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## Welcome

### Welcome to the District of Hameln - Pyrmont

#### The District of Hameln - Pyrmont

**Total population:** around 150,000 residents

**People with a migration background:** around 26 %

**Population density:** 187 inhabitants/km<sup>2</sup>

**Area:** 796.11 km<sup>2</sup>

**Location:** Core area of the central Weserbergland southwest of Hanover, lying between the Hanover metropolitan area, Hildesheim, East Westphalia-Lippe

**Landscape:** Low mountain landscape

With a size of 796 square kilometres and a population of around 150,000, the District of Hameln-Pyrmont is one of the more densely populated districts in Lower Saxony.

Eight towns and municipalities make up the district:

**Hamelin, Bad Pyrmont**, the towns of **Hessisch Oldendorf** and **Bad Münder**, the districts of **Aerzen, Salzhemmendorf, Coppenbrügge** and the municipality of **Emmerthal**.

Today, the District of Hameln-Pyrmont is known for its preferred location in the health sector with many hospitals, many spa and rehabilitation facilities and a wide range of leisure activities.

The broad spectrum of over 100 self-help groups and 250 sports clubs in the District of Hameln-Pyrmont reflects this well.

Each of the eight towns and municipalities belonging to the district is reflected in one of the graphic elements of the **logo**. The size of the eight areas varies depending on the number of inhabitants.



The Weser also flows visually through the two towns of Hessisch Oldendorf and Hamelin as well as through the municipality of Emmerthal. The greenery of the Weserbergland can be

found in the other five towns and municipalities.

## City map

Are you looking for a specific address or a point of interest in the District of Hameln-Pyrmont? The Geographical Information System (GIS) provides digital access to all relevant addresses in different languages.

Many languages one map:

Karte deutsch



Map englisch



نقشه  
urdu



naxşa kurdisch







## About Integreat

This guide supports you in your everyday life in the District of Hameln-Pyrmont. Here you will find important addresses, contact persons, and tips and tricks to help you better orient yourself in the District of Hameln-Pyrmont.

The app has several chapters. Each section deals with a different subject. For example, you can find information on schools, other institutions, German courses or work. There is also a chapter with ideas on what you can do in your spare time. The information and leisure activities change and we update them regularly. Therefore, it is a good idea to check your mobile app and keep up to date about current campaigns and events.

You can also use this app offline if you do not have Internet access. The app will update automatically when you are back online again.

We are pleased to welcome you here in the District of Hameln-Pyrmont.

## Important advisory and contact points

### Counselling for young migrants (12 to 27 years)

#### Youth Migration Service (JMD)

##### Target group:

The Youth Migration Service supports young people with a migration background between the ages of 12 and 27 in their social, linguistic, educational and professional integration. Young people born in Germany with a migration background as well as immigrant youths receive advice and support.

##### Services:

- Help with school problems
- Help with family problems
- Support with professional orientation
- Support in psycho-social emergencies
- Accompaniment to offices and authorities
- Integrative group offers

[Here](#) you will find the right contact person.

### Counselling for migrants (from 27 years)

#### Migrant counselling for adults (MBE)

The Migration Advice Service helps you and your family to find your way around and soon feel at home.

##### Target group:

- New migrant arrivals (adults aged 27 and over and their children up to 11 years) from the District of Hameln-Pyrmont, with a permanent residence status
- Foreigners and late repatriates (adults aged 27 and over and their children up to 11 years) who have been living in Germany for a longer period of time and are in a crisis situation
- Institutions and organisations on questions of intercultural competence independent of denomination and nationality, competent and free of charge

##### Services:

Help is offered with:

- the search for an integration course/German course
- the search for a care service for your children during their participation in the integration course

- school and vocational qualification
- the recognition of educational and professional qualifications obtained abroad
- Questions related to kindergarten, school and vocational training
- Questions about social benefits
- Questions concerning the right of residence/German citizenship
- Questions concerning family reunification
- Questions about living, leisure time and contact possibilities
- Family or personal problems

[Here](#) you will find the right contact person.

### **Advice for foreign specialists**

The integration of immigrants into the workplace is a joint task in the District of Hameln-Pyrmont.

We support and accompany the process

- for immigrants
- for companies and businesses that are looking for employees and would like to find out about the possibilities of employing immigrants.

Companies interested in training and employment as well as interested immigrant women and men are advised and brought together.

The offer includes

- vocational orientation and until placement in suitable employment or training
- follow-up coaching to make the placement sustainable and avoid drop-outs
- exchange with employers to consider further aspects and needs in the work
- assistance and information on the various procedures / in close coordination with the contact persons of the employment agency
- networking of the different actors in the support system (e.g. volunteers, integration guides, language mediators, refugee social workers and the many other cooperation partners)
- regular exchange (also specifically on professional requirements)

More detailed information can be found on the website:

[Start Guide](#)

### **Contact person:**

**Kerstin Janack**



Ohseener Str. 106, 31789 Hamelin



[05151/982176](tel:05151982176)



[0176/57950154](tel:0176/57950154)



[janack@impuls-hamelnpyrmont.de](mailto:janack@impuls-hamelnpyrmont.de)

## Community life in Germany

### Grundgesetz (basic law) and human rights

All people living in Germany must adhere to the central principles of the political and legal order.

The main legal basis of life in Germany is the **Basic Law**. It is the constitution of the Federal Republic of Germany.

According to the Basic Law, every human being is a **free and self-determined individual**.

You may **not discriminate on the grounds of gender, origin** (descent, language, home country), **skin colour, religion, belief or ideology, disability, age or sexual orientation**.

Germany is a federal state consisting of **16 federal states**.

Germany is a democratic state, which means that all authority comes from the people.

### Principles of the basic law

#### Protection of human dignity

##### Article 1

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

(...)

#### Personal freedoms

##### Article 2

(1) All persons shall have the right to free development of their personality insofar as they do not violate the rights of others or offend against the constitutional order or the moral law.

(...)

This also means the right to sexual self-determination. That means: Every person may decide for himself in which sexual acts he wants to participate and nobody may be forced to do something he does not want to do.

## **Equality before the law**

### Article 3

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

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

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

## **Freedom of faith, conscience and creed**

### Article 4

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

(...)

## **Freedom of expression**

### Article 5

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

(...)

## **Marriage and the family; children born outside marriage**

### Article 6

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

(...)

Here you will find the catalogue of fundamental rights in 11 languages: [Arabic](#), [Chinese](#), [English](#), [French](#), [Italian](#), [Persian](#), [Polish](#), [Russian](#), [Serbian](#), [Turkish](#), [German](#)

## **Universal Declaration of Human Rights**

Human rights are important rights that apply to everyone all over the world. Human rights are rights that every human being has by virtue of his or her humanity. They protect the dignity of every human being and are equally available to all human beings without distinction of any kind, for example, according to " (...) skin colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status" (Art. 2. of the United Nations Universal Declaration of Human Rights of 10.12.1948)

There are 30 rights. The most important are:

All people enjoy equal value.

Everyone is allowed to have their own opinion.

Right to peace and safety.

The rules for co-existence in Germany are based on these fundamental rights.

The State Office for Political Education of North Rhine-Westphalia has published the [brochure "Democracy for Me"](#) (March 2016), in which these rules are clearly presented. It explains the keywords of these rules and what is and is not allowed in Germany.

## Are you affected by discrimination?

You can find help at the Anti-Discrimination Agency .

## What is the Anti-Discrimination office?

A **counselling centre** for people who experience **discrimination** .

## What does the anti-discrimination office help with?

If you have been treated unfairly because of your:

- Age
- Gender
- Ethnicity
- Religion
- Sexual orientation
- A disability

If the discrimination happened at **work, search for accommodation, education, or everyday life**, the Anti-Discrimination Office is the place to go.

If discrimination has happened in **another area of your life**, we are still happy to help.

## Who can contact the anti-discrimination office?

Any person affected by discrimination.

## Contact



“Antidiskriminierungsstelle” (Federal Anti-Discrimination Agency)

Glinkastraße 24

10117 Berlin

 [www.antidiskriminierungsstelle.de/](http://www.antidiskriminierungsstelle.de/)



[0800/5465465](tel:08005465465)

## Rule of law

Germany is a **democratic constitutional state**. The “**Grundgesetz**” (**Basic Law**) guarantees human dignity, freedom and justice. There are **laws** to ensure that human rights are respected.

Political decisions are made by representatives of the people. The **representatives of the people** are elected by the Germans in free elections.

The laws apply in the same way to everybody in Germany. The state has to abide by the law. Everyone living in Germany must also abide by German laws.

That means, for **example**:

If someone believes that another person or the public administration has committed an injustice against them, they can take that person or institution to court. The courts are independent. This means: The government is not allowed to tell the courts what to decide. State courts decide whether or not someone will be punished for their actions. This punishment could take the form of a fine, community service or prison. There is no death penalty in Germany.

The police has the role of ensuring that everyone is able to live in freedom and safety. Religion must not violate laws. Laws always take priority over religion.

The following behaviour is not allowed in Germany:

Inciting people to hatred or to do violent actions.  
Fighting against the democratic system and its values.  
These offences can lead to imprisonment.

After serving their sentence, non-German nationals can lose their right to remain in Germany (under certain circumstances) and be deported.

## Personal freedom

All adults are allowed to make their own decisions and determine their own lives. No matter whether man or woman, young or old, with or without disability, no matter what skin colour or religious affiliation.

**All people may do what they want as long as they obey the laws and do not restrict others in their freedom.**

That means, for **example**:

All people can decide what they want to wear. **Women** are allowed to decide whether they want to wear trousers, dresses, long or short skirts, tight or loose clothing or a headscarf. **Men** may decide whether they wear a suit and tie, T-shirt and jeans, turban, hat or beard. All people may **eat** what they want and what they like. The decision whether to eat meat (also pork or beef) is one every person can make on their own. The state enforces no universally valid or religious dietary laws.

The consumption of **alcohol** is allowed for adults. Children and adolescents are prohibited from drinking alcohol, unless over the age of 16 (wine and beer) or over the age of 18 (spirits).

Every woman and every man may decide for themselves whether and whom he or she wants

to **marry**.

Every woman and every man is allowed to divorce.

Unmarried couples are allowed to live together and have children.

Members of different **religions** and denominations are allowed to marry and have children.

**Contraception** is allowed for both sexes. A person's decision to use contraception must be respected.

**Same-sex partnerships are accepted.** Same-sex couples are allowed to marry. The rights of a civil union are similar to those of a heterosexual marriage.

All (adults) decide for themselves how and where they want to live. For non-Germans, this right may be limited until the approval of an asylum application.

Sexual acts between adults may only take place by mutual consent. **Any sexual activity with children is prohibited.**

Private property is allowed in Germany for every man and woman. People are allowed to own a house or land. Many companies are privately owned.

Women and men have equal inheritance rights.

Important:

**One's own freedom ends where it violates the freedom or human dignity of the other person or violates laws.**

## Gender equality

**Women and men have the same rights.** This is reflected in the law and in daily life.

That means, for **example**:

Girls and boys go to school together and receive the same lessons. They take part in sports education together.

Both women and men are allowed to study or learn a profession. All professions are fundamentally open to both genders.

Women play important roles in society, for example as police officers, doctors, teachers or in government offices and agencies. Their instructions must be followed.

Women decide themselves which career they want to have. They can spend their money as they wish.

Women do not need to ask their husband, parents or other family members for permission to work, open a bank account, or sign contracts.

Women may dress as they wish.

Women decide for themselves who, when and if they marry.

Mothers are given extra help and support. They do not have to (and are not permitted to) work for six weeks before the birth or eight weeks after the birth. They cannot be fired from their jobs because they become mothers.

The tasks and roles in the family are not fixed.

Women participate in public life. They attend cultural, political or sports events, restaurants and bars.

Women can vote and be elected to political office.

Women and men have equal inheritance rights, daughters as much as sons.

Sexual contact, comments or solicitations are only allowed if everyone involved consents. **A "stop" or "no" is to be respected at all costs.**

**The following behaviour is not allowed in Germany:**



**All forms of violence against women, including in marriage.**

**No one may be sexually harassed.**

**Rape, even within marriage, will be punished.**

**No one must be forced to marry.** The coercion of a marriage by force or threat will be prosecuted.

## **Children's rights**

**Children and youth have rights.** These rights are enshrined in the United Nations Convention on the Rights of the Child. This applies to all children and young people under the age of 18 in Germany. In addition, there are many other laws in Germany that specifically protect the lives, health and rights of children. Safeguarding children is always the main priority.

That means, for **example**:

All children have the same rights. No matter where they live, where they come from, the colour of their skin, their parents' jobs, which language they speak, their religion, their gender, the culture in which they live, whether they have any disabilities, whether they are rich or poor.

Children have the right to a name, a birth certificate, a nationality and a family. If a child is missing any of these things, the state will help them as a general rule.

Children should be able to live with their parents, unless this places them at risk. Parents can and must provide for their children, and protect and encourage their children's health and well-being.

Children who are refugees have a right to special protection and help.

Children need to be protected in order to grow up safely.

Children can and must go to school. Education is compulsory. Parents must support their children in their schooling. In Germany, school education is free.

Children are entitled to form their own opinions.

By the age of 14 at the latest, children are allowed to decide for themselves whether they want to be part of a religion (and if so, which one).

Children should be able to develop well. Parents are responsible for this. If they need help, the state must help them, for example by providing food, clothing and a place to live.

Children whose parents are not married have the same rights as those who live with married parents.

## **The following behaviour is not allowed in Germany:**

Children must not be neglected or abused.

Children must not be hit or abused physically or psychologically in any way.

Children up to the age of 13 may not be used as labour. If they are older, they are only allowed to work in a very limited capacity. If they work, it must not negatively affect their health and development.

Children must not be abducted or used as commercial objects.

Sexual activity with children is forbidden.

**Here you will find the rights of the child in different languages:**

[German](#), [English](#), [French](#), [Italian](#), [Spanish](#), [Croatian](#), [Polish](#), [Romanian](#), [Russian](#), [Serbian](#), [Turkish](#)


## Contact points


### Kinderschutzbund (Child Protection Agency)

You have a problem? In case of conflicts with your parents, your school or other people who do not respect your wishes and rights, the “Kinderschutzbund” (Child Protection Agency) will be there for you and will find a solution to the problem that is appropriate for you. For example, you can always call the following number [0800-1110333](tel:0800-1110333) if you feel you are struggling or [116111](tel:116111) free of charge and tell trained people about your worries completely anonymously.

#### Contact details of the Child Protection Agency:

Deutscher Kinderschutzbund  
Ortsverband Hameln e.V.

 [Fischbecker Str. 50, 31785 Hamelin](#)

 [05151/942571](tel:05151942571)



[ksb.hameln@web.de](mailto:ksb.hameln@web.de)



Monday - Friday: 8:30 - 15:30  
Further dates on request

### Non-violence/physical integrity

**Everyone has the right to a life without violence.** This means that everyone has the right to life and physical integrity. This applies to both physical and mental health. It also applies to people's private lives.

That means, for **example**:

Conflicts should be resolved without violence.

If someone needs help because of danger or conflict, they can call the police.

The instructions of the police must be followed.

Taking the law into your own hands (vigilante justice) is not allowed. A state court will decide in the case of a person's own rights being violated.

The state must act in a non-violent manner. It is only permitted to use violence in exceptional cases when all other methods have failed. There is no death penalty or corporal punishment. Torture is forbidden.

**The following behaviour is not allowed in Germany:**

- Abusing, injuring or killing another person. This also applies among families, in schools and on the streets.
- Taking part in a fight in which people are killed or seriously injured.
- Vendettas (blood revenge) or murder in the name of honour.
- Any kind of violence to women and children at any time, anywhere.
- Human trafficking (smuggling people), slavery or forcing people into prostitution.
- Sewing closed, cutting or removing female genitals.



Sewing closed, cutting or removing female genitals is also called **female genital mutilation** or **circumcision**. In Germany, this is **punishable** by law. It is also punishable if female genital mutilation is performed outside of Germany.

You can get sentenced to up to 15 years in prison. In addition, you can lose your residence status.

There is an official **safe conduct** from the federal government against female genital mutilation. This informs about legal consequences to protect girls abroad as well. In this way, it can help families.

You can find the protection letter [here](#).

It is also available in the following languages: [English](#), [French](#), [Portuguese](#), [Arabic](#), [Amharic](#), [Farsi](#), [Indonesian](#), [Mandinka](#), [Sorani](#), [Somali](#), [Swahili](#), [Urdu](#)



[Here](#) you will find help and support.

## Freedom of religion

**Religion and faith are a private matter in Germany.** The state does not prescribe to anyone whether they should have religious beliefs or which god they should believe in. The state and religion are separate.

That means, for **example**:

All people have the freedom to choose and practice their religion and beliefs themselves.

All people have the freedom to not follow a religion and to state that fact openly. If someone does not believe in God, they are free to state this publicly.

Members of different religions and faiths are allowed to marry each other and have children.

Marriage is only considered legally valid if it is recognised by the Standesamt (registry office).

Marriages that have only been performed in a religious context are not considered legally binding in Germany.

## The following behaviour is not allowed in Germany:

Putting religious rules or traditions above the laws of the German state. One example would be a man married to multiple women at the same time, or slaughtering an animal without a special permit.

Boys can only be circumcised if it does not negatively affect their well-being.

Many people in Germany now work to ensure that there is dialogue between religions. The aim is the peaceful co-existence of people who are religious, those who are devout and those who do not belong to any religion. The state is committed to ideological neutrality. Provided that practising a religion does not endanger democracy or the separation of state and religion,

it will be protected.

## Social justice

**The state must respect and protect human dignity. Therefore, it should provide for social justice in the best possible way.** It takes legal, financial and material actions to do so. Everyone in Germany who is earning money pays part of their earnings to the state (tax). The higher your income, the more you have to pay. The more you earn, the more taxes you pay. The state is expected to spend this money for the benefit of everyone living in Germany.

That means, for **example:**

Every person registered as living in Germany has the right to basic medical care. This includes medical treatment in the case of illness or accident.

All people who are employed and required to contribute to social security pay contributions for their health insurance, social security and pension.

Every adult must make an effort to pay for their own living expenses. If a person is not able to do this, they can request support from the state.

The state ensures that taxes are used to reduce social inequality and help people in crisis (refugees, for example).

The state provides financial support to parents, for example through child benefits.

### **The following behaviour is not allowed in Germany:**

Tax fraud, for example paying fewer taxes than required.

Receiving state benefits without being entitled to them.

## Freedom of opinion

**All people are allowed to form their own opinion, to express and spread it freely.**

People are also allowed to express those opinions in public. All media are also free, and everyone can obtain information from them. Anyone who expresses their opinion openly must be aware of respecting the personal honour and dignity of other people.

That means, for **example:**

You are allowed to criticise the government.

You are allowed to criticise religion.

Artistic works are allowed to be provocative. Nobody is allowed to tell writers, musicians or visual artists what their work should be about.

The government and religions can be the subjects of satire and critical art.

If someone feels they have been slandered, insulted or defamed, or that their personal reputation or worth has been maligned, they can contact the police or a court.

### **The following behaviour is not allowed in Germany:**

The use of unconstitutional symbols and calls to overthrow democracy.

Insulting statements of opinion that denigrate other people.

Defamation of character or libel regarding other people.

Incite hatred or violence.

## Lesbian, gay, bisexual, trans\*, queer and intersex\* (LGBTQI+) people

People of different religions, different genders, different places of origin and different political views all live together peacefully in Germany and have the same rights. This also applies to sexual orientation and gender identity. Lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI+) people have the same rights as anyone else in Germany.

For official documentation, Germany has recently added a third option, “divers”, to the traditional “female” and “male”. In Germany, transgender individuals can have their name and gender legally changed. Women are allowed to fall in love with and marry other women in Germany; the same is true for men.

👥 Many LGBTQI+ people have fled their countries of origin due to discrimination and travelled to Germany. If you are a refugee who is lesbian, gay, bisexual, transgender\*, queer or intersex\*, you can find support, community and social contact and information from the many LGBTQI+ organisations in Germany. The “Queer Refugees Deutschland” project from LSVD can provide contact details and other information:

Lesben- und Schwulenverband in Deutschland (LSVD) (Lesbian and Gay Federation in Germany)

“Queer Refugees Deutschland” project

🌐 [www.queer-refugees.de](http://www.queer-refugees.de)

@[queer-refugees@lsvd.de](mailto:queer-refugees@lsvd.de)

## Bad Münster arrival center

### Information from A to Z

If you are a resident of the Arrival Center Bad Münster, you will find all important information from A to Z in various languages in the following documents:

- [German](#)
- [English](#)
- [Spanish](#)
- [French](#)
- [Arabic](#)
- [Russian](#)
- [Turkish](#)
- [Persian](#)
- [Kurdish](#)

## Towns and municipalities

### Aerzen

**Mayor:** Andreas Wittrock

**Population:** approx. 11,200

### Aerzen town hall

## The Aerzen district



The Aerzen district  
Kirchplatz 2  
31855 Aerzen



[05154/9880](tel:05154/9880)



05154/2016



[rathaus@aerzen.de](mailto:rathaus@aerzen.de)



[www.aerzen.de](http://www.aerzen.de)



### Opening hours

Municipal administration office hours



[05154/9880](tel:05154/9880)

Monday to Friday: 8:00 AM to 12:00 PM

Monday: 1.30 PM to 4.00 PM

Thursday: 1:30 PM to 5:00 PM

## Contact persons on the subject of integration

### Refugee assistance

**Ms Sander**



[05154/98835](tel:05154/98835)



[Fluechtlingsarbeit@aerzen.de](mailto:Fluechtlingsarbeit@aerzen.de)



### Office hours:

In the town hall

Monday to Friday: 09.00 AM to 12.00 PM

Please make an appointment for this.

## Offers and doctors in Aerzen

### Here you can find some integration services near Aerzen:


[Integration Services Aerzen as of 01.02.2022](#)

### Here you can find some doctors and dentists near Aerzen:

[Doctors Aerzen](#)

### Your contact person for refugee social work in the Hameln-Pyrmont district in Aerzen:

**Ms. Martin**

 [05151/9033351](tel:05151/9033351)

@

[j.martin@hameln-pyrmont.de](mailto:j.martin@hameln-pyrmont.de)



#### Consultation Hours:

At the [Town Hall](#)

Monday 2:00 PM - 3:00 PM

**Please schedule an appointment for this.**

## Bad Münster

**Mayor:** Dirk Barkowski

**Population:** approx. 17,400

**Bad Münster town hall**

### City of Bad Münster



City of Bad Münster

Steinhof 1

31848 Bad Münster

 [05042/9430](tel:05042/9430)



[stadt@bad-muender.de](mailto:stadt@bad-muender.de)



[www.bad-muender.de](http://www.bad-muender.de)



### **Opening hours**

Municipal administration office hours



[05042/9430](tel:05042/9430)

Monday to Friday: 8:00 AM to 12:00 PM

Thursday: 1:30 PM to 5:30 PM

## **Contact persons on the subject of integration**

### **Refugee assistance**

**Ms Büchse**



[05042/943225](tel:05042/943225)



[Conny.Buechse@bad-muender.de](mailto:Conny.Buechse@bad-muender.de)



### **Office hours:**

Stadtverwaltung (Town Administration)

Monday to Friday: 09:00 AM to 12:00 PM

Please make an appointment for this.

## **Offers and doctors in Bad Münster**

### **Here you can find some integration offers near Bad Münster:**

[Integrationsangebote Bad Münster Stand 01.12.2023.pdf](#)


### **Here you can find some doctors and dentists near Bad Münster:**

[Doctors in Bad Münster](#)



## Your contact person from refugee social work in the District of Hameln-Pyrmont in Bad Münster:

**Ms Martin**

 [05151/9033351](tel:05151/9033351)

@

[j.martin@hameln-pyrmont.de](mailto:j.martin@hameln-pyrmont.de)



**Office hours:**

At the [Müundersche Tafel e.V.](#)

Wednesday 13:00 - 15:00

**Please make an appointment for this.**

## Bad Pyrmont

**Mayor:** Klaus Blome

**Population:** approx. 19,100

**Bad Pyrmont town hall**

**City of Bad Pyrmont**



City of Bad Pyrmont

Rathausstraße 1

31812 Bad Pyrmont



[05281/9490](tel:05281/9490)



05281/10772

@

[rathaus@stadt-pyrmont.de](mailto:rathaus@stadt-pyrmont.de)



[www.stadt-badpyrmont.de](http://www.stadt-badpyrmont.de)



**Opening hours**

Municipal administration office hours



[05154/9880](tel:05154/9880)

Monday to Friday: 08:00 to 12:30

Friday: 14:00 to 16:30

## **Contact persons on the subject of integration**

### **Refugee assistance**

**Ms Eilert**



[05281/949-133](tel:05281/949-133)



[b.eilert@stadt-pyrmont.de](mailto:b.eilert@stadt-pyrmont.de)



**Office hours:**

In the town hall

Monday to Friday: 09:00 to 12:30

Please make an appointment for this.

## **Offers and doctors in Bad Pyrmont**

### **Here you can find some integration offers near Bad Pyrmont:**

[Integration offers Bad Pyrmont as of February 01, 2022](#)

### **Here you can find some doctors and dentists near Bad Pyrmont:**

[Doctors Bad Pyrmont](#)

## **Your contact person for refugee social work in the District of Hameln-Pyrmont in Hamelin:**

**Ms Hellmich**



[05151/9033473](tel:05151/9033473)



[b.hellmich@hameln-pyrmont.de](mailto:b.hellmich@hameln-pyrmont.de)



**Office hours:**

[Bad Pyrmont town hall](#)

Tuesday 10:00 - 12:00

**Please make an appointment for this.**

## Coppenbrügge

**Mayor:** Thomas Küllig

**Population:** approx. 7,000

### Coppenbrügge town hall

### The Coppenbrügge district



The Coppenbrügge district  
Schlossstraße 2  
31863 Coppenbrügge



[05156/78190](tel:05156/78190)



05156/781940



[flecken@coppenbruegge.de](mailto:flecken@coppenbruegge.de)



[www.coppenbruegge.de](http://www.coppenbruegge.de)



**Opening hours**

Municipal administration office hours



[05156/78190](tel:05156/78190)

Monday to Thursday: 07:00 to 12:30

Monday / Tuesday: 1.30 PM to 4.00 PM

Thursday: 13:30 to 18:00

Friday: 07:00 to 12:00

## Contact persons on the subject of integration

### Refugee assistance

**Mr Ziech**

 [05156/781918](tel:05156/781918)

@

[ziech@coppenbrügge.de](mailto:ziech@coppenbrügge.de)



**Office hours:**

In the town hall

Please make an appointment for this.

### Offers and doctors in Coppenbrügge

#### Here you can find some integration services near Coppenbrügge:


[Integration Services Coppenbrügge as of 01.02.2022](#)

#### Here you can find some doctors and dentists near Coppenbrügge:

[Doctors in Coppenbrügge](#)

### Your contact for refugee social work in the district of Hameln-Pyrmont in Hameln:

**Mr. Schnase**

 [05151/9033352](tel:05151/9033352)

@

[s.schnase@hameln-pyrmont.de](mailto:s.schnase@hameln-pyrmont.de)



**Consultation hours:**

[Citizen Office Coppenbrügge](#)

Monday 3:00 PM - 4:30 PM

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**Please make an appointment for this.**

## Emmerthal

**Mayor:** Dominik Petters

**Population:** approx. 9,700

### Emmerthal town hall

## Community of Emmerthal



Community of Emmerthal  
Berliner Straße 15  
31860 Emmerthal



[05155/690](tel:05155/690)



05155/69119



[rathaus@emmerthal.de](mailto:rathaus@emmerthal.de)



[www.emmerthal.de](http://www.emmerthal.de)



### Opening hours

Municipal administration office hours



[05154/9880](tel:05154/9880)

Monday, Tuesday, Wednesday, Friday: 8:30 a.m. to 12:00 p.m.


Monday: 2:00 p.m. to 5:30 p.m.

Thursday: 7.30 am to 12.30 pm

## Contact persons on the subject of integration

### Refugee assistance

**Ms Bürgel**

 [05155/69124](tel:05155/69124)

@

[buergel@emmerthal.de](mailto:buergel@emmerthal.de)



**Office hours:**

In the town hall

Please make an appointment for this.

