- und Verbraucherschutz" (Office for Environmental and Consumer Protection)

Pfaffengasse 11

63739 Aschaffenburg

Phone 06021/3301592

 $\hbox{E-mail:} \ \underline{Amt\mbox{-fuer-umwelt-und-verbraucherschutz@aschaffenbu}...}$ 

Homepage of the Office for Environmental and Consumer Protection

# Tenant protection and landlord association

# Deutscher Mieterbund Aschaffenburg und Umgebung e.V

This Tenants' Association advises tenants on topics such as the billing of operating costs, rent increases, housing defects and rent reductions, cosmetic repairs, notice of termination, security deposits and many other topics. It supports tenants in extrajudicial matters, conducts correspondence with the opposing parties and helps to solve tenancy law problems.

Contact:

# Deutscher Mieterbund Aschaffenburg und Umgebung e.V

Frohsinnstr. 29 63739 Aschaffenburg

Phone <u>06021/438400</u>

E-mail: <u>info@mieterbund-aschaffenburg.de</u>





# <u>Homepage of the Deutscher Mieterbund Aschaffenburg e.V. (German Tenants' Association</u> Aschaffenburg)



# Haus- und Grundbesitzerverein Aschaffenburg und Umgebung e. V. (House and Landowners' Association for Aschaffenburg and the Surrounding Area)

This association represents the interests of private house, flat and land owners in Aschaffenburg and the surrounding area. It offers its members, who are both owner-occupiers and rental private owners, free legal and tax advice and building consultancy as part of their membership. The focus here is on the topics of rent increases, damages, termination and operating costs. The offer is rounded off by the cost-effective sale of forms for e.g. tenancy agreements, graduated tenancy agreements, rent increases, modernisation notices and modernisation rent increases and much more.

#### Contact:

# Haus- und Grundbesitzerverein Aschaffenburg und Umgebung e. V. (House and Landowners' Association for Aschaffenburg and the Surrounding Area)

Dalbergstr. 9-11 63739 Aschaffenburg Phone <u>06021/22683</u>

E-mail: verein@hug-aschaffenburg.de

<u>Homepage of the House and Landowners' Association for Aschaffenburg and the Surrounding</u> Area



# Stadtverband Aschaffenburg der Kleingärtner e.V. (Aschaffenburg Allotment Garden Association)

The Aschaffenburg Allotment Garden Association offers helpful information for allotment gardeners and all those who want to become allotment gardeners.

Contact:

# Stadtverband Aschaffenburg der Kleingärtner e.V. (Aschaffenburg Allotment Garden Association)

Würzburger Str. 54 63739 Aschaffenburg Phone <u>06021/28026</u>

E-mail: info@kleingaertner-aschaffenburg.de





#### Homepage of the Aschaffenburg Allotment Garden Association



# Wohnidee Aschaffenburg eG

Wohnldee Aschaffenburg eG is a cooperative whose project is communal living. The plan is to build a multi-generation house in a central location in Aschaffenburg. All residents move into their own four walls in this house. In addition, they can use various community facilities. The house should offer space for diversity and different lifestyles.

#### Contact:

## Wohnldee Aschaffenburg eG

Marienstraße 3 63808 Haibach

Phone <u>06021/771530</u> or <u>0176/43025833</u>

E-mail: wohnidee-ab@gmx.de

Homepage of Wohnldee Aschaffenburg eG



## Wohnen in Gemeinschaft - WiGe e.V.

The WiGe e.V. association wants to create living spaces for young and old: The aim is to live together in lively house communities in multi-generation housing. To counteract loneliness and isolation in society, important social skills and active participation in community life are promoted

#### Contact:

WiGe gem. e.V.

Spessartstraße 17 63743 Aschaffenburg E-mail: info@WiGe-AB.de

Homepage of the association WiGe e.V.





# Climate and sustainability

## Climate change

Heavy rain, floods, drought, dying beech trees, storms – climate change has been around for a long time, but now we are experiencing its effects directly on the ground. There are basically two approaches to dealing with climate change in municipalities: Climate protection and climate adaptation. Climate protection focuses on strategies and measures to reduce and avoid the emission of climate-relevant greenhouse gases. Climate adaptation is about mitigating the unavoidable consequences of climate change and averting damage despite climate protection efforts.

More information about climate is available on the <u>city's homepage</u>.

## Sustainability

For the year 2020, under the motto "Aschaffenburg. Wir leben Nachhaltigkeit. Aus Tradition für die Zukunft." ("Aschaffenburg. We live sustainability. By tradition for the future."), the City of Aschaffenburg was awarded the German Sustainability Award in the category most sustainable medium-sized city. Sustainability, therefore, plays a major role in Aschaffenburg.

For example, there is an Agenda21 advisory board that also awards the Agenda21 Prize every year. The Agenda21 advisory board is made up of interested citizens and representatives from various organisations, e.g. the North-South Forum, environmental associations, crafts, business, the Chamber of Industry and Commerce, the city administration and church congregations. The award serves as recognition for projects/achievements that take into account the idea of sustainability in the sense of Local Agenda21 in an outstanding way.

There is also more information about this on the <u>municipal homepage</u>.

## **Death & Dying**

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## Death, bereavement

The death of a relative affects people, triggers fears and creates uncertainty. Many questions arise. In this extreme situation, the first contact person is the funeral director you trust. They can take care of all the formalities in dealing with the authorities and take care of obtaining the death certificates.

On the <u>website of the Register Office (Standesamt)</u> there is a list of all the documents that are required for the certification of a death.





Even if German nationals die abroad or foreign nationals die in Germany, it makes sense to consult the Register Office (Standesamt).

#### Contact:

City of Aschaffenburg

## Register Office (Standesamt) - deaths

Dalbergstraße 15 63739 Aschaffenburg

Telephone: 06021/3301411 or 06021/3301384

E-mail: standesamt@aschaffenburg.de

Click here to go to the website of the Register Office (Standesamt).

# Cemeteries, funerals

The City of Aschaffenburg manages the following cemeteries:

- 1. Altstadtfriedhof, Güterberg 12, 63739 Aschaffenburg
- 2. Waldfriedhof, Stockstädter Weg 1, 63741 Aschaffenburg
- 3. Friedhof Leider, Egererstraße 6, 63741 Aschaffenburg
- 4. Nordfriedhof Strietwald, Konradstraße 50, 63741 Aschaffenburg
- 5. Friedhof Damm, Linkstraße 1, 63741 Aschaffenburg
- 6. Waldfriedhof Obernau, Bahnhofstraße 80, 63743 Aschaffenburg
- 7. Dorffriedhof Obernau, Kirchhofgasse 12, 63743 Aschaffenburg
- 8. Friedhof Schweinheim, Haidbergstraße 24, 63743 Aschaffenburg
- 9. Friedhof Gailbach, Dörrmorsbacher Straße 53a, 63743 Aschaffenburg
- 10. Jüdischer Friedhof, Am Erbig (abandoned, there are no more burials here)



There are a total of 18,300 gravesites there. At the forest cemetery, deceased persons can be cremated in the crematorium.

There are different burial options to choose from:





- · Burial in the ground or urn in single, double or family graves
- · Communal urn graves
- · Urn walls
- Burial of urns in the root zone of trees
- · Burial plot for Muslim burials
- · Burial plot for the burial of premature and stillborn babies
- Possibility of anonymous burial

Information on rights of use, design regulations and costs of graves can be found in the <u>Burial</u> at the cemeteries in Aschaffenburg brochure and on the <u>website</u> of the Garden and Cemetery Office.

## Contact:

City of Aschaffenburg

## **Garden and Cemetery Office - Cemetery Administration**

Pfaffengasse 9, 1st floor 63739 Aschaffenburg

Telephone: <u>06021/3301501</u> or <u>06021/3301502</u> E-mail: garten-und-friedhofsamt@aschaffenburg.de

To the website of the Garden and Cemetery Office on the subject of cemeteries, burial

# Palliative and hospice

#### **Palliative care**

Palliative care is the holistic concept of comprehensive and palliative care for people suffering from an incurable, progressive disease leading to death. When the end of a person's life approaches, many questions and problems often arise for those affected and those close to them. The many different hospice and palliative care facilities offer counselling, support and, in some cases, medical and nursing care.

#### **Palliative medicine**

The task of palliative medicine is to preserve the quality of life of seriously ill people. Here, therapies take place that serve exclusively to alleviate physical, psychological or emotional symptoms. Palliative treatment is particularly important when a disease is far advanced. However, it should be started early if possible, ideally at the time of diagnosis of an incurable disease.

# Hospice

In a hospice, people are accompanied during their dying process. The aim of continuing care for a patient in a hospice is to enable them to live as pain-free, dignified and self-determined a life as possible until the end. Hospice is a term that unites various things. This usually refers to inpatient hospice. But it can also be an outpatient hospice service or a day hospice. Children's hospices are a special form. Here, in addition to children and adolescents, relatives in particular also receive professional support.

In this chapter, the offers from our region are compiled.

# Hospizgruppe Aschaffenburg e.V.





In the spirit of the hospice idea, the association would like to contribute to a life that is as humane, self-determined and pain-free as possible until the end. A team of full-time staff and volunteers works at the Hospizgruppe Aschaffenburg. It stands for:

- · Counselling and support for terminally ill and dying people and their relatives
- · Support in familiar surroundings
- Respect for personal needs and wishes
- · Life support until the end

The association provides information and advice on the topic of end-of-life care:

- · For listening: Podcasts with lots of info on care, also from facilities in the area
- Lectures, specialised library
- · Living will, power of attorney, health care proxy
- · Hospice care and grief counselling
- · Training and further education on grief and end-of-life care
- Further training for staff in the health sector and in care for the disabled and the elderly
- Last Aid Courses / Project "Letzte Hilfe"
- Classroom visits in all gradesContact:

# Hospizgruppe Aschaffenburg e.V.

Hanauer Straße 21a 63739 Aschaffenburg Telephone: 06021/980055

E-mail: info@hospizgruppe-aschaffenburg.de

To the <u>homepage of the Hospizgruppe Aschaffenburg</u>.

<u>Facebook</u> Instagram



# Clinic for Palliative Medicine

In the Clinic for Palliative Medicine, patients with incurable, progressive illnesses of different basic diagnoses are treated. The focus is on the comprehensive medical treatment and care of the patients. The aim is to alleviate symptoms such as pain, shortness of breath and nausea through modern therapy methods and to improve personal quality of life. Palliative care also takes into account the psychosocial and spiritual needs of the patient and their relatives. The aim is to discharge the patient to a home environment, a suitable care facility or a hospice.

In addition to inpatient treatment on the palliative care ward, there is also the option of treatment in the palliative care day clinic. This service is available to patients with complex palliative care problems who do not need or want 24-hour hospital care, but for whom purely outpatient palliative care is not sufficient.

Contact:





Klinikum Aschaffenburg-Alzenau Clinic for Palliative Medicine

Am Hasenkopf 1 63739 Aschaffenburg Secretary's office:

Telephone: <u>06021/323901</u>

E-mail: <a href="mailto:sekretariat.palliativmedizin@klinikum-ab-alz.de">sekretariat.palliativmedizin@klinikum-ab-alz.de</a>
To the homepage of the <a href="mailto:clinic">Clinic for Palliative Medicine</a>





# Hospice and palliative team Bavarian Lower Main

The hospice and palliative team (also: SAPV team) supports seriously ill people and their relatives on an outpatient basis in a way that enables them to spend the remaining time of their lives with the greatest possible quality of life in their familiar surroundings. SAPV means: Specialised outpatient palliative care.

The team of doctors and nurses works closely with family doctors, specialists, nursing services and hospice groups.

#### Contact:

## Hospiz- und Palliativ-Team Bayerischer Untermain gGmbH

Mainaschaffer Straße 113 63741 Aschaffenburg Telephone: <u>06021/4400440</u>

E-mail: <u>info@sapv-bu.de</u>

Homepage of the hospice and palliative team

# Ambulanter Hospizdienst des Malteser Hilfsdienst e.V.

The Malteser Welfare Association is active in hospice and bereavement work in Aschaffenburg, which is carried out on an outpatient basis and by trained volunteers. Seriously ill people (and also their relatives) are advised and accompanied, their wishes and needs are respected, thus enabling a high degree of self-determination until the end of the dying person's life. The Malteser Herzenswunsch ambulance fulfils "last wishes".

There is a lot of information and counselling on the topic of end-of-life care and bereavement counselling:





- · Accompanying the dying and mourners in various forms
- · Lectures, specialised library
- · Living will, advance directive
- · Various courses on the topics: Hospice, mourning, last aid
- · Training and further education on grief and end-of-life care for volunteers
- Further training for the health sector as well as for care for the disabled and the elderly
- · Projects for children, school visits
- Children's bereavement group "Trauernde Kinderherzen"

#### Contact:

Malteser Hilfsdienst e.V.

# **Hospice service coordination**

Schönbornstraße 38 63741 Aschaffenburg

Email: hospiz-ab@malteser.org

Phone: <u>06021/416118</u>

## Malteser hospice and bereavement work website



# **Animals**

## Tierheim Aschaffenburg/Tierschutzverein Aschaffenburg und Umgebung e.V.

This animal shelter association has been committed to animal welfare in Aschaffenburg since 1889 and helps to find new homes for animals.

The shelter is also responsible for lost and found animals and keeps a database of missing animals.

What do you do when you find an animal?

Missing Animals Database

Contact:

# Tierschutzverein Aschaffenburg und Umgebung e.V.

Wailandtstr. 15 63741 Aschaffenburg Phone 06021/89260

E-mail: <u>tierinfo@tierheim-aschaffenburg.de</u>
Homepage of the Aschaffenburg animal shelter





# **Education and training**

# Counselling

# Aus- und Weiterbildungsförderung

The Federal Training Assistance Act (BAFÖG) and the Upgrading Training Assistance Act (AFBG, the so-called "Meister-BAföG") are further tasks of the Youth Welfare Office. BAföG actually stands for the Federal Training Assistance Act and is intended to enable all students to study, regardless of their parents' income.

Contact:

City of Aschaffenburg

Youth Welfare Office - Training Assistance; Meister-BAföG

Phone 06021/3301327

<u>Further information and background information on how to apply can be found on the municipal homepage.</u>

## Advice centre for giftedness psychology

Do you have questions about the topic of (highly) gifted people? The services of gifted counselling refer on the one hand to families who suspect that their child has a special talent. On the other hand, adults who are highly gifted and professionals are also advised on questions of giftedness psychology. There are also seminars, exchange groups and lectures for parents and professionals, as well as further information and many helpful links on the topic of giftedness. Furthermore, the advice centre supervises the early study programme at the University of Würzburg (possibility for gifted pupils from grade 10 to attend regular courses at the university).

The advice centre is in Würzburg at the Julius Maximilian University. The services are aimed at clients from a radius of about 100 km around Würzburg. Shorter content-related concerns or information questions can also be clarified in the telephone consultation hour (Monday from 14:00 to 15:00).

Contact:

**Advice centre for giftedness psychology** University of Würzburg Röntgenring 10





97070 Würzburg

Telephone: 0931/3186023 (Mon-Thu morning)

E-mail: <u>begabungsberatungsstelle@uni-wuerzburg.de</u>
Home page of the advice centre for giftedness psychology



## Staatliches Schulamt

The State Education Authority for the City of Aschaffenburg and the State Education Authority for the District of Aschaffenburg are jointly managed by the Director Joachim Hartmann (Director of the Education Authority) and the respective Director for Legal Affairs . The Director for Legal Affairs is Lord Mayor Jürgen Herzing for the school district Aschaffenburg Stadt, and District Administrator Dr. Alexander Legler for the school district Aschaffenburg Landkreis. The school supervisory district of the City of Aschaffenburg currently includes 12 primary schools and 5 secondary schools

The tasks of the school authorities are to ensure the quality of education and teaching, to plan and organise the teaching system, to promote and advise schools and to supervise internal and external school conditions as well as the school management and the pedagogical staff.

There are also various <u>information and counselling services on the homepage of the education</u> <u>authorities</u>

Contact:

# State Education Authorities in the City and District of Aschaffenburg

Bayernstraße 18 (postal address) Auhofstraße 21 (address) 63739 Aschaffenburg Phone 06021/394228

E-mail: staatliches-schulamt@lra-ab.bayern.de

Homepage of the State Education Authorities in the City and District of Aschaffenburg

# Counselling centres for training and work

Advice centres on training and work can be found <u>here</u> in the web app.

## "Bildungsbüro" (Education Office)

"Education for all - throughout life" - this is the educational motto of the City of Aschaffenburg

In order to make education in Aschaffenburg even better and to increase educational equity and participation, the municipal education office was established in 2012. The topics dealt with in the Education Office are very diverse. These include, for example, democratic education, cultural education, inclusion, integration through education or the transition from school to work.





The tasks of the Education Office include, for example:

- · Networking of Aschaffenburg educational institutions and professionals
- · Education monitoring: statistical processing of data and figures on various education topics
- · Education marketing: transparent processing of education offers and actors on site
- Education of and providing information to professionals and citizens through training, lectures, conferences and more.

A good overview of the educational offers from day care centres to offers for senior citizens can be found in the brochure "Bildung - Überblick der Lernorte in der Bildungsregion Aschaffenburg"

Further information is available on the <u>homepage of the Education Office</u>. If you have any questions about education in Aschaffenburg, the Education Office is always available.

#### Contact:

City of Aschaffenburg

# Bildungsbüro

Pfaffengasse 7 63739 Aschaffenburg

Tel.: <u>06021/3301580</u> or <u>06021/3301581</u> E-mail: <u>bildungsbuero@aschaffenburg.de</u>

Homepage of the Education Office



## Education for children and young people

## Educational offers for kindergartens, school classes and groups

The database BILDUNG FINDEN provides an overview of many educational offers for school classes, kindergarten groups and other groups: Theatre, environmental education, archives, library, museum, cinema, history and much more - all the exciting offers for children and young people in the city area are collected here.

This way, group leaders, educators and teachers can find great educational offers quickly and easily. Either someone comes to the facility or school, or you go on an outing.

Contact:





City of Aschaffenburg

## "Bildungsbüro" (Education Office)

Phone <u>06021/3301580</u>

E-mail: bildungsbuero@aschaffenburg.de

Click here for the database FIND EDUCATION



# Child day care centres (KiTas) and day care

Information on day care centres and day care is available <u>here</u> in the app.

#### **Schools**

In addition to many other educational offers in the City of Aschaffenburg, there is also an overview of all schools and their all-day offers in the brochure "Bildung - Überblick der Lernorte in der Bildungsregion Aschaffenburg".

Information on the counselling services offered by the school offices can be found here.

# **Grundschulen (Primary schools)**

An overview of all primary schools in the City of Aschaffenburg can be found here.

## Mittelschulen (Basic secondary schools)

An overview of all secondary schools in the City of Aschaffenburg can be found here.

# Realschulen (Standard secondary schools)

An overview of all secondary schools in the City of Aschaffenburg can be found here.

# **Gymnasien (Grammar schools)**

An overview of all grammar schools in the City of Aschaffenburg can be found here.

## **Special Schools**

An overview of all special schools in the City of Aschaffenburg can be found <u>here</u>.





Information on support centres outside the city with the two special needs areas of vision and emotional and social development can be found in this brochure (page 9).

## Vocational schools

An overview of all vocational schools in the City of Aschaffenburg can be found here.

## Youth clubs

# **JUKUZ Aschaffenburg**

The JUKUZ is a municipal facility that is the largest of its kind in the city, and which is most frequently used. In addition to the JUKUZ in the city centre, there are three other district meeting places (Nilkheim, Gailbach, Hockstraße) where young people can meet or participate in various activities.

In addition, the JUKUZ has a creative workshop, a media workshop, a music office, afternoon care for schoolchildren, <u>youth work counselling</u>, the <u>children's theatre series</u> "Kinderbühne Kunterbunt - Theatre for Children at the JUKUZ" and a large holiday programme.

## Contact:

# **Youth Cultural Centre - JUKUZ**

Kirchhofweg 2 63739 Aschaffenburg Telephone: <u>06021/313130</u> E-mail: <u>info@jukuz.de</u>

www.jukuz.de



## **Protestant Youth Lower Main**

#### Contact:

Evangelische Jugend Aschaffenburg - Protestant Youth Lower Main

Alexandrastraße 5 63739 Aschaffenburg Phone 06021/369710

E-mail: ej.untermain@elkb.de

www.ej-untermain.de







# Youth centre "B4" - Bavarian Red Cross, district of Aschaffenburg

The youth centre "B4" is a public institution of the Bavarian Red Cross, district of Aschaffenburg and is open to all children from the age of 8 as well as all young people.

#### Contact:

## Jugendtreff B4

Behlenstraße 4 63741 Aschaffenburg Phone 06021/4424156

E-mail: <a href="mailto:haluschka@kvaschaffenburg.brk.de">haluschka@kvaschaffenburg.brk.de</a>

www.kvaschaffenburg.brk.de



## jumi

jumi supports children and young people in all areas of life. The office is located in Damm, at Haidstraße 5. Events take place nearby at the Projekt Jugendtreff, Schulstraße 42, where there is a media room for creative projects and a library with an exciting range of books to borrow.

#### There are various offers:

- creative design with different media (video, audio, photo)
- (Online) reading aloud or reading groups for language training for different age groups (for example 5 to 7 and 8 to 12 years old
- · Learning to programme with current tools
- Support and advice on problems with mobile phones, computers, tablets & co
- · Training and coaching regarding the topics of school, education and career
- Social counselling and "initial" help with problems with parents, school and training

Consultation appointments can be made by e-mail or telephone.

## Contact:

jumi - jugend und Migration e.V.

Haidstr. 5

63741 Aschaffenburg Tel.: 06021/4529131 E-mail: info@jumi-ab.org





#### Homepage of jumi

media.labs (youth club) Schulstraße 42 63741 Aschaffenburg



# Stadtjugendring Aschaffenburg

The Stadtjugendring (SJR) is the federation of 27 youth organisations at municipal level and sees itself as a representation of the interests of children and young people as well as a working group of youth associations. It promotes associational youth work through grants, services and carries out projects and offers in the fields of youth policy, youth education and youth culture for young people and those responsible for youth work. The SJR is responsible for the "Jugendinformations- und Medianfachstelle Café ABdate" (Youth Information and Media Centre Café ABdate), Radio Klangbrett and the specialist unit "Partizipation, Inklusion und Interkulturelle Arbeit" (PIA; Participation, Inclusion and Intercultural Work).

Since 2010, the Stadtjugendring has been organising the "Brüderschaft der Völker" festival on behalf of the City of Aschaffenburg.

## Contact:

# Stadtjugendring Aschaffenburg

Kirchhofweg 2 63739 Aschaffenburg Telephone: <u>06021/218733</u>

E-mail: jugendring@sjr-aschaffenburg.de



#### **ABdate Youth Information and Media Centre**

Café ABdate is a youth information and media centre for youth and young adults aged 14 to 27. The services are also aimed at parents, staff in youth work, in social and cultural centres, teachers and youth associations.

ABdate provides information on many topics. From A like looking for an apprenticeship and a stay abroad to V like Voluntary Year of Social Service and H like holiday job to P like planning for the future - in other words, all topics that contribute to the personal development of young people. ABdate organises information evenings and seminars on current topics. There is a monthly newsletter and media workshops in schools.





Our counselling work focuses on the following topics: Media, stays abroad, voluntary services.

#### Contact:

Stadtjugendring Aschaffenburg **Youth Information Centre Café ABdate**Kirchhofweg 2
63739 Aschaffenburg

Telephone: 06021/218761

E-mail: cafe.abdate@sjr-aschaffenburg.de

Click here for the homepage of <u>Café ABdate</u>



# PIA - Department for Participation, Inclusion, Intercultural Work

PIA is a specialised counselling centre with the aim of promoting the equal participation of all children and young people in societal and social areas and processes in Aschaffenburg. Facilitating encounters, stimulating exchange and expanding networking are the central tasks.

How is this implemented? Intercultural city rallies, graffiti projects, the cookbook project "Aschaffenburg is(s)t bunt(er) - Kochen mit Nachbarn aus aller Welt", the participation project "Mainufer Aschaffenburg - ich bin dabei!", intercultural exchange and the demography workshop for young people are examples. PIA is also responsible for the overall management of the annual festival "Brüderschaft der Völker" - hallo aschaffenburg.

## Contact:

Stadtjugendring Aschaffenburg

PIA - Department for Participation, Inclusion, Intercultural Work

Alexandrastr. 5 63739 Aschaffenburg Phone: 06021/218755

Email: andi.hefter@sjr-aschaffenburg.de

<u>Further information on PIA</u>





# Radio Klangbrett

Radio Klangbrett is the Aschaffenburg youth radio station. The weekly radio programme of the young and voluntary radio makers forms the core. The programme is broadcast Tuesday to Thursday from 7 to 9 pm on the frequency of Radio Galaxy Aschaffenburg (91.6). Around the programme there are many other projects, cooperations and events. All young people who feel like "doing radio" themselves can drop in at an open editorial meeting, for example.

#### Contact:

Stadtjugendring Aschaffenburg

# **Radio Klangbrett**

Alexandrastraße 5 63739 Aschaffenburg Phone: 06021/4380841

Email: klangbrett@sjr-aschaffenburg.de

Click here for the homepage of Klangbrett radio.



# "Jugendparlament" (Youth Parliament)

The JuPa (short for "Youth Parliament") makes it possible for young people in Aschaffenburg to have a say in their city. As young people under the age of 18 have few opportunities to voice their concerns, ideas and opinions to the city administration and the city council, the JuPa is an important platform. This gives young people the chance to make their voices heard clearly, and to participate in shaping the city. It is about a process of democratic education. Here are a few facts:

- There are 19 elected young people in the JuPa and there is a board of directors
- The members of the JuPa are between 13 and 17 years old at the time of the election and live in the city area.





- The JuPa stands up for youth issues and promotes their implementation. The topics can be diverse.
- Even those who are not in parliament can have their say, because the JuPa is there for everyone!

City of Aschaffenburg

# **Youth Parliament**

Phone <u>06021/3301753</u>

E-mail: jugendparlament@aschaffenburg.de

Click here for the homepage of the JuPa. There you can find information about the projects, members of parliament or news.



## Music school

The Aschaffenburg Municipal Music School is the oldest music school in Germany. Their services range from early childhood to the third stage of life.

Whether it's a playful introduction to the world of music, individual instrumental and singing lessons, making music in groups or singing in a choir - there's something for everyone at the Aschaffenburg Municipal Music School.

You can find more information on the homepage of the music school.

Contact:

## Städtische Musikschule Aschaffenburg

Kochstr. 8 63739 Aschaffenburg Phone <u>06021/4445980</u>

E-mail: musikschule@aschaffenburg.de

Homepage of the Music School



young vhs





Lifelong learning does not start in adulthood. The junge vhs is a programme area of vhs Aschaffenburg that specialises in offers for children and young people.

The programme of the young vhs includes, for example, the topics:

- Society
- Culture
- Health
- Training
- · Children's university
- · and parent-child programmes.

## Contact:

# **Adult Education Centre (VHS) Aschaffenburg**

Luitpoldstr. 2 63739 Aschaffenburg Phone 06021/386880

E-mail: info@vhs-aschaffenburg.de

Further information is available on the homepage of the "junge vhs".



## Smartkids Aschaffenburg e.V.

Smartkids Aschaffenburg e.V. is an association that emerged from a parents' initiative. The focus of the association's work is the support and promotion of above-average intelligent and highly gifted children and their families. Other focal points include the education of society and the further training of educators and teachers, as well as lobbying in education policy for the benefit of highly gifted children.

The association wants to be a network of parents for parents, for the children among themselves and for families. This close, personal exchange results in many approaches for the own family environment as well as ideas for new projects and events.

## Contact:

# SmartKids Verein zur Förderung hochbegabter Kinder in Aschaffenburg und Umgebung e.V.

E-mail: kontakt@smartkids-aschaffenburg.de Homepage of the Smartkids Aschaffenburg





## **Vocational education**

# Counselling centres for training and work

Advice centres on training and work can be found <u>here</u> in the app.

# Services for professionals from the social and educational sectors

"Education for all - throughout life" is the motto of the City of Aschaffenburg when it comes to education for its citizens. This also applies to professionals in day-care centres, advice centres, schools, open meetings, other educational institutions, public authorities and many more.

The education office and family education (as well as other city services) regularly offer seminars, lectures or conferences for professionals. The topics are diverse: Child development, simple language, diversity or anti-racism (examples).

Further information is available on the Homepage of the City of Aschaffenburg.

# **Technical University (TH)**

Founded in 1995, the TH Aschaffenburg offers several Bachelor's and Master's degree programmes in the fields of business and law as well as engineering. Some of these programmes can also be completed on a part-time basis. The "midwifery" bachelor's degree is new. In addition to a broad theoretical knowledge, the bachelor's also offers practical training.

## Contact:

# Technische Hochschule Aschaffenburg (Aschaffenburg University of Applied Sciences)

Würzburger Straße 45 63743 Aschaffenburg Telephone: <u>06021/42060</u> E-mail: <u>info@th-ab.de</u>

www.th-ab.de

More information about studying in Aschaffenburg is available **here**.



**Adult Education Centre Aschaffenburg (vhs)** 





The Volkshochschule Aschaffenburg is the municipal further education institution in the city and district of Aschaffenburg. It offers a variety of courses, lectures and seminars

The programme areas cover the topics

- Society
- Culture
- Languages
- Health
- Profession
- · Basic education
- · and the young vhs.

Further information is available on the vhs homepage.

## Contact:

# **Adult Education Centre (VHS) Aschaffenburg**

Luitpoldstr. 2
63739 Aschaffenburg
Phone 06021/386880
E-mail info@vhs-aschaffenburg.de
Homepage of the vhs Aschaffenburg



## **Cultural education**

# **Adult Education Centre Aschaffenburg (vhs)**

The Volkshochschule Aschaffenburg is the municipal further education institution in the city and district of Aschaffenburg. It offers a variety of courses, lectures and seminars

The programme areas cover the topics

- Society
- Culture
- Languages
- Health
- Profession
- Basic education





· and the young vhs.

Further information is available on the vhs homepage.

## Contact:

# **Adult Education Centre (VHS) Aschaffenburg**

Luitpoldstr. 2
63739 Aschaffenburg
Phone 06021/386880
E-mail info@vhs-aschaffenburg.de
Homepage of the vhs Aschaffenburg



## Libraries

Libraries and archives provide access to knowledge and literature. In Aschaffenburg, several libraries offer media for lending or for use on site. Research in diverse databases is also possible.

Click here for an overview of the libraries and archives in the City of Aschaffenburg.

The city library has books, comics, films, games, newspapers and magazines, music CDs and audio books for young and old. Requests for guided tours are welcome. Registration is free for children and young people under 18, pupils and students over 18 with ID and adults with a culture pass.

## Contact:

## **Aschaffenburg City Library**

Schlossplatz 2

63739 Aschaffenburg

Tel.: <u>06021/33940</u>

 $E\text{-}mail: \underline{stadtbibliothek}\underline{@stadtbibliothek-aschaffenburg.de}$ 

www.stadtbibliothek-aschaffenburg.de







#### Museums

The range of museums in Aschaffenburg shows the history and culture of the city: The spectrum ranges from natural history, archaeology, art of the Middle Ages, the Renaissance and Baroque periods to contemporary art. Internationally important artists such as Christian Schad and Ernst Ludwig Kirchner, who have a close connection to the city, also take centre stage. The City of Aschaffenburg manages the following museums and exhibition houses:

- Christian Schad Museum
- · Kunsthalle Jesuitenkirche
- · Städtischer Teil des Schlossmuseums
- Stiftsmuseum mit Stiftsschatz
- · Naturwissenschaftliches Museum
- Museum jüdischer Geschichte und Kultur
- KunstLANDing
- Gentil Haus

#### Contact:

# Museums of the City of Aschaffenburg Administration

Phone <u>06021/386740</u>

E-mail: info@museen-aschaffenburg.de

Further information on the museums of the City of Aschaffenburg can be found here.



There are numerous other independent art houses and cultural providers in Aschaffenburg. <u>An overview can be found here.</u>

## City and Abbey Archives

The City and Abbey Archives in Schönborner Hof is one of the largest archives in Lower Franconia. It is the "memory" of the city and offers numerous digital services. The historical and new archive holdings are complemented by the extensive "Landeskundliche Bibliothek". The archive and library are open to all interested people, from young to old. The archive offers changing exhibitions on urban history and cultural history topics. The city laboratory "Aschaffenburg 2.0", which also has a "digital shop" in the city centre at Roßmarkt 11, invites visitors to join in.

- Click here for the page of the City and Abbey Archives.
- Click here for the digital offerings of the City and Abbey Archives.





Information on the city lab "Aschaffenburg 2.0" is also available here in the app.

#### Contact:

# City and Abbey Archives of the City of Aschaffenburg

Wermbachstraße 15 63739 Aschaffenburg Phone 06021/3302420

E-mail: stadtarchiv@aschaffenburg.de



## Music school

The Aschaffenburg Municipal Music School is the oldest music school in Germany. Their services range from early childhood to the third stage of life.

Whether it's a playful introduction to the world of music, individual instrumental and singing lessons, making music in groups or singing in a choir - there's something for everyone at the Aschaffenburg Municipal Music School.

