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Welcome to Ingolstadt

You probably have lots of questions about life in Ingolstadt.

This app will help you to find your way around in everyday life. It provides you with important information on various topics.

The app is a practical guide. However, it cannot replace personal counselling and support.

Greeting

Welcome to Ingolstadt!

Dear new citizen,

We are delighted that you have arrived in a diverse and cosmopolitan city! We warmly welcome you and invite you to get to know Ingolstadt at its best. The city has a lot to offer - whether for family, leisure or work.

Ingolstadt is located in the heart of Bavaria and is known for its university, the automotive industry and a diverse cultural programme. Parks, museums and events make life here varied. There are also many opportunities to get active in the areas of education, sport and social programmes.

Starting out in a new city brings with it many questions. This app will help you find your way around quickly. You will find important information on authorities, housing, work and health. There are also tips on leisure activities, language courses and contact points for special life situations. The Integreat app is designed to help you keep track of all these services.

The Integreat app is a digital contact point for people who have fled or migrated to Ingolstadt. Many things can be different here - from cultural habits to social rules. This app helps you to better understand and get to know life in Ingolstadt. It is designed to help you quickly find your way around and feel welcome in our city. The information is provided in 18 languages.

People from over 140 nations live in Ingolstadt. Integration is an important step towards harmonious coexistence. There are many committed people in Ingolstadt who will be happy to help you. If you have any questions, please do not hesitate to contact the relevant offices.

In Ingolstadt there are many committed and helpful people working in authorities, organisations and institutions. They will be happy to help you with any questions you may have. Do not hesitate to contact them if you need support, do not understand something or have suggestions. There are numerous contact persons who can help you.

The aim is for you to feel at home in your new surroundings and to become part of our society.

We hope that you will settle in quickly and soon make your first contacts. Look forward with confidence to your personal future in our shared city.

All the best for your future in Ingolstadt!

Your Ingolstadt Integreat team

Gender note = gender disclaimer

To make the text easier to read, we do not use the forms for men, women and diverse (m/f/d) at the same time. This also helps to translate it automatically into many languages. All expressions for people are valid for all genders.

Gendering, especially in easy-to-read texts, is a much-discussed topic. There is no consensus. Special forms such as the underscore or the gender asterisk are not suitable for easy-to-read texts as they disrupt the reading flow and make understanding more difficult.

Interesting facts about Ingolstadt

Ingolstadt was first named in a document more than 1200 years ago. A document by Charlemagne mentions a "place of Ingold" at the mouth of the Schutter. Around 1250, the promotion became a town. From 1392 to 1447, it was the residential capital of the Duchy of Bavaria-Ingolstadt. The Bavarian Beer Purity Law was proclaimed here in 1516. And from 1472 to 1800, the city was home to the first Bavarian university in Old Bavaria.

Ingolstadt was a small town characterised by farming until the middle of the last century. But then industrialisation rapidly picked up speed and with it the population grew. Today, almost 140,000 people live in the second largest city in Upper Bavaria. Here you will find all the facilities of a modern regional centre. Ingolstadt has retained its old Bavarian charm. It boasts extensive green spaces and parks. In addition to several bathing lakes, there are also 2 indoor swimming pools and the Danube thermal baths.

Numerous historic buildings have been preserved in the old town centre. They reflect the city's eventful history to this day. Did you know that the family of the French Queen Isabeau resided in the New Palace? You know the stories of Dr Victor Frankenstein. He is said to have created his monster in the Old Anatomy. Why are the people of Ingolstadt also known as the "Schanzer"?

You can read about all this in our brochure for new residents. Here you will find lots of information, practical tips, contacts, addresses and telephone numbers.

And it's not just the city that makes life here in the heart of Bavaria so attractive. Ingolstadt is surrounded by cultural landscapes and natural beauty:

- the Danube wetlands between Neuburg and Ingolstadt,
- the Hallertau hop-growing region in the south,
- the beautiful Altmühltal valley to the north of Ingolstadt.

Look forward to exciting discovery tours in and around the city. Would you like to know more about your new home? Then simply visit our Citizen Service Centre or the Tourist Information. They will be happy to help you.

You can also find lots more information and up-to-date tips at

www.ingo-lstadt.de

[Ingolstadt new residents brochure](#)

[Ingolstadt - Wikipedia](#)

[Tourist Information Ingolstadt](#)

Statistical information of the city of Ingolstadt

Figures on the city (as at 31/12/2024)

- Location metropolitan region: Ingolstadt is located in the heart of Bavaria. The city is located between Munich, Nuremberg, Augsburg and Regensburg.
- Current population (population register, 31/12/2024): 145,445 inhabitants
- Proportion "with personal or family migration experience": 50.5
- Ingolstadt is the second largest city in Upper Bavaria and the fifth largest city in Bavaria.