## Offers and doctors in Emmerthal

### Here you can find some integration offers near Emmerthal:


[Integration offers Emmerthal as of February 01, 2022](#)

### Here you can find some doctors and dentists near Emmerthal:

[Doctors Emmerthal](#)

### Your contact person from refugee social work in the District of Hameln-Pyrmont in Bad Münden:

**Ms Hellmich**

 [05151/9033473](tel:05151/9033473)

@

[b.hellmich@hameln-pyrmont.de](mailto:b.hellmich@hameln-pyrmont.de)



**Office hours:**

**Please make an appointment for this.**

## Hamelin

**Mayor:** Claudio Griesse

**Population:** approx. 57,200

**Hamelin town hall**

## City of Hamelin



City of Hamelin  
Rathausplatz 1  
31785 Hamelin



[05151/2020](tel:05151/2020)



[rathaus@hameln.de](mailto:rathaus@hameln.de)



[www.hameln.de](http://www.hameln.de)



### Opening hours

Municipal administration office hours



[05151/2020](tel:05151/2020)

Monday: 8:00 AM to 3:00 PM

Tuesday - Friday: 8:00 AM to 12:00 PM

## Contact persons on the subject of integration

### Refugee assistance

**Mrs Küster**



[05151/2021361](tel:05151/2021361)



[tabea.kuester@hameln.de](mailto:tabea.kuester@hameln.de)



### Office hours:

In the town hall

Please make an appointment for this.

## Offers and doctors in Hamelin

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## Here you can find some integration services near Hameln:


[Integration services Hameln as of 01.02.2022](#)

## Here you can find some doctors and dentists near Hameln:

[Doctors Hameln](#)

## Your contact person for refugee social work in the Hameln-Pyrmont district in Hameln:

**Mr. Schnase**

 [05151/9033352](tel:05151/9033352)

@

[s.schnase@hameln-pyrmont.de](mailto:s.schnase@hameln-pyrmont.de)




**Office hours:**

At [Haydnweg](#)

Thursday 14:00 - 16:00

**No appointment is required for this.**

## Hameln Surroundings - Mr. Hartmann

 [05151/9033370](tel:05151/9033370)

@

[j.hartmann@hameln-pyrmont.de](mailto:j.hartmann@hameln-pyrmont.de)




**Office hours:**

At [Kuckuck](#)

Monday 14:00 - 15:00 (biweekly)

## Hameln North - Mr. Schnase

 [05151/9033352](tel:05151/9033352)

@



[s.schnase@hameln-pyrmont.de](mailto:s.schnase@hameln-pyrmont.de)



**Office hours:**

At [Integration Office](#)

Thursday 10:00 - 12:00

**Please make an appointment for this.**

## Hessisch Oldendorf

**Mayor:** Tarik Oenelcin

**Population:** approx. 20,000

Hessisch Oldendorf town hall

### City of Hessisch Oldendorf



City of Hessisch Oldendorf

Marktplatz 13

31840 Hessisch Oldendorf



[05152/7820](tel:051527820)



05152/782172



[systemho@stadt-ho.de](mailto:systemho@stadt-ho.de)



[www.hessisch-oldendorf.de](http://www.hessisch-oldendorf.de)



**Opening hours**

Municipal administration office hours



[05152/7820](tel:051527820)

Monday, Tuesday: 08.30 to 16.00

Wednesday: 08.30 to 12.30


Thursday: 08.30 to 18.00

Friday: 08.30 to 12.30

## Contact persons on the subject of integration

### Refugee assistance

**Ms Mielke**

 [05152/782125](tel:05152/782125)

@

[amielke@stadt-ho.de](mailto:amielke@stadt-ho.de)

 **Office hours:**

In the town hall

Please make an appointment for this.

### Offers and doctors in Hessisch Oldendorf

#### Here you can find some integration offers near Hessisch Oldendorf:


[Integration offers Hess. Oldendorf as of April 01, 2022](#)

#### Here you can find some doctors and dentists near Hessisch Oldendorf:

[Doctors Hessisch Oldendorf](#)

#### Your contact person for refugee social work in the District of Hameln-Pyrmont in Hessisch Oldendorf:

**Mr Hartmann**

 [05151/9033370](tel:05151/9033370)

@

[j.hartmann@hameln-pyrmont.de](mailto:j.hartmann@hameln-pyrmont.de)

 **Office hours:**

In the [city hall](#)

Tuesday 10:00 am - 12:00 pm

Thursday 2:00 pm - 4:00 pm

**Please make an appointment for this.**

## Salzhemmendorf

**Mayor:** Clemens Pommerening

**Population:** approx. 9,400

### Salzhemmendorf town hall

### The Salzhemmendorf district



The Salzhemmendorf district  
Hauptstraße 2  
31020 Salzhemmendorf



[05153/8080](tel:05153/8080)



05153/80836



[info@salzhemmendorf.de](mailto:info@salzhemmendorf.de)



[www.salzhemmendorf.de](http://www.salzhemmendorf.de)



### Opening hours

Municipal administration office hours



[05153/8080](tel:05153/8080)

Monday and Thursday: 07:00 to 12:30

Tuesday, Wednesday, Friday: 09:00 to 12:30

Monday, Thursday: 14:00 to 18:00

## Contact persons on the subject of integration

### Refugee assistance

**Mr Hillmer**



[05153/8085](tel:05153/8085)



[hillmer@sazhemmendorf.de](mailto:hillmer@sazhemmendorf.de)



**Office hours:**

In the town hall

Please make an appointment for this.

## Offers and doctors in Salzhemmendorf

### Here you can find some integration offers near Salzhemmendorf:

[Integration offers Salzhemmendorf as of February 01, 2022](#)

### Here you can find some doctors and dentists near Salzhemmendorf:

[Doctors Salzhemmendorf](#)

### Your contact person for refugee social work in the District of Hameln-Pyrmont in Hamelin:

**Ms Hellmich**



[05151/9033473](tel:05151/9033473)



[b.hellmich@hameln-pyrmont.de](mailto:b.hellmich@hameln-pyrmont.de)



**Office hours:**

[Kleiner Lahweg 2](#)

Thursday 14:00 - 15:00

**Please make an appointment for this.**

## Legal matters

### Moving to the District of Hameln-Pyrmont

What are Residenzpflicht and Wohnsitzauflage?

**Residence obligation (Residenzpflicht)/ spatial restriction**

## For whom and for how long does the residence obligation apply?

If you have applied for asylum as an asylum seeker, your stay will initially be restricted to the (city or state) district of the immigration office in which the reception center responsible for you is located. The spatial restriction is also called residence obligation.

The spatial restriction **expires** if you stay in Germany for more than **three months** on a permitted, tolerated or authorized basis, unless you are still obliged to live in the reception facility responsible for its admission.

It may happen that persons from so-called safe countries of origin [DU1] or with little prospect of remaining have a residence obligation until the decision on the asylum application.

If your asylum application is rejected as "obviously unfounded", the residence obligation even applies until you leave the country.

## May I leave the designated area for appointments, travel, visits?

This restriction does not apply to appointments with authorities and courts. For other occasions, you must obtain permission from the [Immigration Office responsible](#) at (e.g. visit to the sick, visit to refugee organizations, wedding, death etc.).

**Please note:** In granting permission, a written invitation from the person you wish to visit can help.

**Note:** If you leave the area of your spatial restriction without permission, you may face fines. If the offense repeats itself, you can even expect a prison sentence of up to one year.

## “Wohnsitzauflage” (Residence requirement)

### For whom and for how long does the residence requirement apply?

A distinction is made between residence requirements under

- Section 12a Residence Act for persons entitled to asylum, refugees within the meaning of Section 3 (1) of the Asylum Act or persons entitled to subsidiary protection within the meaning of Section 4 (1) of the Asylum Act or persons with a deportation ban
- § 60 (1d) for tolerated persons
- § 60 (1) AsylG for asylum seekers

Overall, it can be said that the following people have a residency requirement:

- Asylum seekers/persons with a residence permit who are no longer living in a reception center and who cannot secure their livelihood independently
- Persons with recognized protection status (refugee status, subsidiary protection status or deportation bans), insofar as the Immigration Office (Ausländerbehörde) has imposed a residence requirement when issuing the residence permit
- Tolerated persons / persons with toleration, who do not secure their livelihood independently

## Is it possible to move for a job?

In the case of the persons named in Section 12a of the Residence Act, the residence requirement will be lifted if you can prove that in another place you

- start a vocational training/study
- can take up an employment relationship subject to social insurance contributions and
- the probable permanent place of employment is located at an unreasonable distance from the previous place of residence:

Application for removal of the residency requirement is possible for both temporary and permanent employment. **However, please note the following:**

- Employment must be expected to last longer than three months
- The weekly working time must be at least 15 hours
- The net income must be above the SGB II rate for standard requirements, accommodation and heating.

## Request to change residency requirement for tolerated persons/ remove residency requirement for asylum seekers:

You must submit the application to lift or change the residence requirement to the [Bureau for Foreigners \(Ausländerbehörde\) in your current place of residence](#).

The Immigration Office at the destination of the move must approve as well.

## You will need the following documents:

- informal application
- Copy of employment contract/apprenticeship contract or a written job promise (probationary period must be over)
- Copies of the last three pay slips
- In case of communal residents, a certificate from the municipal or city administration (Rathaus) stating that there are no rent arrears there or that there are no more outstanding claims
- Rental contract of the apartment (with additional costs) or certificate of the landlord about the total costs of the proposed new apartment

**Important: Do not sign the lease until the immigration office at your destination has approved the move**

## EU migrants, late repatriates, refugees, third-country nationals

### EU migrants

If you are a citizen of a member state of the EU, you have a basic right to travel to Germany and live and work legally (**Free Movement of Persons Law/EU**).

You must then register at the “Einwohnermeldeamt” (residents' registration office) responsible for you at (located in the city hall). You will need a **valid identity card or a valid passport** from your country of origin.

**Note:** If you do not work, you may not be entitled to social benefits in Germany for the first 5 years of your stay. Here, it is important that you make an appointment with the [Job Centre](#) .

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

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

## Late repatriates

After you have received your entry form in your country of origin, you may enter Germany. There you will be assigned to a district by the Federal Administrative Office in Friedland (for example, the District of Hameln-Pyrmont) and accommodated by it if you cannot find a private apartment.

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

You can find a Federal Office for Migration and Refugees (BAMF) brochure in German and Russian [here](#).

## Third country nationals who have fled their country

### Asylum procedure

After you have filed an asylum application, you will be assigned to a district (e.g. the District of Hameln-Pyrmont).

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

On the BAMF website, you will find more detailed information about the [asylum procedure](#) (also multilingual) and the [procedure of the asylum procedure](#).

They are initially accommodated in a town or municipality in the District of Hameln-Pyrmont. There you will be supported by social workers.

You must also register with the municipal or city administration and have your current address entered in your [residence permit](#) .

### Decision

Some time after your BAMF hearing, you will receive a notice in the mail. It will tell you the decision regarding your asylum process.

Further information on this can be found at [“Decisions of the BAMF”](#).

## Asylum applied for – what now?

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

## The official notice from the BAMF

Some time after your BAMF hearing, you will receive a notice in the mail. It will tell you the decision regarding your asylum process.

### There are various forms of protection:

- **Right of asylum - Article 16a of the Basic Law (GG):** Residence permit for 3 years, settlement permit after 3 or 5 years possible if conditions are met (e.g. living costs are largely secured, specific German language skills), unlimited access to the labour market, entitlement to privileged family reunion
- **Granting asylum/refugee status § 3 German Asylum Law (AsylG):** Residence permit for 3 years, thereafter extension under certain circumstances, settlement permit possible after 3 or 5 years if further requirements are met (e.g. living costs are largely secured, specific German language skills), unlimited access to the labour market, entitlement to privileged family reunion)
- **Granting subsidiary protection § 4 German Asylum Law (AsylG):** Residence permit for 1 year, with an extension for every 2 additional years, settlement permit after 5 years possible if further requirements are met (e.g. securing livelihood and sufficient German language skills), unlimited access to the labour market, self-employment only after approval, no entitlement to privileged family reunion
- **Determination of a national ban on deportation § 60 (5) and (7) Residence Act (AufenthG):** Residence permit for 1 year, thereafter extension possible under certain circumstances, settlement permit after 5 years possible if further requirements are met (e.g. securing livelihood, sufficient German language skills), employment possible with permission from the "Ausländerbehörde" (Immigration Office)

### An asylum application was rejected? There are two types of rejection:

1. The asylum application is **rejected** as **inadmissible** because another country is responsible for processing the asylum application (**Dublin procedure**). This is the case if you have already applied for asylum in a different country or had your fingerprints taken there. Deportation to this country is threatened (e.g. Italy).
2. The asylum application is **rejected (national procedure)**. Deportation to your country of origin will be imposed.

In these two cases, you are **legally obliged to leave** Germany and must leave again. As long as your deportation is not possible, you will be granted a "[Duldung](#)" (toleration) under certain circumstances. A toleration is **not** a **residence permit**. The Hamelin Bureau for Foreigners (Ausländerbehörde) is responsible for persons with exceptional leaves to remain (Geduldete) from Hamelin and the District of Hameln-Pyrmont Bureau for Foreigners (Ausländerbehörde) for the other towns and municipalities. They also oversee and carry out deportation.

### What can I do if I don't want to be deported but have no more opportunities to stay in Germany?

If you decide to [leave voluntarily](#), you can get financial support for your new start in your home country.



In this case, please contact the [Repatriation Advice Centre](#) of the District of Hameln-Pyrmont.

## The asylum process

Are you registered in Germany and live in shared accommodation? What happens next? The **BAMF** has put together a lot of information for you [here](#) at . [Here](#) you will find a film that explains the procedure.

**The next steps are explained here:**

### 1. Personal application for asylum

You apply for asylum at the **BundesAmt für Migration und Flüchtlinge** ([BAMF; Federal Office for Migration and Refugees](#)).

**Important:** You can only submit your application in person, you cannot send it by post. You will receive the appointment and the responsible BAMF office with your proof of arrival.



### 2. First interview appointment (asylum application)

A few days before your first appointment (asylum application, first interview appointment) or your second appointment (hearing, second interview appointment), go to your social worker in the accommodation with your documents.

If you have your 1st interview at the BAMF, please remember to bring enough food with you. There may be long waiting times.

As long as you are in the asylum procedure, you have a residence permit.



### 3. Personal hearing

The 2nd interview date is the actual hearing. The BAMF decides on your application for asylum. You will then be sent a **decision** .

#### Ausländerbehörde (Immigration Office)

#### What does the Bureau for Foreigners (Ausländerbehörde) do?

The Immigration Office is responsible for **measures relating to the right of residence** and, in part, the **right of holding a passport**.

#### For example:

- Granting or extending a residence permit
- Granting a settlement permit
- Issuing or extending residence permits
- Applying for a work permit
- Changing or removing residence requirements

- Offering advice on a person's voluntary departure
- Issuing an employment permit
- The resolution of problem situations (e.g. lost or stolen passport)

The "Ausländerbehörden" (Immigration Offices) are also responsible for the execution of any decisions terminating a person's stay in the country and any negative asylum decisions made by the BAMF.

Depending on where you live in the district, a specific Bureau for Foreigners (Ausländerbehörde) is responsible for you.

**The Bureau for Foreigners (Ausländerbehörde) of the City of Hamelin is responsible for all residents of the City of Hamelin, the Bureau for Foreigners (Ausländerbehörde) of the District of Hameln-Pyrmont for all residents of the other cities and municipalities in the District of Hameln-Pyrmont.**

The [information system of the Federal Office for Migration and Refugees](#) also provides you with contact details of the "Ausländerbehörden" (Immigration Offices) in your place of residence, as well as contact and advice centres for integration work, and information on planned and ongoing integration courses.

If you enter the details of your place of residence and the desired radius in the quick search function and click on "Search", you will receive a list of all integration facilities in your vicinity.

## Identity clarification

### You entered Germany without a passport?

The authorities need to know who you are:

- what is your name
- when you were born and
- which country you are from

This is called identity. To do this, you need **evidence**. The best proof is the passport from your home country. Alternatively, if you do not have a passport, you may present other identity documents (e.g. ID card, citizenship card, birth certificate, driver's license,...) as proof.

In Germany, all foreigners are subject to a **passport obligation** (§ 3 AufenthG): "**Foreigners may only enter or stay in the federal territory if they possess a recognized and valid passport or passport substitute, unless they are exempted from the passport obligation by legal ordinance**" (exceptions to the passport obligation may be permitted in justified individual cases)

If you do not have a passport, you are required to obtain one. Your **cooperation** in obtaining a passport is vital. This is because your cooperation in obtaining a passport or in clarifying your identity can be taken into account by the Immigration Office (Ausländerbehörde) when it comes to decisions under immigration law.

## Cooperation obligations

**General obligations to cooperate (Section 15 Asylum Act): "The foreigner is personally obligated to cooperate in clarifying the facts of the case."**

**See also § 82 AufenthG (cooperation of the foreigner).**

You are committed to

- provide required information orally and, upon request, also in writing
- To present, hand over and surrender your passport or passport replacement to the authorities
- to present, hand over and leave with the authority all necessary documents and other papers in your possession (e.g. visas issued by other states, residence permits, airline tickets, driving licenses, birth certificates, military passports, marriage certificates, testimonials, etc.)
- if you do not have a valid passport or passport substitute, to cooperate in obtaining an identity document and to present, hand over and surrender it to the authority upon request
- to present, hand over and temporarily surrender your passport, passport substitute or passport substitute upon request of the authority (§ 48 AufenthG and § 15 AsylG)

**Important notes:**

- Hand over all identity documents to the Immigration Office (Ausländerbehörde) or the Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge). Have the authority make a copy of your documents and confirm the submission in writing.
- If you do not have papers, contact parents or siblings in your home country and ask them to get the documents. Alternatively, you can hire a lawyer or other persons in your home country to obtain identity documents.
- Write down all the steps of your involvement in the identity clarification process and collect evidence.
- While the asylum procedure is still ongoing, you cannot be required by the German authorities to appear at your embassy.

## **Passport obligation in the asylum procedure**

During the asylum procedure, the Immigration Office (Ausländerbehörde) cannot demand the acquisition of a passport, but passport obligation still applies, for example it is fulfilled by the possession of a substitute identity card (§ 3 AufenthG).

## **Residence permit**

**Here you will find an overview of the seven residence titles in Germany**

## **Visa (only for entry into Germany)**

**Duration:** Limited in time

**Group of people:** Nationals of a member state of the European Union can enter Germany without a visa. Foreigners from other countries of origin almost all require a visa.

## **Residence permit (Aufenthaltserlaubnis)**

The residence permit can be granted for various reasons, for example for humanitarian or family reasons or after a positive asylum decision.

**Duration:** Limited in time

The residence permit (Aufenthaltserlaubnis) is a temporary residence permit (befristeter Aufenthaltstitel). It is **always earmarked**.

It forms the basis for legal residence and opens up the possibility of a subsequent permanent right of residence (permanent residence permit).

**Some residence permits allow unrestricted access to the labour market without a work permit from the “Bundesagentur für Arbeit” (Federal Employment Agency).**

Other residence permits require the approval of the Federal Agency (will be requested by the “Ausländerbehörde” [Immigration Office]). Every residence permit states the extent to which work is permitted.

## EU Blue Card

**Duration:** in case of open-ended employment contract max. 4 years; in case of temporary employment contract duration equals the duration of the contract + 3 months

**Group of people:** The Blue Card is only valid for skilled workers with a German university degree, recognized foreign university degree or foreign university degree comparable to a German university degree. The EU Blue Card allows third-country nationals to obtain a residence permit in the EU Member States for the purpose of employment commensurate with their qualifications.

### Requirements:

- Concrete job offer corresponding to the qualification
- Professional practice permit (for the [regulated professions](#))
- Annual gross salary amounting to at least two-thirds of the annual income threshold for the assessment of contributions to the general pension insurance
- In certain occupational groups, the required salary ceiling is lower, at least 52% of the annual income threshold for the general pension insurance scheme (e.g. for medical doctors, specialists in engineering, natural sciences and mathematics, and IT. In such cases, the approval of the Federal Employment Agency is required.

**After 33 months (A1 oral), EU Blue Card holders can obtain a settlement permit.** If language skills at level B1 are already established, the settlement permit can be issued after only 21 months.

## ICT card

**Duration:** Limited in time

**Group of people:** For the purpose of intra-corporate secondment, the Residence Act offers third-country nationals the opportunity to work exclusively in a German branch of their company within the framework of the transfer.

However, this only applies to managers or specialists at the receiving subsidiary or to trainees.

## Mobile ICT Card

**Duration:** Limited in time

**Group of persons:** Third-country nationals who already hold a residence permit in accordance with the ICT Directive for an EU Member State and are planning a longer stay (over 90 days) in Germany can apply for a separate residence permit, the Mobile ICT Card.

This applies only when the person becomes a manager, specialist or trainee.

## Permission for permanent residence - EU

**Duration:** Unlimited

**Group of people:** Third-country nationals are entitled to be granted a settlement permit (§ 9a AufenthG) if they have been in possession of a residence permit for five years and fulfil the other legal requirements for a settlement permit.

## Settlement permit (Niederlassungserlaubnis) (§9 AufenthG)

**Duration:** unlimited, Validity of eAT (electronic residence permit) corresponds to passport duration

Entitled to any gainful employment, including self-employment.

### Requirements:

- Third-country nationals who have been staying in Germany for five years continuously with a residence permit
- Securing livelihood (current and forecast for the future)
- 60 months of pension insurance contributions
- Language skills, level B1, AE granted before 01.01.2005: only oral A1 skills required
- Knowledge of the legal and frameworks (orientation course)
- Sufficient living space (for each family member over six years of age, a living space of at least 12 m<sup>2</sup> must be proven. For each family member between two and six years, 10m<sup>2</sup> should be sufficient; children from 0-2 are not included)

(Your **livelihood is secure** if you **can cover** your living expenses and sufficient health insurance coverage without having to draw on public funds (e.g. SGB II benefits, social security benefits, basic income support, social assistance).

Your livelihood is not secured at present if you claim for (top-up) benefits to secure your livelihood according to the SGB II (Social Security Code II). Whether the benefits are actually claimed is irrelevant.)

### Special standard:

## Settlement permit (§ 26 (3) AufenthG) for persons entitled to asylum and refugees according to the Geneva Refugee Convention

### **After three years, the settlement permit is issued if the following conditions are met:**

- The German language has been "mastered" (C1)
- Livelihood is predominantly secured (min. 75%)
- The BAMF has not informed the Federal Ministry of Education and Research in accordance with § 73 (2a) of the Asylum Act that the prerequisites for revocation or withdrawal are met
- Basic knowledge of the legal and social frameworks and living conditions in the Federal Republic of Germany (orientation test)
- Sufficient living space (see above)

### **After 5 years, the settlement permit is issued if the following conditions are met:**

- Sufficient knowledge of the German language (A2)
- Livelihood is predominantly secured (min. 51%)
- No conditions for revocation or withdrawal of the asylum decision exist
- Orientation course
- Sufficient living space (see above)

Frequently asked questions are answered [by the Ministry of the Interior here](#).

## **Documents for refugees**

### **Temporary residence permit (Aufenthaltsgestattung)**

**Duration:** Limited in time

**Status:** Asylum seekers

**Background:** Issued to foreigners who have officially applied for asylum at the Federal Office for Migration and Refugees (BAMF), until their application has been considered. This is NOT a residence permit!

The asylum seeker's identity document contains conditions relating to employment, housing situation and territorial restrictions.

The [Agentur für Arbeit \(Federal Employment Agency\)](#) is responsible for the placement in work.

If a work permit is necessary, it can be obtained from the ["Ausländerbehörde" \(Immigration Office\)](#) of your place of residence. To do this, you must fill in applications with the help of your employer.

These are the applications:

[Job description](#)

## [Declaration on the employment relationship](#)

If you do not work, you will receive benefits according to the [Asylum Seekers Benefits Act](#).

### **Toleration (§ 60a)**

**Duration:** Limited in time

**Status:** Person with exceptional leave to remain (Geduldete)

**Background:** Negative asylum decision, obligation to leave the country

A "Duldung" is a temporary postponement of deportation and is not legal residence. This document is only granted if deportation is impossible for legal, practical, humanitarian or personal reasons at the moment.

A work permit is generally required. It is applied for at the "Ausländerbehörde" (Immigration Office) in your place of residence. Here too, you must fill in applications (see above) with the help of your employer.

The [Agentur für Arbeit \(Federal Employment Agency\)](#) is responsible for the placement in work.

### **Toleration for persons with unknown identity (§ 60b)**

**Duration:** Limited in time

**Status:** Person with exceptional leave to remain (Geduldete)

**Background:** Will be issued if the deportation cannot be carried out due to identity deception and lack of cooperation in the **clarification of identity** and passport procurement

The following always applies:

- Work ban and residence requirement
- Benefit cuts
- As a rule, residence obligation (preventive detention for deportation possible if deportation is possible within the next 3 months)

#### **Note:**

- Periods with this tolerance are NOT counted as periods of residence for possible rights of residence/training/employment tolerance etc.
- If the holder makes up for this participation, a "normal" toleration according to § 60a AufenthG is granted again

If you are considering returning to your home country, you can contact the ["Rückkehrberatung" \(Return Counselling Service\)](#).

### **Vocational training tolerance (§ 60c)**

**Duration:** "Guaranteed" suspension of deportation for the duration of vocational training

**Perspective:** The transition to a residence permit after successful completion of the training is possible, provided that the requirements are then met.

**For whom is toleration of vocational training possible?**



- Tolerated persons (§ 60a AufenthG) who have already started training during the asylum procedure
- Tolerated persons who want to start an apprenticeship: these persons must have been in possession of a toleration certificate according to § 60a for three months

In order to get a vocational training tolerance, you have to submit the training contract to the “Regierungspräsidium” (Regional Council). The application via the Foreigners' Registration Office is made with additional documents.

### Requirements:

- Qualified vocational training: Training in a state-recognised or comparably regulated training occupation
- Standard period of training at least two years
- In the case of training for assistants or helpers, qualified training in a so-called bottleneck occupation must be able to be followed up and a training place commitment must be available for this (e.g. geriatric care and nursing assistance)
- The registration of the vocational training in the register of vocational training relationships is usually kept by the IHK or HWK.
- [clarified identity](#)

The clarified identity can be waived if all reasonable and necessary steps to clarify identity have been taken within the respective applicable period and the identity is/was still not clarified. The Regierungspräsidium decides whether the postponement of deportation due to vocational training (Ausbildungsduldung) is granted despite the unclear identity.

With an [entry qualification \(EQ\)](#) you do not get a [vocational training tolerance](#). But the EQ, i.e. a longer internship in a company, still offers advantages: Preparation for vocational training and the possibility of an accompanying language course!

### Employment tolerance § 60d

**Duration:** 30 months, currently limited until 31.12.2023

**Status:** applies only to persons who entered the country before 01.08.2018; also applies to spouses or life partners and unmarried minor children living in the family

**Perspective:** after 30 months a residence permit according to § 25b Abs. 1 AufenthG can be issued if the requirements are met.

### Requirements:

- 12 months in possession of a toleration certificate (60a, NOT 60b!)
- Employment subject to social insurance for at least 18 months and regular weekly working hours of at least 35 hours for at least 18 months (at least 20 hours for single parents) and
- living expenses secured by employment for at least 12 months + Employment currently and still secured
- German A2 oral
- no conviction for intentional crime
- no relations to extremist or terrorist organisations

- no deportation order and no deportation order according to § 58a AufenthG
- successful completion of the integration course of the applicant or the spouse, if one was obliged to do so
- Proof of school attendance of minor children
- [clarified identity](#)

### **other residence permits (for young people)**

## **Residence permit for well-integrated young people and adolescents (§ 25a Residence Act [AufenthG])**

### **Prerequisites**

- between 14 and 21 years old
- at the time of application, you must have resided in Germany for at least 4 years without interruption
- at least 4 years of successful schooling or training, or a school or vocational qualification in Germany

## **Is a residence permit for parents and underage siblings possible?**

### **Yes, if**

- the main applicant is a minor
- the livelihood is secured independently
- deportation has been delayed through no fault of one's own

## **Residence permit in case of sustainable integration (§ 25b Residence Act [AufenthG])**

### **Prerequisites**

Is granted to tolerated foreigners:

- 8 years stay in Germany, with underage children 6 years
- Livelihood secured mainly through own gainful employment
- Language skills level A2 - verbal
- Basic knowledge of the legal and social frameworks and living conditions in the Federal Republic of Germany ("Living in Germany" test)

## **Settlement permit (Niederlassungserlaubnis)**

**Note:** To apply for the respective residence permit, please contact the competent "Ausländerbehörde" (Immigration Office).