You can find more information on the homepage of the music school.

## Contact:

# Städtische Musikschule Aschaffenburg

Kochstr. 8 63739 Aschaffenburg Phone 06021/4445980

E-mail: musikschule@aschaffenburg.de

Homepage of the Music School



## Martinusforum e.V.

The Martinushaus in the heart of Aschaffenburg is a place of encounter and orientation. Here, in addition to various advice centres, you will also find the educational offers for adults of Martinusforum e.V.

Martinusforum e.V. is the provider of open Catholic adult education in the region of the Bavarian Lower Main.





For example: Tanztee

Fit and buoyant through exercise in old age: Dancing puts you in a good mood and keeps you fit and agile! That's why senior citizens meet once a month on Mondays for Tanztee, an open dance gathering with live music at Martinushaus. You can find current dates for the Tanztee here.

The entire programme of the Martinusforum can be downloaded here.

#### Contact:

## Martinusforum e.V.

Treibgasse 26
63739 Aschaffenburg
Telephone: 06021/392100
Mail info@martinusforum.de
Homepage of the Martinus House



# Municipal services for all citizens

# **Children's Culture Day**

Every summer, the Children's Culture Day takes place in Nilkheim Park. The park is close to Park Schönbusch, between Großostheimer Straße and the Main. Attuned to children from head to toe, that's how you can sum up the day. There will be a music programme on various stages, hands-on activities, craft stalls and lots of information on the topic of family.

Admission is free for children and very reasonable for adults.

Impressions of the past Children's Culture Days can be found on the JUKUZ homepage.

## **Culture Days and Museum Night**

The Aschaffenburg Culture Days take place every summer. The highlight of the Culture Days is the Museum Night in July. Many state, municipal, church and private institutions





participate in the Aschaffenburg Culture Days with a varied programme. Every year there is a different motto. What always remains the same, however: The programme reflects the city's diverse cultural offerings.

More information about the Culture Days is available here.

# Festival "Brüderschaft der Völker" ("Brotherhood of Peoples")

Every July, the "Brotherhood of Peoples" festival proves that Aschaffenburg is a city of diversity and that everyone benefits from peaceful coexistence and mutual respect. Over three days, visitors will be offered a varied mix of cultural performances, music, games and activities, delicious food, exchange and information on two stages.

More information about the festival is available here.



# The Aschaffenburg "Stadtfest"

Every year on the last weekend in August, Aschaffenburg's city centre is transformed into a large festival site: A large selection of stages ensure visitors will enjoy a diverse live programme that includes rock, pop and jazz – all the way through to cabaret and dance music – fun and action packed. Those attending can also look forward to the stunning array of culinary offers the City of Aschaffenburg has to offer. Admission to all events is free.

More information about the city festival is available here

## Intercultural weeks

"Time for Diversity" is a series of events that depict, celebrates and promotes the diversity of our city and will take place from April 13 to April 28, 2024 in Aschaffenburg!

For further information and to see all events, go to <a href="www.zeitfuervielfalt.de">www.zeitfuervielfalt.de</a>!





# Volunteering and associations

Voluntary civic engagement exists in a great variety.

# Digital learning spaces

In the City of Aschaffenburg, there are also digital learning spaces that are accessible 24 hours a day.

- ZeitRaum Brentano: <a href="https://aschaffenburgzweinull.stadtarchiv-digital...">https://aschaffenburgzweinull.stadtarchiv-digital...</a>
   A digital EscapeRoom in which users can immerse themselves in the Romantic era using the example of the Brentano family from Aschaffenburg.
- DialogRomantik: <a href="https://aschaffenburgzweinull.stadtarchiv-digital...">https://aschaffenburgzweinull.stadtarchiv-digital...</a>
   In the virtual exhibition, visitors wander chronologically through the Romantic era and rooms dedicated to representatives of the Brentano family.

# **Education portals and platforms**

# BILDUNG FINDEN - for day care centres, school classes and groups

The database BILDUNG FINDEN provides an overview of many educational offers for school classes, kindergarten groups and other groups: Theatre, environmental education, archives, library, museum, cinema, history and much more - all the exciting offers for children and young people in the city area are collected here.

This way, group leaders, educators and teachers can find great educational offers quickly and easily. Either someone comes to the facility or school, or you go on an outing.





#### Contact:

City of Aschaffenburg

"Bildungsbüro" (Education Office)

Phone <u>06021/3301580</u>

E-mail: <u>bildungsbuero@aschaffenburg.de</u>

Click here for the database FIND EDUCATION



# fabuly - Offers on the Bavarian Lower Main

Fabuly takes you on a journey of knowledge along the Bavarian Lower Main. Here we present the different sub-areas in more detail:

- Out-of-school places of learning: On an interactive map you can find many educational
  excursion destinations as well as pictures, flyers and other media. The subject areas range
  from "Nature & Environment" and "STEM" to "Culture & Environment".
- Time travel: With the help of a timeline, you can take a "digital journey through time" from prehistory to the modern age. The historical places appear at the exact time and may also disappear again. This is how you experience the dynamic change of the region through the centuries.
- Mobile experts: In a database, the knowledge of mobile experts is offered in the form of lectures, workshops or action days. This gives school classes, associations and other interested parties the opportunity to benefit from the expertise of the lecturers.

And best of all: fabuly is completely free of charge and without advertising for everyone!

#### Contact:

## fabuly

c/o LAG Main4Eck Miltenberg e.V. Industriering 7 63868 Großwallstadt Phone 06022/262004 E-mail: info@fabuly.de

Homepage of fabuly





## **Learn German**

Anyone wishing to live in Germany in the long-term is well advised to learn German. After all, language skills are an essential component of a person's day-to-day activities, not just in the workplace but also in everyday life; they also allow you to actively participate in social situations.

In order to categorise language skills, there is the Common European Framework of Reference (CEFR). The CEFR is a level system that defines the respective skills in six levels and applies to the whole of Europe. Language skills are, therefore, comparable throughout Europe and examinations and language certificates are recognised across the continent.

The six levels are divided into A1, A2, B1, B2, C1 und C2.

Anyone wishing to work in Germany must, in general, meet the language school requirements stipulated for B2.

- A1 and A2: elementary language use
- B1 and B2: independent use of language
- C1: highly advanced language skills
- C2: Native speaker fluency

Α1

**Listening:** can understand simple words and sentences on familiar topics

**Speaking:** can handle familiar topics using simple structures

Reading: can understand individual words and very easy sentences, e.g. on signs and boards

Writing: can fill out simple forms, e.g. in hotels

A2

Listening: can understand simple conversations and the most important parts of brief

messages

Speaking: can manage brief, simplistic conversations in everyday situations

Reading: can understand brief, simple text, e.g. adverts and menus

Writing: can write short messages and notes

В1





**Listening:** can understand the most important parts of conversations and news, if and when standard language is used

**Speaking:** can describe experiences and events using straightforward, interrelated sentences and offer opinions

Reading: can understand texts from the everyday and professional world

Writing: can formulate letters with a personal touch

B2

**Listening:** can understand the majority of programmes and films on the television, if standard language is used

**Speaking:** can participate with relative ease in a discussion and is able to put across one's views

Reading: can handle articles and reports on current issues of the day

**Writing:** is able to write detailed text, e.g. essays or reports

C1

**Listening:** Understand conversations and radio and television programmes with relative ease **Speaking:** is able to express oneself fluently and spontaneously in the majority of situations **Reading:** can understand complex non-fiction and literary texts

**Writing:** can express one's thoughts in a clear and well structured style in writing, and has the ability to write about complex matters

C2

Listening: can understand spoken language without any issue

**Speaking:** can participate in all conversations and discussions and with the appropriate responses

**Reading:** can read every form of written text

**Writing:** can formulate sophisticated correspondence and complex reports, and is able to deploy differentiated forms of expression

# **German Courses**

# Integration courses of the BAMF (Federal Office for Migration and Refugees)

The integration course is a fundamental offer of the Federal Republic of Germany for integration with the aim of teaching immigrants the language, legal system, culture and history of Germany.

There is a general integration course as well as special integration courses, for example, for illiterate or young people. You can find out which providers offer which types of courses in Aschaffenburg in the **flyer of the German course providers**.

All integration courses consist of two parts: a language part and an orientation course:

 Depending on the type of course, the language part consists of six to nine modules and concludes with the test entitled "Deutsch- Test für Zuwanderer" (German – Test for Immigrants [DTZ]).





• The orientation course consists of one module in all course types and is the last module of each course. At the end of the orientation course candidates are required to complete the test entitled "Leben in Deutschland" (Living in Germany [LiD]).

All integration courses are divided into modules. A module consists of 100 teaching units (UE), each lasting 45 minutes.

The integration courses follow a nationwide curriculum, i.e. a candidate learns the same content at each institution.

You would like to register for an integration course and need more information? Personal counselling sessions are available at the <u>Migration Advisory Centres</u>.

# Job-related German language support from the BAMF (Federal Office for Migration and Refugees)

Work-related language training is implemented by the BAMF and builds directly on the integration courses on offer. The courses have different target language levels. You can attend several courses in succession. A prerequisite for this is that you have attained the previous language level. The courses comprise between 400 and 500 teaching units (UE).

## Basic modules:

- from B1 to B2
- from B2 to C1

# Special modules:

- to A1
- from A1 to A2
- from A2 to B1

Information on the providers offering courses can be found in the below **Flyer of the German course providers.** 

You would like to register for work-related language training and need more information? Personal counselling sessions are available at the <u>Agentur für Arbeit (Employment Agency)</u> or the relevant <u>job centre</u>.

# Courses for people paying for themselves

In Aschaffenburg, various German courses are offered for people paying for themselves.

## Vhs Aschaffenburg

Luitpoldstr. 2 63739 Aschaffenburg Phone:06021/386880

E-mail: info@vhs-aschaffenburg.de

www.vhs-aschaffenburg.de





# Euro-Schulen Aschaffenburg (Euro Schools)

Goldbacher Straße 6 63739 Aschaffenburg

Tel.: <u>06021/448840</u>

E-mail: <u>aschaffenburg@eso.de</u>

https://www.euro-schulen.de/aschaffenburg/

# **Language Course Providers**

At <u>Flyer of the German course providers</u> you can find all language course providers in the City of Aschaffenburg.









# Stolpersteine in Aschaffenburg

By 1941, almost 400 Jewish citizens of Aschaffenburg had fled and emigrated to various countries around the world. The Jewish people who remained in Aschaffenburg were deported in several deportations to extermination camps of the Nazi regime in the East and murdered .

The largest transport took place on 23 April 1942, when 128 Jewish men, women and children from Aschaffenburg were taken on a journey of no return to the extermination camps in the East.

The "Stolpersteine" (stumbling stones) are intended to commemorate them and all fellow citizens who became victims of Nazi terror between 1933 and 1945. In addition to Jewish citizens, these included Sinti and Roma, politically persecuted persons, homosexuals, members of religious minorities and sick people. Each stone is a reminder of a person. Each stone honours a victim. Every stone is a reminder to us.

Click here for the homepage of the Aschaffenburg Stolpersteine with further information.







# Health and sport

# **Emergency services**

In the chapter <u>"Emergency Call and SOS"</u>, for example, there are important emergency numbers and information on various medical emergency services.

# Community health care and prevention

The aim of municipal health care and prevention is to ensure the best possible level of health for as many citizens as possible. With its health work, the City of Aschaffenburg would like to generate more awareness in politics and society for health promotion-related topics, strive for the comprehensive promotion of health among the population, create an effective networking of actors and promote prevention.

Past and current projects, events and information on the topic of (municipal) health can be found on the <u>Homepage of the "Gesundheitsarbeit" (Health Work) undertaken by the City of Aschaffenburg.</u>

### Contact:

City of Aschaffenburg

# **Health Officer**

Dalbergstraße 15 63739 Aschaffenburg Phone: 06021/1788

E-mail: kommgesundheit@aschaffenburg.de



Health authorities, doctors and hospitals





### **Public Health Department (Gesundheitsamt)**

The Public Health Department (Gesundheitsamt) is responsible for all residents of the city and district of Aschaffenburg and has many different tasks. For example, it prepares medical reports according to certain legal requirements, is responsible for infection control, monitoring of water and bodies of water, hygiene in hospitals and public facilities, instruction according to the Infection Control Act (Infektionsschutzgesetz) and environmental hygiene, as well as for the school medical sector. Furthermore, it offers pregnancy counselling as well as help mediation through the health social service.

Contact:

# **Gesundheitsamt (Health Department)**

Merlostraße 1-3 63741 Aschaffenburg Phone <u>06021/394169</u>

E-mail: Gesundheitsamt@Lra-ab.bayern.de

<u>Further information on the Public Health Department (Gesundheitsamt) can be found on the homepage of the district office.</u>

### Overview of doctors

The following brochures provide a good overview of the doctors in the City of Aschaffenburg.

- Medical directory of the BRK
   The directory of the Bavarian Red Cross shows doctors in the city and district of Aschaffenburg sorted by speciality
- <u>Doctors' brochure of the City of Aschaffenburg</u>
  For the City of Aschaffenburg, there is a brochure available for free download in various languages. It contains contact details of doctors, midwives and therapists whose practices speak several languages (without claiming to be exhaustive).

# Hospitals

Aschaffenburg has various hospitals, including a large municipal hospital with an emergency room (Klinikum Aschaffenburg-Alzenau) and two specialised clinics (Hofgartenklinik and Frauenklinik). There is also another psychiatric clinic, the Sozialzentrum am Rosensee.

### Klinikum Aschaffenburg-Alzenau

Klinikum Aschaffenburg-Alzenau ensures healthcare for the entire region. The Aschaffenburg site is currently home to around 20 specialties, including a central emergency room, a paediatric clinic, a child and adolescent psychiatric clinic, a palliative clinic, a gynaecological clinic, several surgical departments and many more. In addition, the on-call practice of the medical on-call service is located there (see also emergency call and SOS).

Contact:

### **Location Aschaffenburg**

Am Hasenkopf 1





63739 Aschaffenburg

Phone 06021/320

E-mail: klinikum@klinikum-ab-alz.de

www.klinikum-ab-alz.de

### **Location Alzenau**

Schloßhof 1 63755 Alzenau-Wasserlos Phone 06023/5060

E-mail: info\_alz@klinikum-ab-alz.de

www.klinikum-ab-alz.de



### **BERGMAN clinics - Hofgartenklinik**

Specialist clinic for orthopaedics, ENT, vein surgery and ophthalmology

Hofgartenstr. 6 63739 Aschaffenburg Phone <u>06021/3030</u>

E-mail: <u>info.hof@bergmanclinics.de</u> <u>www.bergmanclinics-hofgartenklinik.de</u>



### Klinik am Ziegelberg

Specialist clinic for gynaecology and obstetrics

Ziegelbergstraße 5 63739 Aschaffenburg Phone 06021/30170

E-mail: info@frauenklinik.com

www.frauenklinik.com







### **Sozialzentrum am Rosensee**

The "Sozialzentrum am Rosensee" (Social Centre at Rosensee) is a branch of the Hospital for Psychiatry, Psychotherapy and Psychosomatic Medicine of the District of Lower Franconia in Lohr am Main. There are different areas there:

- Psychiatric crisis intervention
- · General psychiatric and gerontological psychiatric day clinic
- Psychiatric outpatient clinic

Siegfried-Rischar-Strasse 2 - 8 63743 Aschaffenburg Phone <u>06021/9020</u>

E-mail: <a href="mailto:rosensee@bezirkskrankenhaus-lohr.de">rosensee@bezirkskrankenhaus-lohr.de</a>
To the homepage of the Social Centre at Rosensee



# Self-help and self-help contact point

In self-help groups, people and/or their relatives exchange experiences and information who, for example, have a chronic illness or disability or live in stressful life situations. They give each other support

For the City of Aschaffenburg, there is a self-help contact point in the <u>volunteer agency</u> "Aschaffenburg Aktiv!", which interested people can turn to if they have any questions. There you will find, for example, up-to-date information on self-help groups and the relevant contacts.

### Contact:

City of Aschaffenburg Office of Social Services **Self-help contact point** Luitpoldstr. 4b

63739 Aschaffenburg Telephone: 06021/3301821

E-mail: selbsthilfe@aschaffenburg.de

Click here for the homepage of the self-help contact point.







# Sport and exercise

# **Sports and Exercise**

# Sports clubs and promotion

There are around 100 sports clubs in the City of Aschaffenburg with over 10,000 members. But there is also a wide range of leisure sports, hiking, cycling or inline skating. If you want to be active in Aschaffenburg, you have many options.

A database allows you to search for a suitable sport and clubs. Information on sports promotion and events that regularly take place in Aschaffenburg is also available online.

Click here for the database and further information on sport in the City of Aschaffenburg.

### Offers of the Adult Education Centre Aschaffenburg

People who exercise or do sport regularly strengthen their immune system, build up muscles and keep their cardiovascular system fit. The vhs Aschaffenburg offers a lot of exercise in different areas

Topics include, for example:

- Healthy back
- Gymnastics
- Zumba
- Pilates
- · Movement in the water
- Yoga
- · Exercise outside
- · and much more.

Click here to go to the courses offered by the vhs in the area of movement.

Contact:

vhs Aschaffenburg

Luitpoldstr. 2 63739 Aschaffenburg





Phone 06021/386880

E-mail: info@vhs-aschaffenburg.de



### **Outdoor exercise**

# Playgrounds and football pitches, skate park

Aschaffenburg has beautiful outdoor places where you can spend your free time and exercise. There is space for children, young people and families to play, discover and move all over the city. There are many playgrounds and football fields. There is also a skate park on Darmstädter Straße with an area of 950 square metres.

- Here is an overview of all playgrounds sorted by district.
- Here you can find information on football pitches.
- On this page you will find an overview of the skate park.

### Exercise areas and boules courts

### **Boule**

Boule is a popular leisure and team game that is great when played outdoors. Boules players meet in Aschaffenburg, for example, on the Großmutterwiese or in front of Johannisburg Castle. Boule is also played in clubs.

You can find boules courts and clubs in the sports database.

### **Movement places**

Physical activity spaces are designed for all generations. A variety of play and exercise equipment gets visitors trying out, testing and exercising their balance and fitness. There are exercise areas in the Aschaff-Auen in Damm, in the Fasanerie and in the Hefner-Alteneck neighbourhood.

### **Calisthenics equipment**

In the "Fasanerie", the Calisthenics equipment offers the opportunity for a comprehensive outdoor fitness workout. The fitness trend originating from the USA has arrived in Aschaffenburg and is freely accessible to all.

Here you can find more information about the exercise areas and the Calisthenics equipment in the City of Aschaffenburg.

# **Beach Volleyball and SportBox**





There is an open-access beach volleyball court on the Großmutterwiese near the Ludwigsbrunnen, which was initiated by the <u>Aschaffenburg Youth Parliament.</u> Some sports clubs and the municipal swimming pool also have beach volleyball courts.

You can find the various sports facilities via the city's sports database.

Outdoor fitness training is now even easier. The SportBox at the Schlossufer is an innovative, free rental service for everyone. All you need is an app. The box is equipped with a variety of training equipment, including kettlebells, medicine balls, skipping ropes and more

More information about the SportBox - app and move is available here.

### Parks and green spaces

Aschaffenburg has many parks and green corners. Along the Main or the Aschaff or in the city area in the "Fasanerie" (a public park): there are many green spaces. These and the approx. 9000 street trees fulfil an important task as the city's "green lungs" for improving the urban climate.

A special highlight is the "Park Schönbusch", which should not be missed. There are many small buildings in the park as well as "Schloss Schönbusch" (a stately home), where guided tours are offered regularly. There is a lake where you can go boating in summer, a pasture where some Scottish Highland cattle live and graze, as well as a maze and a playground. There is also a restaurant and beer garden.

An overview of all the important parks and green spaces can be found on the municipal homepage

### Barrier-free paths through the city

Whether it concerns access to information, the use of language or public and private buildings: Accessibility is important on many different levels

Especially barrier-free paths are indispensable for many people to get around the city well and safely. This includes barrier-free pedestrian crossings, bus stops or cultural and leisure facilities.

- The municipal homepage reveals the accessible projects in Aschaffenburg.
- <u>Click here for the "Hürdenlos" guide, which is a digital guide to barrier-free living in the</u> city and district of Aschaffenburg and the districts of Main-Spessart and Miltenberg.
- <u>Easy language or sign language</u>, click here for more information on accessibility in the <u>app</u>.

# Cycle paths and cycle traffic

From city cycling to taking bicycles on the bus, from the expansion of cycle paths to road safety, there are many exciting topics when it comes to cycling in the City of Aschaffenburg. Further information on cycling and traffic in Aschaffenburg is available on the municipal homepage.

Contact:





City of Aschaffenburg

# "Stadtplanungsamt - Radverkehrsbeauftragter" (City Planning Office - Cycling Officer)

Dalbergstraße 15 63739 Aschaffenburg Phone 06021/3301604

E-mail: joern.buettner@aschaffenburg.de

You can cycle extensively in Aschaffenburg and the surrounding area, for example along the River Main. A cycling city map shows cycle-friendly routes. The routes are primarily routes for everyday life, such as for shopping, to work or to the open-air swimming pool.

Tips on cycle paths in Aschaffenburg and the surrounding area have been bundled here.

# Cycling tours and routes

Cycling tours and routes are available with different degrees of difficulty, gradients and also lengths. The German Cyclists' Club (ADFC) has many tips and maps for cyclists in the Aschaffenburg-Miltenberg region.

<u>Click here for the homepage of the ADFC Aschaffenburg-Miltenberg.</u>



### Baths and ice sports

# **Swimming pools**

Summer, sun, open-air swimming pool – Aschaffenburg's open-air swimming pool is located directly on the River Main with a view of "Schloss Johannisburg" (Johannisburg Castle). It offers the following facilities:

- Sports pool 50 m (8 lanes) 24 °C
- Non-swimmer pool (1550 m²) 24 °C
- Diving pool (diving tower platform 10 m, 7.5 m, 5 m, 3 m, 1 m and diving board 3 m, 1 m)

The indoor pool offers something for everyone in the autumn and winter months. It has a 25-metre-long sports pool (temperature 28 degrees) with a small diving area with one- and three-metre boards, a dedicated swimming instruction pool (temperature 31 degrees) and a paddling pool for the youngest guests. Relax in the wonderfully designed sunbathing area.





### Outdoor and indoor swimming pool at FreizeitWelt Aschaffenburg

Stadtbadstraße 7-11 63741 Aschaffenburg Homepage of Freizeitwelt Aschaffenburg



### Ice rink

The ice rink is open from October to April. The ice surface of  $30 \times 60$  metres offers plenty of space for sports, such as skating and figure skating, or for recreational fun. If you just want to give it a try, you can also rent skates on site.

### Ice rink at FreizeitWelt Aschaffenburg

Stadtbadstraße 7-11 63741 Aschaffenburg Homepage of Freizeitwelt Aschaffenburg



### Sauna

Those who like it hot will find a modern sauna area on the ground floor of the indoor pool with a saunarium, an 85-degree sauna, an infrared cabin, a brine cabin, and a relaxation lounge with water beds

Relaxation is also offered in the rest house in the beautifully designed outdoor area with a 90-degree dry sauna, a modern steam bath and a relaxation massage chair. There you can leave the stress of everyday life behind and relax. The sauna is open all year round and usually only takes a short summer break in August.

# Sauna at FreizeitWelt Aschaffenburg

Stadtbadstraße 7-11 63741 Aschaffenburg Homepage of Freizeitwelt Aschaffenburg



In addition, there are, of course, several other saunas in Aschaffenburg and the surrounding area that can easily be found on the internet.





### **Family Health**

### In an emergency

In the chapter <u>"Emergency Call and SOS"</u> there is a lot of information on emergency numbers in general and also on paediatric emergencies.

### Medical services for children and adolescents

Children go through many different developmental stages as they grow from babies to young adults. To support families in these phases and to stand by them in the event of an illness, there are, for example, family doctors and specialists specifically for children and adolescents.

# Paediatric and youth medicine

A directory of the Bavarian Red Cross Aschaffenburg provides an overview of doctors in the city and district of Aschaffenburg. It is sorted by medical discipline.

This also includes the fields of "paediatric and adolescent medicine" and "child and adolescent psychiatry and psychotherapy". There are also dentists and ophthalmologists in the city who have special services for children and young people.

Here you can find the BRK doctor's directory.

Contact:

### Paediatricians in Aschaffenburg

Dr. med. Eugen Högerle Sable St. 2, 63741 Aschaffenburg Phone <u>06021/424066</u>

Cunegonde Nica Frohsinnstr. 6, 63739 Aschaffenburg Phone 06021/12455

Dr. med. Sybille Reising and Alexander Bachhuber Elisenstr. 28, 63739 Aschaffenburg Phone 06021/26050

Roland Zeller and Dr. Kathrin Mader Altholstr. 15, 63743 Aschaffenburg Phone 06021/970428

Dr. med. Brigitte Simmendinger Geschwister-Scholl-Platz 8, 63741 Aschaffenburg Phone <u>06021/585660</u>

Contact:

**Child and Adolescent Psychiatry and Psychotherapy** 





Heike Zeller - Family Therapy Practice Lange Sträucher 3, 63743 Aschaffenburg Phone 06021/5856616

Georg Krämer-Steinecke Lamprechtstr. 3, 63739 Aschaffenburg Phone 06021/581646

Dr. phil. Volker Langhirt Erthalstr. 13, 63739 Aschaffenburg Phone <u>06021/929000</u>

Prof. Dr. med. Götz-Erik Trott Luitpoldstr. 2 - 4, 63739 Aschaffenburg Phone <u>06021/325453</u>

Dr. med. Sigrun Wirth Frohsinnstr. 26, 63739 Aschaffenburg Phone <u>06021/4517405</u>

# "Kinderklinik und Sozialpädiatrisches Zentrum" (Paediatric Clinic and Social Paediatric Centre)

The Aschaffenburg-Alzenau Clinic includes the Clinic for Paediatrics and Adolescent Medicine, which is one of the largest paediatric clinics in Germany. Children and adolescents from 0 to 18 years are treated.

For children and adolescents with psychiatric disorders and their families, there are many contact persons in child and adolescent psychiatry (KJP).

Children and adolescents with chronic, complex or threatening illnesses and disabilities find support and treatment at the Social Paediatric Centre (SPC).

### Contact:

### Klinikum Aschaffenburg-Alzenau

Location Aschaffenburg
Am Hasenkopf 1
63739 Aschaffenburg
E-mail: klinikum@klinikum-ab-alz.de
Patient hotline 06021/320
Homepage of the clinic



# **School entrance examinations**





Starting primary school marks the beginning of a new, exciting phase in life for children and their families. All children have a school entry examination (school entry screening) before they start school. This looks at whether a child has the necessary prerequisites for school attendance and a successful start to school. These include:

- Physical development, for example, age-appropriate psychomotor development
- Cognitive skills, such as attention or age-appropriate language development
- Social-emotional skills, such as self-confidence or engagement with other children.

The examination takes place at the "Gesundheitsamt" (Health Office). Parents receive a certificate of participation in the school entrance examination for presentation at the chosen school.

<u>Further information on school entrance examinations in Bavaria is available from the "Bayerisches Landesamt für Gesundheit und Lebensmittelsicherheit" (Bavarian State Office for Health and Food Safety).</u>

# So-called U and J examinations (early childhood and preventative medical check-ups)

In the first years of life, children take enormous developmental steps. This is why there are the so-called preventive medical check-ups (also called U-examinations and J-examinations). The general state of health and the age-appropriate development of a child are checked regularly. There are nine examinations for children aged 0-6 years (U1 to U9) and one for adolescents aged about 12-14 years (J1). The costs for all U examinations as well as for the J1 are covered by the health insurance funds.

The U examinations are compulsory in Bavaria and must be proven under certain circumstances, e.g. in KiTas. Therefore, the screenings are documented in the yellow child examination booklet. It contains a removable attendance card that parents can use to prove attendance at the U examinations without disclosing confidential information.

In addition to the 10 statutory examinations mentioned above, some health insurance funds offer additional examinations for children of primary school age (U10 and U11) and for adolescents (J2). The costs are covered by individual health insurance funds as a voluntary benefit.

Here you can find more information about the  $\underline{U\text{-examinations}}$  and the  $\underline{J1}$ .

### **Other Programmes**

### The Early Intervention Network from KoKi

Early help services are services for expectant parents and families with children from 0 to 3 years of age. Health professionals, i.e. family health and paediatric nurses or family midwifes, support families on request from pregnancy until the end of the child's third year. The health workers empower parents on health and care issues. They advise and accompany around the topics of attachment, development and support of the infant through home visits. For example, they become active in families experiencing episodes of insecurity and stress, and/or with children with certain disorders, sick children or premature





babies. The request and referral is made through the KoKi office.

### **Nursing health consultations**

Health workers are regularly on site in certain facilities (e.g. in day-care centres, in the clinic or in the shared accommodation). They advise the families and the staff on health and prevention issues and refer them if necessary. The topics are, for example, developmentally appropriate support for young children in the areas of nutrition/care, bonding, employment, health and care. Counselling is available anonymously on request .

In the chapter "Family" there is more information on KoKi.

### Contact:

City of Aschaffenburg **KoKi Branch Office**Dalbergstr. 18, 1st floor
63739 Aschaffenburg

Phone 06021/4511865

E-mail: koki@aschaffenburg.de

Homepage of the KoKi Branch Office



# Sports and health offers for children

Many sports clubs have special offers for a young audience. Information on sports clubs and other sporting activities can be found in the chapter "Sport and exercise".

# **Cure and recovery assistance**

If everyday family life simply becomes too much, your own health falls by the wayside or you no longer have the strength, a preventive or rehabilitation measure can help. For example, there are mother/father cures or mother/father-child cures. They support finding new energy and courage for the future. Which cure is suitable, what happens there or how the application and financing works: There are counselling centres for this.

### Contact:

### **Diakonisches Werk Lohr e.V**

Administration - cure & recreation aid Preventive measure for mother & child Jahnstr.15-17 97816 Lohr

Telephone: 09352/6064248

E-mail: m.gerlach@diakonie-lohr.de





### **Mental Health**

### There is support here

# Acute: Clinics and psychotherapy coordination office

### Clinic for Psychiatry and Psychotherapy for Children and Adolescents (KJP)

at Klinikum Aschaffenburg-Alzenau

Am Hasenkopf 1

63739 Aschaffenburg

Chief physician's secretary Telephone: 06021/323801

Contact on weekdays from 8:30 - 16:30 via the central admissions office of the KJP

Telephone: 06021/323845

At night, on weekends and public holidays, please contact the central information desk at

the Klinikum Aschaffenburg-Alzenau

Telephone: <u>06021/320</u> or dial the emergency number <u>112</u>

Homepage of the KJP

# Psychiatric day clinics and psychiatric institute ambulance of the District of Lower Franconia

Branch of the district hospital (BKH) Lohr a. M. in the social centre "am Rosensee"

Siegfried-Rischar-Straße 2-8

63743 Aschaffenburg Telephone: <u>06021/9020</u> Homepage of the BKH Lohr

### **Psychiatric clinic Aschaffenburg**

of the district hospital (BKH) Lohr a. M.

Am Hasenkopf 3

63739 Aschaffenburg

Telephone: <u>06021/448730</u> <u>Homepage of the BKH Lohr</u>

### Coordination office of the KVB for psychotherapy placement

Provision of addresses of psychotherapists for adults, children or adolescents who have reported free psychotherapy places to the coordination office.

Telephone: <u>09218809940410</u>

Opening times:

Mon - Thu 9:00 - 17:00 Fri 9:00 - 13:00 Homepage of the KVB

### **Acute: Crisis network of Lower Franconia**

When you don't know where to turn in a mental crisis: The Lower Franconia crisis service is a contact point for this and is available daily, 365 days a year.

Together they find out what help is needed: telephone counselling, referral to outpatient crisis support, a mobile intervention or referral to inpatient crisis treatment. Often, counselling over the phone can relieve the stress.





Lower Franconia has a broad network of counselling and treatment services for emergencies of all kinds. The professionals discuss with the callers what help is needed. If personal counselling or mobile outreach is needed because of a crisis, help can be offered by Mobile Incident Response Teams at the Aschaffenburg, Würzburg and Schweinfurt locations. You can reach any place in Lower Franconia in a timely manner.

The crisis network is a service offered by the District of Lower Franconia in cooperation with voluntary welfare organisations.

### Contact:

Lower Franconia District Silcherstr. 5 97074 Würzburg

### **Crisis network of Lower Franconia**

24/7

Telephone: <u>0800/6553000</u> (free of charge)

Homepage of the crisis network of Lower Franconia

### Self-help and self-help contact point

In self-help groups, people and/or their relatives exchange experiences and information who, for example, have a chronic illness or disability or live in stressful life situations. They give each other support

For the City of Aschaffenburg, there is a self-help contact point in the <u>volunteer agency</u> "<u>Aschaffenburg Aktiv!</u>", which interested people can turn to if they have any questions. There you will find, for example, up-to-date information on self-help groups and the relevant contacts.

### Contact:

City of Aschaffenburg Office of Social Services **Self-help contact point** Luitpoldstr. 4b

63739 Aschaffenburg

Telephone: <u>06021/3301821</u>

 $E\text{-mail: } \underline{selbsthilfe@aschaffenburg.de}$ 

Click here for the homepage of the self-help contact point.