Accessibility and transport hub:

- The city is located on the Munich-Nuremberg motorway (BAB 9).
- It has access to federal roads 13 and 16.
- The railway junction offers an ICE stop.
- There are direct connections to Munich, Nuremberg, Regensburg and Augsburg.

The vehicle registration number for Ingolstadt: IN

History:

- The first documentary mention dates back to 806.
- The city was granted city rights around 1250.
- Bavarian dukes resided here from 1392 to 1447.
- The Bavarian state university existed from 1472 to 1800.
- The Bavarian Beer Purity Law was proclaimed here in 1516.
- From 1827 to 1945, the city served as a fortress and garrison town.
- Ingolstadt has had a population of over 100,000 since 1989. This makes Ingolstadt the youngest city in Germany.

Most important sights

- The ducal castle from the 13th century
- St Moritz parish church from 1234
- Cross Gate 1385
- New castle 1418
- Minster church "Zur Schönen Unserer Lieben Frau" 1425
- Old anatomy 1735
- Asamkirche Maria de Viktoria 1736
- Municipal theatre with festival (congress) hall and exhibition rooms 1966

Museums:

- City museum in the Kavalier Hepp
- German Museum of Medical History
- Museum of Concrete Art and Design
- Bavarian Army Museum - New Palace
- Bavarian. Army Museum

- museum mobile Audi
- Asamkirche Maria de Victoria
- Lechner Museum
- Farm equipment museum Hundszell
- Bavarian Police Museum - Triva Tower
- Marieluise Fleißer House Documentation Centre
- Museum of the First World War in the Reduit Tilly
- Local History Museum Niemes & Prachatitz
- The [new](#) Museum of Concrete Art and Design is being [built](#) on the former foundry site in the centre of the city.
- Here you can find the [city map](#) with all museums and other institutions in Ingolstadt

Universities in Ingolstadt

- Catholic University of Eichstätt-Ingolstadt with the Faculty of Business and Economics
- Ingolstadt University of Technology

Trade fairs and exhibition centres

- Trade fair and exhibition centre Volksfestplatz
- Saturn Arena
- Ingolstadt ballroom in the municipal theatre

Twin cities and regions: [Ingolstadt and its twin towns](#)

Geographical data of the city of Ingolstadt

East-west extension: 18.2 km

North-south extension: 15.6 km

Length of the city boundary: 77 km

Area of the urban area: 133.35 km²

Location on the Danube: River kilometre 2,458 (Schutter estuary)

Altitude:

Mouth of the Schutter 362 m above sea level

Length of the Danube in the urban area:: 14.2 km

Highest point: Pettenhofen church 410.87 m above sea level

Highest natural elevation: 373 m above sea level (Schliffelmarkt)

Waters:

- Schutter, Ingolstadt river
- Danube
- The city currently has 28 lakes and ponds with a total area of 147 hectares (1.47 km²). Around 60 per cent of the water areas are used intensively for [bathing and leisure](#)

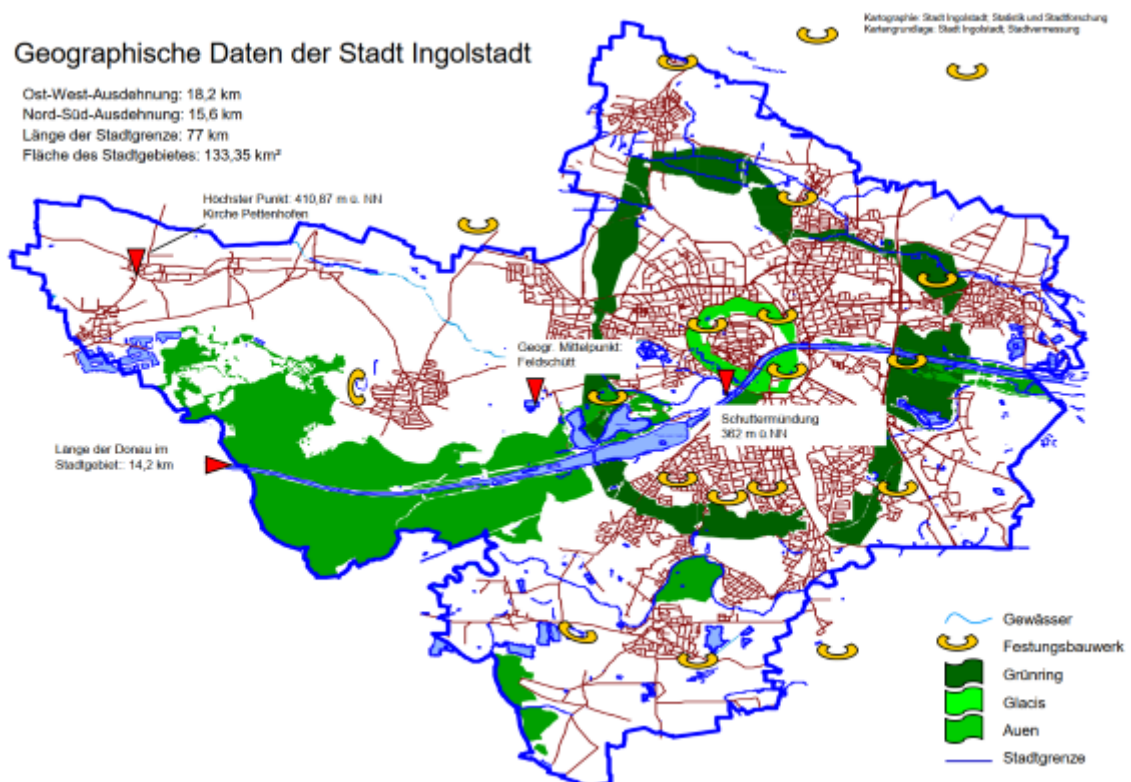
activities.