The relevant advice centres will help you to fill in the application: [Youth Migration Service](#), [Migration Advice Service for adults](#)

## Reuniting Families

Do you and your family members not live in the same place or do you still have family members abroad?

Then, depending on the residence status, there are different ways to bring the family together. If you already have a residence permit (Aufenthaltserlaubnis) for purposes other than humanitarian reasons or if you are German, you will find further information at the [Serviceportal Niedersachsen](#).

## Family Reunification

If you live in Germany and already have a **residence permit (Aufenthaltserlaubnis) for humanitarian reasons**, you may be able to bring direct family members (parents, children, spouse) from abroad. This is only possible if you have been [granted refugee status](#) by the Federal Office for Migration and Refugees (BAMF; Bundesamt für Migration und Flüchtlinge).

To do this you must

1. **within 3 months** after receiving your decision from the BAMF, submit a **timely notification**.
2. Your family members who are to join you in Germany must apply **for a visa at the German mission abroad** (for example, embassy or consulate) in the respective country of their stay.

## Where can I submit the application within the time limit?

On the [website of the German Foreign Office](#), the procedure for family reunification is explained to you and you can also directly file the timely application.

You can also get more information on family reunification at the [responsible Bureau for Foreigners](#) (Ausländerbehörde).

You can also get support for family reunification in the **District of Hameln-Pyrmont** :

### Contact

Sven Schnase



[Süntelstr. 20, 31785 Hamelin](#)



[05151/9033352](https://www.landkreis-hameln-pyrmont.de/05151/9033352)

@

[s.schnase@hameln-pyrmont.de](mailto:s.schnase@hameln-pyrmont.de)

**Please make an appointment with Mr Schnase in advance.**

## Family reunion

When you come to Germany as an asylum seeker, you are assigned to a specific district in Germany. As a general rule, you must live there at least until the end of your asylum procedure.

## Moving home to your family or move because of a job

However, under certain circumstances, you can change the location. For example, if immediate family members (children, spouse, domestic partner, or parents) reside in other counties. In order to be able to move in with your family, you must submit a **redistribution application (Umverteilungsantrag)** to the relevant immigration office. If this application is approved, you may move.

If you already have a residence permit (Aufenthaltserlaubnis) and you get a [\*\*condition of fixed abode \(Wohnsitzauflage\)\*\*](#), you must look for an apartment within the specified location.

If you want to move to another place, you must also submit a **redistribution application or an application for cancellation of the residence requirement to the responsible foreigners authority**. This is possible, for example, because of a **family relation** or a **job**.

The application must be **approved** by the receiving immigration authority of the county or municipality to which you wish to move.

## Search service

The Search Service is a place for people who do not know where their relatives are because of wars and disasters, resettlement, flight, expulsion and migration. The Search Service supports people who have been separated involuntarily. And helps bring people back together. It can advise you on all matters relating to family reunification.

You can find search services here:

- Search Service at the [German Red Cross](#)
- International Search Service [The Red Cross and Red Crescent](#)

## Voluntary return home

### Do you want to return to your home country voluntarily?

#### You can be supported with:

- the procurement of travel documents,

- the organisation of your voluntary departure,
- reintegration in your home country in your professional environment (you can still acquire qualifications in Germany in order to take up [self-] employment in your home country)
- the facilitation of contacts to organisations in your home country (you will still receive helpful contacts in Germany from local contacts in your home country).

### **Counselling is:**

- confidential,
- anonymous,
- open-ended and
- voluntarily.

### **The target group is aimed at:**

- Foreigners without a residence permit,
- Asylum seekers in the current procedure,
- Foreigners with a temporary right of residence for humanitarian reasons,
- Other foreigners, including those who have a permanent right of residence, if they are in need,
- Late repatriates, if they are in need,

The return journey to EU countries cannot be financed.

### **Contact persons:**

#### **AWO New Life:**



[www.awo-newlife.de](http://www.awo-newlife.de)



Appointment

#### **Raphaelswerk Hannover:**



[www.raphaelswerk.de](http://www.raphaelswerk.de)



Appointment

You can also contact IOM (International Organisation for Migration) in your home country locally: [IOM](#)

## Naturalisation

If you live permanently in Germany, you can be naturalised under certain conditions.

You must submit a request for this. From your 16th birthday onwards, you can make this request yourself. For children and youth under 16, the parents must submit the application.

You can obtain application forms from the competent naturalisation authorities. In the District of Hameln-Pyrmont, the naturalisation authority is responsible for naturalisation applications.

### District of Hameln-Pyrmont



[Süntelstr. 9, 31785 Hamelin](#)



[Naturalisations / District of Hameln-Pyrmont](#)

You can find costs and requirements [here](#)

The naturalisation of foreigners in Germany [brochure](#)

## Official Certification of Documents

An official certification is a confirmation of the authenticity of a document. This is needed, for example, for a residence permit, to get married or to enrol at a university. For this purpose, the photocopies of birth certificates, marriage contracts or certificates must be officially certified.

Contact either your local Rathaus (town hall) or the authority that requires the document for information about having documents authenticated.

## Day care, school, study

### Childcare from 0-6 years (until joining school)

You can have your child cared for in a day care centre or in day care facility. As a rule, your child can be looked after from 6 months of age. Your child can stay in the day care centre until they are 6 years old.

You can find more information on this page.

### "Kindertageseinrichtung" (day care centre for children)

### What is a day care centre?

Before your child goes to school, he or she can visit a day care centre. There are **educators** there who will take care of your child and support its development. They are like teachers at

school.

A child day care centre is a **collective term** for various forms of care. It is often just called "Kita". If your child is 1-3 years old, the day care centre is called "Krippe". Often a "Krippe" (crèche) is integrated into a day care centre. If your child is 3-6 years old (until school entry), the day care centre is called "kindergarten". Kindergarten is also called "KiGa" or "Kindi".

From the age of 1, your child has the **right** to attend a day care centre or nursery. However, the availability of a place is not guaranteed.

Attendance at the day care centre/kindergarten/Krippe is **voluntary**.

From the age of 3, attendance at a day care centre in Lower Saxony is free of charge.

## Why is the day care centre good for my child?

In the day care centre, your child can **play** with other children, **make friends** and **learn** many new things. Here, your child also learns the German **language**. In a kindergarten, children learn while playing.

The day care centre is a very important form of **preparation for school**.

In the penultimate year and just before your child starts school, there is a [school enrollment exam](#).

[Here you can find videos of the day care centre in different languages.](#)

## How can I register my child in the day care centre?

Ask at the town hall in your [municipal or city administration \(Rathaus\)](#) how to register your child.

Register your child several months to 1 year in advance and have them placed on the **waiting list**.

Make sure that your child has been vaccinated against [measles](#).

## When is the day care centre open?

There are **different opening hours**.

In day care centres, the child can usually be looked after from **morning to late afternoon**. There are also kindergartens that are only open until noon (approx. 12:00 PM or 2:00 PM).

You **bring** your child to the day care centre in the morning and **pick** him or her **up** again at lunchtime or in the evening. That depends on how long you have booked. There are **fixed times** for that. Everyone must stick to these times. This is very important for the children. In this way, the educators can support the children without being disturbed.

You can obtain information directly from the day care centre.

## Important information for parents

## Settling in

After you have found a place in a day care centre, your child will be "settled in". This is how it works: Mother or father go to the day care centre together with the child for a while. Together they get to know the teachers, the rooms, the other children and the daily routine. This way, your child can get used to the new place and you as parents can get used to it as well. That's why it's called "settling in". This is very important in Germany and is something that all parents and children do. The settling in period can last two or more weeks.

## Doorway discussions

When you drop off or pick up your child, you can talk briefly with the teachers and tell them what is important to you or how your child is doing. When you pick up your child, you will briefly find out what your child has experienced and how he or she has fared. If the educators need something from you or are planning an excursion, you will be informed. This is what is called a 'doorway discussion' (Tür- und Angelgespräch).

## Parent meetings

Normally, two parents' meetings are held over the course of a kindergarten year. This applies to all parents and all children. In these conversations, you will be told what the child has learned, what he or she is particularly good at and where he or she should continue to develop. An interpreter can also come to these appointments so that everyone understands each other well. Sometimes there are also important issues to discuss outside the regular schedule. You, as parents, can also ask for a meeting if something is bothering you at the day care centre, or if you have something important to say about your child. Then the educators will arrange an appointment with you.

## Parents' evening

All parents are invited to a parents' evening. You can exchange information with other parents and the educators and get a lot of information. It is good if you take advantage of these meetings. The dates for the parents' evenings are posted in the day-care centre, in the parents' letter or are communicated verbally.

## Childcare costs

Attending a daycare center or daycare for children under the age of three costs money. You can find out the costs at the town hall or directly at the facility. Families with several children often receive discounts.

From the age of 3, attendance is free of charge.

If you **do not have a job** and **receive benefits** from the "Sozialamt" (Social Welfare Office – asylum seeker benefits), the Job Centre or the "Agentur für Arbeit" (Federal Employment Agency), you can get **assistance with the costs**. To do this, you must submit an application to **Youth Welfare Office of Economic Aid (wirtschaftlichen Jugendhilfe; WJH)** in the Youth Welfare Office (Jugendamt) of the District of Hameln-Pyrmont.

[Here you will find the applications for the WJH](#)



Often, the day care centre also offers a **lunch** together. There are also **vouchers** for this. You must submit an application for **education and participation, or BuT for short**, to your benefit provider (Social Welfare Office (Sozialamt)/Jobcenter/Employment Agency (Agentur für Arbeit)).

[Here you can access the applications of BuT](#)

## Childminding

### What is day care?

Day care for children refers to caring for children by day care workers.

If required, children from **0 to 14 years of age** can be looked after by a **childminder, who can be either a man or a woman**. The children are cared for in the day care centre, in their own home or in other facilities. Day care supervision takes place in small groups. Day care is a family-like form of care. It is mainly used by children under 3 years of age. Here your child can be individually supported.

The **child care time** is **flexibly coordinated** between parents and day care providers. It can also supplement the care provided in a day care centre.

From the age of 1, your child has the **right** to attend a day care centre or nursery. Attendance at the day care facility/kindergarten/nursery/childcare is **voluntary** and [costs money](#).

### How do I find a place with day care providers?

You can find addresses for childminders and kindergartens on the childcare [exchange](#) of the District of Hameln-Pyrmont.

## General information on school attendance

### Does my child have to go to school?

### Compulsory education

In Germany, attending **school is compulsory**. This means that in Germany, all children **from the ages of 6 up to (and including) 18 must** attend school. The parents or guardians of the children have the duty to ensure that the children attend school.

Compulsory schooling comprises:

- regular attendance at lessons
- regular participation in the compulsory events of the school
- compliance with the school rules

You will be **fin**ed for unexcused absence. In the worst case, the **police** will also visit you. In addition, the **“Jugendamt” (Youth Welfare Office)** can then also be called in.

[My child does not want to go to school - What can I do?](#)

### How do I register my child in a school?

After **3 months in Germany at the latest**, you must register your child at a school.

To register your child in a school, you need the following **documents**:

- Your identity card, birth certificate or proof of arrival
- Registration certificate
- All documents concerning your child (passport/ID card, birth certificate, references, medical certificates, etc.)
- Proof of vaccination against [measles](#)

Please bring your child to school for registration.

### Dates for enrolment and registration at primary schools in Lower Saxony:

- Lower Saxony deadline: **30/09** (Your child must be 6 years old by that day)
- School enrolment: **01/06/2022 - 30/07/2022**
- Enrolment: **the date depends on the** [school holidays](#)

You can find information about school enrolment (primary school) [here](#).

### Enrolment and registration dates for other schools (secondary schools) in Lower Saxony:

- Registration dates take place **5-10 weeks before the summer holidays**. Check with the school several weeks or months before this date.
- Note: For **vocational schools**, there are **other times** when you can register. Check with the school early.

You do not know which school your child should go to?

Ask your [Jugendmigrationsdienst \(Youth Migration Service\)](#) or [Migrationsberatungsstelle \(Migration Advisory Service\)](#).

You can also obtain information at the [“Rathaus” \(town hall\)](#) or directly at the schools in your place of residence.

### Does my child have to go to religious education?

If you belong to a **denomination or religion other** than **Catholic or Protestant**, you **do not** have to attend this religious education. Most secondary schools offer a **substitute class**

called **ethics** or **values and standards**. At some schools, there are also **Islamic religious lessons**. Check with your school.

**When is the school closed?**

## **School holidays and public holidays**

During the **school holidays** and on **public holidays** in Lower Saxony, schools are **closed**.

[Here](#) you will find the current holiday dates for Lower Saxony.

[Here](#) you will find the public holidays for the current year.

## **Which schools and vocational schools are there in the District of Hameln-Pyrmont?**

Here you will find links to schools in the District of Hameln-Pyrmont.

[All schools in the District of Hameln-Pyrmont](#)

[Vocational schools in the District of Hameln-Pyrmont](#)

## **What do I have to do when my child is sick?**

If your **child is ill** or cannot go to school for other important reasons, you must **report him or her as sick at school**. Please call the school before 8 AM.

Most schools also expect a **written note excusing the child**. This is a letter from the parents. The written excuse must often be received by the school within three days.

If your child is **ill for a longer period of time**, he or she will need a **certificate** by a doctor. The certificate must also be handed in at school. It is best to ask the secretary's office what the school needs.

If your child does not come to school **without a telephone or written apology** or a **certificate**, the school must search for your child. If necessary, the school will even search for your child with the help of the **police**. You may have to pay a **fine**.

## **How much does school cost?**

### **General and administrative expenses**

Attendance at a **state school** is **free of charge**.

### **Ticket**

Detailed information can be found on the website of the [District of Hameln-Pyrmont](#)

If the school is more than 2 km from the place of residence and your child attends grade 1 - 10, the ticket is free of charge.

If you are entitled to [BuT](#), the ticket can be paid in part from the 11th class.

You must submit a [BuT](#) application.

## School trips, school materials, lunch

This also costs money. You have to pay a part of it yourself.

If you are entitled as per the [BuT](#), the costs can be **paid in part**.

You must submit a [BuT](#) application.

Ask your "Flüchtlingssozialarbeiter" (Refugee Social Workers), ["Jugendmigrationsberatung" \(Youth Migration Advisory Service\)](#) or ["Migrationsberatung" \(Migration Advisory Service\)](#) for assistance when submitting a BuT application.

## What takes place in addition to lessons?

Class trips, excursions, school festivals, school performances and swimming lessons are **part of the lessons and everyday school life** in Germany. Your child should take part in these events because they can **learn a lot of new** things here. It also strengthens **linguistic skills**. Your child will also get to know the other students better and have **fun**. All this can strengthen the **joy of school attendance**.

## Parents in the school organisation

### Parents' evening

All parents are invited to a parents' evening. You can **communicate** with **other parents** and the **teacher** and get a lot of **information**. It is good if you take advantage of these meetings. The dates will be communicated in a letter to parents. It is important to read the **letters to parents**.

### Parents' Council

There is a Parents' Council in every class. This is **elected** by all parents during a parents' evening. The tasks and rights of the Parents' Council are regulated by law. The Parents' Council deals with **problems** that other parents tell them. The Parents' Council **represents the other parents** before the school.

## Support services for the school

## School social work

Many schools have school social workers. These can **support children and young people** at school. School social workers advise and help with **school and private problems, annoyances** or other **worries**. The offer is **voluntary** and the school social workers work **in confidence**. This means that they must not tell anyone about the problems.

Otherwise, there are also counselling teachers (in German: "Beratungslehrer"). Check with your school.

## Afternoon care

Many schools in the District of Hameln-Pyrmont offer after-school care for children in the school. Homework is done and lunch is eaten there.

If you are interested, ask your school if there is such an offer.

## Private tutoring

If you have **difficulties** in some subjects at school and need additional **support**, you can register for tutoring. The tutoring is carried out by a **tutor** and takes place **outside the classroom**. The tutoring usually takes place in small groups or by way of individual supervision. You can repeat content here or get extra tasks to practice.

Tutoring costs **money**. If you are **entitled to "BuT"**, the costs for tutoring can be paid under **certain conditions** (confirmation from the school that your child urgently needs tutoring). To do this, you must fill out a [BuT application](#).

## What types of schools are there?

There are different **types of schools** in Lower Saxony. Exactly which school your child goes to depends on **how old** he or she is, but also on his or her **school performance**.

Detailed information can also be found at the [Lower Saxony Ministry of Education and Cultural Affairs](#).

## Is your child between 6 and 10 years old?

### Grundschule (primary school)

**Age:** from 6 years (deadline - your child will be 6 years old by 30.09.)

**Requirement:** Primary school ability

At the end of the daycare center there is the elementary school entrance examination. A doctor examines your child. He will check to see if your child is ready for school or needs special support.

**Duration:** 4 years (1st Year until 4th Year)

**Thereafter:** Transfer to a secondary school

In the 4th grade, parents receive a counselling session with the teacher. They will discuss which secondary school your child should go to.

**Miscellaneous:** The primary school is near/within the district of your place of residence. In primary school, your child learns to read, write and calculate.

### Is your child 10 years and older?

Then your child will attend a **secondary school**.

At the **end of grade 4** there is a counselling session with the teacher to discuss which secondary school your child could go to.

If you attend and graduate from secondary school, you will receive a **“Zertifikat” (certificate) / “Zeugnis” (report card)**. With a certificate, you can prove what you have learned. You need it, for example, for **applications when looking for work or training**, or when **changing to another school**.

### Hauptschule (basic secondary school)

**Age:** from 10 years

**Duration:** 5 years (5th Year to 9th Year)

**Requirement:** Attending a primary school

**Certificate:** “Hauptschulabschluss” - general school leaving certificate

**Focus:** prepares for an apprenticeship or work, one learns theoretical and practical knowledge

**Thereafter:** Vocational training, “Realschule” (standard secondary school) or “Berufliche Schule” (vocational school)

### Realschule

**Age:** From 10 years

**Duration:** 6 years (5th Year to 10th Year)

**Requirement:** Attending a primary school

**Certificate:** Standard secondary school leaving certificate

**Focus:** vocational education and extended general education, preparation for vocational training and work

**Thereafter:** Vocational training, “Berufliche Schule” (vocational school) or “Gymnasium” (grammar school)

### Gymnasium

**Age:** from 10 years

**Duration:** 9 years (5th Year to 13th Year)

**Requirement:** Attending a primary school

**Certificate:** “Allgemeine Hochschulreife (Abitur)” – general university entrance qualification and the highest school leaving certificate in Germany

**Focus:** in-depth general education, special and in-depth subjects and courses, independent learning

**Thereafter:** Vocational training, study at a university or college

### Oberschule (IGS, KGS)

**Age:** from 10 years

**Duration:** between 5 and 9 years (5th Year to 9th Year or to 10th Year or 13th Year)

**Requirement:** Attending a primary school

**Certificate:** “Hauptschulabschluss”, “Mittlere Reife” or “Abitur”

**Focus:** Lessons at different levels and individual support

**Thereafter:** Vocational training in the event of attaining a “Hauptschulabschluss” and “Mittlere Reife”, studies in the event of attaining “Abitur”

## Does your child have additional needs?

### Förderschule (special needs school)

**Age:** From 6 years

**Requirement:** Children who have an increased need for support, an impairment or a disability

**Thereafter:** Workshop or similar, supporting vocational training

**Certificate:** partial secondary school certificate

**Special feature:** The teachers are specially trained. The focus is on the priority area of mental development

### Graduate from senior school

In principle, senior school-leaving qualifications can also be obtained at a **later date**. For example, after obtaining the “mittlerer Bildungsabschluss” (“Mittlere Reife”) described above, the student could also obtain an Abitur at a grammar school. This is also possible, for example, at vocational schools, various vocational colleges or the evening school.

Even if you **do not have a school-leaving certificate**, you can obtain one at a later stage. Or you have a **foreign school leaving certificate** that is not recognised in Germany. Even then, you can obtain your school leaving certificate via a **second educational path**.

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

## Berufsbildende Schulen

### What is a vocational school?

For teenagers and young adults, there are various opportunities at vocational schools.

**All school qualifications** can be obtained here, from the “Hauptschulabschluss” (general school leaving certificate) to “Abitur” (general university entrance qualification). You can **prepare** for a profession or **learn a profession**. It is also possible to change to another type of school.

In the case of apprenticeships, the school-based part takes place at the vocational schools.

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

There are various offers and educational paths that make sense if you **do not have a school leaving certificate** and **would like to acquire one** or if you **already have a school leaving certificate**.

Further information can also be found on the following websites:

[Vocational schools](#)

[General information](#)

## Studies

### General information about studying

### Different types of universities

There are **different types of universities** in Germany:

**Universitäten** = universities (more academically focused)

**Pädagogische Hochschulen** = Teacher training colleges (for social subjects)

**Hochschulen für Angewandte Wissenschaften** = Universities of Applied Sciences (practice-oriented)

**Duale Hochschulen** = dual universities (very practically focused, you work and study)

**Kunst, Film und Musikhochschulen** = universities for art, film and music (for the arts and performing arts)

**Private universities**

### Study programmes

There are also many **different courses of study**. An overview is available [here](#).

### Further information

You can find detailed information about studying in Germany here:

[Arbeitsagentur](#)

[Make it in Germany](#)

[DAAD](#)

[Hochschulkompass](#)

[Study information specifically for refugees](#)

### What do I need in order to study?

If you want to study in Germany, you will need the following:

### University entrance qualification



This is a **school leaving certificate** that **qualifies for university studies**, for example the German university entrance qualification of **“Abitur”** or the **matriculation standard**. If you did **not complete your school-leaving certificate in Germany**, you must check whether you can study in Germany from abroad with this school-leaving certificate. You can find further information [here](#) or [here](#).

## German language skills

Many courses of study (Bachelor, State Examination, Diploma) are in German. Therefore, you usually need certain **language certificates at B2/C1 level** (European reference framework). Some degree programmes (especially Master's and Doctorate) are also in **English**.

You can find an overview of international study programmes [here](#).

## How much does it cost to study?

At state universities, you may have to pay **tuition fees**.

You come from an **EU/EEA country** or have completed school with the **German university entrance qualification (Abitur)** ?

Then you **do not have to pay tuition fees**.

Note: If you want to study at a **private university**, you usually have to pay **higher fees**.

## How can I finance my studies?

### Federal Training Assistance Act (BAföG)


BAföG stands for “Bundesausbildungsförderungsgesetz” and is a form of financial aid. You can apply for this if you are studying in Germany. BAföG is money from the state. You get it into your account every month. Half of the amount is free money. As soon as you have a job and earn money after your studies, you have to pay back the other half of the money. You can then pay back the money in small instalments.

BAföG can be applied for by people who live and study in Germany.

Even if **you do not** have a German passport, you can apply for BAföG.

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

You can also call the BAföG hotline free of charge:

 [0800-2236341](tel:0800-2236341)

 Monday to Friday from 08:00 AM - 8:00 PM

You can find an Arabic-language online tutorial about BAföG at [www.youtube.com/BAföG/arabisch](https://www.youtube.com/BAföG/arabisch)

The application for BAföG must be made in writing to the responsible "Studierendenwerk" (Student Union), for example, the "[Studierendenwerk OstNiedersachsen](#)". Make sure that your application is submitted early. This is because it takes several months to process the applications. You can find the application forms [here](#).

## Bursary

There are many grants for which you can apply. And not only in the first semester but throughout your entire studies. [Click here](#) and [here](#) to get an overview. These schemes are sometimes very different from each other. In some cases, value is placed on social commitment or attention is paid to political orientation, course of study, grades or personal circumstances.

## Working student

Many courses of study offer the opportunity to work as a student trainee in a company. There you can gain your first experiences in the field you have studied and earn money on the side. The companies mostly offer contracts on a 10-20 hours/week basis. If you perform well, there is a chance of being taken on after graduation. Get information from companies in your area. The concept of the working student is widespread.

## Student assistant

As a student assistant, you can usually work at a Hochschule up to a maximum of 20 hours per week. In doing so, you will complete tasks that will help, for example, a lecturer, a chair or an organisation of the university. The prerequisite is enrolment at a university as a student. These positions are advertised at the Hochschulen.

## Side job and holiday job

Many students have a side job to finance their studies. There are different types of side jobs. If you receive a state subsidy, find out how much you can earn in addition. State support includes, for example, BAföG or a bursary.

Many students work in a so-called mini-job. You earn a maximum of 520 euros per month. But you don't pay taxes and social security contributions.

Some also work in holiday jobs during the semester breaks. If you earn more than 520 euros per month in a holiday job, you should note the following: if you do not work for more than 3 months or a total of 70 working days, the job is also exempt from social security contributions.

## Education loan

The education loan is a low-interest loan from the state-owned Kreditanstalt für Wiederaufbau (KfW). It is specifically aimed at students who are in the last phase of their studies. Unlike normal bank loans, you do not need collateral such as your own income. The income of parents or a spouse is also irrelevant.

[Here](#) you will find further information on the subject of educational loans.

## University of Applied Sciences in the District of Hameln-Pyrmont

The **District of Hameln-Pyrmont** has a [University of Applied Sciences](#).



[Contact persons of these universities can be found here](#)

**Important:** It is possible that there are currently not consultation hours at all locations. You can obtain information by email from the contact persons at the universities.

## Recognition of foreign qualifications

**Qualifications** play an important role in Germany for **school**, **studies** or **work**. With **qualification certificates** you can prove what you have already learned and achieved. Qualifications are an important **prerequisite** for a place at a **school**, **university** or **job**. This means that if you have already acquired **qualifications** at **school**, in an **apprenticeship** or in a course of **study abroad**, you can have these recognised. There will be a review to check what you are qualified to do in Germany based on your qualifications. Your qualifications are “transposed” so to speak.

### I have a foreign school leaving certificate

The recognition of a **foreign school leaving certificate** is particularly useful if you want to start an **apprenticeship**. However, if you also want to start a course of study **university studies**, you have to have your school leaving certificate recognised.

The Regional Office for Schools and Education of Lower Saxony checks foreign school leaving qualifications (e.g. Hauptschulabschluss, Mittlere Reife, Fachhochschulreife/Hochschulreife).

You can contact the [Certificate Recognition Offices Lower Saxony](#) and have your degree checked.

### I have a foreign degree

You can have it checked whether your **degree is recognised in Germany**.

Note that there is a **difference in recognition between regulated and non-regulated professions**.

### Regulated professions

You may only work in regulated professions if a certain qualification is available. These are, for example

- Medical professions
- Legal professions
- The teaching profession at state schools
- Professions in the public sector

This means that in these professions you may **only work with a state recognition of the professional qualification** (for example, vocational qualification or university degree). In the [Anerkennungs-Finder](#) you can search for the competent recognition body for regulated professions. You will also receive information on how to proceed.

## Non-regulated professions

In non-regulated professions, you may work **without the state recognition of professional qualifications**. However, it is recommended to apply for a certificate evaluation.

The [Central Office for Foreign Education \(ZAB\)](#) in Bonn is responsible for the assessment of certificates for non-regulated academic professions.

## Further information

[Here](#) you will find further information on the recognition of your university degree from abroad.

### I have a foreign vocational training qualification

If you have completed **vocational training** abroad, you can check whether this training is recognised in Germany. As a rule, the respective **chamber** (Chamber of Crafts, Chamber of Industry and Commerce). Chambers are **points of contact** for various training courses.

In the [Anerkennungs-Finder](#) you can search for the competent [recognition office](#). You will also receive information on how to proceed.

## Where can I find support for recognition?

### Recognition advice

You can obtain advice from the **IQ Netzwerk** on **how to recognise foreign qualifications** (school, study, vocational training qualifications).

### IQ Netzwerk Lower Saxony

#### Contact:



[IQ Netzwerk Hanover](#)



[Hanover Chamber of Commerce and Industry, Berliner Allee 23, 30175 Hanover](#)



[0511/3107517](tel:0511/3107517)



[anerkennungsberatung@hannover.ihk.de](mailto:anerkennungsberatung@hannover.ihk.de)

## Work and training

## Work and training in the District of Hameln-Pyrmont



### General information

To find a good job in Germany, completed vocational training or a completed course of study is important.

On the following pages, you will find **information and contact persons for training and entry into professional life**.