# Crisis helpline

The volunteers of the telephone counselling service are available around the clock, even on weekends and holidays. They advise all people with worries or who find themselves in crisis situations, anonymously and free of charge. The telephone counselling service also offers support by mail or chat. The telephone counselling service is run by the Protestant Church and the Catholic Church in Germany.

### Contact the telephone counselling service:

Telephone: <u>0800/1110111</u> or <u>0800/1110222</u>

Internet: www.telefonseelsorge.de

The volunteers of the telephone counselling service are available around the clock, even on weekends and holidays. They advise all people with worries or who find themselves in crisis situations, anonymously and free of charge. The telephone counselling service also offers support by mail or chat. The telephone counselling service is run by the Protestant Church and the Catholic Church in Germany.

### **Contact the telephone counselling service:**

Phone <u>0800/1110111</u> or <u>0800/1110222</u> Internet: www.telefonseelsorge.de

- Further anonymous counselling centres specifically for families that can be reached by phone or online can be found <a href="here">here at the "Nationales Zentrum für Frühe Hilfen"</a> (National <a href="here">Centre for Early Help</a>).
- In the chapter <u>"Emergency Call and SOS"</u> there are important emergency numbers and information for various medical emergency services.

### SeeleFon: Telephone and e-mail counselling for relatives of mentally ill people

Relatives of a mentally ill person can get help via the "SeeleFon" of the family self-help psychiatry centre. Women and men from psychiatric self-help centres who are themselves relatives can give useful tips from their own experience during counselling. Independent information, understanding and openness can help everyone: those affected, the families and the social environment. The services can be taken up anonymously and the counsellors treat all information with absolute confidentiality.

The "SeeleFon" can be reached by telephone on 0228 71002424 during the hours of:

Monday to Thursday: 10:00 to 12:00 and 14:00 to 20:00 Friday: 10:00 to 12:00 and 14:00 to 18:00





The charges for a call to the German fixed network corresponding to your telephone contract apply.

The "SeeleFon" can be reached by e-mail at: seelefon@bapk.de

### Contact:

Family self-help psychiatry

Bundesverband der Angehörigen psychisch erkrankter Menschen e. V.

Oppelner Str. 130, 53119 Bonn

Telephone: <u>0228 71002400</u> (no counselling)

E-mail: kontakt@bapk.de

Counselling for relatives (SeeleFon): 0228 71002424 0228 71002424

### Social psychiatric service

The Social Psychiatric Service (SpDi) is a counselling centre for mental and social health. The SpDi is there for people who are directly or indirectly confronted with a mental conflict, a crisis, fears or depression. In this way, the SpDi supports people who are themselves affected by mental stress or illness, as well as their relatives.

### Contact:

# Social Psychiatric Service Aschaffenburg at the social centre "Am Rosensee

Siegfried-Rischar-Strasse 2 63743 Aschaffenburg Phone 06021/902400

E-mail: <a href="mailto:spdi-aschaffenburg@awo-unterfranken.de">spdi-aschaffenburg@awo-unterfranken.de</a>

Homepage of the SpDi



# Self-help for depression

In the association Selbsthilfe bei Depressionen e.V., people with depression, anxiety, panic attacks, burnout, post-traumatic stress disorder, compulsions and high sensitivity meet in more than 20 fixed groups to exchange ideas and support each other in a trusting way. Among them, there are two groups for young adults 18+ and one group for parents of mentally ill children. The contact point is staffed by volunteers who are experts in the field of the disease. It also serves as a contact point for those affected for the provision of information.

Talk and action are the cornerstones of this support service. Talk is the basis, action is the logical consequence.





### Contact:

### Selbsthilfe bei Depressionen e.V.

Wermbachstraße 13 (Freihofsgasse) 63739 Aschaffenburg Telephone: 06021/23626

E-mail: info@redenundhandeln.de

Homepage of Selbsthilfe bei Depressionen e.V.



# SEFRA e.V. - Self-help and counselling centre and emergency hotline for women

SEFRA e.V. runs the emergency hotline and the specialised counselling centre for women (aged 16 and over) in Aschaffenburg and the districts of Aschaffenburg and Miltenberg.

SEFRA e.V. advises women, supporters and professionals free of charge, confidentially and anonymously on request:

- Sexualised violence (sexual harassment, rape, abuse in childhood)
- Domestic violence
- Stalking
- Other forms of violence (digital, psychological, bullying)
- Crisis situations (e.g. separation, divorce)
- Consequences of violence
- Legal counselling by specialist lawyers for family law, victim advocate (by appointment)

### Contact:

### SEFRA e.V.

Frohsinnstraße 19 63739 Aschaffenburg Tel.: 06021/24728

E-mail: <u>sefra@t-online.de</u> Homepage of Sefra e.V.





# Addiction counselling - Caritasverband Aschaffenburg

Here, people affected by addiction can find help, counselling and support.

Common issues include alcohol, illegal drugs, medication, gambling, media addiction and eating disorders.

- Anyone can take advantage of the counselling free of charge and without obligation.
- The counselling centre will only act on behalf of and with the consent of the person concerned.
- All employees are subject to the legal duty of confidentiality.
- The basis of any work together is cooperation, not confrontation.
- On offer: Counselling for those affected, relatives and interested parties, placement (in detoxification, rehabilitation and outpatient assisted living), outpatient aftercare, psychosocial support for substitution patients, as well as group and prevention offers for various target groups.

### Contact:

Caritasverband Aschaffenburg

# Psychosocial counselling centre for addiction problems

Treibgasse 26 (Martinushaus)

63739 Aschaffenburg

Phone 06021/392280

E-mail: <u>psb@caritas-aschaffenburg.de</u>

Homepage of the addiction counselling service from Caritas







# Counselling Centre for Children, Adolescents and Parents - Caritasverband Aschaffenburg

The "Beratungsstelle für Kinder, Jugendliche und Eltern des Caritasverbands Aschaffenburg e.V." (Counselling Centre for Children, Adolescents And Parents) is a central contact point for quick and unbureaucratic help with problems and questions in the areas of family, development and education.

Counselling is free of charge and independent of faith or denomination. The talks are confidential.

Free online counselling is possible here.

### Contact:

# Caritasverband Aschaffenburg e.V. Counselling Centre for Children, Adolescents and Parents (Educational Counselling Centre)

Treibgasse 26 63739 Aschaffenburg Phone 06021/392220

E-mail: <u>erziehungsberatung@caritas-aschaffenburg.de</u> Homepage of the educational counselling centre



### **Bahnhofsmission**

The "Bahnhofsmission" (Station Mission) is a contact point for people who need help in different life situations. This is uncomplicated and free of charge. Age, gender, nationality and denomination do not play a role.

Counselling and mediation:
 The staff take their time. They listen and try to find the appropriate support.





- Rest, exchange and linger at Platform 2:
   Hungry and thirsty people seeking help will be offered a coffee or tea and, depending on supplies, a loaf of bread at Platform 2.
- · Mobility aids:

There is assistance with getting on, off and changing trains. This is also possible on nationwide journeys in cooperation with other station missions.

### Contact:

### **Station Mission**

Platform 2 at Aschaffenburg Central Station

Phone 06021/337134

E-mail: bahnhofsmission@invia-aschaffenburg.de

www.bahnhofsmission-aschaffenburg.de

# Sozialdienst katholischer Frauen e.V. Aschaffenburg

The Social Service of Catholic Women (SkF) advises women and families in various life situations. Although the SkF is organised as a Catholic organisation, it offers counselling on the following topics regardless of origin, nationality or religious denomination:

- · Counselling for women and families
- · Counselling on pregnancy issues
- · Guardianship association
- Social pedagogical family assistance

### Contact:

### Sozialdienst kath. Frauen e.V. Aschaffenburg

Erbsengasse 9 63739 Aschaffenburg Phone 06021/27806

E-mail: <u>beratung@skf-aschaffenburg.de</u>

Homepage of the Sozialdienst kath. Frauen e.V. (Social Service of Catholic Women)







# Association of relatives of mentally ill people in Aschaffenburg and its surroundings

More than half of the mentally ill people live with their family and are temporarily or permanently dependent on the support of their relatives. Mental illness presents families, partners and friends with unknown and unsettling situations.

The association offers group meetings to exchange information and experiences with other relatives in a similar situation.

The meetings take place every 1st Friday of the month, 19:00, in the dining room of the day clinic (social centre am Rosensee).

### Contact:

# Verein der Angehörigen psychisch Kranker (ApK) Aschaffenburg und Umgebung e. V.

Eva Mende Siegfried-Rischar-Straße 2, social centre am Rosensee 63743 Aschaffenburg

Telephone: 06021/60710 E-mail: eva.mende@gmx.de Homepage ApK Bavaria

### **Emotions Anonymous (EA)**

Emotions Anonymous (EA) is an emotional health support group. All people who want to work on their mental health can come to EA meetings. Registration is not required.

The meetings in Aschaffenburg are organised by EA Frankfurt/Regional Area Hessen.

### Contact:

### **Emotions Anonymous EA**

Hesse regional area

Phone: <u>06031/1604168</u> (Thursdays from 19:00 - 21:00, otherwise use answering machine)

E-mail: ea-ab@web.de

Click here for the homepage of Emotions Anonymous EA

EA meeting: Kolpingstr. 7 Building: Cafe Metropol 63739 Aschaffenburg



<sup>&</sup>quot;Jugendamt" (Youth Welfare Office)



The "Jugendamt" (Youth Welfare Office) of the City of Aschaffenburg accompanies children and young people as they grow up and supports families with many services. With approximately 170 employees, it is one of the largest municipal offices. The Youth Welfare Office is broadly staffed and includes, for example, Coordinating Child Protection, the Youth Cultural Centre (JUKUZ), Child Guidance Counsellors, the General Social Service (ASD), the Youth Court Assistance, the Advance Maintenance Payments and also the Youth Social Work at Schools (JaS)

### Contact:

City of Aschaffenburg

### Jugendamt (Youth Welfare Office)

Office No. 231 Dalbergstraße 15 63739 Aschaffenburg

Phone <u>06021/3301324</u>

E-mail: <u>jugendamt@aschaffenburg.de</u>

<u>Further information on the Jugendamt (Youth Welfare Office) can be found on the municipal homepage.</u>



# Care centre of the City of Aschaffenburg

The guardianship office advises those affected or their relatives on guardianship law and guardianship procedures and supports the legal guardian in carrying out his/her duties after the introduction of guardianship.

Contact:

City of Aschaffenburg

"Amt für soziale Leistungen" (Office for Social Services)





Dalbergstraße 15 63739 Aschaffenburg Phone: 06021/3301599

E-mail: betreuungsstelle@aschaffenburg.de

Homepage of the Care Centre

# Behindertenbeauftragte (Disability Officer) of the City of Aschaffenburg

The Disability Officer of the City of Aschaffenburg is a central point of contact for the concerns of people with disabilities. It plays a mediating role between the people and the city's political leadership. The work of the disability commissioners is supported by the associations of disabled people. For a personal consultation, please make an appointment.

#### Contact:

City of Aschaffenburg

### **Disability Officer in the Office of Social Services**

Dalbergstr. 15 63739 Aschaffenburg Phone 06021/3301439

E-mail: <u>behindertenbeauftragte@aschaffenburg.de</u>

Homepage of the City of Aschaffenburg

### **Preventive offers**

The challenges of everyday life, hectic pace, stress or restless sleep have an impact on well-being. Well-being, both physical and mental, is important for quality of life and social participation.

Health means something different for everyone, everyone needs different things, has different resources and is under different influences. Thus, the ways to strengthen mental health and thus be able to master mental crises are also very individual. If you are looking for tips and ideas, you will find them at the vhs Aschaffenburg, the adult education centre, for example. The health section has many offers on the topics of exercise, relaxation, nutrition and inner balance in its programme.

### Click here to go to the "Health" programme area of the vhs Aschaffenburg.

Some health insurance companies offer subsidised (online) courses to reduce stress, to face new or difficult situations or to relax. Information on this is available from your own health insurance fund.

### Care

### Care Centre (Pflegestützpunkt): Care advice

The Care Centre (Pflegestützpunkt) of the City of Aschaffenburg offers citizens an independent, comprehensive and free advice service on the subject of care.

People in need of care and their relatives are supported in finding individual support services and organising the care situation in the best possible way.





Opening times: Monday, Wednesday and Friday 9:30 - 12:30 Tuesday and Thursday 14:00 - 17:00

Appointments by arrangement.

Contact:

City of Aschaffenburg

Care Centre (Pflegestützpunkt)

Luitpoldstraße 4b

63739 Aschaffenburg

Tel: <u>06021/3301822</u>

Email: pflegestuetzpunkt@aschaffenburg.de

Homepage of the Care Centre (Pflegestützpunkt) of the City of Aschaffenburg



# Disability Officer and Senior Citizen Advisor of the City of Aschaffenburg

The Disability Officer of the City of Aschaffenburg is a central point of contact for the concerns of people with disabilities. It plays a mediating role between the people and the city's political leadership. The work is supported by the associations of people with disabilities.

The Disability Officer is also the city's Senior Citizen Advisor. Here you can find information on many services and support options for senior citizens, as well as advice and support for older people. There is a lot more information for senior citizens in the <u>chapter "70+"</u>.

For a personal consultation, please make an appointment.

Contact:

City of Aschaffenburg

Disability Officer and Senior Citizen Advisor in the Social Welfare Office

Dalbergstr. 15





63739 Aschaffenburg

Telephone: <u>06021/3301439</u>

Email: behindertenbeauftragte@aschaffenburg.de

Homepage of the City of Aschaffenburg

### **Senior citizens**

- The guide "Älter werden in Stadt und Landkreis Aschaffenburg" (Getting older in the city and district of Aschaffenburg) provides an overview of social services, outpatient care, as well as care and retirement centres. It bundles all important addresses, contact persons and telephone numbers for housing and living in old age.
  - Click here for the signpost of the city and district of Aschaffenburg.
- If you are <u>looking for an overview of the nursing homes in the city area, you will find it on the municipal homepage</u>.
- The "Pflegeplatzbörse" (Care Place Exchange) is a central registration point for "free" care places for the inpatient sector and day care. It is a contact point for relatives of people in need of care, but also for hospitals, carers or doctors. Click here to go to the Care Place Exchange.
- Further information can be found under the chapter "70+".

### Family and children

### Home care for children

Home or outpatient intensive care for children provides medical support in everyday life for children and adolescents with serious illnesses and/or disabilities and their families

This involves, for example, inhalations, tube or dressing changes. Follow-up care after hospitalisation or surgery is also possible. Sometimes, the care of children is also taken over on an hourly or daily basis. This type of nursing care is prescribed by a doctor.

### Contact:

### **Wichtelteam GmbH**

Home intensive care for children Dilsheimerstr. 8a 63739 Aschaffenburg Phone <u>06021/441984</u>

E-mail: <a href="mail@wichtelteam.de">mail@wichtelteam.de</a>
Homepage of the Wichtelteam







# Family care/household help

Family care/household help supports families who find themselves in certain life situations in which the person running the household is absent due to illness. Family nurses come to the family home, for example, in the event of acute illness, hospitalisation, rehabilitation or high-risk pregnancies/deliveries. They help to ensure the family's everyday life and the care of the children. Family care is a health insurance benefit and is paid by the health insurance funds if the relevant requirements are met and at least one child under the age of 12 lives in the family. The basis is German Social Code (SGB V), Section 38.

Contact:

Family Care / Domestic Help Diakonie Lohr/ Aschaffenburg

Fußgasse 9 97783 Karsbach Phone 09358/409

E-mail: diakonieLohr.wild-kraemer@t-online.de

www.familienpflege-bayern.de

www.diakonie-lohr.de

### **Diet**

Nutrition is an important part of life from an early age. Eating and drinking are part of everyday life and provide the body with important nutrients, give strength and energy. Each person has individual eating habits and needs. Tips and clear information can be helpful.

### Tips and contact points

### VerbraucherService Bayern im KDFB e. V.

VerbraucherService Bayern is responsible for provider-independent consumer education and sustainable consumer education. There is a wide range of advice, tips and courses on many different topics, such as consumer law, finance and energy, and also nutrition.

Contact:

### VerbraucherService Bayern im KDFB e. V.

Dalbergstraße 15 (City Hall, meeting building) 63739 Aschaffenburg Phone 06021/3301218

E-mail: aschaffenburg@verbraucherservice-bayern.de

Homepage of the Bavarian Consumer Service







# "Amt für Ernährung, Landwirtschaft und Forsten Karlstadt" (Office for Food, Agriculture and Forestry Karlstadt)

The Karlstadt Office for Food, Agriculture and Forestry is the point of contact for all citizens and agricultural and forestry enterprises. They advise, qualify and inform in the districts of Main-Spessart and Miltenberg, as well as in the district and City of Aschaffenburg.

Promoting healthy eating is a core task of this office. With the "Young Parents/Families Network – Nutrition and Exercise", they offer programmes for parents with children up to the age of six. This promotes a healthy lifestyle at an early age. There is also a form of cooperation with organisations, institutions and experts from the region.

#### Contact:

# Amt für Ernährung, Landwirtschaft und Forsten Karlstadt

Ringstraße 51 97753 Karlstadt Phone 09353/79080

E-mail: poststelle@aelf-ka.bayern.de

Homepage of the AELF



# Bayerisches Landesamt für Gesundheit und Lebensmittelsicherheit (Bavarian State Office for Health and Food Safety)

The Bavarian State Office for Health and Food Safety (LGL) is a Bavarian authority. It is responsible for food safety, health, veterinary medicine, occupational health and safety and product safety. There are courses and a lot of information on health topics, food and products.

Click here for the LGL homepage.

# Community gardens and urban gardening

In community gardens (so-called "Grabeland"), citizens can grow their own vegetables and other crops, harvest them and garden in the fresh air. For this purpose, the gardens are divided into small plots and leased to interested parties. The Aschaffenburg community gardens are located in Damm, on Darmstädter Straße and in the Hefner-Alteneck district.

Under the participatory project "Urban Gardening - Gardening in the City", raised beds were set up in the city centre in 2018 for interested citizens to plant various things.





More information on the projects is available from the "Städtische Gesundheitsfürsorge und Prävention" (Municipal Health Care And Prevention Department).

# "FAIR BIO REGIONAL" shopping guide

The shopping guide "FAIR BIO REGIONAL" shows environmentally conscious and regionally produced products. Readers can see where to find "fair" food, flowers or textiles and get lots of background information on sustainable consumption. The brochure is a project of the Aschaffenburg North-South Forum and the Agenda21 Advisory Board of the City of Aschaffenburg.

Click here for the "FAIR BIO REGIONAL" shopping guide.

# **Courses of the VHS Aschaffenburg (Adult Education Centre)**

Under the heading "Eating and Enjoying", the vhs Aschaffenburg (Adult Education Centre) offers cooking courses for different seasons and tastes, as well as culinary trips to faraway countries.

Click here to go to the "Eating and Enjoying" section of the vhs.

Contact:

### vhs Aschaffenburg

Luitpoldstr. 2 63739 Aschaffenburg Phone <u>06021/386880</u>

E-mail: info@vhs-aschaffenburg.de



### Occupational health management

Health plays a major role not only in the private sphere. Structures and processes should also be developed in the company environment so that work can be designed in a way that promotes health. A company-based occupational health management system can play an important role here. Occupational health management looks at the entire organisation so that operational structures can be built up in a way that promotes health. It includes, among other things, the areas of occupational health and safety as well as health promotion for employees. Occupational health management includes measures that focus, in particular, on people and their state of health, as well as goal-oriented processes and developments towards a healthy company.

Further information is available here, for example:

- Getting started and first steps
- Advantages of health promotion measures





· Advice from the BGF coordination office

### **Other Contact Points**

### Juliusspital epilepsy counselling in Lower Franconia

Epilepsies are among the most common neurological diseases. Five percent of all people worldwide experience an epileptic seizure once in their life.

The epilepsy counselling service provides information, advice and support to people with epilepsies at any age. Also their relatives as well as professionals who work with affected people. In addition to face-to-face and telephone counselling, data protection-compliant video counselling is also offered. There is also a lot of information, training, events, lectures and seminars.

The office of the advice centre is in Würzburg. About once a month, however, there is an external consultation in Aschaffenburg.

### Contact:

### Juliusspital epilepsy counselling in Lower Franconia

Juliuspromenade 19 (entrance via Klinikstraße 5) 97070 Würzburg

Telephone: 0931/393-1580

E-mail: epilepsieberatung@juliusspital.de

Homepage of the Juliusspital epilepsy counselling in Lower Franconia

Go to the dates of the external consultations



# Psychosocial cancer counselling centre

In the cancer counselling centres of the Bavarian Cancer Society, people with cancer and their relatives can find professional counselling and real-life support in coping with the disease. You can get advice by phone or in person. There is a wide range of options to find a way to deal with the disease and, if no cure is possible, to live with it:

- Psychosocial counselling by psycho-oncologically qualified social pedagogues and psychologists (psycho-oncology deals with psychological and social consequences and side effects of having cancer)
- · Information on social law problems and questions
- · Contact mediation in support groups





- Information events and brochures on types of cancer and therapies
- · Information about rehabilitation and aftercare
- Financial support in cases of hardship
- (Therapeutic) discussion groups
- Courses for a healthy lifestyle (relaxation, sports, nutrition)
- · Prevention and early cancer detection projects

Counselling is free of charge and confidential.

### Contact:

<u>Click here for the homepage of the psychosocial cancer counselling centres of the Bayerische</u> Krebsgesellschaft e.V.

Branch office in Aschaffenburg Bodelschwinghstraße 10C 63739 Aschaffenburg More about office hours, dates and registration at

Tel: 06021/4228180

Email: aschaffenburg@bayerische-krebsgesellschaft.de



# Family

# **Family Education**

Aschaffenburg is home to over 10,000 families. The concept of family exists everywhere where people and generations take responsibility for each other. Families provide the space and framework for growth, for development and for mutual support. Family education is a preventive offer of child and youth welfare (Section 16 Child and Youth Welfare Act [KJHG]) and is aimed at all families in Aschaffenburg, regardless of family forms or life situations.

There are, for example:

- Educational lectures, parenting sessions or information in digital or printed form, parenting letters online or the family guide.
- Films for families on the topics of baby sleep, media, puberty and nutrition.
- Furthermore, there are offers aimed at professionals, e.g. specialist lectures or seminars.

Many activities are carried out in cooperation with other institutions and professionals in the city and districts of Aschaffenburg and Miltenberg, such as the regional family congress or the regional Father's Days. Further information can be found on the Family Education homepage





### Contact:

City of Aschaffenburg

### Family education, youth welfare planning

Dalbergstraße 15 63739 Aschaffenburg Phone 06021/3301794

E-mail: <a href="mailto:familien@aschaffenburg.de">familien@aschaffenburg.de</a>/familien



# **Family Guide**

The family guide has accompanied families and professionals in the City of Aschaffenburg for many years. It bundles information and addresses on various areas of life. In addition to counselling centres, contact details of doctors, schools and daycare centres can be found, as well as information on leisure and cultural facilities.

It is available at the town hall, for example. The online edition is available here.



### fabi films

fabi films: these are short, informative films about the lives of families with children in Aschaffenburg. The topics are, for example

- · Child sleep
- · Families in the media jungle





- · Holding on and letting go during puberty
- · Food in everyday family life
- · Getting used to a day nursery
- · Pregnancy in Aschaffenburg
- · The KoKi office of the city
- · The family support points and the family support facility
- · And an overview of the offers for families in the city

Here you can find the films.



# Family Congress and Father's Day(s)

# **Family Congress**

The Family Congress in the Bavarian Lower Main region of the Youth Welfare Offices (Jugendamt) in the District of Aschaffenburg, in the City of Aschaffenburg and in the District of Miltenberg offers lectures at regular intervals on all aspects of everyday family life and parenting. All family members and interested persons are cordially invited to attend. The details on the framework conditions and the topics can be found here. The page will be updated when the planning for the next Family Congress is completed.



### Father's Day(s)

Fathers, grandfathers, uncles and male caregivers and their children are the focus of Father's Day(s) in the Bavarian Lower Main region of the Youth Welfare Offices (Jugendamt) in the District of Aschaffenburg, in the City of Aschaffenburg and in the District of Miltenberg, as well as the family chaplaincy. Every year from May to July there are activities, lectures, seminars and great experiences for fathers and children. All info is bundled here in the Father's Day(s) event calendar. The page will be updated when the planning for the next Father's Day(s) is completed.







# **BAER - Bayerischer Erziehungsratgeber (Bavarian Guide to Education)**

Raising children is a multifaceted, responsible task. The first questions arise during pregnancy and even more so when the baby arrives. BAER is a digital guide that aims to support families by providing concrete information and assistance. Educational topics such as everyday life with children, illnesses or impairments, family in crisis or the challenging time of puberty are presented in an easy-to-read and accessible way for families with children from 0 to 18 years. Many questions about raising children and family life are answered. The topics at a glance:

- · Pregnancy and birth
- · Financial benefits & assistance
- · Health, nutrition & hygiene
- · Education & media
- · Childcare & school
- · Family & environment
- · Questions & problems
- Development from 0 to 18 years

BAER was developed by the Bavarian Family and Social Centre, Bavarian Youth Welfare Office. Click here for the digital parenting guide.



# Parents' letters: Parenting tips from birth to adulthood

The letters to parents round off <u>BAER's</u> offer. This enables (expectant) parents and other family members to obtain information on the development of their child/adolescent at the exact time of their child's/adolescent's age. There is clear information on development, health care and nutrition or partnership and family.

Click here for the parents' letters.





### "Jugendamt" (Youth Welfare Office)

The "Jugendamt" (Youth Welfare Office) of the City of Aschaffenburg accompanies children and young people as they grow up and supports families with many services. With approximately 170 employees, it is one of the largest municipal offices. The Youth Welfare Office is broadly staffed and includes, for example, Coordinating Child Protection, the Youth Cultural Centre (JUKUZ), Child Guidance Counsellors, the General Social Service (ASD), the Youth Court Assistance, the Advance Maintenance Payments and also the Youth Social Work at Schools (JaS)

### Contact:

City of Aschaffenburg

# Jugendamt (Youth Welfare Office)

Office No. 231

Dalbergstraße 15

63739 Aschaffenburg

Phone <u>06021/3301324</u>

E-mail: jugendamt@aschaffenburg.de

Further information on the Jugendamt (Youth Welfare Office) can be found on the municipal

homepage.



# Insight into the services of the "Jugendamt" (Youth Welfare Office)

### Guardianships/Supplementary guardianships/Paternity challenges

# <u>Guardianships/Supplementary guardianships</u>

Children and adolescents need a guardian if they have lost their natural parents or if parental care has been withdrawn. The "Jugendamt" (Youth Welfare Office) is appointed by





the local court if no suitable relatives, committed persons or associations can perform this task.

- As guardian, the Youth Welfare Office acts in place of the parents, it bears responsibility for the entire scope of parental care (care of property, personal care and legal representation).
- By means of supplementary guardianships, partial areas of parental care (e.g. right of residence or right of access) are transferred to the Youth Welfare Office.

Both are exclusively committed to the welfare and interests of the child.

# Paternity challenges

A challenge to paternity is a challenge to the presumption that the legal father is the biological father. This can be challenged in court within two years. The period begins at the time when the beneficiary learns of the circumstances that speak against paternity.

The "Jugendamt" (Youth Welfare Office) is usually appointed with a supplementary guardianship for the child in paternity challenge proceedings if the parents have joint custody and, therefore, cannot legally represent their child themselves before the family court. If the divorced or single mother has sole custody, on the other hand, she can represent her child herself in paternity challenge proceedings.

There is more information on this area on the municipal homepage.

### **Advance Maintenance Payments**

Single parents who do not receive maintenance from the other parent or do not receive it regularly can apply for advance maintenance payments. Under certain conditions, there is an entitlement until the child reaches the age of 18. The Youth Welfare Office checks the entitlement to advance maintenance payments of single mothers and fathers and calls on the other parent to pay maintenance within the scope of his or her ability to pay. There are no costs for the applicants.

### Contact:

City of Aschaffenburg

Jugendamt - Unterhaltszuschüsse (Youth Welfare Office - Maintenance Grants)

Phone: <u>06021/3301316</u>

E-mail: <u>beurkundungen@aschaffenburg.de</u>

Further information, for example, on entitlement, the maintenance advance amounts and the necessary documents can be found here.

# "Jugendhilfe im Strafverfahren" (Youth welfare in criminal proceedings)

Youth welfare in criminal proceedings (formerly youth court assistance) is the liaison office between the "Jugendamt" (Youth Welfare Office) and the "Jugendgericht" (Youth Court). It is responsible for delinquent adolescents and young adults between the ages of 14 and 21. It accompanies the young person in any ongoing proceedings. If necessary, educational support, also involving the family, is arranged. During the criminal proceedings, the youth welfare services report to the court on the juvenile's family, school and social development





and express their views on the pedagogical measures to support the social integration of the probationer and to counteract a new instance of delinquency.

Further information can be found on the municipal homepage.

## Allgemeiner Sozialer Dienst (ASD) (General Social Services)

The "Allgemeiner Sozialer Dienst (ASD)" (General Social Services) is an important component of basic psychosocial care for families, children and young people in the city. The pedagogical staff of the ASD are responsible for certain city districts. Their counselling, support and referral of help is oriented towards the living environment of the families and aims to support children and young people in their psychological and social development as well as parents in their ability to raise their children. Core tasks include e.g.

- protecting children and young people from neglect and physical, sexual and psychological abuse
- · general promotion of education in the family
- · counselling in questions of partnership, separation and divorce
- · counselling and support in the exercise of parental care and rights of access
- mediation of suitable outpatient and inpatient assistance
- mediation of assistance for young adults
- · participation in proceedings before a guardianship and family court

Contact:

City of Aschaffenburg

#### **ASD** office

Phone 06021/3301625

E-mail: <u>Jugendamt@aschaffenburg.de</u>

Further information on the ASD is available on the municipal homepage.

## Legal advisers

The guardianship of the "Jugendamt" (Youth Welfare Office) is a form of legal representation of a child. It is voluntary and is set up when an application is made for it. It ends with the written declaration or the coming of age of the child. The guardianship may include the following spheres of activity:

- Establishment of paternity (only with the establishment of paternity does the child become related to its father and he then becomes liable to pay maintenance),
- calculating maintenance claims and creating an enforceable maintenance claim,
- the assertion of maintenance claims and the disposal of these claims.

The guardianship can act for the child both out of court and in court. The parent making the application remains fully authorised to represent the child; parental care is not restricted by the guardianship.

Maintenance claims by adults - Counselling for young adults





The legal tasks of the guardians in the "Jugendamt" (Youth Welfare Office) also include the calculation of maintenance claims for adults. Young adults are entitled to advice and support in asserting maintenance and maintenance compensation claims against their parents until their 21st birthday. They have a claim to maintenance from their parents if they are needy and the parents are able to pay. Counselling and support for young adults is free of charge.

City of Aschaffenburg

**Youth Welfare Office - Guardianships** 

Phone 06021/3301316

E-mail <u>beurkundungen@aschaffenburg.de</u>

Click here to go to the municipal homepage with more information on the assistance services.

#### Certifications

The "Jugendamt" (Youth Welfare Office) issues notarised certificates on various topics. Notarised documents include, for example:

- · the declaration by which paternity is acknowledged or the acknowledgement is revoked,
- the mother's declaration of consent as well as the consent, if required, of the man who is married to the mother at the time of birth, of the child, of the adolescent or of a legal representative,
- the declaration by which maternity is recognised, as well as the consent of any legal representation of the mother that may be required,
- the obligation to fulfil maintenance claims, provided that the person entitled to maintenance has not yet reached the age of 21 at the time of notarisation,
- the declarations of custody as well as the consent, if required, of a legal representation of a parent with limited legal capacity.

<u>Further information on notarisations is available on the municipal homepage.</u>

## **Educational assistance**

The educational support service is one of the classic forms of outpatient help with upbringing. It complements and supports family education and involves the social environment as much as possible in the work. The different socio-pedagogical methods and forms of work such as individual social help, social group work, work with parents and family work can therefore relate to the individual young person as well as to the family or depending on the problems and circumstances - to other areas of life that are important for the young person.

Socio-pedagogical professionals accompany young people over a longer period of time who would no longer be able to cope with their family or social life situation without this individual and personal support. The decision on the type of help indicated in the individual case is to be made by the Youth Welfare Office (Jugendamt) with the active involvement of the parents or guardians and the young person concerned, in cooperation with the professionals concerned.

The <u>ASD</u> is responsible for arranging childcare assistance.





Here you can find more information on the municipal homepage.

## FAiA: Leisure activities for young asylum seekers in Aschaffenburg

Worldwide, more than 50 million people are fleeing their home country. War, persecution, natural disasters – the reasons are manifold. But they all have one thing in common: Refugees never move to a foreign country voluntarily, but always out of compulsion. Many people embark on a journey of many kilometres as they flee in the hope of a better life. They leave friends, family and home behind to build a new life in a safe country. But life in the country of arrival is often very difficult: They are temporarily accommodated in shared accommodation, where life is not easy. Many people have to live there for several years. In addition, the asylum procedure is often very long and complicated. Especially for children who have been traumatised by the events in their home country and the experiences during their flight, life in a new country with a foreign language and a foreign culture is a major hurdle.

FAIA wants to help children feel at home in Aschaffenburg. Therefore, for example, leisure activities are organised with the aim of integrating the children and young people into Aschaffenburg's cultural, leisure and sports offerings and the social life of the city. There are excursions, children's birthday parties are organised, regular club activities are arranged, or learning aids are sought

Contact:

City of Aschaffenburg

#### **FAIA**

E-mail <u>Interkulturelle-arbeit@aschaffenburg.de</u>

<u>Further information on FAiA is available here.</u>

## Promotion of education and training

The Federal Training Assistance Act (BAFÖG) and the Upgrading Training Assistance Act (AFBG, the so-called "Meister-BAföG") are further tasks of the Youth Welfare Office. BAföG actually stands for the Federal Training Assistance Act and is intended to enable all students to study, regardless of their parents' income.

Contact:

City of Aschaffenburg

Youth Welfare Office - Training Assistance; Meister-BAföG Phone 06021/3301327

<u>Further information and background information on how to apply can be found on the municipal homepage.</u>

## Youth Welfare Service (Jugendsozialarbeit; JAS) at schools

Youth Welfare Service (Jugendsozialarbeit) at schools is aimed at pupils who need more support due to educational and social problems. The aim is to promote social and academic





integration. This is achieved, for example, through individual counselling, family work, group services and through other projects such as parent cafés, promotion of media competence or cultural mediation.

JaS is available at a number of primary and secondary schools in Aschaffenburg, the Fröbel Förderschule and (in cooperation with the District of Aschaffenburg) at the state vocational schools.

#### **Contact:**

City of Aschaffenburg

Youth Welfare Office - school social work department

Katja Noack

Tel: <u>06021/3301665</u>

E-mail: <a href="mailto:katja.noack@aschaffenburg.de">katja.noack@aschaffenburg.de</a>
Further information is available here.

## **KoKi (Coordinating Child Protection Unit)**

Families who are pregnant or have children between the ages of 0 and 6 can find counselling, support and guidance at the Coordinating Child Protection Unit (KoKi).

KoKi finds health professionals (for example, family midwives or family and child health nurses) and organises weekly health consultations or play and toddler groups. KoKi also accompanies the district mothers in their work. Citizens, parents or educational professionals are advised anonymously on questions concerning child protection and child welfare. Koki is well-networked and can provide information about services or refer people to the "Netzwerk Frühe Kindheit" (Early Childhood Network).

Flyer from Koki

Contact:

City of Aschaffenburg

Coordinating Child Protection (KoKi)

Dalbergstraße 18, 1st floor 63739 Aschaffenburg Phone <u>06021/4511865</u>

E-mail: koki@aschaffenburg.de

Homepage of KoKi



The maternal organisation "Stadtteilmütter"





This maternal organisation support families, especially migrant families. They give tips on parenting, healthy eating and health care. They also help families to find the right counselling centre and accompany families as translators during visits to the authorities (languages: Russian, Turkish, Armenian and Slovak). The focus is on strengthening the parents' independence.

The offer is aimed at all families and is independent of denomination and nationality. This maternal organisation respects the cultural habits of the families and tries to integrate immigrants into social life.

## Regular group offers

Tuesdays: toddler group in B4

Wednesdays: women's breakfast in B4

This organisation is accompanied by KoKi and are employees of the "Jugendamt" (Youth Welfare Office).

Contact:

City of Aschaffenburg

Stadtteilmütter - Support for families in the district

Züleyha Earths
Behlenstraße 4
63741 Aschaffenburg

Telephone: <u>06021/4449188</u> Mobile: <u>0174/3818051</u>

E-mail: <u>zueleyha.erden@aschaffenburg.de</u>

Hatice Pervan
Behlenstraße 4
63741 Aschaffenburg

Telephone: <u>06021/4449189</u> Mobile: <u>0174/3820215</u>

E-mail: hatice.pervan@aschaffenburg.de

Naira Akobyan Behlenstraße 4 63741 Aschaffenburg Telephone: 06021/4449189

Telephone: <u>06021/4449189</u> Mobile: <u>0174/3819349</u>

E-mail: naira.akobjan@aschaffenburg.de

Further information is available on the municipal homepage.





## Family Support Points (FSP)

## Family support offices and family support centre in Aschaffenburg

Do you sometimes feel that being a parent is all about questions? Would you like to meet other families, or do you have questions about family and parenting, health, or offers in Aschaffenburg? Then you've come to the right place.

There are family support offices (FSP) and a family support centre (FUE) in the city of Aschaffenburg. These facilities accompany, support and strengthen parents and families. They are attached to daycare centres and are located throughout the city. You can expect a relaxed atmosphere, great activities, dialogue and tips on family issues there. In addition to the centre managers and daycare teams, there is a specialist who is there specifically for family counselling.

All Aschaffenburg families are welcome, whether parents living as a couple, or separated or single parents, as well as mums or dads whose child is on the way or is already a teenager. Other family members and caregivers of the children, such as grandparents or godparents, are also very welcome.

#### Examples of the activities:

- Family activities and open meetings (such as family hikes, father-child activities or family cafés)
- Group programmes (such as playgroups or the Weltencafé (international women's breakfast))
- Information on all aspects of family life (such as parenting, health or first aid for children)
- · Guide function: support and counselling on parenting and family life

## We look forward to meeting you.





Further information on the family support points can be found here.

Flyer of the Aschaffenburg Family Support Points.

#### Contacts:

## Familienstützpunkt Hefner-Alteneck mit KiTa St. Martin

Hefner-Alteneck-Straße 35 63743 Aschaffenburg Phone 06021/91634

E-mail: <u>fsp.hefner-alteneck@aschaffenburg.de</u>

Homepage of the Family Support Point for Hefner-Alteneck

## Familienstützpunkt Innenstadt mit KiTa Herz-Jesu

Memeler Straße 12
63739 Aschaffenburg
Phone 06021/3717373
E-mail fsp.innenstadt@aschaffenburg.de
Homepage of the Family Support Point for Innenstadt

## Family Support Point for Damm with St. Michael's Kindergarten

Schulstraße 42
63741 Aschaffenburg
Phone 06021/3719415
Email fsp.damm@aschaffenburg.de
Homepage of the Family Support Point for Damm

## Familienstützpunkt Schweinheim im Haus für Kinder Maria Geburt

Gutwerkstrasse 61
63743 Aschaffenburg
Phone 06021/4497946
E-mail fsp.schweinheim@aschaffenburg.de
Homepage of the Family Support Point for Schweinheim

## Familienstützpunkt Nilkheim mit KiTa an der Lutherstraße

Martin-Luther-Straße 9 63741 Aschaffenburg Telefon: 06021/4470969

Email: <a href="mailto:fsp.nilkheim@aschaffenburg.de">fsp.nilkheim@aschaffenburg.de</a>

Homepage of the Family Support Point for Nilkheim





#### Familienunterstützende Einrichtung St. Matthäus Gailbach

Glaserstraße 5
63743 Aschaffenburg
Phone 06021/68331
E-mail kiga-gailbach@t-online.de
Homepage of the Family Support Point for Gailbach

## Pregnancy and childbirth

A baby brings joy and responsibility. Everyday life changes fundamentally. In order for new parents to be able to cope with these new challenges and enjoy life as a family in a relaxed way, the pregnancy counselling services accompany and support them from the very beginning. The following chapter shows the diverse offers and assistance.

## Pregnancy counselling

Pregnancy changes life fundamentally and raises many questions. All pregnancy counselling centres in Aschaffenburg are contact points for the residents of the city and district of Aschaffenburg. They support, inform and advise women, men and couples

- before, during and after pregnancy until the child is 3 years old.
- in all questions of pregnancy, sexuality, contraception and family planning.
- on all personal, social, legal and financial issues such as maternity protection, parental leave, custody.
- about financial entitlements such as parental allowance, maintenance, ALG II, application for financial assistance from mother-child foundations.
- before, during and after prenatal examinations and in case of a positive result during pregnancy.
- on questions and considerations in the case of an unfulfilled desire to have children.
- if the birth was a difficult experience.
- in all personal crisis situations, e.g. separation.
- · after a stillbirth or miscarriage.
- in the procedure of a confidential birth.
- in instances of pregnancy conflict (issuance of the counselling certificate by all state-recognised pregnancy counselling centres).
- Implementation of sexual education projects in groups and school classes.
- · Parents' evenings and multipliers training in sexual education

## **Public Health Department (Gesundheitsamt)**

State-recognised counselling centre for pregnancy issues Aschaffenburg District Office/ Public Health

Responsible for city and district Auhofstraße 21 63741 Aschaffenburg Phone 06021/394183





E-mail: <a href="mailto:schwangerenberatung@lra-ab.bayern.de">schwangerenberatung@lra-ab.bayern.de</a>

Homepage of the "Gesundheitsamt" (Public Health Department)



## pro familia Unterfranken

pro familia Unterfranken

State-recognised counselling centre for pregnancy issues Counselling centre for partnership, sexuality, pregnancy and family planning

Frohsinnstraße 28 63739 Aschaffenburg Telefon: 06021/7712263

 $\hbox{E-Mail: } \underline{aschaffenburg@profamilia.de}$ 

Homepage von pro familia in Aschaffenburg



## Donum Vitae e.V.

**Donum Vitae e.V.** 

State-recognised counselling centre for pregnancy issues

Herstallstraße 20 – 22 63739 Aschaffenburg Phone 06021/446450

E-mail: <u>aschaffenburg@donum-vitae-bayern.de</u>

Homepage of Donum Vitae e.V.







## Sozialdienst katholischer Frauen e.V. Aschaffenburg

## Kath. Beratungsstelle für Schwangerschaftsfragen des Sozialdienst kath. Frauen e.V. Aschaffenburg

Erbsengasse 9 63739 Aschaffenburg Phone <u>06021/15206</u>

E-mail: <a href="mailto:schwanger@skf-aschaffenburg.de">schwanger@skf-aschaffenburg.de</a>

Homepage of the Sozialdienst kath. Frauen e.V. (Social Service of Catholic Women)



#### Before and around birth

The costs of determining a woman's pregnancy, preventive medical checkups and care during (and after) childbirth are covered by health insurance providers. Pregnant women also receive a so-called "mother's passport" from their doctor during pregnancy, in which the individual examinations are recorded. Therefore, the pass must also be brought along to all examinations.

#### **Midwives**

Every pregnant woman in Germany has the right to support from a midwife. They are allowed to decide for themselves whether and to what extent they want to use the services of a midwife

The midwife is an important contact person during pregnancy and cares for women from the beginning of pregnancy until the end of breastfeeding. Throughout their entire pregnancy, women can get in touch with a midwife and seek advice on any number of different topics:

- Questions about pregnancy, birth, the postpartum period and the time after birth
- Nutrition and lifestyle during pregnancy
- · Partnership and sexuality
- Preparation for the child





- · Options for birth preparation
- · Social support during pregnancy and after birth

New parents also have the right to support from a midwife in the days and weeks following the birth. During this period, the midwife observes the health of the mother and baby, offers guidance on aspects of practical baby care and provides information on a whole range of possible topics.

If a newborn child falls ill or if a pregnancy results in a stillbirth (or if the child dies soon after birth), the parents require specialist counselling and support. Parents are also entitled to help from a midwife if there is a medical termination of pregnancy.

Looking for a midwife? Many gynaecologists work closely with midwives and can provide contacts.

On this portal, midwives can be searched for online.

#### Midwife coordination

The first weeks after the birth of a child are full of changes. A midwife helps new parents cope with these changes in the best possible way.

The "Hebammenkoordinationsstelle" (Aschaffenburg Midwife Coordination Office) refers midwives to women who have been unable to find a midwife despite an intensive search. Since October 2020, there has also been a postpartum outpatient clinic for women who have recently given birth or are breastfeeding with freelance midwives on all Sundays and public holidays in the entrance area of the Aschaffenburg-Alzenau Clinic (no appointments required).

Further information on midwife coordination can be found here.

## Parental leave and parental allowance

Mothers and fathers are entitled to parental leave after the birth of their child. Parental leave is an unpaid leave of absence from work and can be agreed with the employer for up to three years. Independently of parental leave, parental allowance can be applied for from the time of birth.

Further information on parental allowance (prerequisites, possible duration, amount) and on parental leave can be found on the ZBFS website.

Contact:

## Zentrum Bayern Familie und Soziales (Bavarian Family and Social Centre)

Georg-Eydel-Straße 13 97082 Würzburg

Phone 0931/4107-01

E-mail: poststelle.ufr@zbfs.bayern.de

Homepage of the Zentrum Bayern Familie und Soziales (Bavarian Family and Social Centre)

- Lower Franconia Region





## Paternity declaration

If the parents of a child are not married to each other under German law, paternity must be officially recognised by the father. In addition, for unmarried couples, custody is automatically held by the mother alone. In order for both parents to have custody, this must be shared in an official declaration. Custody can only be shared through the involvement of the "Jugendamt" (Youth Welfare Office).

The acknowledgement of paternity and also the division of custody can already take place before the birth at the Youth Welfare Office. An appointment must be made for this.

For more information and to make an appointment, please contact the <u>Youth Welfare</u> Office.

## **Gynaecologists**

Dr. med. Christoph-Torsten Böhmer

Heinsestraße 7 63739 Aschaffenburg

Phone: <u>06021/200700</u> or <u>06021/13283</u> E-mail: <u>info@frauenarzt-aschaffenburg.com</u> <u>Homepage of the Böhmer medical practice</u>

· Dr. med. Rodolfo Bogesits-Aufschneider

Ludwigstraße 4 63739 Aschaffenburg

Phone: 06021/31320

E-mail: <u>bogesits@gynaschaffenburg.de</u>
Homepage of the Bogesits medical practice

Frauenärzte Gemeinschaftspraxis (Gynaecologists' Group Practice)

Dr. med. Lars Bohnen Dr. med. Wencke Zink

Elisenstraße 28

63739 Aschaffenburg

Phone  $\underline{06021/21244}$  or  $\underline{06021/21481}$ 

E-mail: <u>kontakt@frauenaerzte-aschaffenburg.de</u> Homepage of the Gynaecologists' Group Practice





#### · Dr. med. Ulrich Graßhoff

Frohsinnstraße 32 63739 Aschaffenburg Phone <u>06021/26565</u>

E-mail: <a href="mailto:anmeldung@drgrasshoff.de">anmeldung@drgrasshoff.de</a> <a href="mailto:Homepage">Homepage</a> of the Group Practice</a>

## · Dr. med. Bettina Schubring

Frohsinnstraße 32 63739 Aschaffenburg Phone 06021/26565

E-mail: <u>dr@schubring-ab.de</u> <u>Homepage of the Group Practice</u>

## • Frauenärzte Gesundheitszentrum Aschaffenburg (Gynaecologists Health

**Centre Aschaffenburg)** 

**Dr Alexander Henze** 

**Nadine Dettmar** 

**Bettina Schreiber** 

Goldbacher Straße 33 63739 Aschaffenburg

Phone <u>06021/4447730</u> E-mail: info@fagz.de

Homepage of the Gynaecological Health Centre

## Elena Rupp

Dinglerstr. 8

63739 Aschaffenburg

Phone <u>06021/22715</u>

E-mail: <u>frauenarzt.praxis@gmx.de</u> <u>Homepage of the Rupp medical practice</u>

#### · Dr. med. Elias Karam

Goldbacher Straße 25 63739 Aschaffenburg

Phone <u>06021/28154</u>

E-mail: <a href="mailto:praxiskaram@gmx.de">praxiskaram@gmx.de</a>

Homepage of the Karam medical practice

· Dr. med. Oliver Lang

Dr. med. Christian Baumgärtner





Goldbacher Straße 7 63739 Aschaffenburg Phone 06021/22122

E-mail: info@gyn-ab.de

Homepage of the group practice

## Dr. med. Beate Sandkamp Christina Speck-Stahl

Ludwigstr. 9

63739 Aschaffenburg

Telefon: <u>06021/5801490</u>

E-Mail: info@gynforyou-aschaffenburg.de

Homepage of the group practice

#### Dr. med. Martina Panig

Platanenallee 15 63739 Aschaffenburg Phone 06021/22590

#### Birth certificate

Registration at the "Standesamt" (Registry Office)

The Registry Office is responsible for the registration of all children born in the City of Aschaffenburg, regardless of the parents' place of residence.

The birth of a child should be registered within one week after the birth. Please contact the Registry Office by telephone. An overview of all telephone numbers can be found on the <a href="https://homepage.org/nct/birth/">homepage of</a> the City of Aschaffenburg.

#### Please note:

- The Registry Office always requires original documents or certified copies.
- Foreign language documents must be translated into German.
- These translations must be done by a translator resident in Germany.
- The Registry Office advises on the application of an apostille or legalisation to foreign documents.
- If you do not speak German, please bring a translator with you.

## After giving birth

## **Hello Baby Welcome Visits**

Parents in the City of Aschaffenburg are visited by one of the two educators from the Hallo-Baby team after the birth of their child, if they so wish. They receive a bag with small gifts as well as important information for the first time as a family and about family-related





offers in Aschaffenburg. The Hello Baby visit offer is free of charge. Further information is available on the Hallo Baby homepage or the homepage of the City of Aschaffenburg.



#### **Guter Start ins Leben**

## Counselling for parents with babies afflicted by excessive crying

The birth of a baby is a special situation in life. Everything is different all of a sudden. One's own expectations of being a mother and father, plus the expectations of others, can be overwhelming. **Developmental psychological counselling** aims to support mothers and fathers in their new role and to help build a stable parent-child bond.

Infants and toddlers are not always easy to understand. About one in five babies cries excessively in the first months of life for no apparent reason. Every tenth mother suffers from depression in the period after giving birth. Lack of sleep, exhaustion and irritability often lead to family tensions.

Does your baby cry or whine for hours? Can all the good advice no longer be heard because it only makes mother or father feel worse? Is there no end to the countless sleepless nights? Instead of the excited sense of anticipation for your new baby, have feelings of exhaustion, helplessness, despair and anger increasingly set in after the birth?

Counselling based on the model of the "Münchner Sprechstunde für Schreibabys" ("Munich consultation for babies afflicted by excessive crying") offers well-founded help and support when the baby/toddler

- whines a lot or even cries without being able to be calmed down.
- shows problems falling asleep or sleeping through the night.
- refuses food or eats only with distraction.
- experiences excessive tantrums and defiance.
- clings excessively and shows massive separation anxiety.
- · the mother suffers from postpartum depression.
- There is concern as a mother or father that they are not bonding with the baby.

#### In counselling

- there is enough time for an exchange and questions.
- information about early childhood development is provided.
- there is support in recognising the child's signals more easily and understanding them better.





- there is a practical demonstration of how to calm the child and enable it to fall asleep.
- · relief options can be sought together.
- the focus is on the development of a secure bond between parents and child and thus on successful cooperation.

A short film on baby's sleep can be found on the homepage of the City of Aschaffenburg.

Sozialdienst kath. Frauen e.V. (Social Service of Catholic Women) Aschaffenburg Counselling for parents with babies afflicted by excessive crying and developmental psychology counselling

Erbsengasse 9 63739 Aschaffenburg Phone <u>06021/15206</u>

E-mail: <a href="mailto:schwanger@skf-aschaffenburg.de">schwanger@skf-aschaffenburg.de</a>

Homepage of the Sozialdienst kath. Frauen e.V. (Social Service of Catholic Women)



## Breastfeeding and nappy-changing facilities in the City of Aschaffenburg

In the city centre of Aschaffenburg, there are centrally located places to change or breastfeed children in a relaxed and peaceful manner.

- "Bildungsbüro" (Education Office) for the City of Aschaffenburg Pfaffengasse 7, 63739 Aschaffenburg
- Rathaus (City Hall), ground floor
   Dalbergstr. 15, 63739 Aschaffenburg
- Citygalerie

Goldbacher Straße 2, 63739 Aschaffenburg Baby changing room in the WCs, as well as at Kaufhof, C&A, Thalia and dm Drogeriemarkt

dm drugstore
 Herstallstraße 38-40, 63739 Aschaffenburg

 MIZ - Miteinander im Zentrum e.V. Badergasse 7, 63739 Aschaffenburg





- VHS Adult Education Centre Luitpoldstr. 2, 63739 Aschaffenburg
- Aschaffenburg University
   Würzburger Straße 45, 63743 Aschaffenburg

## **Advice and support**

#### For families

## Sozialdienst katholischer Frauen e.V. Aschaffenburg

The Social Service of Catholic Women (SkF) advises women and families in various life situations. Although the SkF is organised as a Catholic organisation, it offers counselling on the following topics regardless of origin, nationality or religious denomination:

- Counselling for women and families
- Counselling on pregnancy issues
- · Guardianship association
- Social pedagogical family assistance

#### Contact:

## Sozialdienst kath. Frauen e.V. Aschaffenburg

Erbsengasse 9 63739 Aschaffenburg Phone 06021/27806

E-mail: beratung@skf-aschaffenburg.de

Homepage of the Sozialdienst kath. Frauen e.V. (Social Service of Catholic Women)



Counselling Centre for Children, Adolescents and Parents - Caritasverband Aschaffenburg





The "Beratungsstelle für Kinder, Jugendliche und Eltern des Caritasverbands Aschaffenburg e.V." (Counselling Centre for Children, Adolescents And Parents) is a central contact point for quick and unbureaucratic help with problems and questions in the areas of family, development and education.

Counselling is free of charge and independent of faith or denomination. The talks are confidential.

Free online counselling is possible here.

#### Contact:

# Caritasverband Aschaffenburg e.V. Counselling Centre for Children, Adolescents and Parents (Educational Counselling Centre)

Treibgasse 26 63739 Aschaffenburg Phone 06021/392220

E-mail: <u>erziehungsberatung@caritas-aschaffenburg.de</u> Homepage of the educational counselling centre



## Marriage and family counselling; life guidance

There are phases in life when it is good not to be alone: Experiences such as feeling overburdened by life, questioning the point of things, grief, fears, psychological problems, illnesses, separations or death, conflicts in the family, with the partner, friends or colleagues.... In these situations, the professionals at the counselling centre provide support by looking for solutions together with you.

The counselling centre's services are aimed at people who are alone and at people with partners, family and friends. Especially when it comes to partnership stresses, it is helpful to come to counselling in pairs.





The counselling centre offers individual, couple or family counselling, as well as courses on specific topics. Alternatively, online counselling is also possible here.

Contact:

## EFL - Counselling Centre for Marriage, Family and Life Issues of the Diocese of Würzburg

Webergasse 1 63739 Aschaffenburg Phone <u>06021/21189</u>

E-mail: <u>info@eheberatung-aschaffenburg.de</u> <u>Homepage of the EFL Counselling Centre</u>



## Family pastoral care

The Marriage and Family Centre Aschaffenburg of the Diocese of Würzburg offers education, counselling and support for partnership and family. One of the core tasks of marriage and family chaplains is to look at couples and families, to recognise their life situation, to listen to them, to perceive their needs and to accompany them.

#### Contact:

Diocese of Würzburg - Aschaffenburg Region

## Fachstelle Ehe und Familie (Marriage and Family Office)

Martinus House Treibgasse 26 63739 Aschaffenburg

Telephone: 06021/392150 or -148

E-mail: familienseelsorge.ab@bistum-wuerzburg.de Homepage of the Marriage and Family Pastoral Care



## Giftedness

## Advice centre for giftedness psychology

Do you have questions about the topic of (highly) gifted people? The services of gifted counselling refer on the one hand to families who suspect that their child has a special talent. On the other hand, adults who are highly gifted and professionals are also advised on questions of giftedness psychology. There are also seminars, exchange groups and lectures for parents and professionals, as well as further information and many helpful





links on the topic of giftedness. Furthermore, the advice centre supervises the early study programme at the University of Würzburg (possibility for gifted pupils from grade 10 to attend regular courses at the university).

The advice centre is in Würzburg at the Julius Maximilian University. The services are aimed at clients from a radius of about 100 km around Würzburg. Shorter content-related concerns or information questions can also be clarified in the telephone consultation hour (Monday from 14:00 to 15:00).

#### Contact:

## Advice centre for giftedness psychology

University of Würzburg Röntgenring 10 97070 Würzburg

Telephone: <u>0931/3186023</u> (Mon-Thu morning)

E-mail: <u>begabungsberatungsstelle@uni-wuerzburg.de</u>

<u>Home page of the advice centre for giftedness psychology</u>



## Smartkids Aschaffenburg e.V.

Smartkids Aschaffenburg e.V. is an association that emerged from a parents' initiative. The focus of the association's work is the support and promotion of above-average intelligent and highly gifted children and their families. Other focal points include the education of society and the further training of educators and teachers, as well as lobbying in education policy for the benefit of highly gifted children.

The association wants to be a network of parents for parents, for the children among themselves and for families. This close, personal exchange results in many approaches for the own family environment as well as ideas for new projects and events.

#### Contact:

## SmartKids Verein zur Förderung hochbegabter Kinder in Aschaffenburg und Umgebung e.V.

E-mail: <u>kontakt@smartkids-aschaffenburg.de</u> Homepage of the Smartkids Aschaffenburg

#### **KAB Aschaffenburg**

The abbreviation KAB (in German) stands for Catholic Workers' Movement and is a professional association in which all women and men are welcome. The tasks of the KAB include above all:





- Educational offers for workers, workers' representatives, families, women and senior citizens
- · Current information on working life and social security
- Leisure events and trips
- · Promotion of volunteering
- Counselling and support in labour and social law problems by specialists, for example in case of difficulties at work, in case of reduced earning capacity or severe disability

#### Contact:

## KAB Aschaffenburg (Catholic Workers' Movement)

Martinushaus Treibgasse 26 63739 Aschaffenburg Phone 06021/392140

E-mail: kab-aschaffenburg@bistum-wuerzburg.de

Homepage of the KAB Aschaffenburg

## The association Albert-Schweitzer-Familienwerk Bayern e.V.

The association Albert-Schweitzer-Familienwerk Bayern e.V. is a registered non-profit association which, when it was founded in 1996, set itself the goal of creating small, manageable facilities for children and young people in Bavaria

What is special about the Albert-Schweitzer-Familienwerk Bayern e.V. are the clearly arranged facilities with small groups. For example, in all small homes, children's village homes or childcare centres, professional educators live as house parents with the children under one roof. The atmosphere in such small facilities is very familiar and personal, and both the people being cared for and the staff are seen as individuals with their own abilities and characteristics.

The Albert-Schweitzer-Familienwerk Bayern e.V. specifically runs the open all-day school, an afternoon care service for children and young people in Alzenau, Hösbach and the surrounding area at a total of 10 schools.

Furthermore, families who are experiencing problems with their children can be supported on an outpatient basis by the staff of the Flexible Support Services , for example, in the form of educational assistance and social-pedagogical family support. "Assisted living" supports young adults in becoming independent in their own living space.

#### Contact:

## Albert-Schweitzer-Familienwerk Bayern e.V.

Ohmbachsgasse 6 63739 Aschaffenburg Telephone: 06021/7711696

Mobile: 0175/1915505

E-mail: bayern@albert-schweitzer.org

Homepage of the Albert-Schweitzer-Familienwerk Bayern e.V.





## Kinderschutzbund Aschaffenburg e.V.

The Kinderschutzbund stands up for the rights of children and young people. It wants a child-friendly society in which the spiritual, mental, social and physical development of children and young people is promoted. In order to support children and young people in Aschaffenburg, the Kinderschutzbund offers the following projects:

- Project Learning Assistance
- Strong Parents Strong Children
- · Project Mentor
- Project Spasss
- Supervised contact project
- · Project Knowledge is Power

#### Contact:

## Kinderschutzbund Aschaffenburg e.V.

Beckerstraße 26 63739 Aschaffenburg Phone 06021/4430800

E-mail: info@kinderschutzbund-ab.de

Homepage of the Kinderschutzbund (Child Protection Association)

## **IN VIA Aschaffenburg**

IN VIA is an association and offers various services, projects and support for women and young people.

This includes the following areas:

- Europabüro (European Office): Information and support on Au Pair work and European Voluntary Service and Café International (open meeting place for young people from all over the world up to the age of 30 (twice a month))
- Bahnhofsmission (Station Mission): Travel assistance when changing trains, temporary stay in the rooms at platform 2, talks and counselling (uncomplicated, free of charge and anonymous)
- Frauenwohnen (Women's housing): Housing provision and outpatient care for women with special social difficulties
- Outpatient help with upbringing
- Prävention an Schulen (Prevention in schools): Projects to promote the personal and social development of children and young people in the school environment
- FrauenPower: an open meeting of women (Wednesday and Thursday mornings)
- Schwimmen macht Schule (Swimming lessons): Swimming lessons for the 3rd and 4th class





#### Contact:

## IN VIA Katholischer Verband für Mädchen- und Frauensozialarbeit Aschaffenburg e.V.

Pestalozzistraße 17 63739 Aschaffenburg Phone 06021/581042

E-mail: verwaltung@invia-aschaffenburg.de

Homepage of IN VIA





## Marielies-Schleicher-Stiftung

The aim of the Marielies-Schleicher-Stiftung (a foundation) is to support children, young people, women and families in existential and personal need.

The Foundation is steered and managed on a voluntary basis by three women board members and an appointed advisory board.

A film about the work of the foundation is available here.

#### Contact:

## **Marielies-Schleicher-Stiftung**

Erbsengasse 9 63739 Aschaffenburg Phone 06021/299304

E-mail: <u>info@stiftung-aschaffenburg.de</u> Homepage of the Marilies-Schleicher-Stiftung

INTEGREAT
Great Integration.



## **Family sponsors**

Having children changes a lot in everyday life. Every family or single parent needs help with this from time to time. It's nice when relatives, friends or neighbours are there to help out. But not every family has this support – that's why there are volunteer "FAMILIENPAT\*INNEN" (FAMILY GODPARENTS)!

They regularly spend 2 to 3 hours a week with children aged 0 to 6 years, playing, reading to them or going to the playground.

The volunteer family godparents are advised, accompanied, trained and placed by the Sozialdienst katholischer Frauen e. V. (Social Service of Catholic Women) for their work in the families of Aschaffenburg.

#### Contact:

Sozialdienst katholischer Frauen e.V. Aschaffenburg

"Familienpat\*innen" (Family Godparents)

Erbsengasse 9

63739 Aschaffenburg

Phone 06021/15206

E-mail: waschulewski@skf-aschaffenburg.de

Further information is available on the SkF homepage.

There is also information about the family godparents on the municipal homepage.







## **KoKi (Coordinating Child Protection Unit)**

Families who are pregnant or have children between the ages of 0 and 6 can find counselling, support and guidance at the Coordinating Child Protection Unit (KoKi). KoKi finds health professionals (for example, family midwives or family and child health nurses) and organises weekly health consultations or play and toddler groups. KoKi also accompanies the district mothers in their work. Citizens, parents or educational professionals are advised anonymously on questions concerning child protection and child welfare. Koki is well-networked and can provide information about services or refer people to the "Netzwerk Frühe Kindheit" (Early Childhood Network).

Flyer from Koki

Contact:

City of Aschaffenburg

Coordinating Child Protection (KoKi)

Dalbergstraße 18, 1st floor 63739 Aschaffenburg Phone <u>06021/4511865</u> E-mail: koki@aschaffenburg.de

Homepage of KoKi



Social patrons





For many years, voluntary social sponsors have been supporting people in Aschaffenburg who find themselves in financial and social emergencies. Social mentors are bound by confidentiality and do not pass on any information to third parties.

They provide support and advice in the following problem situations, for example:

- Claims arising from different benefit areas (e.g. social law, care)
- · Financial emergencies: Helping to plan a budget
- · Support in cooperation with authorities
- Accompaniment during the integration of people with a refugee background and residence titles
- Placement with various agencies with regard to the following issues: Debt, addiction, psychosocial care, family support, legal advice, etc.

#### Contact:

## Volunteer Centre "Aschaffenburg Aktiv!"

Pfaffengasse 7 63739 Aschaffenburg Phone 06021/3301824

E-mail: <u>aktiv@aschaffenburg.de</u> Homepage of the "Sozialpat\*innen"



## MIZ Aschaffenburg e.V.

The MIZ combines the Mothers' and Family' Centre and a multi-generation house under one roof. It is a place of encounter regardless of religious or political views and social background.

The MIZ is the venue for:

- Parent-child groups
- · Senior citizens' meetings
- Play, handicraft and craft afternoons
- Computer and mobile phone support
- household-related services, neighbourhood assistance





- "Time Island" Dementia Support
- · Babysitter and childminder training and placement
- · low-threshold advice for families & seniors

#### Contact:

#### MIZ - Miteinander im Zentrum e.V.

Badergasse 7 (barrier-free access on Riesengasse 12)

63739 Aschaffenburg Phone: <u>06021/29876</u> E-mail: <u>info@miz-ab.de</u> Homepage of the MIZ



## **Early intervention centres**

Information on the various early intervention centres can be found <u>here.</u>

## Zentrum Bayern, Familie und Soziales (ZBFS)

The Zentrum Bayern Familie und Soziales (Bavarian Family and Social Centre) is the state authority for social services in the department of the Bavarian State Ministry for Family, Labour and Social Affairs.