If you would like to get advice on educational issues or need information on a specific job description, you will find an overview of various educational opportunities for people who are new to the District of Hameln-Pyrmont, as well as a lot of important additional information on the website of the **Berufsinformationszentrum BIZ Hamelin (Vocational Information Centre)**:

#### Berufsinformationszentrum (Vocational Information Centre)

 [Süntelstraße 6, 31785 Hamelin](#)  
 [05151/909687](tel:05151/909687)

They can also take advantage of the career guidance services offered by the Federal Employment Agency (Bundesagentur für Arbeit; AfA)

#### AfA

 [Süntelstraße 6, 31785 Hamelin](#)  
 [05151/909150](tel:05151/909150)

Further detailed career information and the apprenticeship exchange operated by the “Arbeitsagentur” (employment agency) can be found under [job search](#).

The conditions with which you may work in Germany depend on your residence status. You can find basic information on this topic at [here](#).

If you have already obtained school or vocational training qualifications abroad, you should see to having these qualifications recognised. You can find more information on this at [“Anerkennung ausländischer Qualifikationen” \(Recognition of foreign qualifications\)](#).

In Germany there are about 400 training occupations. If you are interested in vocational training, you will find further information and contact persons under [“Ausbildung in Deutschland” \(Vocational training in Germany\)](#) (dual and full-time school).

As a teenager and young adult, you have to go to the “Berufsschule” (vocational school). This is true if you are undergoing vocational training, but also in other cases. The vocational schools in the District of Hameln-Pyrmont also offer various educational and counselling services to prepare you for vocational training or for starting a career. The [“Jugendberufshilfe” \(PACE\)](#) or [Start Guide](#) can advise you on this.

If you are looking for information about education in the District of Hameln-Pyrmont, you will find a project called "[Bildungsregion Hameln-Pyrmont](#)" on the homepage, which gives an overview of various educational opportunities, as well as a lot of important additional information.

The database can also help you in the consultation process to find the right offer for you.

## Job Applications

### What does an application include?

A written application is important for a successful search for an apprenticeship or job. When you have found an interesting job, you have to write an application. In your application, you describe your qualifications and experience.

### An application consists of three parts:

- **Cover letter:** In the personal cover letter, you briefly introduce yourself and describe why you are suitable for the vacant position.
- **Curriculum vitae:** The CV lists your entire professional experience and is set out in the form of a table. Write the dates during which you worked with each company. Include where you undertook training or a course of studies. Specify where you went to school and what type of qualification you left with. You do not have to include a photo in your CV, but many companies prefer it if you do.
- **Certificates:** It is very important that you send copies of your certificates. Certificates are school-leaving certificates, university degrees or job references from the past.

Applications can be submitted in hard copy, online by email or online on the company's website.

Always find out exactly what form the employer wants the application to take.

The "Agentur für Arbeit" (Employment Agency) and the Job Centre offer support with the preparation of application documents by an education partner.

### Where can I get help writing an application?

If you are a refugee and need help writing your application and a contact person throughout the application process and job search, feel free to look into the [Start Guide](#). They will find you a suitable Job Coach.

You can find more information and videos on the subject of application documents at [here](#).

## Job search

### There are different ways to find a job:

- [Job exchange of the "Bundesagentur für Arbeit" \(Federal Employment Agency\)](#), the ["IHK" \(Chamber of Commerce\)](#) and ["HWK" \(Chamber of Crafts\)](#)
- Other search portals on the internet, such as <https://werkeer.de/>

- The websites of companies
- Job information fairs
- Daily and weekly newspapers
- Social media
- Ask a friend
- Ask or call the companies personally
- Job Coaches
- [Start Guide](#)

Help in finding work is also offered by the [employment agency or career counselling services provided by](#) the [“Agentur für Arbeit” \(Federal Employment Agency\)](#).

If you are receiving support from the [Job Centre](#) , you will get help there.

**“Jobcenter” (Job Centre) or “Agentur für Arbeit” (employment agency)?**

### **District of Hameln-Pyrmont Jobcenter**

**The basic provision for jobseekers (Social Security Code [SGB] II) is provided by the Job Centre in the District of Hameln-Pyrmont.**

**The Job Centre for the District of Hameln-Pyrmont (SGB II) is responsible for recognised asylum seekers and contingent refugees (“Arbeitslosengeld [ALG] II” or “unemployment benefit II”).**

All **services**, such as


- standard benefits to safeguard subsistence
- integration into the labour market
- the costs of accommodation and heating and the initial provision of housing and clothing.

In addition to matters relating to benefits, the Job Centre advises, places and promotes its clients with the **aim of taking up employment** and thus earning a living.

Various **qualifications** such as further vocational training, retraining, job opportunities, and benefits for employers are available for this purpose.

#### **Contact:**

District of Hameln-Pyrmont Jobcenter

 [Süntelstraße 5, 31785 Hamelin](#)



[Jobcenter-Hameln-Pyrmont](#)

@ [Jobcenter-Hameln-Pyrmont@jobcenter-ge.de](mailto:Jobcenter-Hameln-Pyrmont@jobcenter-ge.de)

### **Hamelin Employment Agency (Agentur für Arbeit)**

**The Federal Employment Agency (SGB III) is responsible for asylum seekers and persons with toleration who receive [benefits under the Asylum Seekers Benefits Act](#).**

## **Employment agency**

You are looking for a job or want to further your professional development? You can discuss these and many other questions with the employment agency.

## **Further information**

- Job placement
- Consultations that focus on starting work
- Advice on all aspects of continuing vocational training
- Information on jobs and job searches
- Many of your questions can be clarified in a personal conversation, arrange your consultation appointment, also by telephone.

## **Career guidance**

The ["Berufsberatung" \(Career Advisory Service\)](#) supports you in your choice of studies and career, during your training and at the beginning of your working life. In a personal consultation, you can clarify important questions about your professional future.

The following persons can be advised

- schoolchildren
- Apprentices
- students and
- university graduates.

In addition, all those who are seeking vocational training for the first time or want to reorient themselves professionally.

### **Career guidance can help you, for example,**

- to find a suitable profession or a suitable study programme
- to clarify questions about the contents of an apprenticeship or study programme
- to find a training place and to apply accordingly
- to develop alternatives, if the desired occupation does not work
- to use funding opportunities
- to obtain information on the training or labour market.

### **Contact:**

#### **Hamelin Employment Agency (Agentur für Arbeit)**



[Süntelstr. 6, 31785 Hamelin](#)



[Hamelin Employment Agency \(Agentur für Arbeit\)](#)



## Legal information about work

### Unemployment and social benefits

#### Entitlement to “Arbeitslosengeld I” (Unemployment benefit I) from the employment agency

You are unemployed if you do not earn money to live on. Since Germany is a welfare state, it helps people who cannot, or can only partially, secure their own livelihood.

However: Basically, everyone should be able to earn their own living through work.

**You receive “Arbeitslosengeld I” or “Unemployment benefit I” when you lose your job.** To do so, you must have worked in Germany for at least 12 months in the past 30 months. Under certain circumstances, there are other conditions.

Whether you receive unemployment benefit is decided by the employment agency.

#### 1. Sign up for a job!

You have been given notice of termination, you have resigned or your fixed-term employment contract is about to end. The Employment Agency (Agentur für Arbeit) supports you in your search for a new job. Together with you, we will also determine whether you are entitled to financial support.

It is important that you contact us immediately to **look for work**. Register as a jobseeker at least 3 months before the end of the employment relationship. If you only find out about it later, contact us at the latest 3 days later looking for work.

You can do this in different ways:

- on site at your employment agency
- by telephone on  [0800/4555500](tel:08004555500) (toll-free)
- online at <https://www.arbeitsagentur.de/>

#### 2. Personally declare yourself unemployed.


On the first day without employment at the latest, you must personally register as unemployed with your employment agency. This is a prerequisite for receiving unemployment benefit.


#### 3. Fill in the application for unemployment benefit.

Apply for unemployment benefit online on the Internet. Alternatively, you can obtain an application form from your employment agency to submit the application in writing.

[Here](#) you will find further information.

## Hamelin Employment Agency (Agentur für Arbeit)

 [Süntelstraße 6, 31785 Hamelin](#)

 [08004555500](tel:08004555500)



[05151909254](tel:05151909254)

 [Hameln@arbeitsagentur.de](mailto:Hameln@arbeitsagentur.de)



[Opening hours](#)

Mon: 08:00 - 12:00 and 14:00 - 16:00

Tue: 08:00 - 12:00

Wed: 08:00 - 12:00

Thu: 08:00 - 12:00 and 14:00 - 18:00

Fri: 08:00 - 12:00

## Entitlement to “Arbeitslosengeld II” (“Unemployment benefit II) (ALG II, SGBII, Hartz IV) from the Job Centre

You will receive unemployment benefit II if you:

- are unemployed for a long period
- have not yet worked in Germany for 12 months subject to social insurance contributions
- earn too little in your job and need support to make a living.


### You get:


- a standard rate
- Costs of the apartment and heating covered
- Costs of health and nursing care insurance covered
- New equipment for housing and clothing
- Integration into the labour market.

### Contact the Job Centre.

**For information: Benefits under the Asylum Seekers Benefits Act are subordinate to all other financial support and your own income.**

### Hameln - Pyrmont Jobcenter

 [Süntelstraße 5, 31785 Hamelin](#)

 [051517815777](tel:051517815777)

 [Jobcenter-Hamelin-Pyrmont@jobcenter-ge.de](mailto:Jobcenter-Hamelin-Pyrmont@jobcenter-ge.de)

## Entitlement to benefits under the Asylum Seekers' Benefits Act with the District of Hameln-Pyrmont

**Asylum seekers and tolerated persons** receive **benefits under the Asylum Seekers Benefits Act**.

You will receive the benefits under the Asylum Seekers Benefits Act if you:

- Are a foreigner without a residence permit
- Are a foreigner with a residence permit according to asylum law, have a toleration certificate or are obliged to leave the country
- Have no income or assets
- Earn too little in your job and need support to make a living

During the first 24 months of your stay in Germany, benefits are granted in the shared accommodation and afterwards in the follow-up accommodation for which the respective community of residence is responsible.

### You receive:

- A form of pocket money and another amount for food, clothing and health care
- Cover in the event of illness
- Costs of the apartment and heating covered
- Services for education and participation

**Note:** Benefits under the Asylum Seekers Benefits Act are subordinate to all other financial support and your own income.

### District of Hameln-Pyrmont Social Welfare Office (Sozialamt)



[Süntelstraße 9, 31785 Hamelin](#)



[051519030](tel:051519030)



[Asylblg@hameln-pyrmont.de](mailto:Asylblg@hameln-pyrmont.de)

### Employment contract

Anyone who starts a job gets an employment contract. The employment contract regulates the most important conditions of an employment relationship such as:

- Working hours
- Holiday
- The amount of salary and
- Periods of notice

Both sides - employees and employers - must comply with these agreements.

As the contract becomes legally valid with your signature, you should only sign it when you fully understand the content.

**Note:**

- An employment contract can also be established verbally or tacitly by conclusive conduct!
- If you have worked, your employer has to pay you for it, even if there is no written employment contract (yet in place)!

**Types of contracts:****Permanent job contract (Unbefristeter Arbeitsvertrag)**

As a general rule, there is a probationary period of three to six months. During this period, both the employer and the employee may terminate an employment relationship at short notice within two weeks. At the end of the probationary period, a permanent employment relationship begins with longer protection against dismissal. Working hours are usually up to 40 hours a week.

**Fixed-term job contract (Befristeter Arbeitsvertrag)**

The employment ends at the agreed time, without the need for notice of resignation.

**Job Reference****Job Reference**

All employees have the right to receive a **written reference** at the end of an employment relationship.

A **simple job reference** contains personal details as well as the type and duration of employment.

A **qualified job reference** also contains information about the job and an assessment of leadership, performance and social competence.

**Working times****How long can I work?**

According to the "Arbeitszeitgesetz" (Working Hours Act), it is not allowed to work more than 8 hours per day.

In exceptional cases, the working time may be extended up to 10 hours if an average of 8 hours per day has not been exceeded within 6 months.

You are entitled to breaks:

- From 6 hours upwards, you must take a break of at least 30 minutes.
- From 9 hours upwards, you are entitled to a break of at least 45 minutes.

**Overtime**

Overtime may only be demanded from you if it is regulated in the contract.

Overtime must also be paid.

Instead of a payment, there is also time off in lieu. This must be stipulated in the contract or you as an employee must agree to it.

**Important:** Always document your working hours daily! So you can always prove how much overtime you have worked.

## **Minimum wage**

### **How high is the current minimum wage?**

In Germany, there is a legal minimum wage. The current minimum wage per hour is 12.00 euros (as of 01/10/2022). The amount is increased regularly.

The minimum wage may not be reduced by working longer hours than contractually agreed without corresponding wage compensation.

### **The minimum wage does not apply to:**

- Young people under the age of 18 without completed vocational training
- Apprentices
- Long-term unemployed persons during the first six months of their employment after the end of unemployment
- Trainees in certain types of internships (school or study-related internships or internships for professional orientation up to three months)
- Voluntary activities
- Self-employed

## **Salary statement**

If you are employed as an employee, you will receive a salary pay slip after the first working month or a wage slip. Some employers will continue to send you a monthly statement, others only if there is something different in the month in question (e.g. Christmas bonus, increase in insurance contributions, etc.).

### **These details must be shown in the salary statement or payslip:**

- Name and address of employer
- Name, address, date of birth of the employee
- Employer's insurance number
- Date of beginning the employment
- Tax category and tax identification number
- Accounting period
- Gross salary (salary without deductions – gross tax amount and gross social security amount)

- Type and amount of surcharges or bonuses
- Type and amount of deductions
- Net amount (after all deductions)

The net amount is usually the amount you receive. Exception: If there were advance payments, or loans from the company or salary seizure (if you have debts), further amounts will be removed from the net amount.

## **Taxes and social security payments**

Every employee in Germany pays a part of his or her wage as taxes and social security contributions. Self-employed persons must also pay taxes.

### **Income tax**

Income tax is a contribution to financing federal, state and local government spending. With the money from taxes, streets and schools are built or social benefits are financed, for example.

- If you have an employer (i.e. are “angestellt”), you will receive the net sum of your salary from your employer – in other words, your taxes have already been deducted.
- If you are self-employed, you are responsible for your own income tax

### **Tax ID number**

All working persons receive a “Tax ID number” when they start work. The tax ID is a 11-digit number and is used for income tax. It is valid for the whole of your life. Children born in Germany receive a letter with their personal tax ID within three months after the birth; this is required to apply for child benefit (Kindergeld) for example.

If you work in Germany, you will need the number again and again, for example, for your employer. If you do not know the number, you can ask for it personally at the Meldebehörde (registration office) or in writing from the Bundesamt für Steuern (federal tax office).

If you do not know your number, you can reapply here:



[Federal Central Tax Office \(Bundesamt für Steuern\)](#)

### **Tax return**

In the annual tax return, you can claim various expenses from the Finanzamt (tax office) to reduce the amount of tax you pay. You can receive refunds or you may have to pay additional payments to the Finanzamt (tax office). Many people are obliged to complete a tax return; it is best to ask the Finanzamt (tax office) if this applies to you.

If you need help with your tax return, you should contact your local taxpayer’s advice centre. If you have any further questions, the tax office can also help you.

## **Social security payments**

Social security contributions are the contributions to social insurance that employees have to deduct from their gross monthly wage in addition to taxes - this is legally obligatory and is automatically calculated by the employer. Part of social insurance is also paid by the employer.

Social security contributions finance the German social system. If people cannot find work or are no longer able to work, this can help to secure the most necessary living costs. Ultimately, social security contributions serve to provide personal security for each and every individual - if, for example, you become unemployed and have previously paid into unemployment insurance for a certain period of time, you are entitled to "Arbeitslosengeld I" (unemployment benefit I). Likewise, with the monthly contribution to pension insurance, you acquire the right to receive a state pension in old age.

### **The contributions to social insurance are made up of payments towards:**

- Pension insurance
- Unemployment insurance
- Health Insurance
- Nursing care insurance

The amount depends on your individual income. The contributions are automatically deducted from your gross salary.

There are exceptions for foreign workers, for example if they are sent by a foreign company to Germany, work in several countries or are self-employed or affected by other exemptions.

To receive a permanent residence, it's a requirement that you have paid contributions for at least 60 months into pension insurance. This also applies to self-employed people. There are also exemptions here.

### **"Sozialversicherungsnummer" (national insurance number)**

Deutsche Rentenversicherung (the German state pension insurance company) automatically sends you your social security number the first time you take up employment in Germany.

If you lose this number you can request to have it sent to you again:

Telephone number of the Deutsche Rentenversicherung:

 [0800/10004800](tel:080010004800) (free of charge from the German landline network)

Further information: [German pension insurance](#)

### **Holiday**

You have at least 24 working days of annual leave per year. Working days are from Monday to Saturday. If you work less than 6 days a week, your holiday must be reduced.

In other words:

5-day week: 20 days holiday

4-day week: 16 days holiday

3-day week: 12 days holiday

## Illness

If you are working, doing an internship or attending a German course and are ill, you must call in and report sick. As a rule, your doctor must certify that you are not able to work (=certificate of incapacity for work (Arbeitsunfähigkeitsbescheinigung - AU)).

Ask your employer or language course provider when you have to submit a certificate of incapacity to work.

In case of illness, you will be paid for 6 weeks.

From the 7th week you will receive sickness benefit from the health insurance fund, which is 70%.

**Note:** Illness is not a form of protection against dismissal!

## Accident at work

If you have an accident during work or on your way to work, this is defined as an accident at work.

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

If you go to the doctor or hospital you must tell them that it's an accident at work. The treatment is then not paid for by the health insurance company, but by the employer's accident insurance. You can find out the name of the accident insurance company from your employer.

If you have an accident at work and

- are unfit for work for more than one day or
- require medical treatment for longer or
- get sick again at a later date

you need to see a so-called accident insurance consultant .

So-called "Durchgangsärzte" (transit doctors) can be found on the website of [Deutsche Gesetzliche Unfallversicherung](#)

## Work exploitation

Work exploitation is when the work takes place under unfair conditions or without the agreement of the person doing the work.

Slavery and forced labour are forbidden in Germany!

Human trafficking for the purpose of labour exploitation or forced sex work is prohibited in Germany!



Other forms of work exploitation are also criminal offences:

- Refusing to pay wages despite work being carried out
- Longer periods of work than was contractually agreed for the same salary (circumventing the minimum wage)
- Refusing to pay additional wages that are due to the worker such as payment in the event of illness or paid holiday

## Handing in your notice

If you want to hand in your notice as an employee, you must submit your notice in writing, preferably by post, to your employer.

If you have been dismissed by your employer and want to do something about it, you only have 3 weeks. You must file a complaint with the help of a lawyer and/or at the "Rechtsantragsstelle" (Legal Application Office) at the "Arbeitsgericht" (Labour Court).

The notice period for employers is normally 4 weeks to the end of a month.

The period for employees depends on the duration of the employment relationship.

For example, 5 years --> 2 months' notice

Probationary period up to a maximum of 6 months --> 2 weeks notice period

## Works councils and unions

In Germany, employees have the right to have a say in the workplace, in the company and in the economy as a whole, and to stand up for their interests.

### Works council

Upwards of a certain size of company, the law says that the employees of a company have to be represented in the form of a works council (for public services: Personalrat or staff council). A works council represents the interests of the employees in a company and has co-determination rights. It is - in accordance with the legal requirements - elected by the employees.

### Trade unions

Employees join together in trade unions in order to jointly represent and assert their economic and social interests vis-à-vis employers.

There are eight different trade unions in Germany, covering all occupational sectors. They advise their members on issues regarding employee and social law, negotiate wage tariffs and support the worker's councils. Membership of a trade union is not free.

## German Federation of Trade Unions

The German Federation of Trade Unions is the umbrella organisation of all German trade unions.

[Learn more about trade union membership](#)

Who's it for: Employees, trainees, students and pensioners

## Minijob

### Mini-job (small-scale employment)

The maximum monthly income is **538 euros** and is **tax-free**. The employee does not have to pay contributions to statutory health insurance and unemployment insurance. You can also be exempted from the obligation to pay pension insurance upon application.

With a mini-job, you only get very minimal entitlement to an old-age pension later. You must arrange your own health insurance, so it is best to seek advice from a statutory health insurance company.

## Am I allowed to work?



**Note:** With the following information, it always depends on the specific individual case whether one receives a work permit.

### May I work with a residence permit?

The permission to work as an asylum seeker with an ["Aufenthaltsgestattung" \(temporary residence permit\)](#) depends on:

- whether you live in an initial reception centre or have already been placed outside the initial reception centre
- how many months you have already been in Germany.

### whether you are still living in the initial reception centre

No employment permit can be issued during the **first nine months** after the asylum application is filed. During this time, your identity document will contain the sentence: **"Erwerbstätigkeit nicht gestattet" ("No employment allowed")**.

**After the ninth month** from filing the asylum application, there is a **right to** the issue of an employment permit. Your identity document states **"Erwerbstätigkeit nur mit Genehmigung der Ausländerbehörde gestattet." ("Gainful employment only permitted with the approval of the Immigration Office")**

The [job description](#) and [declaration of employment](#) must be completed and signed and submitted to the "Ausländerbehörde" (Immigration Office).

### You no longer live in the initial reception centre

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

If you are in Germany for 4-9 months or longer, you can apply for an employment permit at the “Ausländerbehörde” (Immigration Office) at (see above). The decision is taken at the discretion of the relevant authority.

**From the 10th month** you can apply for an employment permit. This is then no longer a discretionary decision, because you are entitled to it.

**From 4 years in Germany** a general employment permit is valid. You then have **full access to the labour market**. This means: The approval of the “Bundesagentur für Arbeit” (Federal Employment Agency) is no longer necessary. But this must be applied for at the “Ausländerbehörde” (Immigration Office). It will then be noted in your residence permit.

A residence permit does **not allow you to be self-employed**.

Detailed information on this topic can be found, for example, in the [work aid on the topic of flight and migration from the association “Paritätischer Gesamtverband”](#).

### Can I work if I come from a safe country of origin?

In **addition to the EU Member States, safe countries of origin are currently Albania, Bosnia and Herzegovina, Ghana, Kosovo, Macedonia, Montenegro, Senegal and Serbia**.

Permission to work as an asylum seeker from a safe country of origin is dependent on

- whether you have a residence permit or a tolerated status
- whether you live in an initial reception centre or have already been placed outside the initial reception centre
- when you filed your asylum application.

### **whether you are still living in the initial reception centre Erstaufnahmeeinrichtung...**

**and have a residence permit or a toleration certificate and have  
filed your asylum application after 31.08.2015?**

Then you may **not** work.

**have been granted a tolerated status and have submitted your  
asylum application before 31.08.2015?**

Then you can apply for an employment permit at the “Ausländerbehörde” (Immigration Office). You must complete and sign the [job description](#) and the [declaration of employment](#) for this and submit it to the “Ausländerbehörde” (Immigration Office).

### **You no longer live in the initial reception centre Erstaufnahmeeinrichtung...**

**and have a residence permit and have filed your asylum application after 31.08.2015?**

Then you may **not** work.

**and have a residence permit and have submitted your asylum application before 31.08.2015?**

Then you can apply for an employment permit at the “Ausländerbehörde” (Immigration Office).

**have been granted a tolerated status and have filed an asylum application after the 31.08.2015?**

Then you may **not** work.

**have been granted a tolerated status and have filed an asylum application before 31.08.2015?**

Then you can apply for an employment permit at the “Ausländerbehörde” (Immigration Office).

**May I work with a tolerated status?**

The permission to work with a [tolerated status](#) depends on:

- whether you live in an initial reception centre or have already been placed outside the initial reception centre
- how many months you have already been in Germany.

**whether you are still living in the initial reception centre**

If you are in possession of a “Duldung” (**toleration**) for **0-6 months**, then you are not allowed to work.

If you have had a [tolerated status according to § 60a](#) for **at least 6 months**, then gainful employment is **only permitted with the approval of the “Ausländerbehörde” (Immigration Office)**. You will find this notice on your identity document as an [ancillary condition](#).

An employment permit **can** be issued to you. You must complete and sign the [job description](#) and the [declaration of employment](#) and submit it to the “Ausländerbehörde” (Immigration Office). The approval of the “Bundesagentur für Arbeit” (Federal Employment Agency) is requested by the “Ausländerbehörde” (Immigration Office). In doing so, it checks the working conditions (for example, minimum wage, scope of work).

**You no longer live in the initial reception centre**

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

If you have already been **in Germany for 4 months**, then you can apply for an employment permit at the “Ausländerbehörde” (Immigration Office). Your identification document reads **“Gainful employment only permitted with the approval of the “Ausländerbehörde” (Immigration Office)”** This means that you must complete and sign the [job description](#) and [declaration of employment](#) and submit it to the “Ausländerbehörde” (Immigration Office). The approval of the “Bundesagentur für Arbeit” (Federal Employment Agency) is requested by the “Ausländerbehörde” (Immigration Office). In doing so, it checks the working conditions (e.g. minimum wage, scope of work). The granting of the employment permit is at the discretion of the “Ausländerbehörde” (Immigration Office).

If you have already been **in Germany for 4 years**, a general employment permit applies. You then have full access to the labour market. This means: The approval of the “Bundesagentur für Arbeit” (Federal Employment Agency) is no longer necessary.

In principle, you do not need a work permit for **school education**.

It is very important that you cooperate in **obtaining your passport and clarifying your identity**. Otherwise, the “Ausländerbehörde” (Immigration Office) or the “Regierungspräsidium” (Regional Council) can issue a general ban on you working under immigration law.

If you have such a ban on working, you cannot apply to the Bureau for Foreigners (Ausländerbehörde) for approval of employment/training or continuation of existing employment.

Detailed information on this topic can be found, for example, in the [work aid on the topic of flight and migration from the association “Paritätischer Gesamtverband”](#).

## How do I get a work permit as a specialist from abroad?

### Working as a specialist from abroad

#### Nationals of the European Union (EU) and the European Economic Area (EEA)

In Germany, the **EU law on the free movement of persons** applies.

If you are a **citizen of the EU or the EEA**, you may work in Germany. You **do not need a visa** or residence permit.

#### Nationals of Australia, Canada, Israel, Japan, Republic of Korea, New Zealand and the USA

Simplified rules apply. In principle, you can enter Germany without a visa and apply for the necessary residence permit to take up work after entry at the [competent “Ausländerbehörde” \(Immigration Office\)](#) within 90 days in Germany. As soon as you are granted the residence title, you are allowed to stay in Germany for a longer period of time and, depending on the residence title, to work.

#### All other third country nationals

Nationals from all other countries, i.e. third countries, generally require a visa for entry. After entering the country, you must apply for a residence permit within the validity period of the visa, which will allow you to continue to stay in Germany and take up employment.

### **Requirements for the entry visa:**

1. The identity has been clarified. Present a valid passport!
2. The person's livelihood is secured. Will the future income be sufficient to cover the cost of living in Germany?
3. There is no interest in deportation, i.e. you do not represent a danger in Germany.

### **Apply for the visa as early as possible!**

The entry visa is usually issued for a maximum of 6 months. You must apply for a residence permit during this period.

**In addition to the visa regulations, there are other requirements** that must be met in order to work as a foreign specialist in Germany:

1. They require the approval of the Federal Employment Agency. (There are exceptions to intergovernmental agreements, e.g. the [EU Blue Card](#) is issued above a certain salary limit without the approval of the Federal Employment Agency). The approval of the Federal Employment Agency is obtained from the Ausländerbehörde (Immigration Office) or the foreign mission. It is important that you submit all documents in full.
2. You need an employment contract or a concrete job offer for the approval of the Federal Employment Agency. You must also submit the completed and signed [declaration of employment](#).

### **Further requirements for the granting of the residence permit:**

- There is a concrete job offer
- The Federal Employment Agency has approved the employment
- There is a letter of commendation
- For the [regulated professions](#) you need a professional licence
- For persons over 45 years of age, proof of adequate pension provisions must be provided or a gross salary of at least 55% of the annual contribution assessment ceiling must be paid in the general pension insurance scheme

**The residence permit for skilled workers is issued for a period of 4 years.** If the employment relationship lasts for a shorter period, the residence permit is only issued for this period. If you then continue to meet the requirements, the residence permit can be extended or a [settlement permit](#) can be issued.

More info at <http://www.make-it-in-germany.com>

The portal provides important information to interested professionals about living and working in Germany and about the immigration process.

### **IT specialists from abroad**

## Special case: Employment of IT specialists with practical and professional knowledge from third countries

Third-country nationals who want to work in the IT sector receive **approval for employment from the “Bundesagentur für Arbeit” (Federal Employment Agency) without formal recognition of their qualifications.**

### Requirements:

- At least 3 years of professional experience in the IT sector within the last 7 years
- Proof of qualification by successful participation in theoretical training or examinations in the IT sector
- The gross salary must amount to at least 60% of the annual contribution assessment ceiling for the general pension insurance scheme
- At least [B1 German](#) language skills, proof only necessary if future employer requires this

### Arrival of skilled workers for job search

### Arrival of skilled workers to find a job in Germany

Finding a job in Germany from abroad is very difficult. You may enter Germany to look for a job here.