In the administrative district of Lower Franconia, it decides on the various applications for family benefits (parental allowance, family allowance, crèche allowance) and advises on parental leave. Other tasks include the law on severely disabled persons – determination procedure and inclusion, war victims' benefits, the Victims' Compensation Act (Opferentschädigungsgesetz) and the payment of the Bavarian Blind Persons' Allowance.

#### Contact:

## Zentrum Bayern Familie und Soziales (Bavarian Family and Social Centre)

Lower Franconia Region Georg-Eydel-Strasse 13 97025 Würzburg

E-mail: poststelle.ufr@zbfs.bayern.de

Homepage of the Zentrum Bayern Familie und Soziales (Bavarian Family and Social Centre)

- Lower Franconia Region





## **GESTA e.V. - Encounter, participation and integration in Aschaffenburg**

In our society there are many barriers and boundaries that make it difficult or impossible for people to participate in social life. Meeting people helps to overcome these barriers and borders. GESTA is a group of people who have the vision that there should be opportunities for all people to participate equally in society.

In the rooms of GESTA in Damm, they would like to contribute to making this idea a reality in our city. GESTA offers a place where encounters between people can take place, regardless of their age, origin and reality of life. You can get into conversation with each other, participate in existing projects or create your own ideas for projects. The topics and actions are diverse. For example, it can be about upcycling, there are courses and workshops or cargo bikes, a bicycle distribution, bicycle repair, services for relaxation or a knitting café.

#### ABmitLARA - free cargo bike rental

GESTA offers a free cargo bike rental service. You can use it, for example, to do a bulk purchase in the city centre or at the supermarket, go on an excursion with the children or organise a flat-share move. You can register (free of charge) to use one on <a href="the GESTA">the GESTA</a> homepage.

#### Contact:

#### GESTA (Gesellschaftliche Teilhabe für Alle) e.V.

Haidstrasse 5 63741 Aschaffenburg Telephone: <u>06021/4529130</u>

E-mail: <u>info@gesta-ev.de</u>
To the GESTA e.V. homepage

## bke online parent counselling

Bke stands for Bundeskonferenz für Erziehungsberatung (Federal Conference for Educational Counselling). The bke online parent counselling offers parenting advice, exchange with other parents and information for small and big questions and worries about parenting. For example, about the very young, school problems, stress during puberty or changes in the family. Online counselling is free of charge, anonymous and secure. You can choose between an email and a chat consultation.

Click here for the bke online parent counselling.







## Single parent, separated, divorced

Around 2800 single parents live in the City of Aschaffenburg. Among them are about 400 single males and 2,400 single females

Single mothers and fathers face particular challenges in everyday life. But bringing up children alone or separately does not mean having to solve and share problems and worries alone.

There are support services that particularly want to support single parents. In addition to the counselling and support services listed below, the City of Aschaffenburg has also published a <u>flyer</u> for single-parent families. This is available on the ground floor of the Rathaus (City Hall) or from the Equal Opportunities Office.

#### KASA - Diakonie Untermain e.V.

So-called "kirchliche Allgemeine Soziale Arbeit or KASA" (church-based general social work) is open to people regardless of origin and religion. It assists particularly socially disadvantaged people and is a first point of contact for anyone who needs advice and support and is looking for solutions from difficult situations of any kind.

## KASA is:

- · an open social counselling service
- an interface in the counselling network and can point the way to further help and offers
- a bridge to the parishes of the deanery and the community diakonia

## Contact:

Diakonisches Werk Untermain e.V.

**Church General Social Work (KASA)** 

Heinsestr. 2-4 63739 Aschaffenburg Friederike Dajek Tel.: 06021/399940

E-mail: friederike.dajek@diakonie-aschaffenburg.de

Homepage of the Diakonie







## **Equal Opportunities Office of the City of Aschaffenburg**

The Equal Opportunities Office of the City of Aschaffenburg supports the City of Aschaffenburg in ensuring that the constitutional mandate of Article 3 of the Basic Law (GG) is implemented and that action is taken in accordance with the Bavarian Equal Opportunities Act and the General Equal Treatment Act (AGG).

#### Key task areas:

- Information and counselling in case of disadvantages, discrimination, professional and family difficulties
- Referral to other authorities and counselling centres
- · Development of measures to promote gender equality
- Public relations work through own lectures, publications, events, training, exhibitions, etc.
- · Cooperation with counselling centres, women's groups, organisations and initiatives

#### Contact:

City of Aschaffenburg

## **Equal Opportunities Office**

Dalbergstraße 15 63739 Aschaffenburg

Tel.: <u>06021/3301419</u>

E-mail: gleichstellungsstelle@aschaffenburg.de Homepage of the Equal Opportunities Office

## Commissioner for Equal Opportunities on the Labour Market

The Commissioner for Equal Opportunities on the Labour Market (BCA) are based at the Agentur für Arbeit (Employment Agency). They are responsible for all issues concerning gender equality in the labour market and the reconciliation of family and work. They inform, advise and support jobseekers who, for example, also have special obligations in their family.

The BCA's offer is valid for citizens as well as for companies:

- Tips for returning to work after the family phase
- Workshop on professional orientation
- · Part-time training
- · Mini and midi jobs
- · Application tips for women
- Women and pensions
- · Actively using parental leave for a successful return to work
- · Support for the nationwide future days Girls' Day and Boys' Day
- · Supporting companies with a family-conscious personnel policy

Contact:





Agentur für Arbeit (Employment Agency)

## **Commissioner for Equal Opportunities (BCA)**

Memeler Str. 15 63739 Aschaffenburg Phone: 06021/390554 Phone: 06021/390420

E-mail: Aschaffenburg.BCA@arbeitsagentur.de

Homepage of the BCA

## ISUV - Interessenverband Unterhalt und Familienrecht - Contact point Aschaffenburg

Separation and divorce are difficult, both emotionally and legally. The "Interessenverband Unterhalt und Familienrecht (ISUV)" advises mothers and fathers in these situations. Members and interested parties can contact the contact point in Aschaffenburg. Monthly lectures and discussion events are offered free of charge.

#### Contact:

## ISUV contact in Aschaffenburg

63739 Aschaffenburg Phone <u>06074/922580</u> Tel.: <u>0172/5204757</u>

E-mail aschaffenburg@isuv.de

Homepage of the Contact Point in Aschaffenburg

#### **Education and care**

#### LITTLE BIRD: Search for childcare online

On the LITTLE BIRD parent portal, families can find the right childcare offer for their child online. All day-care centres and offers can be viewed there. A search is possible, for example, in the city map or filtered by opening hours. To do this, families create a digital profile and submit childcare requests to the KiTas. The parent portal can be accessed free of charge at any time from a smartphone, tablet or PC. Further information is available here:

- Click here to go to the <u>Little Bird online portal for the City of Aschaffenburg</u>.
- Further information is also available on the municipal homepage.
- Here you will find help for parents with the portal.
- Click here for <u>multilingual instructions</u>.

Contact:

City of Aschaffenburg

Youth Welfare Office (Jugendamt) - Topic of child day care

Telephone: 06021/3301456



E-mail: kindertagesbetreuung@aschaffenburg.de



## KiTa and day care

Childcare is a central issue for many parents. The City of Aschaffenburg would like to support the compatibility of family and career and, therefore, offers a wide range of educational and care services for children. Children between the ages of 0 and 10 are cared for in KiTas (crèches, kindergartens, after-school care centres, houses for children). Furthermore, there are day carers, i.e. childminders.

An overview can be found on the homepage of the City of Aschaffenburg.

#### **Short-term care**

Instead of regular childcare by childminders or in a day care centre, many parents need a childcare option at short notice and only for a manageable period of time (doctor's appointment, visits to the authorities, etc.) or in emergencies.

In Aschaffenburg there are the following Contact points.

#### **School Childcare**

In the City of Aschaffenburg there are various options for having your child looked after following school hours. <u>Here is</u> an overview.

## "Staatliches Schulamt" (State Education Authority)

The State Education Authority for the City of Aschaffenburg and the State Education Authority for the District of Aschaffenburg are jointly managed by the Director Joachim Hartmann (Director of the Education Authority) and the respective Director for Legal Affairs . The Director for Legal Affairs is Lord Mayor Jürgen Herzing for the school district Aschaffenburg Stadt, and District Administrator Dr. Alexander Legler for the school district Aschaffenburg Landkreis. The school supervisory district of the City of Aschaffenburg currently includes 12 primary schools and 5 secondary schools

The tasks of the school authorities are to ensure the quality of education and teaching, to plan and organise the teaching system, to promote and advise schools and to supervise internal and external school conditions as well as the school management and the





pedagogical staff.

There are also various <u>information and counselling services on the homepage of the</u> education authorities

Contact:

## State Education Authorities in the City and District of Aschaffenburg

Bayernstraße 18 (postal address) Auhofstraße 21 (address) 63739 Aschaffenburg

Phone <u>06021/394228</u>

E-mail: staatliches-schulamt@lra-ab.bayern.de

Homepage of the State Education Authorities in the City and District of Aschaffenburg

#### Children and adolescents

## "Jugendamt" (Youth Welfare Office)

The "Jugendamt" (Youth Welfare Office) of the City of Aschaffenburg accompanies children and young people as they grow up and supports families with many services. With approximately 170 employees, it is one of the largest municipal offices. The Youth Welfare Office is broadly staffed and includes, for example, Coordinating Child Protection, the Youth Cultural Centre (JUKUZ), Child Guidance Counsellors, the General Social Service (ASD), the Youth Court Assistance, the Advance Maintenance Payments and also the Youth Social Work at Schools (JaS)

Contact:

City of Aschaffenburg

Jugendamt (Youth Welfare Office)

Office No. 231
Dalbergstraße 15
63739 Aschaffenburg
Phone 06021/3301324

E-mail: jugendamt@aschaffenburg.de

<u>Further information on the Jugendamt (Youth Welfare Office) can be found on the municipal homepage.</u>







## Youth protection - JUKUZ

Educational youth protection is an integral part of child and youth welfare. The strengths of children and young people are to be promoted and parents supported in their educational tasks. This is done by providing information, counselling and many different projects.

The offers of youth protection are versatile. They are aimed at <u>children and young people</u>, <u>parents</u> as well as <u>institutions</u>, <u>clubs and associations</u>.

Contact:

JUKUZ

**Erzieherischer Kinder- und Jugendschutz** 

Phone <u>06021/313140</u>

Mobile phone: <u>0162/1304425</u> E-mail: <u>jugendschutz@jukuz.de</u> <u>Homepage of the JUKUZ</u>

Youth centres

An overview of the youth centres in Aschaffenburg can be found here.

**Stadtjugendring Aschaffenburg** 





The Stadtjugendring (SJR) is the federation of 27 youth organisations at municipal level and sees itself as a representation of the interests of children and young people as well as a working group of youth associations. It promotes associational youth work through grants, services and carries out projects and offers in the fields of youth policy, youth education and youth culture for young people and those responsible for youth work. The SJR is responsible for the "Jugendinformations- und Medienfachstelle Café ABdate" (Youth Information and Media Centre Café ABdate), Radio Klangbrett and the specialist unit "Partizipation, Inklusion und Interkulturelle Arbeit" (PIA; Participation, Inclusion and Intercultural Work).

Since 2010, the Stadtjugendring has been organising the "Brüderschaft der Völker" festival on behalf of the City of Aschaffenburg.

#### Contact:

## Stadtjugendring Aschaffenburg

Kirchhofweg 2 63739 Aschaffenburg Telephone: 06021/218733

E-mail: jugendring@sjr-aschaffenburg.de



#### Youth Information and Media Centre Café ABdate

Café ABdate is a youth information and media centre for youth and young adults aged 14 to 27. The services are also aimed at parents, staff in youth work, in social and cultural centres, teachers and youth associations.

ABdate provides information on many topics. From A like looking for an apprenticeship and a stay abroad to V like Voluntary Year of Social Service and H like holiday job to P like planning for the future - in other words, all topics that contribute to the personal development of young people. ABdate organises information evenings and seminars on current topics. There is a monthly newsletter and media workshops in schools.

Our counselling work focuses on the following topics: Media, stays abroad, voluntary services.

## Contact:

Stadtjugendring Aschaffenburg **Youth Information Centre Café ABdate**Kirchhofweg 2
63739 Aschaffenburg
Telephone: 06021/218761
E-mail: cafe.abdate@sjr-aschaffenburg.de

Click here for the homepage of <u>Café ABdate</u>





## PIA - Department for Participation, Inclusion, Intercultural Work

PIA is a specialised counselling centre with the aim of promoting the equal participation of all children and young people in societal and social areas and processes in Aschaffenburg. Facilitating encounters, stimulating exchange and expanding networking are the central tasks.

How is this implemented? Intercultural city rallies, graffiti projects, the cookbook project "Aschaffenburg is(s)t bunt(er) - Kochen mit Nachbarn aus aller Welt", the participation project "Mainufer Aschaffenburg - ich bin dabei!", intercultural exchange and the demography workshop for young people are examples. PIA is also responsible for the overall management of the annual festival "Brüderschaft der Völker" - hallo aschaffenburg.

#### Contact:

Stadtjugendring Aschaffenburg

PIA - Department for Participation, Inclusion, Intercultural Work

Alexandrastr. 5 63739 Aschaffenburg Phone: 06021/218755

Email: andi.hefter@sjr-aschaffenburg.de

Further information on PIA



## Radio Klangbrett

Radio Klangbrett is the Aschaffenburg youth radio station. The weekly radio programme of the young and voluntary radio makers forms the core. The programme is broadcast Tuesday to Thursday from 7 to 9 pm on the frequency of Radio Galaxy Aschaffenburg (91.6). Around the programme there are many other projects, cooperations and events. All young people who feel like "doing radio" themselves can drop in at an open editorial





meeting, for example.

Contact:

Stadtjugendring Aschaffenburg

### **Radio Klangbrett**

Alexandrastraße 5 63739 Aschaffenburg Phone: 06021/4380841

Email: klangbrett@sjr-aschaffenburg.de

Click here for the homepage of Klangbrett radio.



## Meine Chance - Diakonisches Werk Untermain e.V. und Brücke e.V.

The association "Meine Chance" (My Chance) helps young people up to the age of 25 from the district of Aschaffenburg who

- have fallen out of the existing support systems or are at risk of falling out and cannot make it back on their own;
- are entitled to support from the state (e.g. Job Centre...) and do not claim it.

"Meine Chance" supports young people free of charge and confidentially:

- · to find one's own way,
- · to apply for social benefits,
- · to avoid or overcome homelessness,
- in the case of stress at school or when young people no longer go to school at all,
- · to find an apprenticeship or a job,
- · when they are experiencing trouble at home,
- with special problem situations (e.g. debts, mental illness, addiction...).

Contact:

### **MEINE CHANCE**

Heinsestraße 2 - 4 (2nd floor right) 63739 Aschaffenburg Homepage of MEINE CHANCE





## Steffen Eggert

Tel: <u>06021/92064140</u> Mobile: <u>01514/7811924</u>

## Fabian Zeitlinger

Tel: <u>06021/92064142</u> Mobile: <u>0179/1254641</u>

Appointments by arrangement. You are also welcome to contact us via WhatsApp

Appointments can take place at the advice centre or at a location chosen by the young person.

## Counselling Centre for Children, Adolescents and Parents - Caritasverband Aschaffenburg

The "Beratungsstelle für Kinder, Jugendliche und Eltern des Caritasverbands Aschaffenburg e.V." (Counselling Centre for Children, Adolescents And Parents) is a central contact point for quick and unbureaucratic help with problems and questions in the areas of family, development and education.

Counselling is free of charge and independent of faith or denomination. The talks are confidential.

Free online counselling is possible here.

### Contact:

# Caritasverband Aschaffenburg e.V. Counselling Centre for Children, Adolescents and Parents (Educational Counselling Centre)

Treibgasse 26 63739 Aschaffenburg Phone 06021/392220

E-mail: <u>erziehungsberatung@caritas-aschaffenburg.de</u> <u>Homepage of the educational counselling centre</u>







## Kinderschutzbund Aschaffenburg e.V.

Children and young people can also contact the "Kinderschutzbund Aschaffenburg e.V." (Child Protection Agency) themselves. For example, it offers an assistance phone when children are worried because, for example, report cards are coming soon.

Some children fear the reaction of their parents and look for a neutral person to talk to about their problems. The association has set up a helpline for children and young people for this and other difficult situations. Under the number <u>0800/1110333</u> children can find help anonymously and free of charge from any telephone or mobile phone.

### Kinderschutzbund Aschaffenburg e.V.

Beckerstraße 26 63739 Aschaffenburg Phone 06021/4430800

E-mail: info@kinderschutzbund-ab.de

Homepage of the Kinderschutzbund (Child Protection Association)

## bke online youth counselling

Bke stands for Bundeskonferenz für Erziehungsberatung (Federal Conference for Educational Counselling). Here, young people find a free, anonymous and secure counselling service. The bke online youth counselling offers counselling for small and big worries, for quarrels or trouble with parents, for small and bigger problems with friends or at school. It helps with lovesickness and secrets. Here young people can exchange ideas and experienced counsellors offer support.

Click here to go to the bke online youth counselling service.



## Victim-offender mediation (TOA)

Are you involved in a criminal offence as the accused or the injured party? There is the possibility of an out-of-court settlement, the victim-offender mediation after a crime. In this process, the injured party and the accused find their own way to a mutually satisfactory settlement. This can be, for example, reparation, compensation for pain and suffering or an agreement for the future.

They receive support from professional mediators.





The mediation is free of charge. A settlement in conversation usually makes criminal and civil proceedings superfluous.

#### Contact:

Hilfe zur Selbsthilfe e.V. Aschaffenburg

**Victim-offender mediation** 

Goldbacherstr. 39 63739 Aschaffenburg

Tel: <u>06021/29135</u>

Email: <u>info@hilfe-zur-selbsthilfe-ab.de</u> www.hilfe-zur-selbsthilfe-ab.de

### **Education and care**

Here in the app there is a chapter all about education topics in the City of Aschaffenburg. It contains information on day care, youth centres, schools, learning German, training, studies and work, for example.

Feel free to click here to go to the education chapter.

## Foster families and adoption

Time and again, children are unable to grow up with their families for a limited time or permanently for various reasons. For these children, the foster child service is looking for suitable, committed and loving foster parents.

Foster children need understanding people who support them in their development and enable them to have a happy and carefree childhood. The process of welcoming the children and cooperation with the parents place special demands on the foster families.

We are looking for parents who enjoy living with children and have the ability to relate to "special" children. Interested persons are prepared for their responsible task and trained accordingly. The foster child service provides professional and financial support.

This <u>film</u> shows the work of foster families.

Here is the <u>flyer</u> on foster care and adoption.

## Contact:

City of Aschaffenburg
"Jugendamt" (Youth Welfare Office)

"Pflegekinderdienst" (Foster Child Service)

Dalbergstraße 15 63739 Aschaffenburg Phone 06021/3301620

E-mail: pflegekinderdienst@aschaffenburg.de

Municipal homepage with information on the Foster Child Service

70+





### Advice and information

## **Counselling centres**

## Advice for senior citizens in the City of Aschaffenburg

The City of Aschaffenburg wants the lives of its citizens to be as liveable as possible. This includes comprehensive information about services and assistance for senior citizens. There is also the possibility for personal counselling on various areas of life and questions

Contact:

City of Aschaffenburg

Counselling for senior citizens in the Social Welfare Office

Dalbergstraße 15 63739 Aschaffenburg

Telephone: <u>06021/3301439</u> or in case of absence <u>06021/3301607</u>

Email: senioren@aschaffenburg.de

Various information for senior citizens can be found on the <u>homepage of the City of Aschaffenburg</u>

Ρ

The Care Centre (Pflegestützpunkt) of the City of Aschaffenburg offers citizens an independent, comprehensive and free advice service on the subject of care.

People in need of care and their relatives are supported in finding individual support services and organising the care situation in the best possible way.

Opening times:

Monday, Wednesday and Friday 9:30 - 12:30 Tuesday and Thursday 14:00 - 17:00

Appointments by arrangement.

Contact:

City of Aschaffenburg

Care Centre (Pflegestützpunkt)

Luitpoldstraße 4b 63739 Aschaffenburg Tel: 06021/3301822

Email: pflegestuetzpunkt@aschaffenburg.de

Homepage of the Care Centre (Pflegestützpunkt) of the City of Aschaffenburg







## Care centre of the City of Aschaffenburg

The guardianship office advises those affected or their relatives on guardianship law and guardianship procedures and supports the legal guardian in carrying out his/her duties after the introduction of guardianship.

### Contact:

City of Aschaffenburg

"Amt für soziale Leistungen" (Office for Social Services)

Dalbergstraße 15 63739 Aschaffenburg Phone: 06021/3301599

E-mail: betreuungsstelle@aschaffenburg.de

Homepage of the Care Centre

## Self-help and self-help contact point

In self-help groups, people and/or their relatives exchange experiences and information who, for example, have a chronic illness or disability or live in stressful life situations. They give each other support

For the City of Aschaffenburg, there is a self-help contact point in the <u>volunteer agency</u> <u>"Aschaffenburg Aktiv!"</u>, which interested people can turn to if they have any questions. There you will find, for example, up-to-date information on self-help groups and the relevant contacts.

### Contact:

City of Aschaffenburg
Office of Social Services
Self-help contact point

Luitpoldstr. 4b 63739 Aschaffenburg

Telephone: <u>06021/3301821</u>

E-mail: selbsthilfe@aschaffenburg.de

Click here for the homepage of the self-help contact point.







### Mental health

For information on mental health, see the chapter on health & sports

### **Bahnhofsmission**

The "Bahnhofsmission" (Station Mission) is a contact point for people who need help in different life situations. This is uncomplicated and free of charge. Age, gender, nationality and denomination do not play a role.

- Counselling and mediation:
   The staff take their time. They listen and try to find the appropriate support.
- Rest, exchange and linger at Platform 2:
   Hungry and thirsty people seeking help will be offered a coffee or tea and, depending on supplies, a loaf of bread at Platform 2.
- Mobility aids:
   There is assistance with getting on, off and changing trains. This is also possible on nationwide journeys in cooperation with other station missions.

## Contact:

### **Station Mission**

Platform 2 at Aschaffenburg Central Station

Phone 06021/337134

E-mail: bahnhofsmission@invia-aschaffenburg.de

www.bahnhofsmission-aschaffenburg.de

### **Dementia Advice Centre Untermain**

Dementia is an umbrella term for various diseases. Affected persons, relatives, caregivers and volunteers are supported by information and counselling at the Counselling Centre Dementia Lower Main . Counselling is individual, independent, free of charge and subject to confidentiality.

## **Dementia Advice Centre Untermain**

Aschaffenburg office Ohmbachsgasse 5 63739 Aschaffenburg





Phone <u>06021/4511117</u> E-mail <u>bdu@4main.de</u> Homepage of the Dementia Advice Centre Untermain

## Addiction counselling - Caritasverband Aschaffenburg

Here, people affected by addiction can find help, counselling and support.

Common issues include alcohol, illegal drugs, medication, gambling, media addiction and eating disorders.

- · Anyone can take advantage of the counselling free of charge and without obligation.
- The counselling centre will only act on behalf of and with the consent of the person concerned.
- All employees are subject to the legal duty of confidentiality.
- The basis of any work together is cooperation, not confrontation.
- On offer: Counselling for those affected, relatives and interested parties, placement (in detoxification, rehabilitation and outpatient assisted living), outpatient aftercare, psychosocial support for substitution patients, as well as group and prevention offers for various target groups.

### Contact:

Caritasverband Aschaffenburg

## Psychosocial counselling centre for addiction problems

Treibgasse 26 (Martinushaus)

63739 Aschaffenburg Phone <u>06021/392280</u>

E-mail: psb@caritas-aschaffenburg.de

Homepage of the addiction counselling service from Caritas



### Information

The City of Aschaffenburg provides comprehensive information about services and assistance for senior citizens.

• The <u>senior citizens' guide</u> offers all important contacts for living in old age. In addition to leisure, cultural and educational opportunities, it also provides information about financial assistance, social services, outpatient care, nursing and old people's homes and day care centres for the elderly.





- Numerous contact persons, offers, meetings and dates are also included in the <u>senior</u> citizens' programme.
- Twice a year, the City of Aschaffenburg publishes a <u>newspaper for senior citizens</u>

### Welfare and social associations

### Arbeiter-Samariter-Bund (ASB) (Workers' Samaritan Federation)

The ASB is a voluntary aid organisation that is independent, party-politically neutral and non-denominational under the umbrella of the Paritätischer Wohlfahrtsverband. The services in Aschaffenburg include:

- · Meals on wheels
- Outpatient care/social care
- · Child day care
- · First aid training

### Contact:

### ASB-Regionalverband Bayerischer Untermain e.V.

Kochstrasse 6

63739 Aschaffenburg

E-mail: <u>berger@asb-ab.de</u>

Phone <u>06021/95080</u>

Homepage of the Arbeiter-Samariter-Bund in Aschaffenburg

### **Arbeiterwohlfahrt (Workers' Welfare Association)**

The Workers' Welfare Association (AWO) is today one of the six umbrella organisations of independent welfare work and is active nationwide in all areas of social work and health care. It is party-politically neutral, non-denominational, democratically structured and exclusively non-profit-making. The services in Aschaffenburg include:

- Women's shelter, day nurseries, holiday camps, lunchtime and all-day care for schoolchildren by the AWO Kreisverband Aschaffenburg
- Specialist integration service and other services on the topics of <u>living and working for</u> people with <u>impairments</u> as well as care in old age from the AWO District Association of Lower Franconia

### Contact:

### AWO Kreisverband Aschaffenburg e.V.

Treibgasse 24

63739 Aschaffenburg

Telephone: 06021/28805

E-mail: geschaeftsstelle@awo-aschaffenburg.de

Homepage of the AWO Kreisverband Aschaffenburg e.V.





### AWO Bezirksverband Unterfranken e.V.

Kantstraße 45 a 97074 Würzburg

Telephone: <u>0931/299380</u>

E-mail: info@awo-unterfranken.de

Homepage of the AWO Bezirksverbandes Unterfranken e.V.



## **Bavarian Red Cross (BRK)**

The Bavarian Red Cross stands for civic engagement as well as voluntary service, rescues people in emergencies, provides a community, assists the poor and needy, and watches over international humanitarian law.

These services are offered by the Aschaffenburg District Association:

- Everyday aids
- · Ambulance service
- · Home emergency call
- · Meals on wheels
- Social station/outpatient care
- · Service Living
- · Health offers
- Dementia counselling
- · Day care centre

## Contact:

### **Bavarian Red Cross**

Aschaffenburg District Association Efeuweg 2 63741 Aschaffenburg Phone <u>06021/84840</u>

E-mail: <u>info@kvaschaffenburg.brk.de</u>

Homepage of the BRK



**Caritasverband Aschaffenburg** 





Caritas's fundamental aim is to help people in need. It campaigns at all levels for a just, peaceful and humane society and aims to influence political decisions. The services in Aschaffenburg are:

- · Offers for senior citizens
- · General social counselling
- Community Caritas
- · Generational partnership Tatendrang
- · Refugee and integration counselling
- · Social welfare centres
- Addiction counselling
- Telephone counselling
- · and more

### Contact:

### **Caritasverband Aschaffenburg**

Stadt und Landkreis e.V.
Treibgasse 26
Martinushaus
63739 Aschaffenburg
Phone 06021/392201

E-mail: info@caritas-aschaffenburg.de

<u>Caritas homepage</u>

## Diakonisches Werk Untermain e.V.

Humanity needs support: That is why Diakonie is committed to working with people - regardless of age, origin, religion, gender and life situation. The services in Aschaffenburg include:

## • Advice and Assistance:

Debtor and Insolvency Counselling, <u>Refugee and Migration</u> Counselling, <u>Social Counselling</u>, <u>Unemployment Counselling</u>, <u>General Church</u> Social Work, <u>Youth Social Work</u> <u>with "Meine Chance"</u>, Application Assistance Centre SGB II, Telephone Counselling and Other Services

• Diakonie-Sozialkaufhaus:

<u>Provision for Adults and Children, Café Metropol, Projects and Groups, Social Employment Service, Employment Mentors, Social Service, TABEA Meeting Place, Contact Point and Counselling for European Migrants, Job Application Support</u>

- Bezirksstelle Diakonie Bayern (District Office)
- Care and Housing:
   Matthias-Claudius-Haus, Schöntalhöfe, Outpatient Care Service

### Contact:

## Diakonie Untermain e.V.

Office

Roßmarkt 27





63739 Aschaffenburg Phone 06021/4429924

E-mail: gsl@diakonie-aschaffenburg.de

Homepage of the charitable association "Diakonie" in Aschaffenburg



## Malteser Hilfsdienst Aschaffenburg

Malteser in Aschaffenburg is a modern and professional aid organisation based on the Catholic faith. They are there for anyone who needs help. The services in Aschaffenburg include:

- · Transport service
- · Home emergency call
- Hospice
- · Last aid courses
- Menu service
- · Emergency Preparedness
- · Rescue station
- · Therapy assistance dogs
- · Bereavement services for adults
- · First aid training
- · and more

### Contact:

## **Malteser Hilfsdienst Aschaffenburg**

Schönbornstraße 38 63741 Aschaffenburg Phone <u>06021/416122</u>

E-mail: <u>malteser-aschaffenburg@malteser.org</u> Homepage of Malteser in Aschaffenburg



## "Paritätischer Wohlfahrtsverband" (Welfare Assocation)

The welfare association in Bavaria is one of the six umbrella organisations belonging to the "Freie Wohlfahrtspflege" – a collective welfare organisation. It stands up for diversity, openness and tolerance. The head office in the district of Lower Franconia is in Würzburg.





There is a <u>"Jugendmigrationsdienst" (Youth Migration Service)</u> in Aschaffenburg that belongs to the district association of Lower Franconia.

But the services for the hearing impaired are also present twice a month in Aschaffenburg. Then a specialist comes from Würzburg who offers counselling for hard of hearing and deaf people. Alternatively, there are online offers. Please make an appointment for this with the contact persons below.

Contact:

### Counselling for the deaf

Uta Schmitgen Münzstraße 1 97070 Würzburg Phone 0931/3540115

Mobile <u>0157/71703937</u> (via text message or the "Signal" app)

E-mail: <u>uta.schmitgen@paritaet-bayern.de</u>

Skype: sdhg.wuerzburg

Homepage of the "Gehörlosenberatung" (deaf Counselling Service)

### Counselling for the hard of hearing

Julia Kratz Münzstraße 1 97070 Würzburg Phone <u>0931/3540116</u>

Mobile <u>0176/73511053</u>

E-mail: <u>julia.kratz@paritaet-bayern.de</u>

Homepage of the counselling service for the hard of hearing

## The "Jugendmigrationsdienst" (Youth Migration Service) from the association "Paritätischer Wohlfahrtsverband"

Glattbacher Straße 41 63741 Aschaffenburg

E-mail: <u>jmd-aschaffenburg@paritaet-bayern.de</u> Phone 06021/450025 or 06021/4594881

<u>Homepage of the "Jugendmigrationsdienst" (Youth Migration Service)</u>



### **VdK Bavaria Social Association**

The VdK is a modern social association. It offers help for pensioners, people with disabilities, the chronically ill, people in need of care and their relatives, families, older workers and the unemployed. Its expertise rests in social law: The VdK sees itself as an advocate for socially disadvantaged people. In Aschaffenburg, there is advice on questions of social law and help with applications, objection and complaint procedures regarding:

Statutory pension insurance





- · Statutory health insurance
- · Statutory long-term care insurance
- · Statutory accident insurance
- · Disability law
- · The "Arbeitsförderungsgesetz" (Employment Promotion Act) or unemployment benefit
- · Basic income support for jobseekers/ALG II
- · Basic income support in old age and in the event of reduced earning capacity
- · War Victims' and Soldiers' Pensions
- Rehabilitation

### Contact:

## VdK-Kreisverband Aschaffenburg

Brentanostraße 1
63739 Aschaffenburg
Phone 06021/22876 or 06021/362664
E-mail: kv-aschaffenburg@vdk.de
Homepage of the VdK in Aschaffenburg



## unabhängig. solidarisch. stark.

## Housing, care and provision

## **Assisted living**

Sheltered housing are forms of housing where people find support who need different forms of help. In Aschaffenburg, there are various offers for assisted living:

### **Seniorenresidenz Brentano-Park**

St.-Martinsgasse 2-8 63739 Aschaffenburg Phone 06021/929007

E-mail: brentanopark@kvaschaffenburg.brk.de

### Senioren-Wohnanlage Haus Oberle

Kittelstraße 7 63739 Aschaffenburg Phone <u>06021/459020</u>

E-mail: info@haus-oberle.de

Homepage of the Senioren-Wohnanlage Haus Oberle





### Senioren-Wohnstift St. Elisabeth

Hohenzollernring 32 63739 Aschaffenburg Phone <u>06021/3550</u>

E-mail: info@senioren-wohnstift.de

Homepage of the Senioren-Wohnstift St. Elisabeth

### Schöntal-Höfe

Roßmarkt 25-27 63739 Aschaffenburg Phone <u>06021/442990</u> E-mail: zentrale@sth-ab.de

Homepage of the Trägers der Schöntal-Höfe

### **Matthias-Claudius-Residenz**

Würzburger Str. 71 63743 Aschaffenburg Phone 06021/442990 E-mail: zentrale@sth-ab.de

Homepage of the Trägers der Schöntal-Höfe

## **Hospital Foundation Aschaffenburg**

The primary purpose of the Hospital Foundation is the construction and maintenance of flats for senior citizens to house needy and poor citizens of Aschaffenburg at cost price. The foundation currently owns seven buildings with 217 flats. The administration and mediation is carried out by the City Treasury.

### Contact:

City of Aschaffenburg

## Stadtkämmerei

Norbert Lunz Dalbergstr. 15 63739 Aschaffenburg Phone <u>06021/3301436</u>

E-mail: <u>norbert.lunz@aschaffenburg.de</u>

To the homepage of the municipal treasury of the City of Aschaffenburg

## **Housing associations**

Below are contact details for housing associations and housing agencies:

## Stadtbau Aschaffenburg GmbH

Stiftsgasse 9





63739 Aschaffenburg Phone 06021/44371678

E-mail: info@stadtbau-ab.de

Homepage of Stadtbau Aschaffenburg GmbH

### Wohnbau Aschaffenburg eG

Dinglerstr. 37

63739 Aschaffenburg Phone: 06021/23560 E-mail: info@wbab.de

Homepage of Wohnbau Aschaffenburg eG

### Dawonia - Würzburg location

Tröltschstraße 4 97072 Würzburg Phone <u>0931/390180</u> E-mail: info@dawonia.de Homepage of the Dawonia

### St. Bruno-Werk

Rotkreuzstr. 2a Postfach 66 24 97016 Würzburg Phone 0931/309830

E-mail: info@bruno-werk.de Homepage of St. Bruno-Werk

### "Stiftungsamt" (Office for Charitable Foundations)

Stiftsgasse 7

63739 Aschaffenburg

Phone <u>06021/35770</u>

E-mail info@stiftungsamt.de

Homepage of the "Stiftungsamt" (Office for Charitable Foundations)

### **Hospital Foundation of the City of Aschaffenburg**

"Stadtkämmerei" (City Treasury)

Dalbergstr. 15

63739 Aschaffenburg Phone <u>06021/3301436</u>

E-mail: norbert.lunz@aschaffenburg.de

Homepage of the Hospital Foundation of the City of Aschaffenburg

## Real estate and financing offers from Raiffeisen-Volksbank Aschaffenburg eG

Glattbacher Überfahrt 18 63741 Aschaffenburg Phone 06021/4970 E-mail: info@rvab.de

Homepage of the Raiffeisen-Volksbank Aschaffenburg

## Real estate and financing offers from Sparkasse Aschaffenburg-Alzenau

Friedrichstr. 7 63739 Aschaffenburg Phone 06021/3971397





E-mail: <u>immo@spk-aschaffenburg.de</u> <u>Homepage of the Sparkasse Aschaffenburg</u>

## Housing advisory service

The City of Aschaffenburg would like to support senior citizens and people with disabilities to stay in their familiar homes for as long as possible. Free counselling on housing adaptation is offered for this purpose

Contact:

City of Aschaffenburg

## Bauordnungsamt/Wohnungswesen (Building Regulation Office/Housing)

Dalbergstraße 15 63739 Aschaffenburg Phone 06021/3301250

E-mail: wohnungswesen@aschaffenburg.de

More detailed information on the topic of housing for senior citizens can be found in the senior citizens' guide of the City of Aschaffenburg

## Care

Information on care for senior citizens can be found in the "Care" section in the  $\frac{\text{Health } + \text{Sport chapter}}{\text{Sport chapter}}$ 

## Wohnen in Gemeinschaft WiGe e.V.

The WiGe e.V. association wants to create living spaces for young and old: The aim is to live together in lively house communities in multi-generation housing. To counteract loneliness and isolation in society, important social skills and active participation in community life are promoted

Contact:

WiGe gem. e.V.

Spessartstraße 17 63743 Aschaffenburg E-mail: <u>info@WiGe-AB.de</u>

Homepage of the association WiGe e.V.



Wohnldee Aschaffenburg eG





Wohnldee Aschaffenburg eG is a cooperative whose project is communal living. The plan is to build a multi-generation house in a central location in Aschaffenburg. All residents move into their own four walls in this house. In addition, they can use various community facilities. The house should offer space for diversity and different lifestyles.

### Contact:

### Wohnldee Aschaffenburg eG

Marienstraße 3 63808 Haibach

Phone <u>06021/771530</u> or <u>0176/43025833</u>

E-mail: wohnidee-ab@gmx.de

Homepage of Wohnldee Aschaffenburg eG



## Associations, offers and voluntary work

## Volunteer Agency: Aschaffenburg Aktiv!

This is a place where

- those interested in volunteering and self-help can find a first point of contact and advice,
- volunteers have the opportunity to exchange ideas and experiences with each other,
- · proven projects can be continued and new offers can be created,
- knowledge about volunteering and self-help is imparted.

### Contact:

City of Aschaffenburg

Aschaffenburg Aktiv!

Pfaffengasse 7

63739 Aschaffenburg

Telephone: <u>06021/3301824</u> E-mail: <u>aktiv@aschaffenburg.de</u>

To the homepage





## Seniorentreff Aschaffenburg e.V.

The Seniorentreff Aschaffenburg is located in the "Bildungsbüro" (Education Office) at Pfaffengasse 7, close to the "Rathaus" (City Hall). The room is accessible with wheelchair and rollator, a disabled toilet is available. This is certainly another reason as to why attendance at the meeting has increased enormously. There is no obligation to eat, but coffee and cake are reasonably priced. You find contact quickly and there is always up-to-date information and tips.

Opening hours Monday, Wednesday and Thursday 2:00 PM - 5:00 PM

Contact:

## Seniorentreff Aschaffenburg e.V.

Pfaffengasse 7 63739 Aschaffenburg

E-mail: <u>Seniorentreff-AB@email.de</u>

Phone: <u>06021/92150330</u>



## Alzheimer Gesellschaft Aschaffenburg e.V.

The association provides a lot of information and tips for people with dementia and their relatives. A self-help group, as well as various projects and events are also included.

These are the goals of the association:

- · Support and accompany people with dementia
- · Support their relatives





- The active networking of regional organisations and institutions
- Create more public understanding for the life situation of those affected: through public relations work, specialist lectures, exchange of information and experience
- · Contribute to the emergence of solidarity that encourages and creates confidence

### Contact:

## Alzheimer Gesellschaft Aschaffenburg e.V. Dementia self-help

Friederike Platzek
Keplerstrasse 23
63741 Aschaffenburg
E-mail platzek@alzheimer-aschaffenburg.de
Phone 06021/7713177

Homepage of the Alzheimer Gesellschaft Aschaffenburg e.V.



## MIZ - Miteinander im Zentrum e.V.

The MIZ combines the Mothers' and Family' Centre and a multi-generation house under one roof. It is a place of encounter regardless of religious or political views and social background.

## The MIZ is the venue for:

- · Parent-child groups
- · Senior citizens' meetings
- Play, handicraft and craft afternoons
- · Computer and mobile phone support
- · household-related services, neighbourhood assistance
- "Time Island" Dementia Support
- · Babysitter and childminder training and placement
- · low-threshold advice for families & seniors

### Contact:

## MIZ - Miteinander im Zentrum e.V.

Badergasse 7 (barrier-free access on Riesengasse 12)

63739 Aschaffenburg Phone: <u>06021/29876</u> E-mail: <u>info@miz-ab.de</u> <u>Homepage of the MIZ</u>







## **Adult Education Centre Aschaffenburg (vhs)**

The Volkshochschule Aschaffenburg is the municipal further education institution in the city and district of Aschaffenburg. It offers a variety of courses, lectures and seminars

The programme areas cover the topics

- Society
- Culture
- Languages
- Health
- Profession
- · Basic education
- · and the young vhs.

### Contact:

## **Adult Education Centre (VHS) Aschaffenburg**

Luitpoldstr. 2
63739 Aschaffenburg
Phone 06021/386880
E-mail info@vhs-aschaffenburg.de
Homepage of the vhs Aschaffenburg



Martinusforum e.V.





The Martinushaus in the heart of Aschaffenburg is a place of encounter and orientation. Here, in addition to various advice centres, you will also find the educational offers for adults of Martinusforum e.V.

Martinusforum e.V. is the provider of open Catholic adult education in the region of the Bavarian Lower Main.

For example: Tanztee

Fit and buoyant through exercise in old age: Dancing puts you in a good mood and keeps you fit and agile! That's why senior citizens meet once a month on Mondays for Tanztee, an open dance gathering with live music at Martinushaus. You can find current dates for the Tanztee here.

The entire programme of the Martinusforum can be downloaded <u>here</u>.

### Contact:

### Martinusforum e.V.

Treibgasse 26
63739 Aschaffenburg
Telephone: 06021/392100
Mail info@martinusforum.de
Homepage of the Martinus House



## **Programme for seniors**

The programme for senior citizens of the City of Aschaffenburg is published every six months. It contains extensive information and tips on meetings, courses and offers and much more.

The programme for senior citizens can be downloaded here





### **Seniors' Forum**

The Catholic Seniors' Forum (KSF) of the Diocese of Würzburg in the Aschaffenburg-Stadt area is the association of all groups, activities and circles for seniors in the Catholic parishes and parish communities in the pastoral area of the City of Aschaffenburg. It is part of the pastoral care and pastoral care for the elderly of the Diocese of Würzburg.

What the Seniors' Forum is about:

- · Giving help through the Christian faith and to contribute to the personal experience of the church as a community
- Encouraging people to socialise in their golden years, bring them together in interest groups and promote joint initiatives
- Seeking intergenerational dialogue and offer events to this end
- Educational work: Provide suggestions and help for coping with everyday life in old age
- Cooperate with other providers of work for older people.

On the website of the Seniors' Forum you will find, among other things, an overview of the Catholic parishes with their services, as well as an overview of dates and much more information.

### Contact:

### Catholic Seniors' Forum (KSF) of the Diocese of Würzburg

## Info on the City of Aschaffenburg area

Management: Alfred Streib

Email: alfred.streib@ehrenamt.bistum-wuerzburg.de

### **At Martinushaus**

Treibgasse 26 63739 Aschaffenburg Tel: 06021/392123

E-mail: dekanatsbuero.ab@bistum-wuerzburg.de

## Senior pastoral office Diocese of Würzburg

Kürschnerhof 2 97070 Würzburg Tel: 0931/38665251

Email: seniorenforum@bistum-wuerzburg.de

Homepage of the Seniors' Forum







### **Committee for senior citizens**

The "Seniorenbeirat" (Seniors' Advisory Council) is a municipal body with citizen participation. It meets twice a year. The aim is to advise the city council, its committees and the city administration on fundamental matters concerning older citizens:

- · Planning and creation of facilities for senior citizens
- · Coordination and implementation of measures for senior citizens
- · Ideas-related and financial support of senior citizens' work
- Deciding on questions of the social integration of seniors and the coexistence of the generations.

The project management for the Seniors' Advisory Council is in the Office of Social Services.

<u>Homepage of the City of Aschaffenburg with information on committees with citizen</u> participation

## Leisure, Volunteering and Culture

## Key dates and events

The following is a selection of recurring festivals and events. Information on other current and recurring sporting events, tips on exhibitions and events can be found for example <a href="here">here</a>.

## Through the year

### Aschaffenburg Culture Days with Museum Night

The Aschaffenburg Culture Days take place every summer. The highlight of the Culture Days is the Museum Night in July. Many state, municipal, church and private institutions participate in the Aschaffenburg Culture Days with a varied programme. Every year there is a different motto. What always remains the same, however: The programme reflects the city's diverse cultural offerings.

More information about the Culture Days is available here.

## The "Volksfest" - Aschaffenburg Folk Festival

The Volksfest takes place every year in June on the Volksfestplatz, which is located directly on the banks of the Main and offers a great view of Johannisburg Castle. In addition to rides and culinary delights, the folk festival offers all kinds of fun for young and old. On Family Day, many rides have discounted tickets.

Other highlights are the two fireworks displays that start and end the festival and can be seen from many places in the city.

<u>Further information about the Aschaffenburg Folk Festival can be found here.</u>

### **Children's Culture Day**





Every summer, the Children's Culture Day takes place in Nilkheim Park. The park is close to Park Schönbusch, between Großostheimer Straße and the Main. Attuned to children from head to toe, that's how you can sum up the day. There will be a music programme on various stages, hands-on activities, craft stalls and lots of information on the topic of family.

Admission is free for children and very reasonable for adults.

Impressions of the past Children's Culture Days can be found on the JUKUZ homepage.

## Festival "Brüderschaft der Völker" ("Brotherhood of Peoples")

Every July, the "Brotherhood of Peoples" festival proves that Aschaffenburg is a city of diversity and that everyone benefits from peaceful coexistence and mutual respect. Over three days, visitors will be offered a varied mix of cultural performances, music, games and activities, delicious food, exchange and information on two stages.

More information about the festival is available here.



## **Aschaffenburger Stadtfest (City Festival)**

Every year on the last weekend in August, Aschaffenburg's city centre is transformed into a large festival site: A large selection of stages ensure visitors will enjoy a diverse live programme that includes rock, pop and jazz – all the way through to cabaret and dance music – fun and action packed. Those attending can also look forward to the stunning array of culinary offers the City of Aschaffenburg has to offer. Admission to all events is free.

More information about the city festival is available here

### Aschaffenburg intercultural weeks

"Time for Diversity" is a series of events that depict, celebrates and promotes the diversity of our city and will take place from April 13 to April 28, 2024 in Aschaffenburg!

For further information and to see all events, go to www.zeitfuervielfalt.de!





### Calendar of events:

Click here for the <u>calendar of events for the City of Aschaffenburg</u>. Concerts, theatre, events organised by the vhs, lectures or activities for families can all be found in the calendar.

Your own event is missing from the calendar? <u>Please register here via the event form (of the cultural magazine Brot & Spiele)</u>.

The calendar is managed by the Förderverein Stadtmarketing Aschaffenburg.



Förderverein Stadtmarketing Aschaffenburg e.V.

## Art and culture

### Libraries

Libraries and archives provide access to knowledge and literature. In Aschaffenburg, several libraries offer media for lending or for use on site. Research in diverse databases is also possible.

• Click here for an overview of the libraries and archives in the City of Aschaffenburg.





The city library has books, comics, films, games, newspapers and magazines, music CDs and audio books for young and old. Requests for guided tours are welcome. Registration is free for children and young people under 18, pupils and students over 18 with ID and adults with a culture pass.

Contact:

## **Aschaffenburg City Library**

Schlossplatz 2 63739 Aschaffenburg

Tel.: <u>06021/33940</u>

E-mail: stadtbibliothek@stadtbibliothek-aschaffenburg.de

www.stadtbibliothek-aschaffenburg.de



## Library of the TH Aschaffenburg

The library of the Aschaffenburg University of Applied Sciences (TH) supports students, teachers and researchers of the TH as well as guest users with its services. It is the university's central place of learning. The TH library is open to all persons aged 16 and over who wish to use the media offer for academic purposes or for professional work and further training.

- Here you can find information on guest use of the library.
- <u>Further information on literature searches, courses and services offered by the university library can be found here.</u>

Contact:

## Library of the TH Aschaffenburg

Building 25 Würzburger Straße 45 63743 Aschaffenburg

Telephone: 06021/4206619 Email: biblio@th-ab.de

To the homepage of the TH Aschaffenburg library







## Hofbibliothek Aschaffenburg

The Hofbibliothek is a public academic library for professional work and further education for the Bavarian Lower Main region (City of Aschaffenburg and Districts of Aschaffenburg and Miltenberg). There is a reading room with source and reference works and other rooms with academic literature on almost all subject areas. Academic works not available in Aschaffenburg can be obtained via interlibrary loan.

Here you can find more information on local and interlibrary loans.
 Click here to go to the library's online catalogue.

Contact:

Hofbibliothek Aschaffenburg

Schloss Johannisburg Schlossplatz 4 63739 Aschaffenburg

Telephone: 06021/44 63 99 0

E-mail: hofbibliothek@hofbibliothek-ab.de



To the homepage of the Hofbiblitohek

### Landeskundliche Bibliothek

The Landeskundliche Bibliothek of the Stadt- und Stiftsarchiv in Schönborner Hof contains around 80,000 volumes that are accessible to all. The focus is on publications about Aschaffenburg, Spessart and the surrounding area and their regional history, folklore, art and cultural history, historiography and genealogy.

The inventory can be viewed online here.

Contact:

Landeskundliche Bibliothek of the Stadt- und Stiftsarchiv

Wermbachstraße 15 63739 Aschaffenburg Telephone: <u>06021/3302427</u>

E-mail: stadtarchiv@aschaffenburg.de

To the homepage of the Landeskundliche Bibliothek





## **Media Centre Aschaffenburg**

The media centre has media of all kinds (online films, software, DVDs, Kamishibai, Beebots ...) for teaching and further education. Schools, day-care centres, youth groups and registered associations can borrow projectors, geo-caching cases, wireless microphones/headsets and mixing desks (by appointment and, if necessary, instruction).

Click here for the online catalogue with all rental media.

### Contact:

### **Media Centre Aschaffenburg**

Ludwigsallee 2 63739 Aschaffenburg Telephone: 06021/6281243

E-mail: medienzentrum@aschaffenburg.de

To the homepage of the Aschaffenburg Media Centre



### Musikbibliothek

The Musikbibliothek is located in the städtische Musikschule. There are about 11 000 copies of sheet music of various genres and instrumentations and about 900 music books and magazines. It was set up by the former music school director Hermann Kundigraber and opened to the public in 1909.

A valid city library card is required for borrowing.

Opening times: Tuesday and Thursday from 16:30 to 18:00 (except school holidays)





### Click here for the online catalogue.

### Contact:

Städtische Musikschule

### Musikbibliothek

Kochstraße 8 63739 Aschaffenburg

Telephone: 06021/44459820

E-mail: <a href="musikbibliothek@aschaffenburg.de">musikbibliothek@aschaffenburg.de</a>
To the homepage of the Musikbibliothek



### Other libraries

Aschaffenburg has a small but diverse library landscape. In addition to the larger libraries, which are also listed here in "hallo aschaffenburg", there are parish libraries and special libraries.

For example, <u>many communities</u> have public libraries. The <u>Café ABdate</u> as a youth information centre or the <u>library for patients in the hospital</u> also offer many opportunities to read, borrow and look things up.

Further information on the individual libraries can be found quickly by searching the internet. It is possible, for example, to search for the respective district or place of residence.

## Museums and archive

### Museums

The range of museums in Aschaffenburg shows the history and culture of the city: The spectrum ranges from natural history, archaeology, art of the Middle Ages, the Renaissance and Baroque periods to contemporary art. Internationally important artists such as Christian Schad and Ernst Ludwig Kirchner, who have a close connection to the city, also take centre stage. The City of Aschaffenburg manages the following museums and exhibition houses:

- Christian Schad Museum
- Kunsthalle Jesuitenkirche
- · Städtischer Teil des Schlossmuseums
- · Stiftsmuseum mit Stiftsschatz
- Naturwissenschaftliches Museum





- · Museum jüdischer Geschichte und Kultur
- KunstLANDing
- · Gentil Haus

### Contact:

## Museums of the City of Aschaffenburg Administration

Phone 06021/386740

E-mail: <u>info@museen-aschaffenburg.de</u>

Further information on the museums of the City of Aschaffenburg can be found here.



There are numerous other independent art houses and cultural providers in Aschaffenburg. An overview can be found here.

### **Christian Schad Museum**

Aschaffenburg was home to one of the most important protagonists of modernism for over 40 years: Christian Schad (1894-1982). Alongside his iconic works of "New Objectivity", his "Photography without a camera" – Schadography – established his worldwide fame. The City of Aschaffenburg is building the Christian Schad Museum during the first construction phase of the new "Museum Quarter". Aschaffenburg is thus the only location in the world to present all the so-called Schaffen periods of the "Master of New Objectivity" in one house.

### Address:

### **Christian Schad Museum**

Pfaffengasse 26 63739 Aschaffenburg

Further information on the Christian Schad Museum is available here.

## Kunsthalle Jesuitenkirche

Since 1990, the Kunsthalle Jesuitenkirche has been the exhibition centre of the City of Aschaffenburg with a broad impact on the region. In the impressive ambience of the former church room, art from classical modernism to the present is shown in temporary exhibitions. The "Führungsnetz Aschaffenburg" offers a variety of guided tours for each exhibition.

Address:





## Kunsthalle Jesuitenkirche

Pfaffengasse 26 63739 Aschaffenburg

Further information on the Kunsthalle is available here.

### "Schlossmuseum" (Castle Museum)

Johannisburg Palace, a major work of German Mannerism, has been housed the City of Aschaffenburg's Palace Museum since 1972. The palace is part of the Bavarian Administration of State Palaces, Gardens and Lakes. Here, works of art and historical testimonies from six centuries are exhibited on 1400 square metres. Regular special exhibitions of regional artists and applied arts complement the collections on princely representation and 19th century urban and industrial history.

Tip: During renovation work in and on the castle, sometimes, not all exhibition rooms are accessible.

Address:

### **Schloss Johannisburg**

Schlossplatz 4 63739 Aschaffenburg

For more information on the Castle Museum, click here.

### Stiftsmuseum

The archaeological collection housed in the "Stiftsmuseum" offers finds from prehistoric and Roman times. But the "splendour and faith of the Middle Ages" are also reflected in works of art. Particularly worth seeing are internationally important art treasures such as the mighty Magdalen altar from the Cranach workshop.

Address

### Stiftsmuseum

Stiftsplatz 1 a 63739 Aschaffenburg

More information about the Stiftsmuseum is available here.

### "Naturwissenschaftliches Museum" (Natural Science Museum)

The Schönborner Hof is the former town palace of the Franconian dynasty of counts. It has housed the natural history collections since 1970. The significant holdings date back to the Royal Bavarian Forestry College, which was based in Aschaffenburg from 1807 to 1910. Native flora and fauna are presented, but exotic animals and plants can also be discovered. The geological and mineralogical departments provide an introduction to the topography and geological history of the Spessart region.

Address:





## Naturwissenschaftliches Museum Schönborner Hof

Wermbachstraße 15 63739 Aschaffenburg

More information about the Natural Science Museum is available here.

## Museum jüdischer Geschichte und Kultur

After a memorial was erected in Aschaffenburg as early as 1946 to commemorate the former Jewish community, the Jewish Documentation Centre was opened in the former school and rabbinate house in 1984. In 2007, it was renamed the "Museum jüdischer Geschichte und Kultur" ("Museum of Jewish History and Culture") and became part of the administration of the Museums of the City of Aschaffenburg. The permanent exhibition spans the period from the first Jewish synagogue in 1267 to the time of persecution under National Socialism and beyond.

Address

### Museum of Jewish History and Culture

Treibgasse 20 63739 Aschaffenburg

More information about the Jewish Museum can be found here.

## KunstLANDing

The exhibition programme on current positions of international contemporary art in the KunstLANDing is developed by the Neuer Kunstverein Aschaffenburg e. V.. The KunstLANDing building is owned by the City of Aschaffenburg and has been used for exhibitions since 1998.

Address

## KunstLANDing

Neuer Kunstverein Aschaffenburg e. V. Landingstraße 16 63739 Aschaffenburg

<u>Further information on KunstLANDing can be found here.</u>

### **Gentil Haus**

The Aschaffenburg factory owner Anton Gentil (1867-1951) had become wealthy by manufacturing pumps. In 1949, he donated his art collection to his hometown. He bequeathed his extensive art collection including the villa, whose original style and unique atmosphere are to be understood from the tradition of artists' houses and the Arts and Crafts movement.

Address





### **Gentil Haus**

Grünewaldstraße 20 63739 Aschaffenburg

More information about the Gentil Haus can be found here.

## **City and Abbey Archives**

The City and Abbey Archives in Schönborner Hof is one of the largest archives in Lower Franconia. It is the "memory" of the city and offers numerous digital services. The historical and new archive holdings are complemented by the extensive "Landeskundliche Bibliothek". The archive and library are open to all interested people, from young to old. The archive offers changing exhibitions on urban history and cultural history topics. The city laboratory "Aschaffenburg 2.0", which also has a "digital shop" in the city centre at Roßmarkt 11, invites visitors to join in.

- Click here for the page of the City and Abbey Archives.
- Click here for the digital offerings of the City and Abbey Archives.
- Information on the city lab "Aschaffenburg 2.0" is also available here in the app.

### Contact:

## City and Abbey Archives of the City of Aschaffenburg

Wermbachstraße 15 63739 Aschaffenburg Phone 06021/3302420

E-mail: <u>stadtarchiv@aschaffenburg.de</u>



## Digital City Lab "Aschaffenburg 2.0

The Digital City Lab "Aschaffenburg 2.0" is a digital participatory project on the city's history. All interested parties have the opportunity to write and publish their own contributions in form of texts, pictures and videos on the history Aschaffenburg. In this way, the memories and knowledge of the people of Aschaffenburg about their city are to be recorded and expanded.

The City Lab is also part of the <u>Digitalladen at Roßmarkt 11</u>. This contact point is intended to facilitate personal contact with users. Regular consultation hours and events on the City Lab also take place there.

Click here to go to "Aschaffenburg 2.0".







Here you can find information on the digital shop and all about digitalisation in the City of Aschaffenburg.



### **Theatres**

### Theatre for adults

The Stadttheater Aschaffenburg offers variety and high standards in the areas of drama, music and dance theatre, concerts and cabaret. There are also other stages in Aschaffenburg

• The programme and further information on the Stadttheater Aschaffenburg can be found here.

### Contact:

Aschaffenburg Municipal Theatre

### Theatre box office

Schlossgasse 8 63739 Aschaffenburg Tel.: 06021/3301888

E-mail: theaterkasse@aschaffenburg.de



## Theatre for children and young people

Theatre in Aschaffenburg is also made especially for young audiences. Children from 2 to 9 years old, for example, can experience plays at the "Stadttheater" and the "JUKUZ". An interesting programme with current topics awaits children from the age of 10 and for young people.

• Performance programme and information "Junges Theater" im "Stadttheater"





- Information on the "Kunterbunt" children's stage at the JUKUZ
- Information on concessions at the municipal theatre

### Contact:

Stadttheater Aschaffenburg

## Theatre box office

Schlossgasse 8 63739 Aschaffenburg Phone 06021/3301888

E-mail: <u>theaterkasse@aschaffenburg.de</u>



### Kinderbühne Kunterbunt

Children's cultural work at the JUKUZ Kirchhofweg 2 63739 Aschaffenburg Phone 06021/313150

E-mail: kinderkultur@jukuz.de





### **Further theatre offers**

Culture takes place in many places in Aschaffenburg. The free cultural offerings in the City of Aschaffenburg are diverse and rich. Here you can find contacts from the independent cultural providers in the field of theatre:

### **Erthal-Theater**

Erthalstraße 16 63739 Aschaffenburg Phone: +4915119325847

E-mail: erthaltheater@googlemail.com

To the homepage





### Junge Bühne e.V.

Grünewaldstraße 12 63739 Aschaffenburg Telephone: <u>06021/13105</u>

To the homepage

#### Ludwigstheater

Ludwigstraße 7 63739 Aschaffenburg Telephone: <u>06021/219816</u> <u>To the homepage</u>

# mot - modernes theater aschaffenburg e.V.

Scharnhorststraße 24 63739 Aschaffenburg Telephone: <u>06021/97531</u>

## StoryStage Märchentheater

Steingasse 4 63739 Aschaffenburg

Telephone: <u>06021/583604</u>

To the **homepage** 

#### **DIE TABUTANTEN**

Ensemble for spontaneous acting and improvisation theatre Seestraße (rear building) 3 63741 Aschaffenburg

E-mail: dietabutanten@gmx.de

Die Tabutanten can be found on the internet here and here.

#### Die Eulenbühne

Media and cultural education For children from 4 years Blütenstraße 27 63743 Aschaffenburg Telephone: <u>0151/53646244</u>

E-mail: hallo@kamiller.de

To the homepage

# Cinema

In Aschaffenburg there are two cinemas:

#### **Casino Aschaffenburg**

This art house cinema was already a cinema in earlier times and was completely refurbished, renovated and redesigned in 2004. Since then, viewers have been able to watch films in three different halls and have breakfast, coffee or a cool drink while discussing the film in the accompanying café. In the "Salon des Casino", the smallest room with only 24 seats, guests are served at their seats before the film.

Further information and the programme are available here.





Contact:

#### **Casino Aschaffenburg**

Ohmbachsgasse 1
63739 Aschaffenburg
Telephone for information and reservation 06021/4510772
Homepage and online tickets



### KINOPOLIS Aschaffenburg

Kinopolis Aschaffenburg offers everything from Hollywood blockbusters to German comedies in eleven theatres. Here you can also watch films in 3D or on a moving D-BOX cinema chair.

Further information and the programme are available here.

Contact:

## KINOPOLIS Aschaffenburg

Goldbacher Straße 25-27 63739 Aschaffenburg



# "Führungsnetz und museumspädagogischer Dienst" (Guided Tour Network and Museum Education Service)

The "Führungsnetz" (Guided Tour Network) is a programme area from the vhs that was founded in 1994. Open guided tours on many different topics await the visitors. For young visitors, there is an educational programme that school classes or groups of children and young people can also book on desired dates. Group tours for adults can be booked through the Tourist Information service.

## Führungsnetz Aschaffenburg

Luitpoldstr. 2 63739 Aschaffenburg fuehrungsnetz@vhs-aschaffenburg.de





- Click here for the programme of open tours.
- Topics for young audiences can be found here.
- Click here for more information on the guided tours for adults.



## **Tourist Information**

The Tourist Information service is located directly at the Schlossplatz, between Johannisburg Castle and the Town Hall. It offers the following service:

- Information material about the sights in Aschaffenburg, publications of the Spessart-Mainland Tourist Association, the Franconian towns and other brochures relevant to tourism
- Brochure mailing
- · Telephone information on tourism topics
- · Arranging accommodation in hotels, guesthouses and holiday apartments
- · Individual counselling and support in organising a person's stay
- · Booking guided tours for groups
- Sale of souvenirs, postcards, maps and books
- · Contact person for the users of the luggage lockers

#### Contact:

## **Tourist Information**

Schloßplatz 2 63739 Aschaffenburg Phone <u>06021/395800</u> info@tourist-aschaffenburg.de

<u>Further information on the Tourist Information service, hotels or mobile home parks can be</u> found here.

Looking for car parks, taxi ranks or bus parking spaces? Click here for "City plans by topic" with the locations.

#### Town Hall at the Castle

The Stadthalle is an event venue with twelve hall and room units and 850 underground parking spaces. A wide range of events take place here, from large-scale events, balls and concerts to conferences. The Stadthalle is located in the heart of the city in the direct vicinity of Johannisburg Castle.

A little information about the premises: The rooms are fully air-conditioned. Separate entrances and foyers allow individual rooms to be independent if desired. All rooms can be combined for large events.

Contacts:





#### **Town Hall at the Castle**

Schloßplatz 1

63739 Aschaffenburg Phone: +496021/395888

Filolie. <u>+490021/393666</u>

Email: <a href="mailto:contact@info-aschaffenburg.de">contact@info-aschaffenburg.de</a>
To the homepage for further information.



# **Twin towns**

Aschaffenburg maintains intensive relations with its twin towns in Scotland, France and Hungary. Town twinning helps bring people closer together. Personal encounters open up perspectives and promote mutual understanding and trust.

Pupil exchanges, for example, are an important part of the partnerships. Young people experience the hospitality in the twin towns and learn a lot about life and culture. Clubs as well as music and sports groups visit each other regularly. Support in case of problems is also a natural part of town twinning.

There is a circle of friends for each twin town. These provide support, for example, in planning trips or looking after guests in Aschaffenburg.

## Contact:

City of Aschaffenburg School Administration and Sports Office

#### **Town twinning**

Dalbergstraße 15 63739 Aschaffenburg Phone: 06021/3301715

E-mail: staedtepartnerschaft@aschaffenburg.de

Click here for the homepage.

## Perth & amp; Kinross

Aschaffenburg's oldest friendship is with Perth in Scotland. In 1956, the two cities sealed their partnership. Perth lies on the River Tay and was once Scotland's capital. Today, almost 47,000 people live there. The city is considered the gateway to the Highlands and has many attractions to offer. Perth has a reputation as a "thriving city". Every year in May, Perth hosts an arts festival that lasts several weeks.





The partnership with Aschaffenburg is characterised by regular contacts between almost 80 clubs from the fields of sport, music and other social areas. For the 60th anniversary of the town twinning in 2016, for example, a new training aircraft of the "Möve-1951" Obernau flying club was given the name Perth.

#### Contact:

City of Aschaffenburg School Administration and Sports Office

# Town twinning

Dalbergstraße 15 63739 Aschaffenburg Phone: 06021/3301715

Email: staedtepartnerschaft@aschaffenburg.de

Click here for the homepage.

# Saint-Germain-en-Laye

Aschaffenburg has been friends with Saint-Germain-en-Laye for many decades. The partnership was established in 1975. There are many student exchanges between Saint-Germain and Aschaffenburg. Many music and sports clubs and the fire brigades appreciate the mutual visits.