### Professionals are granted a visa under these conditions:

- the **qualification** obtained abroad is **recognised** in Germany or comparable with a German qualification
- the **livelihood** is secured in Germany
- for skilled workers with vocational training: usually [B1 German](#) language skills

After a successful job search you will receive the residence permit for the purpose of employment.

### International students and graduates as future professionals

If you complete your studies in Germany as a third-country national, you may stay here to look for qualified employment.

You will receive a **residence permit for up to 18 months.**

You may **work as a student assistant** during your studies for 120 full days or 240 half days per year without the approval of the Federal Employment Agency (with a residence permit in accordance with § 16b Residence Act [AufenthG]).

You can also obtain a residence permit for another purpose **during or before the completion of your studies** in Germany:

- Taking up employment as a specialist or on the basis of extensive practical professional knowledge: If you have already obtained degrees before the course and your knowledge

and skills are sufficient to take up qualified employment, you may change the purpose of your stay, provided that a job offer is available. However, this is only provided for in exceptional cases!

- Start of qualified vocational training: You can, for example, switch to dual vocational training

### Entry from abroad to find a training place

If you are a third-country national are interested in an apprenticeship in Germany, a **visa can be issued to search for a training place**.

#### Requirements:

- Not older than 25 years
- School leaving certificate from a German school abroad; entitles the holder to enter higher education in Germany or in the country where the certificate was obtained
- B2 German language skills
- The livelihood during the time in Germany is secured

The visa or residence permit is valid for up to 6 months. You may not work during this time.

If you do not find a training place during this time, you will usually have to leave the country. You may re-enter the country with a visa for the same purpose if you have been abroad for at least as long as you have been in Germany.

### Entry for vocational training in Germany

If you have found a training place in Germany as a third-country national, you may enter the country with a visa and start training immediately.

The visa must be applied for in the home country and must be available before entry.

#### Requirements:

- You can prove that you have a training place
- B1 German language skills; proof not required if the company providing training confirms that the language skills are sufficient

## Internships

### General information about an internship

Before starting a job with an employment contract or an apprenticeship, you can **try out with an internship to see if the job fits**. Most employers do not want to pay money for an internship.

With an internship, your future employer can also find out whether you are **suitable for the job** and would like you to **work on a trial** basis. However, this is not allowed without permission and without payment. But there are several possibilities.



You would like to do an apprenticeship, but you are not sure whether the work meets your expectations? Then a [job orientation internship](#) is the right thing for you.

Or your German is not yet sufficient (no B2 yet), so that vocational school will be difficult? Then an [entry qualification](#) is good. In the period up to the start of training, it is important to learn German intensively.

**Important:**

- No internship is possible if you are not allowed to work
- All internships must be approved by the “Ausländerbehörde” (Immigration Office)
- An internship without payment is only possible in exceptional cases
- Otherwise, the minimum wage must be paid for an internship
- The same regulations apply to refugees with residence permits as for Germans

**How do I find an internship?**

- Ask at a company of your choice
- Enquire at the Agentur für Arbeit (Federal Employment Agency)
- Or if you/your parents receive unemployment benefit II, ask your Job Centre adviser
- Search on job exchanges on the Internet

**MAG and trial employment****What is a “MAG” (operational measure for activation and occupational integration)?**

This is an internship without pay. However, you are insured and can have your travel expenses reimbursed by the agency.

Asylum seekers with a temporary residence permit or a “Duldung” (tolerated status) can do certain internships for up to 12 weeks (for example as a form of career orientation) without the approval of the Federal Employment Agency. However, you should coordinate the work placement with the responsible Bureau for Foreigners (Ausländerbehörde) before you start.

**What is a trial job?**

Normal employment relationship with a contract limited to 6 months.

The standard wage or minimum wage must be paid.

Cannot be extended, a regular contract must follow.

**Entry qualification**

You know what you want to be? But you were unable to find a training place by 30 September? Then you can do a longer internship under certain conditions. This prepares you for vocational training. It is called an **entry qualification (EQ)** and lasts between 6 and 12 months.

The entry qualification starts on 1.10. for 11 months or on 1.3 for 6 months.

You earn € 231 per month.

For people who do not yet have a knowledge of German at language level B2, there is an entry qualification plus language (EQ + language). Accompanying the internship, you will usually attend a language course two days a week.

If you are interested, ask your personal point of contact at the [Agentur für Arbeit](#) (Federal Employment Agency). The approval of the “Ausländerbehörde” (Immigration Office) may also be required.

**Attention:** with an EQ, it is not possible to apply for [an “Ausbildungsduldung” \(tolerated status due to training\)](#) !

Further information from the Federal Employment Agency can be found [at](#) .

## Vocational orientation internship

### The vocational orientation internship offers several advantages:

- before beginning a dual vocational training / study course, to see whether the training you envisage is suitable
- possible for up to 3 months without payment
- Permission of the “Ausländerbehörde” (Immigration Office) required
- informal application to the Immigration Office (letter from the company: Mr X/Ms Y would like to do a vocational orientation internship with us from ... to ...). Since no approval from the Federal Employment Agency is required, this is done quite quickly.
- from the 4. month of the internship, there must be a minimum wage paid retroactively from the 1st day

## Voluntary social year and federal national service

### What is a “Freiwilliges Soziales Jahr (FSJ)” or “voluntary social year”?

A good alternative to an internship is the voluntary social year. If you **have completed compulsory education and** are under 27 years old, you can take an FSJ. You can gain valuable experience at a social or cultural institution.

### Where can I do an FSJ?

- Medical-nursing tasks  
(especially in hospitals, in care for the elderly, in institutions for people with disabilities)
- Educational-pedagogical tasks  
(especially in kindergarten, schools, youth welfare, social work, church communities)
- Administrative and office tasks  
(especially in parishes, cultural institutions, youth work)

- Domestic and caretaker duties  
(possible in all social institutions, as in institutions for elderly or disabled people)

## Where can I find offers?

On the right-hand side of the page of the [Lower Saxony State Office for Social Affairs, Youth and Family](#) you will find a [list of FSJ](#) providers with all the recognised providers who offer a voluntary social year.

In order to find a place in your desired field of activity for a social year, you should **apply for an FSJ at as early as possible**. Preferably half a year in advance. Sometimes, it is also possible to start an FSJ at short notice within four weeks.

## Is an FSJ paid?

Voluntary service is paid - when it comes to payment in the FSJ, this is called “Taschengeld” (“pocket money”). This amounts to **about 360 euros** per month. The amount consists of 320 euros pocket money and 40 euros food allowance. The pocket money is paid out by the organisation for which you are volunteering. Some places of employment offer an FSJ position with free accommodation.

## Will I get a report card?

At the end of your voluntary social year, you will receive a **certificate** of the activity in your placement. You will also receive a **certificate** confirming days spent in an educational setting.

## What are the advantages of an FSJ?

- Social commitment and doing good
- Personal development, broaden your own horizon and experience new things
- Professional orientation in the FSJ - not only in the social sector
- Getting practical experience
- FSJ for a university of applied sciences, pre-study internship, probationary year
- Take time out and gain more time

**Please note:** An FSJ must be approved by the “Ausländerbehörde” (Immigration Office) if an unrestricted work permit is not available.

## BufDi - Federal Voluntary Service

### What is a Federal Voluntary Service (BufDi)?

**Asylum seekers** and **recognised refugees** can take up employment in the Federal Voluntary Service (BufDi). **Young people who have completed their compulsory education** work for 6 - 24 months in a social or cultural institution. The Federal Voluntary Service is an **offer to women and men of all ages** to commit themselves to the common good outside of work and school - in the social, ecological and cultural field or in the field of sport and integration, as well as in civil defence and disaster control.

## Which advantages does a BufDi have?

- Gain practical experience and knowledge
- Gain initial insight into the professional world
- Learn from the rich life experience of older people
- and much more!

## Where can I become involved the Federal Voluntary Service (BufDi)?

- Health care
- Help for people with disabilities
- Integration
- Child and youth welfare, youth education, youth work
- Culture, monument preservation, adult education
- Senior citizens' aid
- Sports
- Environment, nature conservation and sustainability
- Welfare work
- Civil protection and disaster relief

Once completed, you will also receive a **certificate**.

**Note:** A BufDi must also be approved by the “Ausländerbehörde” (Immigration Office).

Here you can find [further information](#) on the Federal Voluntary Service.

## “Ausbildung” (vocational training) in Germany

### General information

### Education (dual training and full-time school)

In Germany, it is a great advantage if you have a vocational qualification before you go to work. With a vocational qualification, you earn more money on average over the course of your life, become unemployed less often and have fixed-term contracts less often than if you were looking for work without a vocational qualification.

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

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

Successfully completed vocational training opens up many options on the labour market to you. You can also take up a course of study following an apprenticeship.

To get an insight into a profession, an [internship](#) is useful. Here you can find out if you like the job and improve your German language skills.

## Dual training

A special feature in Germany is the dual training system. About one third of the time, dual vocational training takes place at the [vocational school](#) and about two thirds of the time at a training company. In this way you get to know theory and practice at the same time and earn money in a company during your training.

If you want to apply for an apprenticeship, knowledge of German is very important (at least B1). This is because German is spoken in companies and vocational schools and technical colleges. The tests will also be held in German.

In a short [film](#) by the network “Unternehmen integrieren Flüchtlinge” (Companies Integrating Refugees) the vocational training is presented in different languages.

Depending on what kind of profession you would like to learn in a dual vocational training programme, you opt to contact one of the following:

### Chamber of Crafts (HWK; Handwerkskammer)

The [Chamber of Crafts](#) is responsible for craft professions. The Chamber of Crafts has special contacts for those who wish to start training in this field. It provides support in the search for an apprenticeship or an [entry qualification](#), which can precede an apprenticeship.

Chamber of Crafts (Handwerkskammer) Hanover



[Berliner Allee 17, 30175 Hanover](#)



[0511348590](#)



[info@hwk-hannover.de](mailto:info@hwk-hannover.de)

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

The [Chamber of Commerce and Industry](#) is responsible for professions in industrial manufacturing, trade and services. This is the case, for example, as a plant mechanic or a trader in wholesale and foreign trade. The Chamber of Commerce and Industry in Hanover also has special contacts who provide advice on training, entry qualification and internships:

Hanover Chamber of Industry and Commerce



[Schiffgraben 49, 30175 Hanover](#)



[051131070](#)



[info@hannover.ihk.de](mailto:info@hannover.ihk.de)

[“Lehrstellenbörse” \(apprenticeship exchange\) at the HWK](#) and [IHK](#) can be found here.

## Full-time school-based training at a vocational school (Berufsschule)

In Germany, however, there is not only the dual vocational training system, but also **full-time school-based training at a vocational school**. This type of training provides a completed vocational training in theory and practice outside of the dual training system (without an apprenticeship at a company). It usually lasts **two to three and a half years**. Classes are held full-time and include general education subjects as well as occupation-related subjects. Vocational schools vary greatly in terms of their training courses, admission requirements, duration of training and further education opportunities. Please enquire at the respective school in each individual case.

Whether you are allowed to do an apprenticeship depends on your residence status. You can read more about this [here](#).

## Advice and Assistance

### HaPy NETs

The HaPy NETs project is aimed at young men with and without a migration background, aged 18 to 35, who are at risk of social exclusion and poverty. The goal is to promote their integration into the labor market and strengthen their social participation.

Individual counseling improves employment opportunities and enables social participation. Additionally, contacts are established – both with relevant stakeholders such as employers in the Hameln-Pyrmont district and within the target group itself.

The voluntary support and counseling service is available to all young men with and without a migration background who need assistance in the following areas:


- Employment
- Authorities
- Finances
- Education
- Housing


In addition to individual counseling, referrals to other relevant services in the region or within the institution are provided if needed.

The overarching goal is to provide participants with the best possible support and help them achieve their personal goals.

### Contact:

**Martin Wollny**

 [05151982175](tel:05151982175)

 [015150743683](tel:015150743683)

 [wollny@impuls-hamelnpyrmont.de](mailto:wollny@impuls-hamelnpyrmont.de)

**Alexander Berger**☎ [05151982160](tel:05151982160)☎ [015906720095](tel:015906720095)@ [berger@impuls-hamelinpyrmont.de](mailto:berger@impuls-hamelinpyrmont.de)**Georgios Argiriou**☎ [05151982133](tel:05151982133)☎ [015563080188](tel:015563080188)@ [argiriou@impuls-hamelinpyrmont.de](mailto:argiriou@impuls-hamelinpyrmont.de)📍 [Ohsener Str. 106, 31789 Hameln](#)For more information, visit: [Impuls Hameln](#)**Berufsinformationszentrum (Career Information Centre; BiZ) Hamelin**

Find out about professions and the labour market in your region

At the Career Information Centre you will find a comprehensive range of information on:

- Vocational training and university studies
- Job profiles and their requirements
- Professional qualifications, further and advanced training courses
- Application and job search
- Employment opportunities and alternatives
- Job opportunities abroad
- Current developments on the labour market

Computers with internet access are available for your research and applications. You can use the extensive information material on careers free of charge or take it home with you: for example, application guides, study guides and magazines on the subject of starting a business or continuing education.


You can find more information [here](#).**VerA project - training guides****VerA project - training guides**

VerA is aimed at young people who encounter difficulties in their training and are thinking of dropping out of their apprenticeship. They are assisted by senior experts with professional and life experience.

VerA guidance is free of charge for trainees and all other stakeholders. The senior experts and young people jointly determine the goals of the training support in each individual case.

## **Contact:**

**Hermann Hartmann**

 [05127/5511](tel:05127/5511)

 [hildesheim@vera.ses-bonn.de](mailto:hildesheim@vera.ses-bonn.de)

Further information can be found here: [SES Bonn](#)

## **Bigufi School - Profession**

### **Bigufi (find education well)**

On the following page you will find a lot of useful information about school and work in the District of Hameln-Pyrmont. There are also special offers for refugees here.

[Counselling and support services in the "school-work" context](#)

## **"Change it" project at ProAktivCenter (PACE) Impuls**

### **ProAktivCenter (PACE) Hameln-Pyrmont**

#### **"Change it" project**

#### **Who can receive support?**

"Change it!" at the Pro Aktiv Center (PACE) is a counselling centre for young people aged 14 to 26. The offer is free of charge and includes help with private worries e.g. school, money, family etc., support with administrative affairs, help with filling out applications, support in finding a job, application assistance, placement in training, work, further training or internship.

In addition to providing support and referral to authorities and other institutions, "Change it!" also offers home visits if required.

The "Change it!" project is a voluntary offer of comprehensive individual case assistance for young people residing in the District of Hameln-Pyrmont.

Consultation day daily at Impuls gGmbH in Ohsener Str. 106 in Hamelin.








Make an appointment by phone.

[Flyer PACE](#)

[Homepage](#)

#### **Contact person:**



**Dorothee Kramer** [05151/982128](tel:05151982128) mobile: [0176/47339419](tel:017647339419) [kramer@impuls-hamelnpyrmont.de](mailto:kramer@impuls-hamelnpyrmont.de)**Martin Wollny** [05151/982175](tel:05151982175) mobile: [015150743683](tel:015150743683) [wollny@impuls-hamelnpyrmont.de](mailto:wollny@impuls-hamelnpyrmont.de)**Lena Weber** [05151/982120](tel:05151982120) mobile: [017647339415](tel:017647339415) [weber@impuls-hamelnpyrmont.de](mailto:weber@impuls-hamelnpyrmont.de)**Work and Training for Refugees Start Guide (Impuls)**

The integration of immigrants into the workplace is a joint task in the District of Hameln-Pyrmont.

Start Guide supports and accompanies the process

- for immigrant people
- for companies and businesses that are looking for employees and would like to find out about the possibilities of employing immigrants.


Start Guide advises companies interested in training and employment as well as interested immigrant women and men and brings them together.

**Concrete offers:**


- vocational orientation and until placement in suitable employment or training
- Follow-up coaching to make the placement sustainable and avoid drop-outs
- Exchange with employers to consider further aspects and needs in the work
- Assistance and information on the various procedures / in close coordination with the contact persons of the employment agency
- Networking of the different actors in the support system (e.g. volunteers, integration guides, language mediators, refugee social workers and the many other cooperation partners)
- Regular exchange (also specifically on professional requirements)

**Contact:**

**Dr. Carine Tober**

 [015752989514](tel:015752989514)

**Petra Scheller**

 [05151982114](tel:05151982114)

@

[Startguide@impuls-hamelinpyrmont.de](mailto:Startguide@impuls-hamelinpyrmont.de)



[Ohsener Str. 106, 31789 Hameln](#)

You can find more information here: [Impuls Hamelin](#)



**Funding opportunities through the “Agentur für Arbeit” (Employment Agency)**

### **Training support (abH; Ausbildungsbegleitende Hilfen)**

Assistance during training (abH) is intended to enable young people to take up, continue and successfully complete vocational training.

For young people taking part in an [introductory qualification](#) (EQ), abH is intended to enable them to successfully complete the introductory qualification and improve their chances of making the transition to subsequent vocational training.

#### **The training assistance consists of:**

- Private tuition in all subjects, including in German
- Support in the preparation for exams
- Support with personal problems

You will receive this support as long as it is necessary. If you are interested, please contact the Employment Agency (Agentur für Arbeit).

[Here](#) you will find further information from the “Bundesagentur für Arbeit” (Federal Employment Agency).

### **Assisted training (AsA)**

Assisted training is a dual vocational training with intensive support. The aim of assisted training is to obtain a successful vocational qualification and to start work.

## Assisted training consists of:

- Private tutoring
- Socio-pedagogical support
- Training support

You will receive this support for the entire training period.

[Here](#) you will find further information from the “Bundesagentur für Arbeit” (Federal Employment Agency).

## Vocational Training Grants (Berufsausbildungsbeihilfe - BAB)

The money you earn in your training is not enough for you? Then you can ask the “Agentur für Arbeit” (Employment Agency). or the Job Centre whether you can get financial help. This financial support is known as a “Berufsausbildungsbeihilfe” or “BAB” (vocational training allowance).

[Here](#) you will find further information on vocational training allowances.

## Perspectives for young refugees

You have fled your home country and would like to start an apprenticeship in Germany? Find out about special offers at the “Agentur für Arbeit” (Employment Agency).

If you are younger than 25 years, the measure entitled “Perspectives for young refugees (PerjuF)” will help you find your way around the German vocational training market. Thereafter, you should be able to start a suitable training course.

During the first 2 weeks your language skills will be tested. It will also determine how much support you need. Then you will find out whether you are good at working with wood or metal or whether you are suitable for the field of home economics.

As a rule, the duration of **participation 6 to 8 months**.

If you have any questions, the placement specialists of your “Agentur für Arbeit” (Employment Agency) or the integration specialists in the Job Centre will be happy to help you.

[Here](#) you will find further information from the “Bundesagentur für Arbeit” (Federal Employment Agency).

## Career planning in the District of Hameln-Pyrmont (Impuls)

Since the world of work and life is constantly changing, Impuls supports people individually and expertly.

Impuls offers a variety of counselling services for different target groups.

## Duties:

- Youth career assistance
- Competence and aptitude assessments
- Counselling/mediation for jobseekers
- Counselling for groups of people with multiple placement barriers
- Counselling for migrants with regard to language acquisition

[www.impuls-hamelnpyrmont.de](http://www.impuls-hamelnpyrmont.de)



## Finding the right fit for the apprenticeship position (Handwerkskammer [Chamber of Crafts])

### Tailored occupation

The [Hanover Chamber of Industry and Commerce \(IHK Hannover\)](#) and the [Hanover Chamber of Skilled Crafts \(HWK Hannover\)](#) support companies that provide training in their search for junior staff with the "Passgenaue Besetzung" funding programme.

The aim is to fill the vacant training positions in the SME sector with trainees, and to do so as accurately as possible.

The counsellors of the "Passgenauen Besetzung" support companies in creating requirement and job profiles, take over the search for applicants, make a pre-selection and submit proposals that are as suitable as possible.

### Who is supported?


- Small and medium-sized enterprises that have to fill training places
- Young people who are accompanied in their search for a suitable training place

### Concrete offers:

- Work out suitable suggestions for a career path with young people
- Optimise application documents
- Establish contacts with the companies
- As part of the consultation, rather unknown occupations are also sometimes presented, because it is especially in these areas that the best chances for a future and a career can be found


### Contact:

**Irina Fix**

 [0511/31070218](tel:0511/31070218)

@ [fix@hannover.ihk.de](mailto:fix@hannover.ihk.de)

**Wiebke Burchard**

 [0511/34859129](tel:0511/34859129)

@ [burchard@hwk-hannover.de](mailto:burchard@hwk-hannover.de)

**The IHAFa project at the Chamber of Crafts (Handwerkskammer) for young refugees and immigrants**

## **Immigration as an opportunity to address skills shortages**

Many craft enterprises would like to use the potential of young immigrants and find suitable applicants for their training places. Immigrants often bring with them not only a high level of motivation but also a good education.

**The "Handwerkskammer" (Chamber of Crafts) brings crafts enterprises together with immigrants.**

## **Who is supported?**

The "IHAFa" accompany immigrants on their way to a dual training system and are, at the same time, contact persons for the companies.

## **Concrete offers:**

- We recommend young people and young adults with a refugee or migrant background for an internship, an introductory qualification or an apprenticeship.
- We advise you on all relevant issues concerning immigrants
- We inform about support services
- We also support you and your refugee employee during training

## **Service for the training companies:**

- We recommend young people and young adults with a refugee or migrant background for an internship, an introductory qualification or an apprenticeship.
- We advise you on all relevant issues concerning immigrants
- We inform about support services
- We also support you and your refugee employee during training

**The consultation is free of charge.**


## **Contact person:**

Torsten Beez



Chamber of Crafts (Handwerkskammer) Hanover  
Campus-Handwerk  
Seeweg 4,

30827 Garbsen

 [05131/7007772](tel:051317007772)

@

[t.beez@fbz-hannover.de](mailto:t.beez@fbz-hannover.de)

## Language

In order to find a job and find your way around in Germany, you must **learn German**.

Here you can find opportunities and contact points to learn German in a language course/German course.

There are **different ways** to learn German.

These differ in part depending on the **residence status** of the person. If you don't speak German so well, then you will need support. You can find contact details for the support you need here too.

### Language course coordination Impuls

#### Language course coordination

The language course coordination office is the central contact and registration point for all migrants interested in an integration course in the District of Hameln-Pyrmont.

The main tasks of the coordination office include scheduling the placement tests, managing access to the appropriate language courses at the various language course providers and acting as a point of contact for approvals by the Federal Office for Migration and Refugees (BAMF).

For people who are not entitled to an integration course, the coordination office provides information on language offers that are not funded by the BAMF.

#### Contact:

**Doris Lücke**

 [017640498795](tel:017640498795)

@ [luecke@impuls-hamelnpyrmont.de](mailto:luecke@impuls-hamelnpyrmont.de)

 [vhs Hameln-Pyrmont, Room 209](#)

**Nina Reznik**

@ [reznik@impuls-hamelnpyrmont.de](mailto:reznik@impuls-hamelnpyrmont.de)

 [vhs Hameln-Pyrmont, Raum 209](#)

 **Office hours:**

Location: [vhs](#), Room 209

Monday and Tuesday: 9:00 a.m. - 12:00 p.m.

Wednesday and Thursday 2:00 PM – 4:00 PM

You can find more information here: [Impuls Hamelin](#)

## Language levels - What do A1, A2, B1, B2, C1 and C2 mean?

Here is the code in English: ``html

There are six language proficiency levels. These are defined in the "Common European Framework of Reference" (CEFR):

- A1,
- A2,
- B1,
- B2,
- C1, and
- C2.

This framework evaluates and compares skills across Europe in

- Listening,
- Reading,
- Speaking, and
- Writing.

The six levels mean in detail:

### A1 Beginner

- You can understand and use simple words and phrases.
- You can introduce yourself and others.
- You can ask personal questions.
- You can answer questions.
- Someone speaks slowly and clearly. You can have a conversation with them.

### A2 Basic Knowledge

- You can understand sentences and frequently used words.
- You can communicate in simple, everyday situations.
- You can describe your background, education, and surroundings.

### B1 Intermediate Language Proficiency

- You can understand a lot.
- You can talk about familiar topics and personal interests.
- You can talk about experiences, events, dreams, hopes, and goals.
- You can give short reasons or explanations about plans and views.

## B2 Independent Language Proficiency

- You can understand the main points of complex texts on concrete and abstract topics.
- You can follow specialized discussions in your field.
- You can communicate spontaneously and fluently.
- You can give your opinion on a current issue with pros and cons.

## C1 Proficient Language Knowledge

- You can understand much of demanding, longer texts.
- You can also grasp implied meanings.
- You can express yourself clearly, structured, and in detail about complex topics.

## C2 (Near) Native Proficiency

- You can effortlessly understand virtually everything you read or hear.
- You can summarize information from various written and spoken sources.
- You can relay reasons and explanations in a coherent presentation.
- You can express yourself spontaneously, very fluently, precisely, and with nuance.

...

## Language courses with certificate

### Integration Courses

The **integration course** consists of a **language course** and an **orientation course**. In the language course you will learn German up to level B1 in 600 lessons. In the subsequent orientation course, you will gain insights into the culture, politics and social customs in Germany. There are also special forms of the integration course, which in some instances include more or fewer teaching units. The integration course with literacy and the subsequent orientation course, for example, comprises 1000 teaching units.

UE = teaching units

Here you will find [general information](#) about the integration course.

Here you will find information about the [orientation course](#).

### Who is the language course for?

- [Foreigners with a permanent residence permit](#). You received your residence permit more than one year ago or have held it for more than 18 months (employee, family reunion, humanitarian reasons, long-term resident).
- [Late repatriates](#)
- Asylum seekers with [good asylum prospects](#) (Eritrea, Syria, Somalia)
- [Asylum seekers](#) with a residence permit according to §55Abs. 1 AsylG from other countries who are close to the labour market and entered the country before 01.08.2019.



- [Foreigners with a tolerated status](#) according to § 60 a Para 2 Sentence 3 AufenthG.
- [Foreigners with a residence permit](#) according to § 25 Para 5 AufenthG.
- [EU citizens](#)
- [German nationals](#) who do not yet speak sufficient German or who are particularly in need of integration.

## What types of language courses are there?

There are different forms of integration course. Which ones are available can be found [here](#).

- [General integration course](#)
- [Literacy courses](#)
- [Integration course for secondary learners](#)
- [Youth integration course](#)
- [Women's integration course](#)
- [Parent integration course](#)
- [Intensive course](#)
- [Integration course for people with disabilities](#)

## What does the language course cost?

For each lesson unit, you have to pay **EUR 1.95** (contribution to costs). If you have registered for your integration course before 1 July 2016, the cost contribution is EUR 1.55.

You can pay the course **per section (100 lessons)**. Under certain conditions, you can get half of your contributions back if you pass your certificate examination within two years.

The integration courses are **free of charge** for **refugees and asylum seekers**. The course is also free of charge for other people in the target group who receive social benefits. These persons need an [application](#) for this.

Further forms on costs and participation (e.g. application for travel allowance) are available [here](#).

## When and where do the language courses take place?

There are full-time and part-time courses. In principle, the integration course is offered full-time. If you are working, it is possible to attend the course in the afternoon or evening in exceptional cases.

You can find local counseling centers and integration courses [here](#).

You can find integration course providers [here](#).

## How can I register?

[Here](#) you can find the application forms. The application form for the integration course for asylum seekers, tolerated persons and foreigners with a residence permit according to § 25 Para 5 AufenthG can be found [here](#)

The completed applications should be sent to the following address:



Federal Office for Migration and Refugees

[Referat 83E, 90343 Nürnberg](#)

If you need assistance with the application process, contact the [language course coordinator](#)

## Language courses with certificate for special groups

### I am a trainee or working (professional language courses - DeuFöV)

The professional language course builds on the integration course. In the integration course, you learn the everyday German language. In the professional language course, you will be prepared for the **job market**.

Further information can be found on the following websites:

[General information](#)

[Flyer](#)

[The Regulation](#)

### Who is the language course for?

Immigrants (including asylum seekers and potentially tolerated persons), EU citizens and Germans with a migration background who meet one of the following criteria:

- need a certain level of language for a profession,
- are in training or looking for training,
- are registered with the Federal Employment Agency or the Job Centre and/or receive unemployment benefit,
- have a job, but their German language skills are not sufficient.