Saint-Germain-en-Laye is located west of Paris on the Seine. Today, about 45,000 inhabitants live in Saint-Germain. The town centre is characterised by beautiful 17th and 18th-century houses. Small alleys and streets invite you to stroll. From the two-kilometre-long palace and park terrace, you can see as far as Paris in good weather. The town's landmark is a pentagonal castle complex. Claude Debussy was born in Saint-Germain and the city commemorates the famous composer with a museum.

## Contact:

City of Aschaffenburg School Administration and Sports Office

#### Town twinning

Dalbergstraße 15 63739 Aschaffenburg Phone: 06021/3301715

Email: staedtepartnerschaft@aschaffenburg.de

Click here for the homepage.

#### Miskolc

The partnership between Miskolc and Aschaffenburg has existed since 1996. Miskolc is located in the north-east of Hungary and is the fourth largest city in Hungary with a population of almost 170,000.

In Miskolc there is the thermal bath "Tapolca" in a natural cave system. With its mineral-rich water and crystal-clear air, it is considered a natural wonder unique in Europe. Cultural features include the National Theatre with an annual opera festival and Diósgyör Castle.





The partnership with Miskolc is characterised by musical visits and regular student exchanges. There are joint training sessions for the fire brigades and donations in kind for the Hungarian twin town. Stadtwerke Aschaffenburg maintains a regular cooperation with Miskolc Holding.

#### Contact:

City of Aschaffenburg School Administration and Sports Office

**Town twinning** 

Dalbergstraße 15 63739 Aschaffenburg Phone: 06021/3301715

Email: <a href="mailto:staedtepartnerschaft@aschaffenburg.de">staedtepartnerschaft@aschaffenburg.de</a>

Click here for the homepage.

## **Schlossufer**

The "Schlossufer" (Castle Riverbank), which is currently being redesigned, is an attraction for many people in Aschaffenburg. When the redesign is completed in 2025, it will continue to be available to all age groups. For example, more seating steps, an event lawn, WC facilities and new vantage points are being created. The connection between the shore and the city will be improved by the lift. The lift to the upper town and new, easily accessible pathways are examples of the most barrier-free design possible.

<u>Details on events at the "Schlossufer", the further construction measures or the history can be</u> <u>found on the respective homepage.</u>



# Offers for teenagers

Outside of kindergarten, school or training, children and young people pursue their interests in their free time, get to know new things or meet up with their friends. In Aschaffenburg, they can do many things in their free time.

- Click here to go to the <u>chapter "Youth Clubs"</u> and thus to an overview of the youth centres and clubs in Aschaffenburg.
- The chapter "Sports and Exercise" shows swimming pools, cycle paths or sports facilities.
- Many leisure activities and facilities are bundled on the municipal homepage.

# Music school





The Aschaffenburg Municipal Music School is the oldest music school in Germany. Their services range from early childhood to the third stage of life.

Whether it's a playful introduction to the world of music, individual instrumental and singing lessons, making music in groups or singing in a choir - there's something for everyone at the Aschaffenburg Municipal Music School.

You can find more information on the homepage of the music school.

Contact:

# Städtische Musikschule Aschaffenburg

Kochstr. 8 63739 Aschaffenburg Phone 06021/4445980

E-mail: musikschule@aschaffenburg.de

Homepage of the Music School



# Adult Education Centre Aschaffenburg (vhs)

The Volkshochschule Aschaffenburg is the municipal further education institution in the city and district of Aschaffenburg. It offers a variety of courses, lectures and seminars

The programme areas cover the topics

- Society
- Culture
- Languages
- Health
- Profession
- · Basic education
- · and the young vhs.

Further information is available on the vhs homepage.

Contact:

# Adult Education Centre (VHS) Aschaffenburg

Luitpoldstr. 2
63739 Aschaffenburg
Phone 06021/386880
E-mail info@vhs-aschaffenburg.de
Homepage of the vhs Aschaffenburg







# Volunteering and associations

Voluntary civic engagement exists in a great variety. In addition to voluntary work in churches, associations and clubs, there are many other forms of voluntary work in Aschaffenburg, e.g. in the form of citizens' initiatives, project groups or advisory boards. For example, there are social and family sponsors and the volunteer agency "Aschaffenburg Aktiv!".

# Volunteer Agency: Aschaffenburg Aktiv!

This is a place where

- those interested in volunteering and self-help can find a first point of contact and advice,
- · volunteers have the opportunity to exchange ideas and experiences with each other,
- · proven projects can be continued and new offers can be created,
- knowledge about volunteering and self-help is imparted.

## Contact:

City of Aschaffenburg

Aschaffenburg Aktiv!

Pfaffengasse 7 63739 Aschaffenburg

Telephone: <u>06021/3301824</u> E-mail: <u>aktiv@aschaffenburg.de</u>

To the homepage



Civic engagement in Aschaffenburg





A chart shows an overview of the providers of civic engagement in Aschaffenburg. Their most important fields of activity and projects are also listed.

Click here for the chart.

## Self-help

In self-help groups, people and/or their relatives exchange experiences and information who, for example, have a chronic illness or disability or live in stressful life situations. They give each other support

For the City of Aschaffenburg, there is a self-help contact point in the <u>volunteer agency</u> "<u>Aschaffenburg Aktiv!</u>", which interested people can turn to if they have any questions. There you will find, for example, up-to-date information on self-help groups and the relevant contacts.

#### Contact:

City of Aschaffenburg
Office of Social Services

Self-help contact point

Luitpoldstr. 4b

63739 Aschaffenburg Telephone: 06021/3301821

E-mail: selbsthilfe@aschaffenburg.de

Click here for the homepage of the self-help contact point.



# Associations and sports clubs

There is a wide range of clubs in Aschaffenburg. There are very many sports clubs, of course. A database allows you to search for a suitable sport and clubs. Information on the diverse club life in Aschaffenburg is also available from the associations.

- Click here for the sports database.
- · Here you will find information on the associations.

# Youth organisations/ Stadtjugendring

The Stadtjugendring (SJR) is the federation of 27 youth organisations at municipal level and sees itself as a representation of the interests of children and young people as well as a





working group of youth associations. It promotes associational youth work through grants, services and carries out projects and offers in the fields of youth policy, youth education and youth culture for young people and those responsible for youth work. The SIR is responsible for the "Jugendinformations- und Medienfachstelle Café ABdate" (Youth Information and Media Centre Café ABdate), Radio Klangbrett and the specialist unit "Partizipation, Inklusion und Interkulturelle Arbeit" (PIA; Participation, Inclusion and Intercultural Work).

Since 2010, the Stadtjugendring has been organising the "Brüderschaft der Völker" festival on behalf of the City of Aschaffenburg.

Contact:

## Stadtjugendring Aschaffenburg

Kirchhofweg 2 63739 Aschaffenburg Telephone: 06021/218733

E-mail: jugendring@sjr-aschaffenburg.de



## Family sponsors

Having children changes a lot in everyday life. Every family or single parent needs help with this from time to time. It's nice when relatives, friends or neighbours are there to help out. But not every family has this support - that's why there are volunteer "FAMILIENPAT\*INNEN" (FAMILY GODPARENTS)!

They regularly spend 2 to 3 hours a week with children aged 0 to 6 years, playing, reading to them or going to the playground.

The volunteer family godparents are advised, accompanied, trained and placed by the Sozialdienst katholischer Frauen e. V. (Social Service of Catholic Women) for their work in the families of Aschaffenburg.

Contact:

Sozialdienst katholischer Frauen e.V. Aschaffenburg

"Familienpat\*innen" (Family Godparents)

Erbsengasse 9 63739 Aschaffenburg

Phone 06021/15206

E-mail: waschulewski@skf-aschaffenburg.de

Further information is available on the SkF homepage.

There is also information about the family godparents on the municipal homepage.





# Social patrons

For many years, voluntary social sponsors have been supporting people in Aschaffenburg who find themselves in financial and social emergencies. Social mentors are bound by confidentiality and do not pass on any information to third parties.

They provide support and advice in the following problem situations, for example:

- Claims arising from different benefit areas (e.g. social law, care)
- Financial emergencies: Helping to plan a budget
- · Support in cooperation with authorities
- Accompaniment during the integration of people with a refugee background and residence titles
- Placement with various agencies with regard to the following issues: Debt, addiction, psychosocial care, family support, legal advice, etc.

## Contact:

# Volunteer Centre "Aschaffenburg Aktiv!"

Pfaffengasse 7 63739 Aschaffenburg Phone <u>06021/3301824</u>

E-mail: <u>aktiv@aschaffenburg.de</u> <u>Homepage of the "Sozialpat\*innen"</u>







# Churches and religious communities

Many people with different faiths and religions live in Aschaffenburg. Churches and religious communities offer more than just emotional and spiritual support. They play a major role in social and cultural life. There are many social institutions in Aschaffenburg that offer counselling, further education, youth groups or childcare services under church sponsorship, for example.

Yet there is tremendous religious diversity in Aschaffenburg. These are for example:

- Catholic and Protestant Christianity
- Old Catholic Church
- Evangelical Free Church congregation
- · Greek Orthodox Church
- Romanian Orthodox Church
- · Syriac Orthodox Church
- Islam
- Judaism
- Alevism
- Bahaitum
- Hinduism
- Buddhism

Click here for an overview of churches and religious communities in the City of Aschaffenburg

Tip: These are not exhaustively listed.

# Sport and exercise

Anyone looking for sporting activities, leisure opportunities or tips on all aspects of exercise will find what they are looking for in Aschaffenburg. Whether sports club, ice sports, cycling, playgrounds and football pitches or swimming: the offer is broad and varied.

The chapter "Sport and Exercise" provides an overview.

# Eating, drinking and shopping

#### Food and drink





There are plenty of ice cream parlours, cafés, bars, restaurants and inns in Aschaffenburg where you can enjoy yourself. So that you always find the right place, a "Gastronomieführer" (Gastro Guide) offers a good overview.

- To the Gastro Guide for the City of Aschaffenburg
- To the overview: Eating and drinking in Aschaffenburg and the surrounding area

#### Weekly market

The weekly market is held twice a week. On Wednesdays and Saturdays, many goods are on sale (usually from 7 AM to 1 PM). From flowers, fruit and vegetables, vinegar and oil, to organic products and fish and meat products, everything is there.

More information about the weekly market can be found here.

#### **BBQ** areas

All those who are looking for a public place to barbecue will find it in various places. The barbecue areas are located in the city centre, in the Strietwald and in Schweinheim and cannot be reserved in advance, as they are freely available to all citizens. Don't forget your own barbecue!

Further information on barbecue sites is available on the municipal homepage.

# **Shopping**

Aschaffenburg's pedestrian zone has many shops offering shoes, clothes or books in its main shopping streets Herstallstraße, Roßmarkt, Sandgasse and Steingasse. The city centre is also home to the largest inner-city shopping centre in northern Bavaria, the City Galerie. There are also many shopping opportunities in the city districts.

Click here for an overview of "Shopping in Aschaffenburg".

# The Aschaffenburg shopping voucher

The Aschaffenburg shopping voucher is available from the tourist information office on Schlossplatz. The shopping voucher can be redeemed in around 100 Aschaffenburg shops from many sectors with a wide range of products:

- Bakeries
- Supermarkets
- Restaurants, cafés and bars
- Hotels
- Clothing and sports
- · Chemist's shops
- Gifts
- Flowers
- books





- Electric
- · Hairdressers
- Cinema
- Toys
- Travel

And there are always more and more.

Shops can register as voucher acceptance points free of charge. All information is available from the business development department of the City of Aschaffenburg at wirtschaftsfoerderung@aschaffenburg.de. All participating shops can be found here.

The shopping voucher is available thanks to the kind support of Sparkasse Aschaffenburg-Alzenau and the Bavarian trade association.



# Services of the City of Aschaffenburg

## **Points of contact**

# "Bürgerservice" (Citizens' Service)

At the "Bürgerservice" (Citizens' Service), you can take care of many different matters, such as:

- Registering, changing or deregistering your place of residence (registration, change of registration, deregistration)
- Apply for identity cards and passports for German nationals
- · Apply for eID cards for EU citizens
- · Vehicle registration
- Apply for "Kulturpässe" (cultural passes) and "Familienpässe" (family passes)
- · Residents' parking permits





- · "Führungszeugnisse" (Certificates of good conduct)
- Certifications

As a rule, an <u>appointment</u> must be made, in order for a personal visitmust be arranged. However, some matters can also be dealt with online via the <u>dedicated Citizens' Service Portal</u>. Learn more about the Citizens' Service Portal in this <u>video</u>.

City of Aschaffenburg

#### Citizens' Service Office

Dalbergstr. 15

63739 Aschaffenburg Phone 06021/330555

E-mail: buergerservice@aschaffenburg.de

Homepage of the Citizens' Service

Are you unsure who to contact with your question? Then it is best to call the switchboard:

City of Aschaffenburg

#### **Switchboard - General Information**

Phone 06021/3300

# Standesamt (Registry Office)

The Registry Office is responsible for the certification of many different things. These include, for example:

- Marriages/weddings/marry
- · Registration of newborn children
- · Death of close relatives
- · Request for documents
- · Leaving churches or religious communities
- · Name change

An appointment is required for all services provided by the registry office. Appointments can be made by telephone from Monday to Thursday between 8:00 AM and 4:00 PM.

City of Aschaffenburg

## **Registry Office**

Dalbergstraße 15

63739 Aschaffenburg

Phone: 06021/3300

E-mail: standesamt@aschaffenburg.de

Homepage of the registry office

More information about the registry office in easy language.

All contact details for the registry office can be found here.

"Jugendamt" (Youth Welfare Office)





The "Jugendamt" (Youth Welfare Office) of the City of Aschaffenburg accompanies children and young people as they grow up and supports families with many services. With approximately 170 employees, it is one of the largest municipal offices. The Youth Welfare Office is broadly staffed and includes, for example, Coordinating Child Protection, the Youth Cultural Centre (JUKUZ), Child Guidance Counsellors, the General Social Service (ASD), the Youth Court Assistance, the Advance Maintenance Payments and also the Youth Social Work at Schools (JaS)

#### Contact:

City of Aschaffenburg

## Jugendamt (Youth Welfare Office)

Office No. 231
Dalbergstraße 15
63739 Aschaffenburg
Phone 06021/3301324

E-mail: jugendamt@aschaffenburg.de

<u>Further information on the Jugendamt (Youth Welfare Office) can be found on the municipal homepage.</u>



# **Equality Office**

The Equal Opportunities Office of the City of Aschaffenburg supports the City of Aschaffenburg in ensuring that the constitutional mandate of Article 3 of the Basic Law (GG) is implemented and that action is taken in accordance with the Bavarian Equal Opportunities Act and the General Equal Treatment Act (AGG).

Key task areas:





- Information and counselling in case of disadvantages, discrimination, professional and family difficulties
- Referral to other authorities and counselling centres
- Development of measures to promote gender equality
- · Public relations work through own lectures, publications, events, training, exhibitions, etc.
- · Cooperation with counselling centres, women's groups, organisations and initiatives

#### Contact:

City of Aschaffenburg

## **Equal Opportunities Office**

Dalbergstraße 15 63739 Aschaffenburg

Tel.: <u>06021/3301419</u>

E-mail: gleichstellungsstelle@aschaffenburg.de Homepage of the Equal Opportunities Office

#### Commissioner for the Disabled

The Disability Officer (Behindertenbeauftragte) is a central contact point for people with disabilities. He or she represents the interests of people with disabilities in the City of Aschaffenburg and works closely with the relevant associations. She is also available for personal counselling sessions for citizens and institutions.

City of Aschaffenburg

# "Amt für soziale Leistungen" (Office for Social Services)

Dalbergstraße 15 63739 Aschaffenburg Phone 06021/3301439

E-mail: <u>behindertenbeauftragte@aschaffenburg.de</u>

Homepage of the Disability Commissioner

Further information for people with disabilities is available on the <u>Homepage of the City of</u> <u>Aschaffenburg</u>

# SKV - Language and cultural mediators

Language and cultural mediators (in German: SKVs for short) are people with and without a migration background who translate during conversations as a neutral authority. They are subject to binding confidentiality and receive intercultural training from the City of Aschaffenburg for their work. The service is free of charge for all citizens of Aschaffenburg and institutions based in the city.

# Flyer on language and cultural mediators (SKV) - multi-lingual

The language and cultural mediators can be requested by institutions (e.g. offices, schools, day-care centres, doctors' surgeries, etc.) or private individuals.

**Private individuals** can only request language and cultural mediators in person at the office hours of the integration management. **Office hours are on Mondays from 12-15.** Please bring proof of the date for which a language and cultural mediator is needed.





#### Requirements:

- You live in the Aschaffenburg city area.
- The event will take place in the City of Aschaffenburg.
- The request must be made at least 7 days before the respective appointment in the office hours on Mondays.

Further information about the consultation hour can be found here.

**Institutions** can request language and cultural mediators by e-mail to <u>SKV@aschaffenburg.de</u> request. Again, the following also applies: Requests must be made at least 7 days in advance. The service is limited to citizens who live in Aschaffenburg, even if the appointment takes place in the city area.

#### Contact:

City of Aschaffenburg

Integration Management

Auhofstraße 9 63741 Aschaffenburg

Telephone: <u>06021/3301207</u> Email: <u>skv@aschaffenburg.de</u>

Homepage of the language and culture mediators



Key words: Interpreter, Interpreting, Translator, Translation

# Social assistance of the City of Aschaffenburg

Finding counselling and support in social emergencies is a first step towards overcoming difficult life situations

The flyer "Where can I find help?" from the City of Aschaffenburg provides an overview of the various support services in Aschaffenburg. It contains addresses of counselling centres, affordable shopping facilities, financial assistance, landlords and leisure activities.

The flyer is available at the town hall, online <u>here</u> and as a PDF: Where can I find help 2019

# Office for IT and Digital Strategy





Digital developments have changed the lives and daily routines of people everywhere, including in Aschaffenburg. The city has a clear ambition to actively shape the process of digitalisation, in order to maintain and improve the quality of life of its citizens.

To manage this development, the Office for IT and Digital Strategy was established within the city administration in summer 2020. The team is made up of different areas: In addition to specialists from the areas of IT planning and system administration, experts on the topics of e-government & digitalisation for the administration, smart city development and participation are also an important part of the team. The expert advisor is the third mayor of the City of Aschaffenburg, Eric Leiderer.

Together with the people of Aschaffenburg, the Office for IT and Digital Strategy is developing ideas and measures to use digitalisation processes for sustainable urban development. Technological sovereignty, the protection of personal data and close cooperation with companies, associations, federations and scientific institutions from the region are important factors in this. More on the Office's guidelines can be found <a href="https://example.com/here/be/

## The Digital Shop at Roßmarkt 11

In order to create a direct and low-threshold contact point for all citizens, the Digital City Lab was founded at Roßmarkt 11. The Digital City Lab is the think tank of the Office for IT and Digital Strategy and the interface for citizens between the analogue and digital worlds.

#### Contact:

City of Aschaffenburg

Office for IT and Digital Strategy

Dalbergstraße 15 63739 Aschaffenburg Phone <u>06021/3300</u>

E-mail: digital@aschaffenburg.de

Homepage of the Office for IT and Digital Strategy



## Planning, building and living

Aschaffenburg is a popular place to live. The city is changing. Private and public building measures were planned and realised over centuries. Aschaffenburg will continue to develop in the future. Planned or realised building projects always give new impetus to the city.

Information on current urban development topics and support with questions about building and living in Aschaffenburg can be found <u>here</u>.

Information for builders and homeowners is available <u>here</u>.

Further information and advice centres on the topic of "Building and Housing" can also be found here.





## **Environmental and consumer protection**

The Aschaffenburg advice centre of the VerbraucherService Bayern im KDFB e.V. provides independent and neutral advice to interested parties on various topics. These include, for example:

- · Consumer law
- Finance
- · Construction financing
- Insurance
- · Retirement provision
- Nutrition
- Energy

#### Contact:

VerbraucherService Bayern im KDFB e.V.

#### **Advice Centre Aschaffenburg**

Room Meeting room building, ground floor Dalbergstraße 15 63739 Aschaffenburg Phone 06021/3301218

E-mail: aschaffenburg@verbraucherservice-bayern.de

Homepage of the Consumer Protection Bavaria, Advice Centre Aschaffenburg

In addition, the <u>Office for Environmental and Consumer Protection</u> provides information on current developments and projects in nature, environmental and consumer protection.

#### Citizen participation

# Participate - Have your say - Get involved - Help shape the future

The City of Aschaffenburg wants to involve its citizens directly in opinion-forming and decision-making processes in order to shape their living and working environment together with them.

There are a variety of participation opportunities for young and old.

Further information is available here.

# Complaints Office under the General Equal Treatment Act

The Equal Opportunities Office is the complaints body under the General Equal Treatment Act. There is information and counselling on disadvantages, discrimination, professional and family difficulties. Employees and civil servants are supported in returning to work during and after raising a family. The Equal Opportunities Office's leaflets on the topics of "Single Parents", "Violence against Women", "Bullying", "Separation/Divorce", "Sexual Harassment" and "When Relatives Need Care" are available on the website of the Equal Opportunities Office.





#### Contact:

City of Aschaffenburg Equal Opportunities Office Dalbergstr. 15 63739 Aschaffenburg Phone 06021/3301419

E-mail: gleichstellungsstelle@aschaffenburg.de Homepage of the Equal Opportunities Office

#### Citizens Service - Online

The City of Aschaffenburg offers a 24/7 online service.

# Online appointment

A number of services can now be used from the comfort of your own home, such as making an appointment at the Citizen Service Office.

The appointment can be organised online here.

## Online services of the Citizens' Service Bureau

Registration certificates, deeds, personalised number plates, applications for postal voting documents, residents' parking permits and much more are now part of the online services and much more are now part of the online services of the City of Aschaffenburg.

Click here to go to the online services of the City of Aschaffenburg and the Citizens' Service Office.

#### **Newsletter**

In order to receive news, reports, event information and specialist information from the city administration, it is possible to subscribe to various free newsletters.

#### The following newsletters can currently be subscribed to:

- Newsletter of the City of Aschaffenburg: Online registration is possible here.
- Newsletter for families: Registration by e-mail to familien@aschaffenburg.de
- Inclusion Newsletter: Registration by e-mail to bildungsbuero@aschaffenburg.de
- Newsletter on new building plots and lettings: Online registration is possible here.

# Municipal calendar of events

Aschaffenburg is a lively city. Every day there are several events for very different interests and target groups.

On the <u>homepage of the City of Aschaffenburg</u>, the municipal calendar of events provides a daily overview of events and activities.





## Municipal services

## WiFi hotspots

## Sign up and start surfing! - free WiFi in Aschaffenburg

Stadtwerke Aschaffenburg offers free Internet access via WiFi at selected locations in the City of Aschaffenburg. After a short registration, access is available to all Stadtwerke customers, citizens and guests of the city.

Further information is available on the Stadtwerke Aschaffenburg homepage.

## **Public transport**

Information on bus timetables can be found on the homepage of the <u>Verkehrsbetriebe am</u> Bayerischen Untermain or on the homepage of the Stadtwerke Aschaffenburg.

The <u>Kulturpass</u> offers discounts on monthly tickets for adults and on day tickets for children. The discounts only apply to buses within the City of Aschaffenburg.

On all Saturdays in the year, bus travel on VAB bus lines within the city area is free of charge.

# **Energy and electricity**

Anyone who rents an apartment in Germany usually has to deal with the electricity provider themselves and ensure that the bill is paid. The choice of electricity provider is left to the tenant. The costs for gas are usually included in the so-called "warm rent" ("Warmmiete"), but there are exceptions.

For electricity, tenants pay an estimated amount once a month, which is also called a "Abschlag" (deduction).

Once a year, a review is conducted: How much electricity was used? If you use more electricity than you have already paid for with the instalments, you have to pay extra. If you use less, you get your money back.

In the case of electricity and gas, there is a free choice of supplier. For water, you have to use the local supplier.

You can find out more about the services offered by Stadtwerke Aschaffenburg here.

# **Car-sharing**

In collaboration with the association "Verkehrsclub Deutschland" the Aschaffenburg municipal utilities also offer car-sharing. Registration for car-sharing takes place once for interested parties via the VCD.

A personal user card is then issued. With this, the car sharing vehicles can be opened. The key is stored in the glove compartment of the car. The booking of a vehicle is done online.

Further information is available on the Stadtwerke homepage.





## The environment and waste disposal

Whether it concerns organic waste, waste paper, residual waste, scrap metal, waste glass, plastic, electronic waste – every day, a lot of waste, rubbish and recyclables accumulate in Aschaffenburg. Rubbish that cannot be disposed of in household waste is accepted by the two recycling centres in the wider Aschaffenburg region:

- Fürther Straße 13, 63743 Aschaffenburg
- · Mörswiesenstraße 55, 63741 Aschaffenburg

Not all waste materials can be disposed of free of charge. Any items disposed of which are in good condition will be resold in the recycling centre shops at reasonable prices.

Further information is available on the <u>Stadtwerke homepage</u>.

# "Fundbüro" (Lost Property Office)

#### Have you lost something?

Have your keys gone missing? Lost your wallet? If you have lost something, you might be lucky and it was left in the "Fundbüro" (Lost Property Office).

In the city's Lost Property Office, all lost and found items are stored. The rightful owners can contact the Lost Property Office or search online in the virtual Lost Property Office to find out whether the item has been handed in.

Escaped animals are taken in at the Aschaffenburg animal shelter <u>06021/89260</u> or <u>tierinfo@tierheim-aschaffenburg.de</u>.

#### Have you found something?

Lost property can be handed in at the Lost Property Office or at the information desk on the ground floor of the town hall (Citizens' Service Office [Bürgerservicebüro]).

Outside of opening hours, lost property can also be handed in with the Aschaffenburg Police (Lorbeerweg 1, Nilkheim).

More information is available on the homepage of the Lost Property Office..

The virtual Lost Property Office can be found <u>here</u>.

Contact:

City of Aschaffenburg

Public Order and Road Traffic Office

Wermbachstr. 30 63739 Aschaffenburg Phone: 06021/3301466

E-mail: <a href="mailto:fundbuero@aschaffenburg.de">fundbuero@aschaffenburg.de</a> Homepage of the Lost Property Office

The City of Aschaffenburg as an employer





The City of Aschaffenburg is a modern, innovative administration. The services provided by the city and its employees range from classic administrative tasks to activities in the fields of technology, construction or culture, as well as work in the social and health sectors. Only a few employers can offer this diversity.

Employees of the City of Aschaffenburg can continuously develop, take on responsibility and actively shape the future of Aschaffenburg.

Training with the City of Aschaffenburg

Job advertisements with the City of Aschaffenburg



# Contact with the city administration and the city council

#### Offices and services

To find out which department in the city's administration body is responsible for which concern and which service, there is a keyword search from A to Z on the city homepage. Click here to search for services from A to Z.

In addition, there is a quick overview of the municipal administration in Aschaffenburg, sorted by departments. This way you can find the right contact persons, telephone numbers or addresses. In addition to the services, other important institutions in the City of Aschaffenburg are also listed in alphabetical order.

Click here to search for services from A to Z.

# **Stadtrat (City Council)**

The City Council consists of the Lord Mayor and 44 City Council members, each elected for a term of six years. The City Council administers the city through its resolutions. The city council members do not hold a general political mandate, i.e. they are not parliamentarians. In accordance with the principle of representative democracy, they exercise a free mandate, are bound only by their conscience and are not bound by instructions.

Click here for more information on the Aschaffenburg City Council.

# People with disabilities

Information and advice

Counselling

Behindertenbeauftragte (Disability Officer) of the City of Aschaffenburg





The Disability Officer of the City of Aschaffenburg is a central point of contact for the concerns of people with disabilities. It plays a mediating role between the people and the city's political leadership. The work of the disability commissioners is supported by the associations of disabled people. For a personal consultation, please make an appointment.

#### Contact:

City of Aschaffenburg

# Disability Officer in the Office of Social Services

Dalbergstr. 15 63739 Aschaffenburg Phone 06021/3301439

E-mail: behindertenbeauftragte@aschaffenburg.de

Homepage of the City of Aschaffenburg

# **Supplementary Independent Participation Counselling (EUTB)**

The Supplementary Independent Participation Counselling (EUTB) provides support in all questions regarding participation and rehabilitation. It provides free counselling for people with impairments and chronic illnesses, as well as for relatives and interested parties. For example, with regard to questions about assistance, support resources or if you want to know what a personal budget is. There are regional EUTB counselling centres all over Germany. General information can be found on the <a href="https://example.com/homepage/budget/">homepage of the "Fachstelle Teilhabeberatung" (Office for Participation and Rehabilitation)</a>. There is one counselling centre for EUTB in Aschaffenburg.

## **Advisory focus**

- Information on impairment, rehabilitation, participation
- Support with orientation, planning, decision-making
- · Application advice, accompaniment
- Areas: Support resources, assistance, mobility, leisure activities, care, education, work, housing, health
- · Advice for relatives
- · Grief counselling
- · Networking of parents, patients, doctors and therapists

#### Contact:

#### EUTB Gesellschaft für MPS e.V.

Herstallstraße 35 63739 Aschaffenburg Phone 06021/4463620

E-mail: info@eutb-aschaffenburg.de

Homepage of the Mucopolysaccharidoses Society (MPS)









# General counselling services offered by Lebenshilfe Aschaffenburg e.V.

# Support:

People with chronic diseases or impairments or their relatives are offered personal support. You can get assistance for the following situations, for example:

- · Accompaniment during leisure time
- · Accompaniment during a doctor's visits
- · Support with shopping

## Counselling:

Please call us in advance for a consultation, then we can take more time for you. Advice is given on the following topics, for example:

- · on all questions relating to the topic of disability
- for questions about the "Pflege-Kasse" (care insurance fund)
- when making an application
- · on questions regarding the financing of support

#### Contact:

Lebenshilfe Aschaffenburg e.V.

## **Family Relief Service**

Bayreuther Straße 9 63743 Aschaffenburg Phone 06021/306814

E-mail: fed@lebenshilfe-aschaffenburg.de

To the homepage of Lebenshilfe Aschaffenburg e.V.



# Inclusion counselling (Education Authority (Schulamt))

Trained teachers advise parents and young people with disabilities on the topic of inclusion in the school setting. The Inclusion counselling service is neutral, discreet, interdisciplinary and free of charge. Information and advice on these areas is available:

· for enrolment





- for the place of support
- · for the transition from school to work
- for school and out-of-school support services
- for the legal aspects of inclusion

#### Contact:

#### **Inclusion counselling**

of the State Education Authorities in the City and District of Aschaffenburg Pfaffengasse 7

63739 Aschaffenburg Telephone: <u>0172/5609427</u>

E-mail: inklusion@schulamt-aschaffenburg.de

Homepage of the state education offices in the city and district of Aschaffenburg

## Zentrum Bayern Familie und Soziales (Bavarian Family and Social Centre)

The Zentrum Bayern Familie und Soziales (Bavarian Family and Social Centre) is the state authority for social services in the department of the Bavarian State Ministry for Family, Labour and Social Affairs.

In the administrative district of Lower Franconia, it decides on the various applications for family benefits (parental allowance, family allowance, crèche allowance) and advises on parental leave. Other tasks include the law on severely disabled persons – determination procedure and inclusion, war victims' benefits, the Victims' Compensation Act (Opferentschädigungsgesetz) and the payment of the Bavarian Blind Persons' Allowance.

#### Contact:

## Zentrum Bayern Familie und Soziales (Bavarian Family and Social Centre)

Lower Franconia Region Georg-Eydel-Strasse 13 97025 Würzburg

E-mail: poststelle.ufr@zbfs.bayern.de

<u>Homepage of the Zentrum Bayern Familie und Soziales (Bavarian Family and Social Centre)</u>

Lower Franconia Region



# Counselling services of the AWO Bezirksverband Unterfranken e.V.

The AWO Bezirksverband Unterfranken e.V. has several services and centres in the field of counselling for people with mental impairments for the Aschaffenburg area:

 The Aschaffenburg Sociotherapy and Integrated Care Unit supports people with chronic mental illnesses such as severe depression, schizophrenia or anxiety disorders by providing a range of individually adapted outpatient care close to home.





 The specialist integration service supports people with disabilities by helping them to find and keep jobs/training places. It offers vocational orientation for young people with disabilities as well as measures for vocational integration.

The team offers professional support on all issues related to disability and work.

Single Point of Contact for Employers (EAA):
 The EAA informs, advises and supports employers in the training, recruitment and employment of severely disabled people.

#### Contact:

## **Sociotherapy and Integrated Care Unit**

Siegfried-Rischar-Straße 2 (in the social centre "Am Rosensee") 63743 Aschaffenburg

Tel: 06021/902400

Email: <u>soziotherapie-aschaffenburg@awo-unterfranken.de</u> Homepage of the Sociotherapy and Integrated Care Unit

# Integration Service (IFD) Aschaffenburg

Frohsinnstraße 10 63739 Aschaffenburg Tel: 06021/4496950

Email: sekretariat@ifd-ab.de

Homepage of the Integration Service

# Single Point of Contact for Employers (EAA)

Frohsinnstraße 10 63739 Aschaffenburg Tel: 06021/1881817

Email: ansprechstelle.aschaffenburg@eaa-bayern.de

Homepage of the Integration Service



# Juliusspital epilepsy counselling in Lower Franconia

Epilepsies are among the most common neurological diseases. Five percent of all people worldwide experience an epileptic seizure once in their life.