### What additional requirements do you have to meet?

- Completed integration course or
- Certificate with language level B1

### What types of language courses are there?

Depending on your language skills and needs, you can attend **basic** or **special courses**.

#### Basic courses

- You will learn to communicate at work and important words for the professional world.
- You learn to write emails or letters.
- You will receive information on employment contracts or job interviews.

There are 3 basic courses:

- Language level B1 to B2
- Language level B2 on C1
- Language level C1 to C2

## Special courses

- For persons who want their professions in the fields of nursing and medicine recognised.
- For people who require specialist knowledge in the technical or commercial field.
- For people who have not reached language level B1 after the integration course. You can attend courses with language level A2 on B1 or A1 on A2.

## What does the language course cost?

If you **do not have a job** and **receive social benefits**, the language course is **free of charge**.

If you **work**, you may have to pay €2.07 per lesson. This applies to employees with a taxable income of more than €20,000 per year, or more than €40,000 in case of joint assessment (for example spouses).

## When and where do the language courses take place?

Various modalities of professional language courses are offered :

- Full-time courses in the morning or afternoon
- Part time courses in the evening
- Weekend courses

You can find information about the current professional language courses in your area via [Arbeitsagentur](#).

## How can I register?

There are many different applications for professional language courses. Register for the course that applies to you. Here you will find the criteria and application forms.

**1.** If you belong to one of the target groups listed below, you can send **your application directly to the BAMF**:

- You have a [job and do not receive social benefits](#)
- You are in [training](#)
- You have a [residence permit and a child](#) under 6 years of age
- You are having your foreign [professional qualifications recognised](#)

Here you can find [all applications](#).

If you need assistance with the application process, contact the [language course coordinator](#)

2. If you do not belong to one of the target groups mentioned above, you can register for a professional language course **with the agents of the [Federal Bundesagentur für Arbeit \(Employment Agency\)](#) or the [Job Centre](#).**

**I am a young adult with literacy needs**

## **Education year for adult refugees (BEF Alpha)**

### **Who is the course for?**

The course is designed for refugees and asylum seekers (people whose asylum application has not yet been decided) with **little or no knowledge of the Latin script** and the German language (illiterates and people with very little education). Usually, the participants are between **20 and 35 years old**.

Women with children have priority. Some language schools offer parallel childcare on site.

### **What types of language courses are there?**

There is only one type of course: **Literacy courses**. This comprises **980 teaching units** and five weeks of practical training (40 weeks in total).

### **When and where do the language courses take place?**

The courses usually start in spring and run until the end of the year.

The language courses take place in the morning from Monday to Friday. There may be course activities in the afternoon.

The courses take place in **some** cities and municipalities.

Look under your [city and municipality](#) under Offers / Integration Offers to see if a language course is offered.

### **What does the language course cost?**

The course is free of charge for the participants.

### **How can I register?**

Contact the language school directly.

### **Additional information**

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

## **Language support measures without certificate**

### **Voluntary Language Courses**

## Voluntary Language Courses

### Who is the language course for?

The course is for migrants who do not have access to the integration course.  
Especially for:

- Asylum seekers (persons whose asylum application has not yet been decided)
- Tolerated persons can also participate in the courses under certain conditions, provided that free places are available.

### When and where do the language courses take place?

The courses take place in **some** cities and municipalities.

Look under your [city and municipality](#) under Offers / Integration Offers to see if a language course is offered.

## Learn German on your own (Online Language Courses)

### Online language courses

You can learn German on your smartphone or on your computer (also free of charge). Take advantage of some great offers to learn German quickly and make the best use of the time you have to wait before your language course begins. These offers can also be helpful while you are taking your language course. More information on the language levels (A1-C2) can be found [here](#).

🌐 [Lunes App](#): The app Lunes can help you at school, in training and at work. The app aids users with technical words and job-specific vocabulary. You will find a variety of vocabulary in different modules with pictures and with a supplementary read-aloud function. Using different types of exercises (multiple choice, practising articles or writing whole words), learning and retaining vocabulary is encouraged and fun at the same time.

🌐 [Serlo ABC](#): A free app for learning to read, either as self-study or as a supplement to a language course. This app has been approved for use in integration courses.

🌐 [Mein Deutschbuch](#) (My German Book): An extensive resource for learning the German language. This website is designed for learners and teachers, levels A1-B2.

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

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

🌐 ["Die Stadt der Wörter" \("City of Words"\)](#): An app and website for fun vocabulary learning for those without previous knowledge – in German, English, French and other languages.

🌐 [VHS-Lernportal](#) (VHS Learning Portal): Free German language courses. You can also learn to read, write and do arithmetic. There are also resources to help you prepare for the school-leaving exams in German, maths and English.

🌐 [Einstufungstest Sprache \(Language Assessment Test\)](#): onSET-online language assessment test for refugees and for officials and volunteers to assess language ability.

## Online studies

Refugees and asylum seekers often face difficulties when trying to gain access to higher level education. Kiron Higher Education offers the possibility to study without tuition fees and without the other legal documents usually required to study. The problem of limited course places is also solved. The first two years of study are completed on the internet with online courses. All courses are offered in English. However, it is possible to add subtitles in any language. The third year of study takes place on campus at one of Kiron's partner universities. There is also the possibility to learn German during the course of study. Additional forms of support and advice are also on offer.

🌐 [Kiron Website](#)

## Health

### General information on the health system

The German healthcare system is one of the best in the world – but not the simplest.

Perhaps you are wondering if and how you can insure yourself against health risks. Or whom you can turn to if you or a member of your family is ill. When do you go to the doctor or directly to the hospital?

We would like to answer these questions here.

### Vaccinations

Why are vaccinations important?

Vaccinations can prevent infectious diseases.

You can find more information on the topic of vaccinations here:

[www.bundesgesundheitsministerium.de/schutzimpfung...](http://www.bundesgesundheitsministerium.de/schutzimpfung...)

### Measles vaccination

In Germany, there is a compulsory vaccination for children attending school and kindergarten. The Masern-Schutz-Gesetz (measles protection law) has been in force since 1 March 2020. School and kindergarten children should be protected from measles.

All children from the age of one should have to present the measles vaccinations when entering school or kindergarten. As a rule, a child day care worker must also have proof of measles vaccination.

You can find more information here:  
[www.bundesgesundheitsministerium.de/masern](http://www.bundesgesundheitsministerium.de/masern)

## Visiting a doctor

### Family doctors

In Germany, there are doctors in every city who work in a practice and not in a clinic – these are called **general practitioners**. Anyone who has health concerns or questions should first go to a family doctor. So that you do not have to wait too long, it is **important** to make an **appointment** beforehand. You must be **on time** for the appointment and **inform** the doctor if you are **absent**.

You may choose your own family doctor. As a rule, one does not change this family doctor. There are family doctors in almost every town. They determine the opening hours themselves.

General practitioners perform **important examinations** and are your **first point of contact in case of illness**.

Consult your family doctor if you

- are acutely ill (for example flu or cold)
- are chronically ill (for example diabetes or rheumatism)
- are in pain
- wish to be vaccinated
- are pregnant

General practitioners decide on necessary medication and whether a specialist examination is necessary.

If necessary, your family doctor will **refer** you to a **specialist** (medical specialist) who can perform special examinations.

### How do I find a family doctor?

[Here](#) you can search for a family doctor or a specialist in your area.  
You can also search here for doctors who speak your language ("foreign languages").

A list of general practitioners and dentists in your area can also be found under [cities and municipalities](#).

If you cannot find a doctor who speaks your language, you will have to look for an interpreter. the responsible refugee social worker in your [city or municipality](#) can help you with this.

### Important information

If you need a general practitioner in the evening, at night or at the weekend, but it is not an emergency, call the "Bereitschaftsdienst" (medical on-call service). If you cannot come to the emergency practice, a doctor will drive to your home.

### General medical service



## Pediatric service



## Ophthalmological service



## Further information

[Here](#) you will find 8 health films from the German Red Cross on various topics.

## Emergency medical services

In the event of an **accident** or **life-threatening conditions**, dial **112**



It is **important** that you provide this information:

- **Where** did it happen?
- **What** happened?
- **How** many people are injured or ill?
- **Which** injuries/illnesses are present?
- **Wait** for further instructions.

On the phone, you should try to stay calm.

It is **not** an **emergency**, for example, if you need a sick note or want to avoid waiting times at the family doctor .

If the situation is acute but not life-threatening, go to the **emergency department** of the nearest hospital.

If you need medical advice outside surgery hours (e.g. at night, at the weekend or on public holidays) and cannot wait until your GP is available again, call the medical **on-call service** via [116 117](#).

Emergency numbers **do not** require an **area code** and **can be called from all phones**. They are **free of charge**.

Especially if you have family, it is good to know how to help yourself before professional help comes. You can learn this in **first aid courses**. Many associations and educational institutions offer first aid courses.



## Health insurance

In Germany, **insurance is compulsory**. This means that you must be a member of a health insurance company in order to see a doctor.

As soon as you have a [residence permit](#), you must register with a regular **health insurance company** (Krankenkasse). You can choose and change the health insurance company yourself.

You will receive an **insurance card** from the health insurance company and are thus entitled to the same services as all residents in Germany. Always take the insurance card with you to your appointments with the doctors.

The **basic medical care** provided by the health insurance company includes:

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

## Fees

If you go to see a doctor, please present your health insurance card. With this, **most examinations are free of charge** for you.

You must **pay for certain preventive medical checkups yourself**.

For therapies (for example, physiotherapy) and aids (for example, bandages) you have to pay a contribution yourself.

People who have limited funds can be exempted from this. Please ask your health insurance company about this.

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

The costs of **hospital treatment** are also paid by the health insurance company. However, you will have to pay a daily **hospital allowance of 10 euros for each day in hospital**. People who have limited funds can be exempted from this.

## Further information

You can find an explanation of the health insurance system [here](#).


## Treatment certificate for asylum seekers

Persons in the [current asylum procedure](#) require a **health insurance certificate** or a **dental treatment certificate** for medical treatment. This is usually **valid for the 1st quarter (quarter of a calendar year)**. You will receive the respective treatment certificate from the **“Leistungssachbearbeiter” (benefits officer)** of the [Asylum Seeker Benefits Department](#) (Social Welfare Office (Sozialamt)) in the District of Hameln-Pyrmont.

Find a [family doctor](#) if medically necessary. This is where you hand in your medical certificate. If further treatment by a specialist is necessary, the family doctor will issue a referral. With the referral, you can consult a specialist. **If the specialist is within the District of Hameln-Pyrmont, they do not need another medical certificate.**

If a visit to a specialist **outside the District of Hameln-Pyrmont** is necessary, the referral from the doctor and confirmation of the specialist's appointment must be submitted to the Residents' Service Centre (Bürgerservice) of the District of Hameln-Pyrmont in order to obtain another medical certificate. **Without the medical certificate, no treatment will be given.**

#### **Residents' Service Centre (Bürgerservice):**

 [05151/9030](tel:05151/9030)



[Buergerservice@hameln-pyrmont.de](mailto:Buergerservice@hameln-pyrmont.de)



[District of Hameln-Pyrmont, Süntelstraße 9, 31789 Hamelin](#)



#### **Office hours:**

Monday - Thursday: 08:00 - 12:00 / 13:00 - 16:00

Friday: 8:00 a.m. - 1:00 p.m.

You are entitled to:

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

If you have a [residence permit \(Aufenthaltstitel\)](#), you must register with a [health insurance company](#).

### **Further information**

You can find an explanation of the health insurance system [here](#).

### **Medication and pharmacies/chemists**

#### **Medication**

You will receive medication prescribed by your doctor on presentation of a prescription at the **pharmacy**.

Normally, you have to contribute an extra €5-10 per medicine when receiving your prescription medication. Ask your pharmacist for medicines that are free of extra charge. Children up to 18 years of age and pregnant women do not have to pay extra for medication (if it involves medication for pregnancy complaints).

Some medicines are not covered by health insurance. Your doctor will give you a green **private prescription**. You have to pay for these drugs yourself.

## Pharmacies

In Germany, you can obtain medicines and dressing materials from pharmacies. The pharmacies have a big red “A” above the door:



In the pharmacy, you can obtain both **over-the-counter** (without a prescription) and **prescription-only** (with a prescription) **medicines**.

Certain medicines must be ordered first. Usually, they are there the next day. If you take medication regularly, you should always get a new prescription from your doctor in good time.

Pharmacies are normally open on weekdays (Monday to Friday) from 9 a.m. to 6 p.m. At night and on weekends there is always another pharmacy on **emergency duty**. Exactly which pharmacy is on emergency duty is written on the door of your pharmacy. If you use the emergency service, you must pay an **emergency fee**.

## Mental health and trauma

We do a lot for the health of our body. But the **health of the soul** is also very important.


If you have questions about mental illness or think that someone in your day-to-day life may have a mental illness, seek advice.

Perhaps you have noticed certain changes in your own behaviour and are struggling with them – then get help.

### What do I do in an emergency?

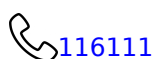
If you need help very quickly in an emergency situation, [the emergency numbers](#) will help you.

You can also call the telephone pastoral care service (“Telefon-Seelsorge”). There you will be advised directly on the phone:


 [08001110111](tel:08001110111) and [08001110222](tel:08001110222)


The call is free and you can always call. You do not have to say your name and you will not be asked for it.

For children and young people, there is the number for those struggling with worries or concerns:



## What can you do in the event of an acute mental health crisis?

 Anyone can have a **mental health crisis** - no matter how old they are, how they live or where they come from. You can have a crisis because something very bad happened to you (e.g. someone died, you were in great danger war...). You can also have a crisis if you experience bad things for a long time or are seriously mentally ill (e.g. have depression or anxiety disorders).

 In an emergency, call [112](tel:112).

If you have a crisis or think you want to die, you can also always go to a hospital - day and night and at weekends:

## For adults in the District of Hameln-Pyrmont

### AMEOS Klinikum Hildesheim



[Goslarsche Landstraße 60](#)  
31135 Hildesheim



[051211031](tel:051211031)

## For children and young people in the District of Hameln-Pyrmont

### Clinic for Child and Adolescent Psychiatry and Psychotherapy AMEOS



[AMEOS Klinikum Hameln](#)  
Hermannstraße 10a  
31785 Hameln



[0515195678568](tel:0515195678568)



[www.ameos.eu](http://www.ameos.eu)

## Where can I find help?

### Family doctors

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

### Specialist for psychiatry and psychotherapy

A specialist in psychiatry and psychotherapy is particularly well versed in mental illness. You can find a specialist on the [website](#) of the Kassenärztliche Vereinigung Niedersachsen.

### Counselling centres

#### Parenting Counselling Centre of the District of Hameln-Pyrmont (children and young people)

The Parenting Counselling Centre of the District of Hameln-Pyrmont can help you..

- if you have questions about the development and education of your children
- if you seek help in solving problems in the family
- with behavioural disorders in children and young people
- in separation and divorce situations
- if you or your relatives are affected by sexual abuse
- if you have questions about child protection
- with any worries, questions and problems in kindergarten, school or vocational training



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

#### Socio-Psychiatric Service of the District of Hameln-Pyrmont

The Socio-Psychiatric Service accompanies adults who are affected by a mental illness or are in a mental emergency situation. Relatives and other people from the social environment can also make use of our services.

#### Tasks and goals:

- Developing ways of dealing with mental illness and its effects
- Developing perspectives for living as independently as possible
- Achieving the best possible quality of life
- Social (re)integration

 [Hugenottenstraße 6](#), 31785 Hamelin  
 [051519035109](#)

@

[spdi@hameln-pyrmont.de](mailto:spdi@hameln-pyrmont.de)

## The Health Region - Guide to Mental Health

The mental health guide lists support services on the topics of mental health and psychosocial support

Assistance in various situations in life is listed.

The chapter headings show the individual topics. Listed below are the addresses where you can find the offers. Almost all offers are here in the District of Hameln-Pyrmont.

<http://www.gesundheitsregion-hameln-pyrmont.de/>

### [Mental Health Guide](#)



[Hugenottenstraße 6](#), 31785 Hamelin



[51519035109](tel:51519035109)



[spdi@hameln-pyrmont.de](mailto:spdi@hameln-pyrmont.de)

## Offers for adolescents and young adults

### Online offer for adolescents and young adults with traumatic experiences

You had a bad experience?

Find a way to deal with it better with the **StAR-Online-Training!**

The online training...

- is free
- is 12 weeks long
- you can do it yourself
- you can do it when and where you want (e.g. at home)
- is accompanied by an eCoach

You can register for the study if you are **between 15 and 21 years old**.

If you are **under 18 years old**, your **parents' consent** is required.

Here you can find more information and register directly: <https://hellobetter.de/star-studie/>

If you have any questions, you can contact the study team: By email, on Instagram or by phone.



[projekt-star@fau.de](mailto:projekt-star@fau.de)



[01579-2451987](tel:01579-2451987)



Monday to Friday from 8:00 a.m. to 5:00 p.m.



[StAR flyer for relatives](#)



[StAR flyer for young people](#)

## Information on a specific mental illness

Perhaps you have questions about a particular mental illness? Then you will find information material in many languages in the following:

### Traumatisation

### Depression

## Further advice centres and offers of assistance

### Addictions

#### Addiction is a disease!

An addiction describes an uncontrollable dependency on **substances** (e.g. alcohol, drugs, nicotine, medication) or **behaviour** (e.g. gambling addiction, shopping addiction). Addiction can afflict anyone. Getting **help** has nothing to do with personal failure.

When you are addicted, you think almost exclusively about the addictive substance. You can no longer control consumption yourself. Often this leads to a deterioration in relationships and work performance.

#### What help is available?

#### Café Inkognito STEP gGmbH

Angela Freimann



[0515124130](tel:0515124130)

@ [cafe.inkognito@step-niedersachsen.de](mailto:cafe.inkognito@step-niedersachsen.de)  
 📍 [Thiewall 4, 31785 Hamelin](#)

You can find more information here: [Café Inkognito](#)

## **Drobs Hameln, Specialist Centre for Addiction and Addiction Prevention, STEP gGmbH**

**Angela Freimann**

☎ [05151940000](tel:05151940000)  
 @ [angela.freimann@step-niedersachsen.de](mailto:angela.freimann@step-niedersachsen.de)  
 📍 [Kaiserstraße 55, 31785 Hamelin](#)

You can find more information here: [Drobs Hameln](#)

## **Specialist Centre for Addiction and Addiction Prevention in the Haus der Diakonie**

**Wunnenberg**

☎ [051517667](tel:051517667)  
 @ [suchtberatung.hameln@evlka.de](mailto:suchtberatung.hameln@evlka.de)  
 📍 [Münsterkirchhof 10, 31785 Hamelin](#)

You can find more information here: [Diakonie](#)

## **Important information**

The “Beratungsstellen” (advice centres) are free of charge. The counselling sessions are confidential and the contents discussed are not passed on to the police. If you wish, the consultation can remain anonymous.

## **HIV/AIDS and sexually transmitted infections**

**HIV** is the abbreviation for a **virus**. If you get very sick from the virus, it means: **AIDS**.  
**Sexually transmitted infections** are diseases that are **transmitted during sex**.

Do you have questions on these topics such as:

- When can I catch it?
- What protects me from infection?
- Who can help me if I am infected?

If so, the [Potsdam AIDS Support Service](#) can help you - even in your own language.  
 More multilingual info in 13 languages can be found [here](#).

Here you can find help in Hamelin and the surrounding area: [Kompass HIV](#)



## **Counselling on HIV / AIDS and other sexually transmitted diseases at the Hameln-Pyrmont Health Department (Gesundheitsamt)**

You can contact us,

if you:

- would like to take an anonymous and free HIV antibody test
- have questions about HIV / AIDS and other STIs
- are worried you have been infected
- are infected with HIV or have AIDS

We also offer additional examinations for a contribution towards expenses:

- Chlamydia and gonorrhoea (the clap)
- Syphilis
- Hepatitis B and C

You can find more information on the [website of the District of Hameln-Pyrmont](#).

### **Contact**



[District of Hameln-Pyrmont](#)

Health Department (Gesundheitsamt)  
Hugenottenstraße 6  
31785 Hamelin



[051519035112](tel:051519035112) (Ms Neumann)

### **Senioren- und Pflegestützpunkt (Senior Citizens and Care Centre) Lower Saxony**

### **Senioren- und Pflegestützpunkt (Senior Citizens and Care Centre) Lower Saxony**

### **What is the Pflegestützpunkt (Care support point)?**

The Pflegestützpunkt (Care support point) is an advice center for people in need of care, sick, disabled or elderly people and their relatives or their friends/acquaintances.

### **Who gets help?**

All persons with statutory health and long-term care insurance in the District of Hameln-Pyrmont can contact the Pflegestützpunkt (Care support point), regardless of age, illness or need for care.

Those affected are advised there neutrally, comprehensively, individually and free of charge on the complex subject of care.

## The employees

- provide advice close to home, comprehensively, independently and free of charge
- have information about available childcare services
- know the legal basics
- know the responsible sponsors
- offer support with applications
- advise in emergencies
- integrates existing care and support services

Counseling is also possible in advance of care (preventive). Counseling can take place by phone, in person at the counseling center, or at home if needed.

## Contact:

### Team Altenhilfe



[051519033333](tel:051519033333)



[Süntelstr. 9, 31785 Hameln](#)

Further information can be found here: [Team Altenhilfe](#)

## People living with disabilities

Anyone with a physical, mental or psychological disability (or who is at risk of developing one) has the right to get assistance. No person shall be disfavoured because of disability. This protection is regulated by law in Germany.

People with disabilities want to have the same quality of life as people without disabilities. They want to have mobility and be able to handle their everyday lives without help.

Here you will find the most important contact persons, advice centres and information.

## Contact persons and counselling / advice centres

### EUTB Unabhängige Teilhabeberatung Hameln-Pyrmont e.V.

Do you have any questions? Do you need help and support?

Then contact the EUTB.

The employees help with the following things:

- Applications for money
- Applications for aid
- Addresses of facilities (for example, a workshop for people with disabilities)
- Searching for a job

- Continuing education at work

## Contact



[FIZ Hameln, Osterstraße 46, 31785 Hameln](#)



[051514079178](tel:051514079178)



[info@uthp.de](mailto:info@uthp.de)



Monday: 10:00 AM – 12:00 PM

Tuesday: 2:00 PM – 4:00 PM

## Adviser

You can find a guide for people living with disabilities [here](#). This guide is also available in [simple language](#).

## Children, young people and family

### Separation and divorce

Enclosed you will find counselling centres that can help you in the event of a divorce:

#### Parenting Counselling Centre

Separation and divorce counselling for parents

Counselling is subject to confidentiality and is free of charge.



[Hermannstr. 10, 31785 Hameln](#)



[051519033535](tel:051519033535)



[www.hameln-pyrmont.de](http://www.hameln-pyrmont.de)

#### Diakonie

Psychological Counselling Centre for Life, Family and Marriage Counselling



[Münsterkirchhof 10, 31785 Hameln](#)



[0515176666](tel:0515176666)



[www.kirche-hameln-pyrmont.de](http://www.kirche-hameln-pyrmont.de)



[info@lebensberatung-hameln.de](mailto:info@lebensberatung-hameln.de)

### Counselling centre for men

## Men's Office (Männerbüro) Hanover

The Men's Office (Männerbüro) Hanover is a non-profit association that deals with the living conditions of boys, male youths and men as well as their social environment and advocates for their concerns.

[www.maennerbuero-hannover.de](http://www.maennerbuero-hannover.de)

## Family planning / contraception and sexual counselling

### Pregnancy

Pregnant women in Germany are under **special protection** and are entitled to counselling, medical care and support. A **gynaecologist** determines the pregnancy. This is also known as a **gynaecologist**.

Have the **check-ups** carried out there. You will then receive a maternity pass. The maternity record is a document containing important information about your pregnancy, your health and that of your child. Always take your maternity record with you in case of emergencies.

### Being pregnant

#### How do you determine a pregnancy?

For example:

- The body changes a lot during pregnancy. For example, nausea, tiredness and much more.
- You no longer have a period.

You can have pregnancy tests carried out by a doctor or get a test from a pharmacy or drugstore.

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

Some women get pregnant very easily, others have to try for a long time. This is normal. If it takes longer, you or your partner may be less fertile.

Talk to your doctor about this.

### Unintended pregnancy

If you have not planned to become pregnant, it is particularly important that you seek help and advice. You should find out about the various options available to you.

### Termination of pregnancy

You can terminate the pregnancy with an [abortion](#).

Termination of pregnancy is possible up to the **twelfth week** of pregnancy. Before that, you must go to a **pregnancy conflict counselling centre** and have a consultation.

You can find **help and counselling** here:

- [pro familia Hameln-Pyrmont](#)
- [Social welfare organisation](#)

The **help hotline** "Pregnant women in distress - anonymous and safe" on [0800 40 40 020](tel:08004040020) is available free of charge 24 hours a day. Counselling is available in many languages with the help of an interpreter.

You can also get information about a pregnancy counselling centre in your area. They will provide you with anonymous and free counselling and support you in all further steps.

## Adoption

You can continue the pregnancy and give the baby up for **adoption**.

In Germany, women can have their baby in hospital without having to give their name. After the birth, the mother leaves the hospital. The baby is given up for adoption after a certain period of time. You can find helpful information under ["Confidential counselling and birth"](#).

## Baby basket

There is also the option of placing the child in the [baby basket](#).

You can [use contraceptive methods](#) to avoid an unwanted pregnancy.

[Multilingual information](#)

## Pregnancy counselling

Women and men can obtain free and anonymous advice on **all questions, issues and changes relating to pregnancy** and family planning. Regardless of whether they need **medical** or **legal information**, for example. The counselling service is also available for mothers and young families after the birth of a child. Women and men with an unfulfilled desire to have children can also seek counselling.

You can find counselling on the topics of sexuality, partnership and family planning here:

[Pregnancy counselling](#)

## Midwives

If you are pregnant, you have the right to be cared for by a midwife.

Midwives are specialists for all questions concerning pregnancy, birth and child care.

You can find more information [here from page 15](#):

## Delivery (birth)

## Maternity clinic

Maternity hospitals are hospitals where your baby can be born.

Clinics near you:

[Sana Klinikum Hameln-Pyrmont](#)

Your gynaecologist will refer you to a maternity hospital. You will receive a **birth confirmation letter** from the hospital.

### **Paternity declaration / declaration of custody**

If the parents are not married under **German law**, the father must make a paternity declaration. In addition, a custody declaration must be made for joint custody.

Acknowledgement of paternity can be made free of charge at the [Youth Welfare Office \(Jugendamt\)](#). The declaration of custody can also be submitted to the Youth Welfare Office (Jugendamt). The paternity declaration and the custody declaration can be made before or after the birth.

### **Contact:**

#### **Guardianship/legal adviser/parental allowance team**



[05151/903-3618](tel:051519033618)



[ybe@hameln-pyrmont.de](mailto:ybe@hameln-pyrmont.de)



[Süntelstraße 9, 31785 Hamelin](#)

You can find more information here: [Certifications](#)

### **Financial support during pregnancy and birth**

Advice on financial, social and legal assistance before and after birth, applications for initial baby equipment and support in contact with the public authorities can be found here:

- [Diakonisches Werk](#)
- [Caritas Hamelin](#)
- [SkF \(Sozialdienst katholischer Frauen e.V.\)](#)
- [pro familia Hamelin](#)

### **Initial baby equipment**

The initial baby equipment is a financial aid for pregnant women. With the initial baby equipment you can buy baby clothes, strollers, additional pregnancy supplies and the like. You can apply for this help if you have no or low income. You must submit an **application to** the responsible case worker ([Jobcenter](#) or [Social Welfare Office \(Sozialamt\)](#)). In addition, you can apply for benefits for initial baby equipment at the pregnancy counselling centres.

### **Child benefit**

As a rule, all children in Germany are entitled to [child benefits](#) from their birth until their 18th birthday (or even later, in exceptional cases).

### **Parental allowance**

Lots of parents want to look after their child after his/her birth. They don't work for a certain period of time in order to do this. Or they only work part-time. During this time, there is [parental allowance](#).

## Early Help (Frühe Hilfen)

[Here](#) you can find the offers of "Early Help (Frühe Hilfen)". The offers prepare you for the new family situation. They also support parents who have become parents in growing together with the child. The offers are from many areas, such as health, finance, education and leisure.

[Early Help \(Frühe Hilfen\) Parents Film](#)

[Pregnancy manual explanation in different languages](#)

[Pregnancy manual](#)

[Family handbook explanation in different languages](#)

[Family handbook](#)

## Special examinations for children

### Early detection examination

There are **ten screening tests** (U1bis U9 and J1). Until the age of 6, The child is regularly examined and its development is monitored. The **U1** (examination after birth) and **U2** examinations usually take place in the clinic. You must make an appointment with your **paediatrician** for further examinations.



A proof of complete early detection examinations may be required when applying to the day-care centre.

Further information can be found on the [homepage of the Lower Saxony State Office for Social Affairs, Youth and Family](#).

## School health check

For children aged **4 to 6 years**, the Health Department (Gesundheitsamt) offers a **school-preparatory examination** (Einschulungsuntersuchung).

There is an examination with regard to school-relevant abilities and a consultation with the parents, the day care centre and the primary school.

Further information can be found on the [homepage of the District of Hameln-Pyrmont](#).

## Contraception and sexual counseling

You are the only person who decides whether you want to have children, and how many children to have. Nobody can force you to have children. Put another way: **You have the right to family planning.**

## Contraception

Contraception prevents a woman from becoming pregnant. If you want to have sexual intercourse but do not want to have children (yet), you can use contraception to prevent pregnancy. The responsibility for contraception lies with both partners. Talk to your partner about which **contraceptive method** you want to use as a couple. **Both** should **agree with** this.

Contraception does **not** make a woman **less fertile**. If she goes off birth control, she can have children.

There are several **methods of contraception**. You can choose which method is best for you and your partner. Some contraceptive methods fit a person's lifestyle, age, and physical conditions better than others.

## Contraceptive methods

**Important:** Please consult a **gynecologist** or **counseling center for** advice on contraceptive methods.

Here are just a few examples:

- **Barrier Methods:**

Condom, diaphragm and others

The condom is a contraceptive method that also protects you from HIV. It also lowers the risk of getting a sexually transmitted infection (STI).

- **Methods with hormones:**

Pill, IUD and others

- **Emergency contraception**

If you have **sexual intercourse without contraception**, there is a possibility that you will become pregnant, even if you do not want to. Mistakes can also happen with contraception. Then you get pregnant despite the contraception. For example, the condom may slip off. You may also forget to take the pill or you may have had severe diarrhea and the pill could not work properly.

You can take the "**morning after pill**". You must take it as soon as possible, preferably **in the first twelve hours after sexual intercourse**. You can buy the "morning after pill" without a prescription at a pharmacy. You can get advice on the pill at a pharmacy or from a doctor.

**Important:** Do **not** use the "morning after pill" **as a contraceptive method**.

More information is available [here](#).

## Sexual counselling

**Sexual self-determination** means choosing how to experience your own sexuality, choosing who to experience it with. Nobody can force you to do anything. In **sexual counselling** you can talk about your sexuality in a safe setting. In sexual counseling, you can ask questions about your body, sexual orientation, and sexual difficulties such as listlessness or erection problems. But sexual violence experiences can also be a topic.

The sex counselor does not talk to **anyone else** about what you discuss with them.



More information is available here [www.zanzu.de](http://www.zanzu.de)

## Counselling centres

[pro familia Hamelin](#)

### "Jugendamt" (Youth Welfare Office)

Children's rights (best interests of the child) must be observed when raising children and youth. Particularly important in education are: freedom from violence, health, education and freedom of expression. You can find more on this in the chapter on [children's rights](#).

The Youth Welfare Office (Jugendamt) is responsible for youth support in the area of educational assistance, support for children in day care facilities and day care, custody and access rights issues and divorce counselling, as well as for taking children and young people into care.

The first point of contact is the [General Social Services \(Allgemeiner Sozialdienst\)](#).

The **Special Social Services (Besondere Soziale Dienste)** is responsible for the placement of children in permanent care and the qualification of foster parents.

#### District of Hameln-Pyrmont

##### Youth Welfare Office (Jugendamt)



[Süntelstraße 9, 31785 Hamelin](#)



[www.hameln-pyrmont.de](http://www.hameln-pyrmont.de)

### First point of contact for reports of child welfare risks

Monday - Thursday: 8:00 a.m. - 4:00 p.m.

Friday: 8:00 a.m. - 1:00 p.m.

@ [Erstberatung-Jugendamt@hameln-pyrmont.de](mailto:Erstberatung-Jugendamt@hameln-pyrmont.de)

[051519033434](tel:051519033434)

[051519033420](tel:051519033420)

Outside the above-mentioned office hours, the Youth Welfare Office (Jugendamt) can be reached on call around the clock via all police stations in the District of Hameln-Pyrmont and the emergency number 110 as well as via the Cooperative Regional Control Centre Weserbergland under the telephone number [05151/951000](tel:05151951000).

### Parenting counselling centre

Counselling is subject to confidentiality and is free of charge.



[Hermannstr. 10, 31785 Hamelin](#)



[051519033535](tel:051519033535)



[www.hameln-pyrmont.de](http://www.hameln-pyrmont.de)

## Financial Support

### Child benefit

All children in Germany are entitled to a child benefit from **birth until the age of 18. (or even later, in exceptional cases)**. **Your child must live in your household and be cared for by yourself.**

Child benefit is always received by only one person, usually one parent. If there are several children, the individual amounts are paid as one sum. Often you will receive at least 219 euros per month for each child.

If you have several children, the number of children determines the amount of child benefit. From the third child you are entitled to more child benefit

### Child benefit since January 1, 2023

- 1. Child: 250 euros

### How do I receive child benefit?

You must submit an application to the [Family Benefits Office \(Familienkasse\) of the Federal Employment Agency \(Bundesagentur für Arbeit\)](#). Please also contact your benefits provider (Jobcenter or District of Hameln-Pyrmont) for more information.

**Note to asylum seekers:** You cannot receive **child benefits** during the **asylum procedure**. This is only possible when you have a positive decision from the BAMF.

### Contact Family Benefits Office (Familienkasse) Lower Saxony-Bremen



[Mailing address:](#)

Familienkasse Niedersachsen-Bremen  
30131 Hannover



[0800 4 5555 30](tel:08004555530) (questions about child benefit and child supplement)



[Familienkasse-Niedersachsen-Bremen@arbeitsagentur...](mailto:Familienkasse-Niedersachsen-Bremen@arbeitsagentur...)



[Family Benefits Office \(Familienkasse\) Lower Saxony-Bremen](#)

### Parental allowance (Elterngeld)

Lots of parents want to look after their child after **his/her birth**. They don't **work** for a **certain period of time** in order to do this.

Or they only work **part-time**. Part-time means: You work less than 30 hours a week.

If you have applied for **parental allowance**, you can get at **least 300 euros every month**. But it can be more. You **normally get parental allowance for 12 months**. But it can also be longer.

You receive parental allowance if you have a **residence** and reside in **Germany**. You need a **residence permit**. You must live with your child.


 [www.Explainer film](#)

 [www](#)

[Bundesministerium für Familie, Senioren, Frauen und Jugend](#)

 [www](#)

[Elterngeld digital](#)

 [03034047010 \(Elterngeld Digital\)](#)

 12

Monday to Thursday 09:00 to 18:00


## Parental allowance office (Elterngeldstelle), District of Hameln-Pyrmont

 [www.hameln-pyrmont.de](#)

District of Hameln-Pyrmont

[Süntelstraße 9](#)

31785 Hamelin

 [051519033613](#)

## Education and Participation Package (BuT; Bildungs- und Teilhabepaket)

If you receive **Social Security benefits**, you may receive financial assistance for your child. This support is called the **Education and Participation Pact**, or **BuT** for short.

### For whom can I apply for BuT?

- for children up to their 18th Birthday.
- for young adults up to their 25th Birthday if they are attending school but do not earn money as part of an education.

### What can be supported by the BuT?

- Children and youth (up to their 18th Birthday) receive **15 euros per month** to be able to **participate in social and cultural life**. You get the 15 euros as a **voucher**. The vouchers can be used for **club fees, lessons, courses** or **camps**.

- For **excursions** and **multi-day trips** with the school or the day-care centre, costs (travel costs, food, admission) are covered.
- The costs of **lunches at school** or **daycare centers** are covered.
- You can receive money for **school supplies**. It can also be used to pay for **other costs of tuition**. Students receive **€100.00** for this at the **beginning of the school year** (September) and **€50.00** after **half of the school year** (February).
- Under certain conditions, schoolchildren can receive **learning assistance**. The school confirms in which subjects and to what extent learning support is required.

## Who can apply for BuT?

Children and adolescents from families receiving the following benefits:

- Unemployment benefit II/social welfare benefit according to the German Social Code (SGB II)
- Social assistance and basic benefits under the German Social Code (SGB XII)
- Kinderzuschlag (child benefit supplement)
- Housing assistance
- Benefits under the Asylum Seekers' Benefits Act (AsylbLG)

Furthermore:

- Families who finance their own living costs but cannot pay the costs incurred for the needs of the education and participation package.

## What do I need for the application?

- If you receive social benefits: Proof of receipt of the social benefit (current notice of approval)
- If you are working: detailed evidence of your personal and financial circumstances
- The completed and signed [BuT application](#) and the corresponding annex.



Ask your [social counseling/integration manager, migration counseling or youth migration counseling](#) for assistance.

## Support and offers for families and couples

### Help in cases of domestic violence


Violence can take different forms. Humiliation, control over your social life, threats or insults, stalking, physical assault, sexual harassment or rape – and these are only a few examples. Violence is harmful to your physical and mental health.

Help is available for those people who are experiencing domestic violence at the hands of their husband, wife or partner.

### **BISS - Counselling and intervention centre for domestic violence**

Women and men who are affected in the District of Hameln-Pyrmont can contact BISS by phone or in person for counselling and support from experienced professionals.

Telephone counselling and appointments are available Monday to Friday from 09:00 to 12:00 and Tuesdays and Thursdays from 15:00 to 18:00 at:

 [0515125299](tel:0515125299)

@


[frauenhaus-hamelnde@t-online.de](mailto:frauenhaus-hamelnde@t-online.de)

### **Women's shelter**

Women who are experiencing violence in their relationship with their partner can get help from a women's shelter. There are several ways to be admitted to the women's shelter:

The woman can get in contact herself. A friend, relative or acquaintance can also call the shelter for her if, for example, she doesn't speak German. In an emergency, a woman can also go to the shelter at night or at the weekend. The police will establish contact.

The shelter is also open to women who are not sure whether they wish to separate from their husband or partner. The shelter is a safe place for them to think about their next steps. They can stay at the shelter with or without their children. Everyone is welcome, regardless of cultural background.

 [0515125299](tel:0515125299)

@

[frauenhaus-hamelnde@t-online.de](mailto:frauenhaus-hamelnde@t-online.de)

### **Multilingual helpline (Germany-wide):**

The "Gewalt gegen Frauen" (violence against women) helpline offers counselling to women in need at any time – it is anonymous, professional, safe and accessible. Qualified counsellors are there to help those who need it. It is always confidential. The counsellors will also refer callers to helpful resources in their area. Counselling is also available for family members, friends or other people supporting the person in need. The helpline offers counselling in seventeen languages, as well as telephone interpreting for the deaf.

 [08000116016](tel:08000116016)

[Homepage](#)

## Migrant parents network

The Migrant Parents Network Lower Saxony (MigrantenElternNetzwerk; M.E.N.) strengthens and mobilises migrant parents so that they can confidently and safely fulfil their educational mandate and establishes a strong representation of interests for parents with a migration background in Lower Saxony.

The Migrant Parents Network Niedersachsen...

- advocates for educational equity for migrant children and youth
- empowers parents through training, information and exchange of experiences so that they can consciously and confidently engage in their children's schooling and vocational education.
- offers a platform on which the latest information on parenting and education topics is made available to parents.
- promotes the dialogue between migrant parents, education and training providers Educational institutions, business and politics through networking at regional level.
- represents the interests of parents with a migration background in politics, education and administration.
- is a link between migrant parents as well as politics and administration at the national level.

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

## Geste - gemeinsamSTARK

The project Geste, "gemeinsamSTARK," supports single-parent families in their everyday family organization tasks.

Welcome to 'Geste - gemeinsamSTARK,' a pioneering project dedicated to advocating for and supporting single-parent families in the challenges of daily family organization.

Our initiative provides personalized counseling to ensure a balanced harmony between family commitments and financial security. We not only establish contacts with relevant interfaces such as JobCenter Hameln-Pyrmont, the district of Hameln-Pyrmont, the city of Hameln, and the youth welfare office but also encourage exchange and networking among the families themselves.

Our voluntary support and counseling services are open to all single-parent families. Any single parent can reach out to us for concerns related to authorities, finances, work, housing, or childcare. We offer not only direct counseling but also connect individuals to other relevant services in the region.

To ensure the best possible support, we integrate the resources of the mentioned networks to promote the individual successes of our participants.

## Contact:

☎ [05151982140](tel:05151982140)  
 @ [Geste@impuls-hamelnpyrmont.de](mailto:Geste@impuls-hamelnpyrmont.de)  
 📍 [Ohsener Str. 106, 31789 Hameln](#)

For more information, visit: [Impuls Hameln](#)



## Leisure activities

### Youth clubs

A **youth club** is a meeting place for teenagers and young adults. In the youth centers there are many different offers, most of which are free of charge. You can meet young people there.

There are youth centres in these [cities and municipalities](#):

- [Bad Münder](#)
- [Hessisch Oldendorf](#)
- [Hamelin](#)
- [Aerzen](#)
- [Coppenbrügge](#)
- [Salzhemmendorf](#)

### Drop-in meeting point and cafés

A **drop-in meeting** or an **drop-in café** is a place where people meet. It doesn't matter if they have an appointment or just spontaneously come by. This offers the opportunity to get in touch with a wide variety of people and exchange ideas.

There are also open cafés in many towns and communities in the District of Hameln-Pyrmont. They have different names: (interkulturelles) Begegnungscafé, Café International, Frauencafé.

Ask at the [town hall](#) of your place of residence for a drop-in meeting or café.

## Unaccompanied Minor Refugees

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

Unaccompanied minors are placed in special housing groups managed by recognised youth welfare institutions or in foster care ("Inobhutnahme"). Depending on the age and maturity level of the young person, an educational assistance plan is developed.

Every unaccompanied minor also receives a guardian. The guardian is the personal and legal contact person of the young person. They act in place of the parents. They represent and

support the minor , for example, in the asylum procedure and with the authorities.

The guardian's duties include:

- The decision as to the place of residence
- The application of youth welfare service measures
- The fostering and upbringing of the ward
- Provision of training
- Representation for the law of aliens and the asylum procedure
- Health care
- Application and enforcement of entitlements
- Development of school and career prospects
- Promoting integration

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

### Minors with non-parental family members

Some minors under the age of 18 enter without their parents but **with relatives** (e.g. uncle or aunt, cousins or older siblings). The accommodation management reports this to the Youth Welfare Office (Jugendamt) after of arrival. The Youth Welfare Office (Jugendamt) will talk to the minor and their adult relatives and check whether the minor can stay there and who can take over their legal representation. Subsequently, if necessary, the Family Court (Familiengericht) decides, with the involvement of the Youth Welfare Office (Jugendamt), whether a guardian is to be appointed. This can be a private person such as a relative or the Youth Welfare Office (Jugendamt) as an official guardian.

Now there are two possibilities:

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

In both cases, the minor can remain with their family member(s). This also applies if the relative is not willing or able to take over guardianship or parental rights, e.g. for language reasons.

If the stay with the relatives is refused by the minor or by their relative, the minor is treated as an unaccompanied minor refugee and taken into care by the Youth Welfare Office (see above).

### District of Hameln Pyrmont

[Youth Welfare Office \(Jugendamt\)](#)

## Everyday life and leisure

### Translation aid



In Germany, **official documents**, such as credentials and marriage or birth certificates, may only be translated by certified translators. These translations can be very expensive. Please make sure before using these services whether you really require a certified translation.

**For a rough translation, there are various online services available, for example:**

[DeepL](#)

[Google Translator](#)

[Reverso](#)

Here you can find a short video about Google Translator and how you can use it in everyday life, for example to understand mail you receive.

[Google Translator explained](#)

[Google Tap to Translate explained](#)

[Google Tap to Translate instructions](#)

**Mobile app:**

[Google Playstore](#)

[Apple Appstore](#)

**You can search for state-certified translators and interpreters here:**

<http://www.justiz-dolmetscher.de>

## Finances

In order to handle money well in Germany and to know what fees one has to pay where, some points have to be considered.

### Current Account (Girokonto)

#### Why do I need an account?

A current account (Girokonto) is an account for people who want to make **payments via a bank**. Your money is **always available** on your checking account.

With a current account (Girokonto), you can:

- Transfer **money to another account**
- **Receive money** into your own account - Payments from offices / authorities / social benefits are often made in cashless form, i.e. transferred to a personal checking account
- Set up **standing orders** if, for example, you always have to pay the same amount of money to one person once a month. For example, the money for renting your apartment. The bank will then automatically and regularly transfer the specified amount from your account.
- Use **direct debit services** This means that the recipient can automatically withdraw money from your account. This is only possible if you allow it beforehand with your signature. For example, with a mobile phone contract.
- Make cashless **payments** with the EC/Maestro card

- **Withdraw cash** at bank counters or ATMs and **print out account statements**. Here you can see what income and expenses you have received or incurred. On the account statement, you can see how much money was transferred or debited, to which person, when and for what purpose. **Important:** Make sure you have enough money in your account for all withdrawals and payments.

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

## How do I open an account?

Decide at **which bank** you would like to have an account.

Make an appointment to open the account.

Bring the **following documents** to the appointment:

- One of your identification papers: Proof of arrival, residence permit, temporary residence permit, toleration, identity card
- If there is no current address on the identification document: please bring a registration certificate or a comparable document
- Your tax ID. You usually get these from the [town hall](#) on the first day. If you lose your ID or have not received it, you can reapply for your tax ID [here](#).
- Important: If you do not speak German or English, please bring an interpreter with you.


### Important notes:

Once the account has been opened, you will receive an **EC card with a four-digit PIN code**. Sign the EC card on the back. Learn the PIN code by heart. You will need the PIN code for cashless payments and to withdraw money from ATMs.

Be sure to store the card and PIN code separately!

If you want to withdraw cash: It is best to use **ATMs at the bank** where you have your account. Withdrawals are then free of charge. If the PIN code is entered **incorrectly three times** at the ATM, the **EC card is withdrawn and blocked**. In this case you must ask your bank.

If you lose your EC card or it is stolen, have it blocked immediately. Tell them your sort code and your account number. Then ask your bank for a new EC card.

 [116 116](tel:116116)

 Monday to Friday, 24 hrs





## Taxes

### What are taxes?

A tax is an amount of money. This is collected by government agencies on all taxable persons for the purpose of generating income, for example, income tax. Almost all people in Germany pay taxes. A company also has to pay taxes.

The state gets the taxes because the state finances different things with it. In principle, the tax is there to finance the expenditure of public bodies (cities, federal states, federal government). All citizens of this country use public facilities such as roads or schools. They also benefit from the work of state employees, such as police officers or teachers. The state also helps people when they are out of work, for example, by paying unemployment benefit from the Job Centre. People seeking protection (refugees) also receive support in the form of cash benefits, accommodation and counselling. All this costs money and is financed by tax money. This also means that citizens in Germany are not solely responsible for themselves, but support each other. This is also called the solidarity principle. All this costs money and is financed by tax money.

### Income tax return

The income tax return shows the tax office your income situation. On the basis of this information, the tax office can determine the amount of income tax due each month. You have to pay income tax if you have a job where you earn more than 520 euros a month.

Not all people pay the same amount of income tax. If someone earns a lot, they have to pay more tax. If someone earns little, they pay less.

The tax office calculates how much everyone has to pay. It can happen that taxpayers have paid too much tax in one year. With the help of the tax return, you can state your expenses to reduce your tax burden. In the ideal case, you get a part of the money back.

Of course, it can also happen that too little tax was levied. This then applies mostly to the self-employed. In order to be able to find out, several details must be reported to the tax office.

You can find out whether you have to file a tax return by contacting the relevant tax office.

### Deadlines

Tax returns cannot simply be submitted at some point. There is a deadline which should be met without fail.

An income tax return must always be submitted to the tax office by 31 May of the following year.

## Help and support

Do you have any questions about taxes? Do you need help with your tax return?

Here you can find help:

### “Smartsteuer” (Smart Tax)

With [smartsteuer](#) (Smart Tax) you save yourself expensive consultants - and simply do your tax return yourself: Step by step by interview.

Further information on tax can be obtained from the [Federal Tax Office](#).

### Wage tax associations

Die Lohnsteuerhilfe für Arbeitnehmer e. V., Lohnsteuerhilfsverein“ is one of the largest wage tax aid associations in Germany. This and other wage tax associations work for employees and retirees... Rentner... You can now obtain individual answers from tax specialists in your region at around 300 advice centres.

You can find further information [here](#)!

### Broadcasting fees - GEZ

#### What are broadcasting fees ()?

Germany has independent radio, television and online services from ARD, ZDF and Deutschlandradio. They report in a way that is free from economic and political influences. For this, all people pay money together. This is called “broadcasting fees”.

According to the law: In Germany, a broadcast licence fee must be paid for each flat. However, only one person per flat has to pay the broadcast licence fee. It costs €17.50 per month and must be paid to the Fee Services department (Beitragsservice) of ARD, ZDF and Deutschlandradio.

Further information can be found in the following [information sheet](#) ([here](#) also in English, French, Arabic, Spanish, Chinese and Russian) and on the [website of the broadcast licence fee](#).

#### Do I have to pay?

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

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

### Debt Counselling Service

The **debt counselling service** is free help and support in the event of indebtedness and over-indebtedness.

You can find a list of all debt counselling centres in the District of Hameln-Pyrmont [here](#).

## Living

**How do I find an apartment?**

**Where can you look for an apartment?**

**Housing associations (HWG / KSG / WGH) in the district can be found [here](#)**

## Internet

<https://www.immonet.de/wohnung-suchen.html>

<https://www.wg-gesucht.de/>

<https://www.immobilienscout24.de>

<https://www.immowelt.de/suche/wohnungen>

<https://www.wohnungsboerse.net>

<https://www.ebay-kleinanzeigen.de/s-immobilien/wo...>

## Local newspapers

Apartments are offered here especially on weekends.  
For example, you can check the following newspapers.

[DeWeZet](#)

[Hallo Sonntag \(free of charge\)](#)

## Social housing

In many cities and municipalities, there is also social housing. These are subsidised by the state and are only available to persons with a [public housing certificate \(Wohnberechtigungsschein\)](#) . If you are looking to get social housing, you must apply for a “Wohnberechtigungsschein” (certificate of eligibility for housing) from your municipal or city administration (Rathaus). For further information, please contact your [municipal administration \(Rathaus\)](#).

**I have found an apartment**

If you receive money from the Jobcenter or the Social Welfare Office (Sozialamt), you must take note of the following:

**Important: You may not sign the lease yet, but must have it approved.**

First of all, you must obtain a certificate of accommodation from your future landlord.

This should include:

- The amount of rent (costs)
- The amount of any additional costs (heating, water, electricity)
- The amount of the deposit
- Possible graduated rent (automatic increase of the rent)

You must go to the **Jobcenter / Social Welfare Office (Sozialamt)** with the **housing registration certificate**. They check the cost estimate.

If everything is in order, they'll approve it.

If you do **not** have a **Residence requirement (Wohnsitzauflage)** in your refugee document or electronic residence permit, you may sign the lease.

If you have a **“Wohnsitzauflage” (residence requirement)**, you must submit an application to the “Ausländerbehörde” (Immigration Office).

**Important:**

Before you sign a rental agreement, take a close look! This [checklist](#) can help you with this. The checklist is available in German, English and Arabic.

## I've moved

As soon as you have moved into your new apartment, you must **register with your new [municipal or city administration \(Rathaus\)](#) within two weeks**. For this, you need a **“Vermieterbescheinigung” (landlord's certificate)** from your landlord. If you miss the two-week deadline, a penalty may be imposed.

Ask for the forms in the [“Rathaus”](#) town hall or have a look at its homepage.

## Accommodation entitlement certificate (Wohnberechtigungsschein)

With an accommodation entitlement certificate (WBS; Wohnberechtigungsschein) you have the possibility to rent publicly subsidised housing (=public housing). The accommodation entitlement certificate is valid for 1 year and must be renewed thereafter.

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

- 1 person 50 m<sup>2</sup>
- 2 persons 65 m<sup>2</sup> or alternatively 2 living rooms
- Each additional person + 15 m<sup>2</sup> or alternatively + 1 room

For more information on how to apply, please contact your [local municipality](#).

## Tenants' Protection Association (Mieterschutzbund)

The main focus of the DMB Tenants' Association's activities for the District of Hameln-Pyrmont is the direct representation of its members' interests. This mainly includes legal advice and help with tenancy disputes. If you have the feeling that your service charges are incorrect, if there is a dispute with the landlord or if you have questions on tenancy law, then just get in contact with the Tenants' Association.

### Please note that you must be a member!

Membership shall commence on the first day of the half-year in which membership is declared. Contributions to the Tenants' Association are paid exclusively by direct debit immediately upon joining and then in January of each year.

### The annual dues for new members:

Annual fee including DMB legal expenses insurance: 84 euros.

Half-yearly fee including DMB legal expenses insurance: 56 euros.

### Contact:



DMB Deutscher Mieterbund Hameln e. V. [Thietorstraße 26](#), 31785 Hameln



[0515121465](tel:0515121465)

Monday and Thursday: 16:30 - 18:00

Wednesdays: 14:00 - 15:00



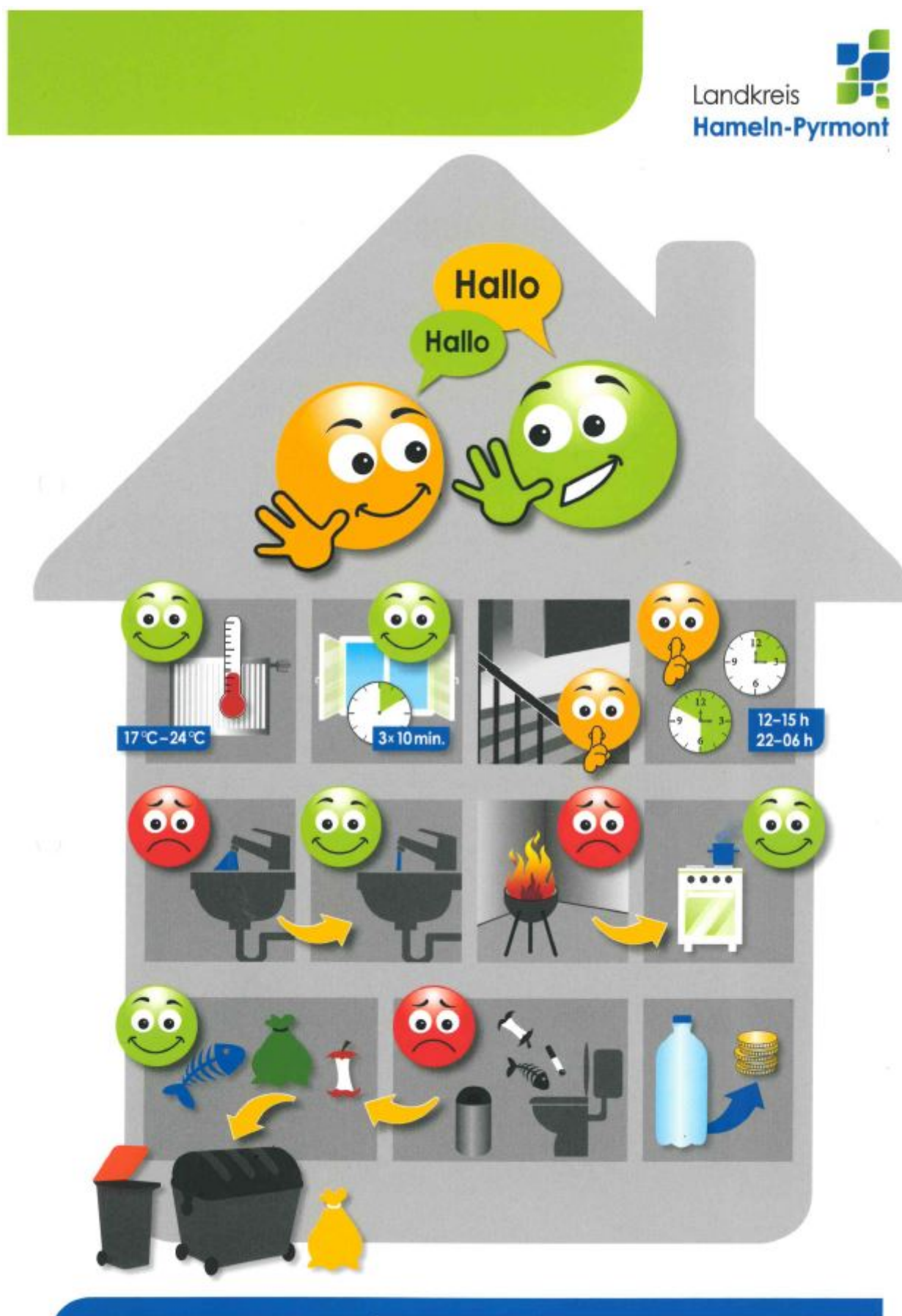
[info@mieterbund-hameln.de](mailto:info@mieterbund-hameln.de)

## House rules & waste separation

House rules list specific rules about living together with others. These apply to all persons who live in shared accommodation or an apartment. The most important contents are:

**Noise:** Everyone living in the building is responsible for keeping noise levels as low as possible. You need to be particularly attentive to this between **12:00 and 15:00** and between **22:00 and 6:00** – these are the “quiet hours” (Ruhezeit). On Sundays and public holidays, quiet hours last the entire day.