The epilepsy counselling service provides information, advice and support to people with epilepsies at any age. Also their relatives as well as professionals who work with affected people. In addition to face-to-face and telephone counselling, data protection-compliant video counselling is also offered. There is also a lot of information, training, events, lectures and seminars.

The office of the advice centre is in Würzburg. About once a month, however, there is an external consultation in Aschaffenburg.

#### Contact:

# Juliusspital epilepsy counselling in Lower Franconia

Juliuspromenade 19 (entrance via Klinikstraße 5) 97070 Würzburg

Telephone: 0931/393-1580

E-mail: epilepsieberatung@juliusspital.de

Homepage of the Juliusspital epilepsy counselling in Lower Franconia

Go to the dates of the external consultations



# Blickpunkt Auge Beratungsstelle - Unterfranken-Aschaffenburg-Miltenberg

# Blickpunkt Auge: The counselling services "Blickpunkt Auge" for people with visual impairments

We want to do even more to prevent avoidable vision loss and to provide optimal support and care for people who are already suffering from vision loss. To this end, we offer a comprehensive range of advice and services.

Each person has their own needs. For this reason, the BBSB maintains a broad operational set-up. The special thing about it is that many counsellors are blind or visually impaired themselves. They, therefore, know what they are talking about and can thus provide tailor-made services and counselling.

The services offered range from the selection of the right aids for people with visual impairments, to rehabilitation, social and legal counselling, participation counselling and counselling for owners of guide dogs. The BBSB also supports deafblind or hearing/visually impaired people and advocates for people with visual impairments.

Contact:

BBSB e.V.
Blickpunkt Auge Beratungsstelle Unterfranken-Aschaffenburg-Miltenberg
Hanauer Straße 2
63739 Aschaffenburg





Telephone: <u>06021/29393</u>

E-mail: aschaffenburg@bbsb.org

Homepage of the BBSB e.V. in the Aschaffenburg area



# Counselling for the deaf and hard of hearing of the Paritätischer Wohlfahrtsverband (Parity Welfare Association)

The welfare association in Bavaria is one of the six umbrella organisations belonging to the "Freie Wohlfahrtspflege" – a collective welfare organisation. It stands up for diversity, openness and tolerance. The head office in the district of Lower Franconia is in Würzburg. There is a "Jugendmigrationsdienst" (Youth Migration Service) in Aschaffenburg that belongs to the district association of Lower Franconia.

But the services for the hearing impaired are also present twice a month in Aschaffenburg. Then a specialist comes from Würzburg who offers counselling for hard of hearing and deaf people. Alternatively, there are online offers. Please make an appointment for this with the contact persons below.

#### Contact:

## Counselling for the deaf

Uta Schmitgen Münzstraße 1 97070 Würzburg Phone 0931/3540115

Mobile 0157/71703937 (via text message or the "Signal" app)

E-mail: uta.schmitgen@paritaet-bayern.de

Skype: sdhg.wuerzburg

Homepage of the "Gehörlosenberatung" (deaf Counselling Service)

# Counselling for the hard of hearing

Julia Kratz Münzstraße 1 97070 Würzburg Phone <u>0931/3540116</u> Mobile 0176/73511053

E-mail: julia.kratz@paritaet-bayern.de

Homepage of the counselling service for the hard of hearing

The "Jugendmigrationsdienst" (Youth Migration Service) from the association "Paritätischer Wohlfahrtsverband"

Glattbacher Straße 41 63741 Aschaffenburg





E-mail: <u>imd-aschaffenburg@paritaet-bayern.de</u> Phone 06021/450025 or 06021/4594881

Homepage of the "Jugendmigrationsdienst" (Youth Migration Service)



# Social psychiatric service

The Social Psychiatric Service (SpDi) is a counselling centre for mental and social health. The SpDi is there for people who are directly or indirectly confronted with a mental conflict, a crisis, fears or depression. In this way, the SpDi supports people who are themselves affected by mental stress or illness, as well as their relatives.

#### Contact:

# Social Psychiatric Service Aschaffenburg at the social centre "Am Rosensee

Siegfried-Rischar-Strasse 2 63743 Aschaffenburg Phone 06021/902400

E-mail: <a href="mailto:spdi-aschaffenburg@awo-unterfranken.de">spdi-aschaffenburg@awo-unterfranken.de</a>

Homepage of the SpDi



## **Information**

# Offers of the City of Aschaffenburg

The homepage of the City of Aschaffenburg contains many offers and tips on the topic of <u>accessibility</u> and <u>inclusion</u>.

The "Bildungsbüro" (Education Office) publishes a <u>newsletter</u> that provides information on various topics and events related to inclusion and education. Subscribe to the Inclusion + Education newsletter at:

Contact:

Phone: 06021/3301581

E-mail: <u>bildungsbuero@aschaffenburg.de</u>





Further information on the Education Office of the City of Aschaffenburg can be found in the chapter "Education".



## Self-help groups, counselling centres and associations

Information on self-help groups and counselling centres can be found in the <u>chapter Health</u> + Sport.

The <u>sports database of the City of Aschaffenburg</u> also contains clubs offering sports for the disabled and rehabilitation sports.

# Services for people with mental illness and their relatives

Information and offers on the topic of mental health can be found in the <a href="https://chapter">chapter "Health</a> and Sport"

# Early support

## Interdisciplinary Early Intervention Centre (IFS) Aschaffenburg

The Early Intervention Centre treats children from birth to school entry who are suspected of having developmental problems or disabilities. Early intervention centres offer various interdisciplinary therapeutic and educational services to support the child's development in the best possible way. At the same time, parents are also supported and advised here. Treatment at the early intervention centre is free of charge for families.

Parents who have questions about their child's development or suspect developmental abnormalities can contact the early intervention centre directly and make a free and prompt appointment as an open counselling service, without a doctor's referral. In this initial consultation, in addition to the concerns of the parents or caregivers, the further procedure regarding diagnostic clarification and treatment options is discussed.

#### Contact:

Interdisziplinäre Frühförderstelle Aschaffenburg Stadt und Land (Interdisciplinary Early Intervention Centre (IFS) Aschaffenburg)

Liebigstraße 2 63743 Aschaffenburg Phone 06021/386600 Fax 06021/3866066 E-mail: info@ifs-ab.de

Homepage of the Early Intervention Centre

Frühförderstelle





# Interdisciplinary early intervention centre for hearing-impaired children

The early intervention centre for hearing-impaired children is active in the entire district of Lower Franconia. The costs incurred are covered by the district of Lower Franconia and the health insurance companies upon application. Early intervention is then free of charge for parents. A non-binding consultation (with educational hearing test) is possible

# What do we offer?

- · Information and counselling on hearing impairment and child development
- Targeted, individual listening language support
- · Support and accompaniment of the family in everyday life
- The possibility of exchange with other families

#### Who is early intervention for?

- · For families from Lower Franconia
- For hearing-impaired children from birth to school enrolment
- · For hearing children of hearing impaired parents
- · For hearing impaired children with additional impairments

When can families come to early intervention?

- If a doctor or clinic has diagnosed a hearing impairment.
- When parents suspect that their child is not hearing properly.
- If parents would like to take advantage of a counselling session (with hearing test).

## Contact:

## Interdisciplinary early intervention centre for hearing-impaired children

at the school Dr. Karl Kroiß Schule (special needs centre for hearing)

Berner Straße 14 97084 Würzburg

Phone <u>0931/60060164</u>

E-mail: fruehfoerderung@dr-karl-kroiss-schule.de

Homepage of the Early Intervention Centre



# Early support for vision

The "Frühförderung Sehen des Blindeninstituts" ("Institute for the Blind's Early Intervention Service for Vision") is responsible for the districts of Miltenberg and Aschaffenburg, as well as the City of Aschaffenburg. Entitlement to early intervention is regulated in the German Social Code IX and XII. There are no costs for the families.

Children with a developmental disability in vision are cared for, some with multiple disabilities, including hearing impairment. Specific vision support can start as early as a few





weeks after birth and is offered until the child starts school. Impairments in vision have a major impact on overall child development. A visual impairment must, therefore, be recognised as early as possible in order to prevent or compensate for developmental disorders at an early stage. In early intervention vision there is a special vision diagnosis for babies and toddlers. On the basis of the diagnostics, teachers draw up an individual support plan. The counselling of the parents and the support of the children mainly takes place at home or in the kindergarten.

#### Counselling and support services

- Specific diagnostics of vision and developmental status for babies and toddlers
- · Promotion of existing vision as well as movement, communication and fine motor skills
- Sensitisation of environmental and sensory perception for blind children
- Counselling parents on developmental and educational issues
- Specific occupational therapy, physiotherapy and speech therapy
- Specialist service for individual integration in child day care centres

#### Contact:

## Frühförderung Sehen ("Early Intervention Service for Vision")

Ahornweg 116

63741 Aschaffenburg

Telephone: <u>06021/453550</u>

E-mail: <u>ff-abg@blindeninstitut.de</u>

Homepage of the Early Intervention Centre for Vision



# Clubs, offers

## Adult education centre - offers for people with disabilities

The <u>vhs Aschaffenburg</u> (Adult Education Centre) has had a programme for people with disabilities for 35 years!

Click here to go directly to the vhs offers for people with disabilities

Contact:

VHS Aschaffenburg (Adult Education Centre)

Health

Luitpoldstr. 2





63739 Aschaffenburg Phone 06021/386880-40

E-mail: info@vhs-aschaffenburg.de



# Gehörlosenverein Aschaffenburg und Miltenberg e.V.

The "Gehörlosenverein Aschaffenburg und Miltenberg" is an association of deaf and hard of hearing citizens. Deaf and hard of hearing people are often almost excluded from participating in social life. Deaf people may also experience a lack of knowledge and information, as many media such as television, radio or cinema can hardly be used.

The main task of the association is to prevent the onset of loneliness and to provide knowledge and information for deaf people. In order to be able to fulfil this task, the association organises, for example, its own cultural and information events with sign language interpreters.

#### Contact:

# Gehörlosenverein Aschaffenburg und Miltenberg e.V.

Ebersbacherstrasse 83 63743 Aschaffenburg

E-mail: info@deafaschaffenburg.de

Homepage of the "Gehörlosenverein" (Association for the Deaf)



## Kindernetzwerk e.V.

The Children's Network is the umbrella organisation for self-help of families with children and young adults with chronic diseases and disabilities. As a nationwide platform for self-help, the association represents around 230 member organisations. For Aschaffenburg, there is a service point in Mainaschaff.

The free services include a nationwide parent database, telephone counselling, parent contacts, digital self-help services, (online) seminars or strategic public relations and political lobbying

Contact:

Kindernetzwerk e.V.

Benzstraße 2 63741 Aschaffenburg





Telephone: <u>06021/454400</u> E-mail: <u>info@kindernetzwerk.de</u> Homepage of the Children's Network



# Lebenshilfe Aschaffenburg e.V.

Lebenshilfe Aschaffenburg is an association. It is there to help many people:

- · for people with disabilities especially people with mental or multiple disabilities
- · for relatives of people with disabilities
- · for professionals
- for those interested in the work of Lebenshilfe

Lebenshilfe Aschaffenburg aims to support people with disabilities and their families. People with disabilities should live a life that is as normal as possible. Lebenshilfe Aschaffenburg has various facilities that offer services for people with disabilities. This involves, for example, ensuring that they can optimally develop their abilities, guaranteeing a state of self-determination and co-determination in everyday life, securing rights or the possibility of comprehensive participation in all areas of life:

- Curative education day centre (at the Comenius School)
- Three integrative day care centres (IKT) in the city and district of Aschaffenburg
- · Day support centre
- Early intervention centre
- · Open help with family support service and an area for leisure, meeting and education

#### Contact:

## Lebenshilfe Aschaffenburg e.V.

for people with disabilities – focus on mental or multiple disabilities Bayreuther Straße 9 63743 Aschaffenburg Phone 06021/30680

E-mail: geschaeftsstelle@lebenshilfe-aschaffenburg.de

Homepage of Lebenshilfe Aschaffenburg e.V.



für Menschen mit Behinderung Schwerpunkt geistige oder mehrfache Behinderung

# pro familia Unterfranken





The staff at pro familia advise and inform adults and young people on the topics of pregnancy, prenatal diagnostics (PND), pregnancy conflict, sexuality, partnership, family planning and unfulfilled desire to have children. One focus of the counselling centre is on the topic of disability and sexuality. There is also information material in plain language.

Counselling is free of charge, confidential and anonymous upon request. All staff members are bound by professional secrecy

#### Contact:

pro familia Bezirksverband Unterfranken State-recognised counselling centre for pregnancy issues Counselling centre for partnership, sexuality, pregnancy and family planning

Frohsinnstraße 28 63739 Aschaffenburg Phone 06021/7712263

E-mail: <u>aschaffenburg@profamilia.de</u> Homepage of pro familia in Aschaffenburg



# Junges Leben am Untermain e.V.

The purpose of the association is to support people with disabilities and their relatives. This means in particular

- to enable young adults with disabilities to live a life worth living close to their homes.
- to do public relations work for those affected, their parents, relatives and interested parties.
- to raise awareness in society about the challenges of disabled people and a more inclusive world.

#### Contact:

### Junges Leben am Untermain e.V.

E-mail: <u>kontakt@junges-leben-am-untermain.de</u>
Homepage of the association Junges Leben am Untermain e.V.



Sozialdienst katholischer Frauen e.V. - SkF





The Social Service of Catholic Women (SkF) advises women and families in various life situations. Although the SkF is organised as a Catholic organisation, it offers counselling on the following topics regardless of origin, nationality or religious denomination:

- · Counselling for women and families
- · Counselling on pregnancy issues
- · Guardianship association
- · Social pedagogical family assistance

#### Contact:

# Sozialdienst kath. Frauen e.V. Aschaffenburg

Erbsengasse 9 63739 Aschaffenburg Phone 06021/27806

E-mail: beratung@skf-aschaffenburg.de

Homepage of the Sozialdienst kath. Frauen e.V. (Social Service of Catholic Women)



# Autismus Kompetenzzentrum Unterfranken e.V.

The Autismus Kompetenzzentrum Unterfranken (AKU; Autism Competence Centre Lower Franconia) advises, informs and networks autistic people, their relatives as well as institutions and facilities that deal with and are interested in the topic of the autism spectrum. This pursues various goals:

- To support autistic people in leading as independent and self-reliant a life as possible.
- To enable autistic people to participate in life in the community.
- To take on a relief function for families and caregivers.

In addition to counselling, the AKU offers many other services. For example, there are open meetings, leisure and encounter offers, parents' regulars' tables, further training for professionals and the podcast "Im Detail - der Autismuspodcast".





In Aschaffenburg, an external counselling session is held on a regular basis. An <u>overview of the outdoor consultation dates</u> can be found here. Please make an appointment in advance by calling <u>0931/3598300</u>.

#### Contact:

Autismus Kompetenzzentrum Unterfranken Augustinerstraße 6 97070 Würzburg

Telephone: <u>0931/3598300</u>

E-mail: info@autismus-unterfranken.de

Click here to go to the homepage with all the offers.



#### NeuroDivers e.V.

The purpose of the non-profit association NeuroDivers e.V. is to represent and promote the interests of autistic people, to strengthen the self-confidence and self-determination of people from the autism spectrum and to jointly create an autistic-friendly environment. The goals, activities and services are aimed at children, young people and adults from the autism spectrum as well as their relatives. The association is run and organised by autistic people. Relatives and interested parties can also become members and actively participate in the work of the association.

In order to enable participation in public life, the association wants to implement accessibility and create educational and cultural opportunities for neurodivergent people as well as meeting places. There are, for example:

- Peer counselling for people on the spectrum and their relatives
- Leisure projects for children and young people
- A wide range of information and frequently asked questions about the autism spectrum
- Monthly meetings for people on the autism spectrum
- Monthly meetings for relatives

### Contact:

NeuroDivers e.V.

Steubenstraße 79 63743 Aschaffenburg Telephone: 0177/4050397





E-mail: <a href="mailto:verein@neurodivers.net">verein@neurodivers.net</a>
To the homepage of the association



# Accessibility

# Barrier-free - The digital guide for a barrier-free life

The City and District of Aschaffenburg, together with the districts of Main-Spessart and Miltenberg, have created a joint digital guide for barrier-free living. Many public facilities in the cities and municipalities were inspected. The extent to which these are accessible to people with disabilities or families with prams was noted <a href="Homepage of "Hürdenlos" for Spessart und Main">Homepage of "Hürdenlos" for Spessart und Main</a>

#### Easy language

There is a section in <u>plain language</u>on the municipal homepage. Here, many matters that citizens have to deal with at the town hall are explained in plain language. There are helpers for filling out forms and the topics about which citizens most frequently enquire are explained in detail. For example: Dog tax, registry office or vehicle registration.

# Sign language

There are also <u>videos in sign language</u> on the homepage. During the <u>Intercultural Weeks</u> (<u>IKW</u>), at least one major cultural event is interpreted every year. The Family Congress with free information and education lectures for parents now also offers this. Both event formats take place in autumn.

In addition, the homepage provides <u>information on barrier-free routes</u>, <u>parking spaces</u>, <u>places</u> <u>and facilities inthe city</u>

Contact:





# **Disability Commissioner**

Phone 06021/3301439

E-mail: behindertenbeauftragte@aschaffenburg.de

Family education (Family Congress and offers for families)

Phone 06021/3301794

E-mail: familien@aschaffenburg.de

**Education office** (intercultural weeks and educational offers)

Phone 06021/3301581

E-mail: bildungsbuero@aschaffenburg.de

# Working and living

# Training, work, employment

# **Special Schools**

An overview of all special schools and centres in the City of Aschaffenburg can be found <u>here</u>.

# Inclusion counselling (Education Authority (Schulamt))

Trained teachers advise parents and young people with disabilities on the topic of inclusion in the school setting. The Inclusion counselling service is neutral, discreet, interdisciplinary and free of charge. Information and advice on these areas is available:

- for enrolment
- · for the place of support
- · for the transition from school to work
- · for school and out-of-school support services
- · for the legal aspects of inclusion

#### Contact:

### Inclusion counselling

of the State Education Authorities in the City and District of Aschaffenburg Pfaffengasse 7

63739 Aschaffenburg

Telephone: <u>0172/5609427</u>

E-mail: inklusion@schulamt-aschaffenburg.de

Homepage of the state education offices in the city and district of Aschaffenburg

# Study barrier-free

Funding opportunities for students with disabilities and further information on barrier-free study can be found <u>here</u>.

### Agentur für Arbeit (Employment Agency)





The Employment Agency advises and supports students, jobseekers, employees and companies throughout their entire working lives.

#### Counselling topics include:

- · the placement of apprenticeships and jobs
- · Vocational orientation, choice of studies and further vocational training
- Counselling of people with impairments
- Counselling on career advancement, re-entry or career change
- · Counselling people from abroad
- Financial benefits

#### Contact:

## Agentur für Arbeit (Employment Agency)

Memeler Straße 15 63739 Aschaffenburg Tel.: 0800/4555500

E-mail: aschaffenburg@arbeitsagentur.de Homepage of the Employment Agency



# Bundesagentur für Arbeit

# Agentur für Arbeit Aschaffenburg

### AWO Bezirksverband Unterfranken e.V.

The "AWO Bezirksverband Unterfranken e.V." has several services and centres in the field of work in Aschaffenburg:

- The specialist integration service advises and supports people with disabilities in their occupational integration. It is also the point of contact for employers who would like to employ (or who already employ) people with disabilities. The team offers professional support on all issues related to disability and work.
- The Single Point of Contact for Employers (EAA) informs, advises and supports employers in the training, recruitment and employment of severely disabled people.
- 2 day centres for mentally ill adults:
  - A mental illness can often also lead to the loss of a job. The affected people withdraw and become lonely. This vicious circle has to be broken. The visitors are offered a daily and weekly structure and social contacts.
- AWO AKTIV assembly and services:
   AWO AKTIV offers people with disabilities meaningful work, a regular daily structure and social participation. People with a mental illness or physical impairment can improve their quality of life in a self-responsible and sustainable way by participating.

#### Contact:

### "Integrationsfachdienst" (Integration Service) Aschaffenburg

Frohsinnstraße 10





63739 Aschaffenburg

Telephone: <u>06021/4496950</u> E-mail: <u>sekretariat@ifd-ab.de</u>

Homepage of the Integration Service

### Single Point of Contact for Employers (EAA)

Frohsinnstraße 10 63739 Aschaffenburg Tel: 06021/1881817

Email ansprechstelle.aschaffenburg@eaa-bayern.de

Homepage of the Integration Service

# Tagesstätte 1 (day care) Aschaffenburg

Siegfried-Rischar-Straße 2-6 (in the "Sozialzentrum" [Social Centre] at Rosensee)

63743 Aschaffenburg Telephone: <u>06021/902400</u>

E-mail: tagesstaette-rosensee@awo-unterfranken.de

Homepage of day care 1

# Tagesstätte 2 (day care) Aschaffenburg

Badergasse 12 63739 Aschaffenburg Telephone: 06021/902400

E-mail: <u>tagesstaette-badergasse@awo-unterfranken.de</u>

Homepage of day care 2

### **AWO AKTIV Aschaffenburg**

Lindestraße 3a 63743 Aschaffenburg Tel: 06021/44666632

Email: <a href="mailto:aschaffenburg@awo-aktiv.de">aschaffenburg@awo-aktiv.de</a>
Homepage AWO AKTIV Aschaffenburg



# Dominikus-Ringeisen-Werk

The Dominikus-Ringeisen-Werk runs an autism day support centre (TAU) and a curative education therapeutic centre (HtZ) in Aschaffenburg.

Support centres are open to those for whom the workshop for disabled people (WfbM) is not, not yet or no longer the appropriate place. They offer adults with intellectual or multiple disabilities a "second residential area" in addition to living with their family or in an institution. The clients receive support for participation in working life as well as many





opportunities for employment, support and daily activities.

The curative education therapeutic centre (HtZ) in Aschaffenburg offers individual, curative education and autism-specific support for people who need help and assistance. The outpatient facility has a focus on social skills training for people with autism spectrum disorder (ASD).

Contact:

# Tagesförderstätte Autismus (TAU) Aschaffenburg

Molkenbornstraße 1 63743 Aschaffenburg

Telephone: <u>06021/4481899</u> E-mail: <u>armin.dueck@drw.de</u>

Homepage of the Dominikus-Ringeisen-Werk

# Curative education therapeutic centre (HtZ) Aschaffenburg

Frohsinnstraße 22 63739 Aschaffenburg Tel: 06021/9017008

Email: htz-aschaffenburg@drw.de



# **Erthal-Sozialwerk**

In Aschaffenburg there is a workshop for people with mental illness and disabilities, which belongs to the Erthal-Sozialwerk. There are about 100 jobs there for people with mental illness or disability. In particular, the areas of electrical, wood and metalworking and assembly work are represented here.

Contact:

# Workshop for people with mental illness and disability

Lilienthalstraße 6 63741 Aschaffenburg Phone 06021/4437480

E-mail: aschaffenburg@erthal-sozialwerk.de

Homepage of the Erthal-Sozialwerk

### Lebenshilfe Aschaffenburg e.V.

The Lebenshilfe Aschaffenburg e.V. association runs a day support centre. Adult people with severe mental and multiple disabilities who cannot (yet) attend a workshop for people with disabilities after leaving school are cared for here.

Contact:





#### Day support centre

of Lebenshilfe Aschaffenburg e.V.

Wallstadter Str. 11 63811 Stockstadt Phone 06027/401516

E-mail: tagesfoerderstaette@lebenshilfe-aschaffenburg.de

Homepage of the day support centre



#### Lebenshilfe Werkstätten e.V. Schmerlenbach

The association Lebenshilfe Werkstätten e.V. Schmerlenbach supports people with intellectual and multiple disabilities to lead their lives in as self-determined a way as possible.

There are workshops for people with disabilities and day support centres. Employees are supported to restore, maintain and increase their performance. In the day support centres, adult people with severe mental and also multiple disabilities are cared for who, due to their impairment(s), cannot, are no longer or otherwise not yet able to attend the workshop. The association also arranges outside workplaces, or inclusive workplaces. Here, adults with disabilities are individually accompanied on their way into working life in their region

#### Contact:

### Divisional management - Day support centre

Sandra Meisenzahl Phone <u>06022/26412711</u>

E-mail: <a href="mailto:smeisenzahl@lhsmb.de">smeisenzahl@lhsmb.de</a>

# **Divisional management - Workshops**

Martin Franz

Phone <u>06021/44373211</u> E-mail: <u>mfranz@lhsmb.de</u> Homepage to the workshops

### Specialist service management - Inclusive workplaces

Jutta Oster

Phone <u>06021/44373114</u>

E-mail: joster@ab-jetzt-inklusiv.de

Homepage on inclusive workplaces: AB now inclusive

Lebenshilfe Werkstätten e.V. Schmerlenbach

Head office and administration

Bayreuther Straße 9 63743 Aschaffenburg Phone <u>06021/443730</u>

E-mail: zentrale@lhsmb.de





#### Homepage of Lebenshilfe Werkstätten e.V. Schmerlenbach



## Living

### AWO Bezirksverband Unterfranken e.V.

The association AWO Bezirksverband Unterfranken e.V. runs several residential facilities, two of them in Aschaffenburg:

- Assisted living in your own flat or in a shared flat:
   Outpatient assisted living by the social psychiatric service supports and accompanies
   mentally ill people in coping with everyday life with the aim of promoting and / or
   maintaining a self-determined life.
- Residential home for the mentally ill:
   The residential home is intended for people who are temporarily or permanently overwhelmed by the prospect of independent living. Round-the-clock care, day structures and many therapy and occupational offers promote participation in social life and the best possible handling of the disease.

#### Contact:

#### **Assisted Living in Aschaffenburg**

Siegfried-Rischar-Strasse 2 63743 Aschaffenburg Phone 06021/902400

E-mail: spdi-aschaffenburg@awo-unterfranken.de

Homepage for the Assisted Living Service of AWO Lower Franconia

#### Sozialzentrum Am Rosensee

Siegfried-Rischar-Straße 2-4 63743 Aschaffenburg Phone 06021/902500

E-mail: wohnheim-rosensee@awo-unterfranken.de

Homepage of the "Wohnheim für psychisch Kranke der AWO Unterfrankenresidential"

(Home for the Mentally III of AWO Lower Franconia)







# Dominikus-Ringeisen-Werk

The Dominikus-Ringeisen-Werk runs a residential facility for people who are on the autism spectrum in Aschaffenburg, a place known as Haus Clemens

Adults with autism spectrum disorder have the opportunity to live in a residential group there. The support is based on the needs of the clients. Some manage well on their own, others need support around the clock. The housing offer adapts to the needs of each individual. In order for the clients to have contacts outside the residential community, activities on site and in the surrounding area are supported.

#### Contact:

#### **Wohneinrichtung Haus Clemens**

Zum Schreibersgraben 6 63743 Aschaffenburg Phone 06021/1509130

E-mail: anke.kimmel@drw.de

Homepage of the Dominikus-Ringeisen-Werk



# Lebenshilfe Werkstätten e.V. Schmerlenbach

The association Lebenshilfe Werkstätten e.V. Schmerlenbach supports people with primarily mental disabilities to lead their lives as self-determined as possible.

There are various residential options for people with intellectual disabilities here:

- Housing advisory service Community living
  - · in shared flats or residential groups
  - · Outpatient support in a person's own flat
- · Day structure for senior citizens

### Contact:

Area Managers Community Living **Shared apartments**Dagmar Schmitt





Phone <u>06021/44373200</u> E-mail: <u>dschmitt@lhsmb.de</u> **Outpatient supported living** 

Vivien von Hoyer-Boot Phone <u>0151/11228206</u> E-mail: <u>vhboot@lhsmb.de</u>

Lebenshilfe Werkstätten e.V. Schmerlenbach

#### Head office and administration

Bayreuther Straße 9 63743 Aschaffenburg Phone <u>06021/443730</u> E-mail: zentrale@lhsmb.de

Homepage of Lebenshilfe Werkstätten e.V. Schmerlenbach



# St. Josefs-Stift gGmbH

The St. Josefs-Stift operates 4 facilities in the Aschaffenburg area: a day support centre and 3 shared flats for people with disabilities.

### Contact:

#### Wohngemeinschaft Kardinal-von-Galen-Haus - Head Office

Hauptstraße 123 63768 Hösbach Phone 06021/592634

E-mail: wohnheim.hoesbach@josefs-stift.de

### Day support centre Fürther Straße

Fürther Straße 4 63743 Aschaffenburg

# Wohngemeinschaft Ansbacher Straße

Ansbacher Straße 5 63743 Aschaffenburg

# Wohngemeinschaft Josef-Dinges-Straße

Josef-Dinges-Straße 1 63743 Aschaffenburg

Homepage of the St. Josefs-Stift with the Aschaffenburg offer

# Housing advice in the building regulations office





The City of Aschaffenburg would like to support senior citizens and people with disabilities to stay in their familiar homes for as long as possible. Free counselling on housing adaptation is offered for this purpose

#### Contact:

City of Aschaffenburg

### Bauordnungsamt/Wohnungswesen (Building Regulation Office/Housing)

Dalbergstraße 15

63739 Aschaffenburg

Phone 06021/3301250

E-mail: wohnungswesen@aschaffenburg.de

More detailed information on the topic of housing for senior citizens can be found in the senior citizens' guide of the City of Aschaffenburg

# **Interest Group Inclusive Living**

The Interest Group Inclusive Living was founded to exchange experiences on inclusive forms of living outside of residential care for people with disabilities.

### About the IWoK project:

IWoK (Inclusive Living with Complex Disabilities) - is so far unique in Bavaria. Four women with complex disabilities lead as self-determined a life as possible - in other words, a life almost like other young people after moving out of their parents' home. The individual support services are provided according to need and refinanced via the responsible funding agencies with a personal budget.

#### Contact:

### **IG Inklusives Wohnen**

E-mail info@ig-inklusives-wohnen.de

Homepage of the Interest Group Inclusive Living

Homepage of the inclusive housing project IWoK

### Junges Leben am Untermain e.V.

The purpose of the association is to support people with disabilities and their relatives. This means in particular

- to enable young adults with disabilities to live a life worth living close to their homes.
- to do public relations work for those affected, their parents, relatives and interested parties.
- to raise awareness in society about the challenges of disabled people and a more inclusive world.

### Contact:

# Junges Leben am Untermain e.V.

E-mail: <u>kontakt@junges-leben-am-untermain.de</u>
<u>Homepage of the association Junges Leben am Untermain e.V.</u>





# **Elections**

Voting is a fundamental right in Germany and the most important instrument that citizens have to participate directly in democracy and to have a say in politics. Without elections, there can be no democracy.

An election is used to determine what the course of politics in a city, a federal state or in Germany as a whole will be in the next few years. The political leadership is determined and voters can thus also exercise control over democracy: If something has not gone well in politics in recent years or voters are dissatisfied with the political leadership, they can bring about a change of power by voting.

In Germany, all elections are:

- for the general population: All citizens over a certain age can vote and be elected. In Germany, you have to be at least 18 years old to vote.
- **held to elect a candidate directly**: Voters directly elect one or more MPs, or a party via a list. (In an indirect election, such as the US presidential election, electoral men and women are first elected, who in turn elect members of parliament)
- **free**: Voters must not be pressured to vote for a candidate or a party. Moreover, a person is also free not to vote. There is no compulsory voting
- equal: Every vote counts the same
- secret: It remains secret as to how the individual voter chooses to vote.

In Germany, there are elections at regular intervals, for example:

- Federal election: The German Bundestag is elected every four years.
- State election: In Bavaria, the Landtag is elected every five years.
- **Local elections**: In Bavaria, local elections are held every six years. In local elections, for example, mayors, district councillors or city and district councillors are elected.
- **European election**: In the European Union, the European Parliament is elected every five years. The European election is the second largest democratic election in the world (after the Indian Parliament).

The <u>municipal homepage provides up-to-date information</u> on upcoming elections. There you can also find information on the electoral administration or information in plain language.

Contact:

City of Aschaffenburg **Election Office**Phone 06021/3301533





E-mail: wahlamt@aschaffenburg.de

# "Jugendparlament" (Youth Parliament)

The JuPa (short for "Youth Parliament") makes it possible for young people in Aschaffenburg to have a say in their city. As young people under the age of 18 have few opportunities to voice their concerns, ideas and opinions to the city administration and the city council, the JuPa is an important platform. This gives young people the chance to make their voices heard clearly, and to participate in shaping the city. It is about a process of democratic education. Here are a few facts:

- There are 19 elected young people in the JuPa and there is a board of directors
- The members of the JuPa are between 13 and 17 years old at the time of the election and live in the city area.
- The JuPa stands up for youth issues and promotes their implementation. The topics can be diverse.
- Even those who are not in parliament can have their say, because the JuPa is there for everyone!

City of Aschaffenburg

#### **Youth Parliament**

Phone 06021/3301753

E-mail: jugendparlament@aschaffenburg.de

<u>Click here for the homepage of the JuPa. There you can find information about the projects,</u> members of parliament or news.