**Ventilation:** You should open the windows frequently to let in fresh air. This prevents mould from developing. You can find detailed information [here](#).



**Waste disposal:** Waste must be disposed of in the designated bin. There are different bins for plastic, paper and cardboard, fruit and vegetables (organic waste) and other waste. Please



ensure the separation of waste, as a large part of the waste is reused and it is an important part of environmental protection. Here you will find an overview of waste separation in the District of Hameln-Pyrmont:



Further information on the topic of waste separation can be found [here](#).

## Waste collection dates / Bulky waste

In Germany, garbage is regularly collected by the garbage collection service.

You can find out the collection dates [here](#).

On the collection dates, place the trash can or yellow bag and paper by the street. Bulky waste is large items that do not fit in trash cans, such as furniture, mattresses or carpets. You can request a free collection date for bulky waste twice a year in the Hameln-Pyrmont district.

You can request the collection date online [here](#).

## Power saving check

Energy costs are exploding, prices are rising and rising. People with low income, low pension or in receipt of benefits such as "Hartz IV" (**unemployment benefit II**) or **social assistance** are hit particularly hard.

A free electricity savings check helps immediately. You save 100 euros, 200 euros, 300 euros or more per year. On top of that, there is free emergency help and possibly a grant of at least 100 euros to replace the fridge or freezer.

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

Yvonne Schaper

☎ [05151/982186](tel:05151982186)

☎ [05151/982187](tel:05151982187)

@ [stromsparcheck@impuls-hamelnpyrmont.eu](mailto:stromsparcheck@impuls-hamelnpyrmont.eu)

[Active electricity saving check Hameln-Pyrmont / Holzminden](#)

## Energy and environment

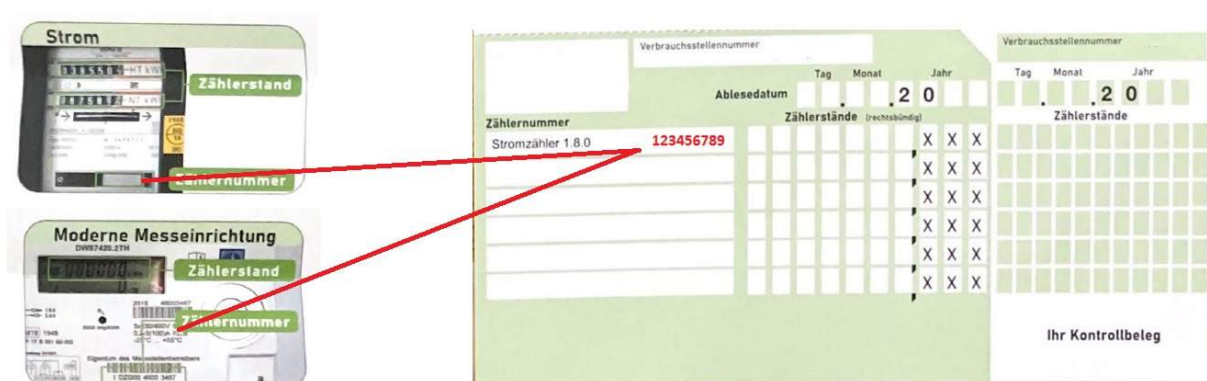
It is always important to save energy and protect the environment. You yourself can make a contribution.

[Here](#) you can find information in your language.

## Read electricity meter

If you receive electricity from Stadtwerke Hameln-Weserbergland, you will be asked to provide your electricity meter reading at least once a year. If you have received these documents, you can follow these instructions:

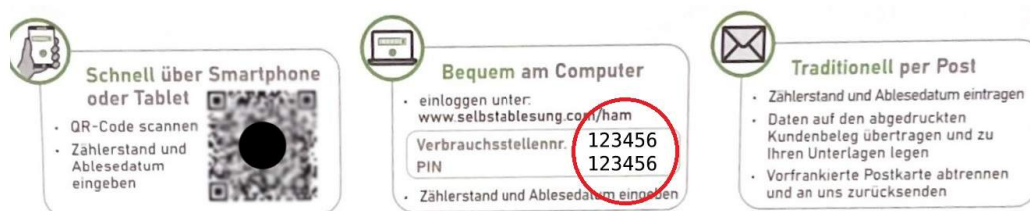
1. Go to your electricity meter and compare the meter number from the electricity meter with the meter number on your letter. If you do not know where your meter is, ask your landlord:



2. Write down the counter reading. The numbers after the decimal point do not have to be entered:



3. You will find your login data in the documents:



4. Enter the link above into your mobile browser or click this [link](#).

5. In the next window, enter your login data:

## Login

Auf Ihrer Ablesekarte finden Sie oben links Verbrauchsstellennummer und mittig im Anschreiben die PIN für das Login.

Die PIN soll Sie vor Missbrauch Dritter schützen und ist zur Eingabe zwingend erforderlich.

Bitte informieren Sie uns bei Problemen oder Anregungen über dieses [Formular](#).

Verbrauchsstellennummer:

123456

PIN:

\*\*\*\*\*

Anmelden

6. In the next window, enter the date when you read the electricity meter and compare the meter number again.

7. Now enter the meter reading and submit the form.

8. You will receive a sending confirmation. You can save this.

## Heating and ventilation

### Proper Heating and Ventilation

Proper ventilation and heating are very important. They help improve indoor air quality, prevent mold growth, and maintain a healthy indoor climate.

However, it's not that simple. Incorrect heating and ventilation can:

- deteriorate the indoor climate
- promote mold growth
- pose health risks (e.g., allergies and respiratory diseases)
- cause damage to furniture and buildings
- increase heating costs
- release pollutants into the air

Mold thrives in humid air. It starts growing at 70% relative humidity. **In well-ventilated rooms, humidity should range between 35% and 55%.**

💡 A person releases about 1.5 liters of water during sleep, while a household of four releases 12 to 20 liters daily. Reaching 70% humidity happens quickly.

First warning sign of high humidity: condensation on windows. Don't wait for this signal.

If water droplets form on windows, it usually means the humidity is too high. This moisture, known as condensate, can foster mold growth.



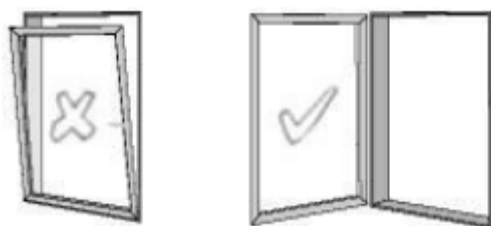
## Tips for Everyday Life

### 1. Keep room temperatures between 18°C and 22°C

This is more cost-effective than letting rooms cool down and then reheating them. Warm air holds more moisture than cold air, reducing the risk of condensation on walls, ceilings, or furniture—and thus mold growth. Thermostatic valves make it easy: they measure and regulate temperature automatically, so avoid constant adjustments.

### 2. Let in fresh air as often as possible during the day: Open all windows and doors fully for 5-10 minutes

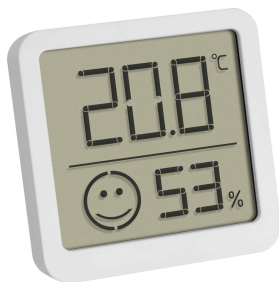
This completely replaces the air inside.



Not just water vapor but also cigarette smoke, sweat, furniture emissions, and other pollutants are removed. Continuous tilt-ventilation cools the areas around windows excessively, increasing the risk of mold from condensate moisture.

### 3. Check whether you are heating and ventilating properly

Use a thermometer to measure temperature and a hygrometer for relative humidity. Both are available for continuous measurement.



### 4. Heat and ventilate all rooms evenly and simultaneously—including less-used ones

If a room is only occasionally heated or warmed indirectly from neighboring rooms, moisture spots and mold are almost inevitable.

#### 💡 Recommended room temperatures:

Each degree higher increases heating costs, while each degree lower saves energy. Recommended temperatures:

- Living room: 20°C
- Kitchen: 18°C
- Bedroom: 17°C

**5. Modern windows are more airtight than older ones, so ventilate more frequently**

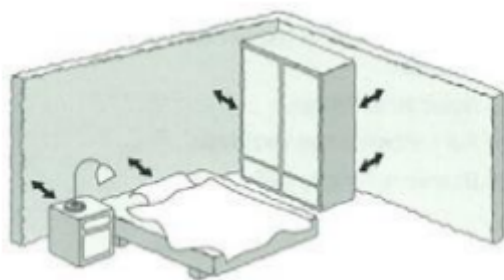
Old windows often allow air to flow through gaps and cracks.

**6. Regularly check and clean air filters in bathroom fans**

This ensures proper air exchange.

**7. Avoid placing large furniture against cold external or stairwell walls**

Exception: Ensure furniture is far enough from walls and floors to allow air circulation.



Mold often thrives in corners where two exterior walls meet. Ensure these areas are well-ventilated. Thick curtains and drapes can block fresh air.

**8. Ventilate more frequently during damp, cold weather than in summer or very cold winters**

This might seem counterintuitive, but it's necessary for physical reasons.

**9. Do not cover your heaters with furniture, curtains, or similar items**

This prevents warm air from circulating and increases heating costs. The thermostat valve must also remain uncovered.

**10. Avoid generating water vapor, and if unavoidable, ventilate immediately**

For example:

- Ventilate well when cooking or cleaning
- After showering, dry tiles and walls with a squeegee and ventilate
- Do not dry laundry indoors
- Cover aquariums
- Avoid humidifiers
- Water plants sparingly

Find more useful information about heating and ventilation on the Consumer Advice Center's website:

 [www.verbraucherzentrale.de](http://www.verbraucherzentrale.de)

**Food, hygiene products, furniture, clothing**



## When are shops open?

In Germany, shops are generally open from **Monday to Saturday**. They are usually closed on Sundays and public holidays. The opening hours of the shops may vary. You can find out about this on the Internet or at the entrance to the respective shops.

Note: Restaurants, cafés and leisure facilities (e.g. swimming pools, museums, cinemas) are also open on Sundays and public holidays.

## What is the “Tafel” and who can visit there?

The “Tafel” or “Food Bank” helps people who do not have much money. They offer **cheap food and hygiene products** that are no longer sold in the shops. These are for example:

- Foods with an imminent expiry date
- Baked goods from the previous day
- Damaged or dented packaging
- Fruit and vegetables with small blemishes.

You can get food and toiletries from here if you **do not work** or do **not earn enough money**. You will need an **identity card** for this. It is issued by the “Tafel” stores. Go there with your proof that you have limited means at your disposal. For example, with your official notice issued via the Asylum Seekers Benefits Act or “Sozialhilfe” (these are the letters that state how much money you will receive for one month).

You can find the address in your [city or municipality](#) under Offers / Integration offers

## Where can I buy and sell used goods?

### Second-hand shop

In second-hand shops you can buy **used clothing, furniture, books, electrical goods** and so on at very reasonable prices.

Find out where such shops are located in your [place of residence](#) (offers/integration offers). Here you will find a selection.

For some shops you will need a “Berechtigungsschein” (entitlement certificate). Therefore, please bring your identity papers, proof of income from social welfare, pension or other sources with you on your first visit.

## Furniture

### Hamelin

#### AIBP e.V. second-hand market



[Stüvestraße 45, 31785 Hamelin](#)



[05151787160](#)



Monday to Friday 08:00 to 17:00

Saturday 09:00 to 15:00

## Bad Pyrmont

### AIBP e.V. Recycling centre



[Lügder Str. 13, 31812 Bad Pyrmont](#)



[0528193250](tel:0528193250)



Monday to Friday 08:00 to 17:00

Saturday 09:00 to 15:00

## Flea market

At flea markets, you can buy **used goods**. This can be clothing, jewellery, crockery and much more. Often there are themed flea markets. For example, at a children's flea market, only children's items are sold (children's clothes, toys and so on). You can also **sell** goods at the flea market. You will have to pay stand fees for this. Check with the office that organises the flea market.

[You can find out when and where the next flea market will be here.](#)

## Further possibilities to buy or sell used goods

- The information boards in shops
- The classified ads section in the daily and weekly newspapers
- Social media
- Apps for second hand goods
- other websites for used goods

Some things are even given away.

## What do I do if I have lost or found something?

### Lost Property Office

**Lost items** (for example, keys or wallets) are often handed in at the “Fundbüro” (lost property office) and kept there for some time. If you have lost something, you can ask the lost and found office in the town hall. If you **find** an object yourself, you should, therefore, hand it in at the lost and found office.

## Drinking water

Whether fizzy or not: Fresh drinking water from the tap can be drunk in Germany almost without exception and without hesitation. Because the drinking water in Germany is of very good quality.

## Means of transport



## Bicycle

### What do you have to consider when riding a bike?

You can easily explore the District of Hameln-Pyrmont by bike.

You can get anywhere at any time, **quickly** and at **low cost**.

In Germany, and also in the District of Hameln-Pyrmont, there are special **cycle paths**.

**Cyclists** must also follow the **traffic rules**.

Some important traffic rules for cyclists

- Always ride on the **right side of the road**.
- **Do not** ride next to each other, but **behind each other**.
- If there is a **cycle path**, you must use it (always on the right side in the direction of travel).
- Only children under 11 years of age are allowed to use the footpaths by bicycle.
- While riding, you may only wear headphones if you can still hear everything.
- You are **not** allowed to make calls (without a hands-free kit).

### Buying a bicycle

Make sure that your bicycle is **roadworthy** when you buy it.

Otherwise, you will have to pay a fine if the police check your bicycle. The bicycle must be equipped with

- a bell
- two independent brakes
- a white light, front
- a white reflector, front
- a red light, back
- a red reflector, back
- four yellow spoke reflectors or reflective white stripes, on the tyres or spokes
- non-slip pedals, each with two pedal reflectors



If you want to buy a **used bicycle**, you will find cost-effective offers here:

- at bicycle shops
- at bicycle auctions
- in a bicycle repair shop in your community
- at flea markets
- in the classified ads section of daily and weekly newspapers
- on information boards in shops
- on social media
- in apps for used goods
- on websites for used goods

## Bicycle repair

**Bicycle shops** can repair your bike. You'll have to pay for that. In some [cities and municipalities](#) there are also **bicycle repair shops** run by **volunteers**. It's usually cheaper. You can also get help with repairs here. Find out on site which offers and support possibilities are available.

## Bus and train

You can easily reach everywhere in the District of Hameln-Pyrmont and the surrounding area by **bus** or **train**. It is very important that you always have a **valid ticket**. This is because, without a ticket, you have to pay a fine of at least 60 euros.

## Ticket

Check out exactly which ticket you need and which ticket is the cheapest for you. This is because there is a **large number of different tickets**.

There are, for example:

- Single tickets
- Day tickets
- Weekly or monthly tickets

There are also, for example, tickets:

- for kids
- for pupils (including trainees)
- for students
- for adults
- for families
- for groups

## Information on travel connections and tickets

- at the "Reisezentren" (Travel Centres) located at the stations (please note that not every station has a Travel Centre. Please also note the opening hours for the service counters)

- at the ticket machines at the station or bus stop
- via the [Deutsche Bahn app](#) or the [Deutsche Bahn website](#)
- on the bus: here you can buy the ticket directly from the bus driver

Timetable information is available [here](#).

## Bicycle transport

Bicycles can be carried **free of charge** on local trains **at certain times**:

Monday to Friday before 6 a.m. and from 9 a.m. to 3 a.m. the following day.

For the time between 6 a.m. and 9 a.m., you need a bicycle ticket.

on Saturdays, Sundays and holidays all day.

Note: In principle, there is **no right to take your bicycle with** you. There must be enough space. You can also use a folding bicycle. This can be taken along free of charge.

[Here](#) you will find further information on bicycle transport.

## Germany-Ticket

From May 1, 2023, there will be a new ticket. The ticket is called "Deutschland-Ticket" (abbreviated to "D-Ticket") or also "49-Euro-Ticket".

With this ticket, you can travel throughout Germany on buses, streetcars, subways, commuter trains and regional trains. The ticket is not valid for long-distance buses, IC trains, EC trains and ICE trains.

The ticket costs 49 euros per month and is only available by subscription. You can cancel the subscription every month.

The ticket is personalized with your name and is only valid together with your identification, such as your residence permit, passport or driver's license. Your ticket may not be used by other persons. Children up to 6 years of age travel free of charge.

## Where can I buy the Deutschland-Ticket?

The D-Ticket must be ordered by the 25th calendar day of a month to be valid from the next month. You can decide whether you want to use the ticket as a cell phone ticket in an app or in card format.

## Here you can buy the D-Ticket:

With Deutsche Bahn

- buy online under [D-Ticket](#),
- in person at a DB travel center, for example at [Hameln main station](#), or
- via the [DB Navigator app](#).
- with Öffis
  - buy online under [D-Ticket kaufen](#) or
- Via the App [Deutschland-Ticket](#).

## Do I receive a reduction from the job center or social welfare office?

No, there is no discount for the Deutschland-Ticket in the Hameln-Pyrmont district. It costs 49 euros per month for everyone.

## How can I cancel the subscription?

You can cancel the Deutschland-Ticket until the 10th calendar day. This means that if you only want to use the D-Ticket in May, for example, you must cancel the subscription by May 10 at the latest. The D-Ticket will then still be valid for the entire month of May. If you do not cancel by May 10, the subscription will be extended for the month of June.

You can cancel via the [subscription-portal](#).

## Are dogs or bicycles allowed?

The D-Ticket does not have any rules for taking children with you. Only children under 6 years of age can travel free of charge. For bicycles and dogs, the tariff regulations in the respective transport association apply. This means that the regulations can differ greatly and you should inform yourself beforehand. For bicycles you need an additional bicycle ticket.

## Cars

### Car driving licence

If you drive a car in Germany, you must have a **valid driving licence** and always have your **driving licence** with you.

In Germany, you may drive a car **from the age of 18 and with a valid driving licence**.

There is also the possibility to get the **driving licence at the age of 17**.

This means **"accompanied driving from 17"**. However, you may only travel with certain accompanying persons. These people provide you with safety while driving and are open to questions. The accompanying persons must meet certain requirements.

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

## You would like to get your driving licence?

If you would like to get your driving licence, choose a driving school. The driving school will explain which documents you need and how to proceed. Getting a driver's licence costs money. Please enquire in advance about the amount of these costs.

In order to get a German driving licence, you must pass the theoretical and the practical exam.

In addition to German, the theoretical exam can be taken in the following languages: English, French, Greek, High Arabic, Italian, Croatian, Polish, Portuguese, Romanian, Russian, Spanish and Turkish. Talk to your driving instructor.

You must also attend a first aid course. There you will learn how to help in an emergency situation, for example, accidents, burns, poisoning and so on.

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

## You already have a foreign driving licence?

You have a foreign driving licence and live in Germany?

In this case, your **foreign driving licence is still valid in Germany 6 months after you move to Germany**.

**After these 6 months** you have to change your driving licence **into a German driving licence**. You will also have to take a **theoretical and practical exam**.

Persons from EU/EEA countries with a valid driving licence do not need to have their foreign driving licence changed.

You will find further information and applications for on how to change your driving licence [here](#).

**Note:** There are **many rules** to ensure that road traffic is safe for you and others. You must observe these when driving a car. These rules are laid down in the **Straßenverkehrs-Ordnung (StVO)**. If you break these rules, you will be **subject to penalties**.

Penalties can be: [Fines, a driving ban](#) or [points on your licence](#).

## Register a car

You would like to **buy a motor vehicle** (for example car, truck, motorcycle, scooter) and **drive** it? Then you must **register** this vehicle.

To do this, you must go to the **“Zulassungsstelle” (Registration Office)**.

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

Please arrange an [appointment online in advance](#).

## Taxi

You can also go by **taxi**. However, this option is **usually more expensive** than other means of transport, such as bus and train.

Find out well in advance about the approximate costs.

You can use the [phone book "Das Örtliche"](#) to find a nearby taxi company.

You can calculate your approximate taxi costs [here](#).

## Signing contracts

### Important information

In Germany, there are contracts for many things. For example:

- Renting an apartment (rental contract)
- New job (employment contract)
- New mobile phone (mobile phone contract)

- Registering at the gym (membership contract)
- And many more

If the **contract** is signed by **two parties**, it is **legally binding**. Everything that has been concluded in the contract must be observed by the buyer and also by the seller.

For example, if you have a contract with the gym for 2 years, then you will also have to pay the fees for 2 years. Therefore, you should consider whether you can pay for everything for this period.

Often, contracts also contain "**small print**". This is usually written in small letters at the bottom of the contract. It is essential that you **always read** this and **agree to** it before signing.

Do not let yourself be pressured into signing a contract. You always have the right to **read and check everything**. Ask if you can take the contract home with you if necessary. Then you can read the contract in peace or have it translated.

You may also seek **legal counsel** or **advice** in the event of disagreement with the other party.

## Termination

You must give **written notice** (usually 3 months before the end of the contract). If you do not comply with the termination deadline, the contract term will often extend automatically.

## Private personal liability insurance

Private liability insurance is very important.  
Everyone should have private liability insurance.  
Because private liability insurance protects against having to pay a lot of money for damages.  
Damage can happen any day.

More information can be found at the [consumer advice centre](#) in various languages.

## Mobile phone contract

There are two different **mobile phone contracts** in Germany.

## Prepaid contract

The prepaid contract does not have a fixed contract term, but you have to top up your phone's credit (money).

## Fixed-term contract

The fixed-term contract has a minimum contract period. Ask how long the contract lasts and check whether you can pay it for that long. This contract is **automatically renewed** if you do not cancel. If you do not want the contract to renew automatically, you must **cancel in writing**. Please ensure to note the **deadline**.

## 10 important questions for the conclusion of a contract for a mobile phone

- What is the basic fee? Does the fee increase after a certain period?
- Is there a minimum monthly fee?
- How long is the contract period (e.g. 12 or 24 months)?
- If I don't terminate the contract, will it be renewed automatically?
- When do I have to cancel if I do not want to extend the contract?
- How much are the fees for setting up, changing or deactivating?
- How much does a minute cost (different/own network)?
- What are the costs for buying a mobile phone with and without a contract?
- How much does Internet access cost?
- How much does it cost to call abroad?

## Leisure and cultural facilities

### Leisure activities for children and adolescents

In the District of Hameln-Pyrmont there are many places where you and your children can spend your free time free of charge.

#### Playgrounds

In every town and village you will find several playgrounds or free football fields ("Bolzplätze") and basketball courts where you can play. Here your children can play outside in the sand, slide or swing. Playgrounds are open for everyone and are free of charge.

#### Addresses for playgrounds and football grounds

If you are looking for a playground in your municipality, click [here!](#)

If you are looking for a football pitch in your municipality, click [here!](#)

**Important:** Please note that there are rules and usage times at each playground and football pitch that must be observed.

Use times: Mostly, playing is allowed from 8 am to 8 pm on playgrounds and ball fields, staying until 10 pm is allowed if the children are quiet.

Rules: Alcohol and cigarettes in particular are taboo on playgrounds and football pitches. Dogs also have no place in playgrounds. You will find appropriate prohibition signs at most playgrounds.

There is no nap time on playgrounds!

#### Sports Clubs

Especially for children, there are plenty of opportunities to run riot, play and to try out various sports. In addition to playgrounds, football pitches and basketball courts, every town in the District of Hameln-Pyrmont offers exercise and sports facilities run by sports clubs.

#### Youth Clubs

Children and youth aged between 8 and 21 can visit children's and youth homes in their free time. Here there are open meetings, groups and projects, advice and sometimes help with

homework, help to get started in working life. It is also a good place to meet young people, play billiards and foosball or chat on the Internet.

**Important:** For children between the ages of 3 and 7, the children's and youth clubs are unsuitable, as the programme is not age-appropriate and supervision is not guaranteed.

You can find the youth centres [here](#).

### **Holiday programme**

Vacation time and nothing planned yet?! With the holiday program for children between 6 and 16 years old, there is no room for boredom during the Easter and summer holidays. The holiday program offers various activities.

Information leaflets are usually distributed in schools a few weeks before the holidays. There you can view the programmes and register accordingly.

### **Child and family centres**

Children's and family centres offer a wide range of courses, counselling, meetings and events for adults or children - and some services are suitable for both target groups.

For more information, see the family handbook. Just click [here](#)!

### **Museums**

There are many museums in the District of Hameln-Pyrmont. These offer citizens the opportunity for further cultural education. In museums you can learn interesting facts about the history and culture of Germany, Hamelin and the District of Hameln-Pyrmont. You usually have to pay for admission.

[Here](#) you will find an overview.

Get information directly from [your community](#).

### **Theatres**

There are various theatres in the City of Hamelin and also in some municipalities. There is theatre for adults, but also for children.

[Here](#) you will find an overview.

Get information directly from your [community](#).

### **Libraries**

You can borrow books, magazines, CDs and DVDs in libraries. You can then keep the books and media for a few weeks (loan period). Most of it is in German. Sometimes there are also books in other languages. If you want to borrow something, you need a card. You can get this card in the library. Most of the time you have to pay something for it. If you do not return the books and media on time, you will have to pay additional fees (=money).

There are libraries in the [City of Hamelin](#), but also in [many communities](#) in the District of Hameln-Pyrmont.



Ask at the ["Rathaus" \(town hall\) in your place of residence](#) if there is a library.

## Clubs

**"Vereine" (associations)** are of great social importance in Germany. They offer people the opportunity to achieve common goals and improve language skills. These goals can be of various kinds: sporting activity, leisure activities, commitment to the needy and disadvantaged, the protection of nature or contact with like-minded people.

There are many sports clubs for different kinds of sports in the District of Hameln-Pyrmont: Football, basketball, gymnastics, athletics, volleyball, swimming and much more.

Normally, you must pay an **annual membership fee** to be a member. More detailed information on this, however, can be obtained **directly from the relevant association**.

**Important:** As part of the [Education and Participation package](#), subsidies for children and young people in low-income families can be granted for club membership fees.

Find out in [your community](#) as to which associations are available.

## Music schools

If you or your child wants to learn to play an **instrument** or **sing**, you can go to a music school. There is a teacher there who will teach you.

A music school costs **money**. **Part of the costs** can be covered by the ["Bildungs- und Teilhabepaket" \(education and participation package\)](#).

There are music schools in many municipalities in the District of Hameln-Pyrmont.

[Here](#) you get an overview.

## Fitness studios

In your free time, you can also go to fitness studios. These are available in the City of Hamelin and in many towns and communities in the District of Hameln-Pyrmont.

**Important:** Compare the offers of the different studios. In some studios, you can also do a form of **trial training**. This is usually free of charge.

In most gyms, you will need to sign a **contract**. Pay close attention to the contract terms, notice periods, automatic contract extensions and membership fees. Take the contract with you and read it at home in peace and quiet before you sign.

## Open meeting places and meet-up cafés

Meet-up café, Café International, multicultural cooking evening, language café - no matter what you call it: in the District of Hameln-Pyrmont there are many possibilities to get into conversation and exchange ideas with other people, with and without refugee experiences. Please note that the list is not updated daily. So it's a good idea to get in contact with the programme operators before you visit for the first time.

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You can find an overview of open meeting places and meet-up cafes under the offers in your [municipality!](#)