- Most important local recreation & bathing lakes: Baggersee, Auwaldsee, Schafirsee, Mailinger Aue

Swimming pools & ice rinks

- Donautherme leisure pool
- Ingolstadt outdoor pool
- Southwest indoor pool
- Ingolstadt sports pool

Geographical data of the city of Ingolstadt



Ingolstadt and its twin towns

Ingolstadt in the world

Ingolstadt has been cultivating its international friendships in a variety of ways for over 60 years. In this way, the city actively contributes to peace and mutual understanding between different cultures in Europe and around the world.

The city partnerships enable people to exchange ideas directly across national borders at a municipal level. This personal contact strengthens ties and promotes close co-operation with the partner cities. This creates a network characterised by trust and mutual respect.

Who is responsible for the town twinning programmes?

The [Office for International Relations and Cultural Administration](#) plays a central role in the organisation of these city partnerships. The office coordinates the relationships and supports the project partnership with Legmoin in Burkina Faso. This office is also responsible for the financial support of youth meetings.

Ingolstadt and its twin towns

The city of Ingolstadt maintains partnerships with numerous cities around the world. These friendships between the cities have existed for many years and are an important part of the city's international commitment.

- Carrara, Italy (since 1962)
- Foshan, China (since 2014)
- Grasse, France (since 1963)
- Győr, Hungary (since 2008)
- Kirkcaldy, Scotland (since 1962)
- Kragujevac, Serbia (since 2003)
- Manisa, Turkey (since 1998)
- Central District of Moscow, Russia (since 1995)
- Murska Sobota, Slovenia (since 1979)
- Opole, Poland (since 2005)
- Project partnership Legmoin, Burkina Faso (since 2013)

Ingolstadt shares a long tradition of friendship and cooperation with these cities. They are a living example of how to build and strengthen bridges between cultures. For better cooperation and mutual understanding in a globalised world.

"Ingolstadt_live" - The new leisure and experience platform

Welcome to Ingolstadt_live

The new leisure and adventure platform for Ingolstadt

Ingolstadt has a new website: www.ingolstadt.live.

Here, visitors and residents can find lots of ideas for leisure activities and experiences in the city.

What you can discover on the site:

- current events in the city
- Sights and museums
- Guided tours and cultural offers
- Tips for cycling tours and hikes
- Information on hotels and restaurants
- Travel advice

💡 The platform shows everything important at a glance - regardless of whether you are on a day trip or live in the city.
Particularly practical: the content is updated every day.

There are also new functions on an ongoing basis:

- better filters for the events calendar
- Maps for excursions and places of interest
- a digital assistant called Viktor, which helps you to quickly find the right information

For event organisers: How to enter your events

💡 **Ingolstadt_live** is intended to be a platform for everyone - not just for the city administration.

If you are planning an event in Ingolstadt, you can easily publicise it.

This is how it works:

- Visit the page ems.ingolstadt.live
- Register once - it's free of charge
- Enter your event - it's quick and easy
- Anyone can take part: Clubs, cultural organisations, companies, private individuals.

💡 This creates a joint offer for everyone - from sport to music to city festivals.

Your advantage:

Ingolstadt_live allows you to reach more people.
And everyone finds out what's going on in Ingolstadt.

Would you like help registering or do you have questions about the platform?

Then get in touch with the team behind Ingolstadt_live.

You can find contact details directly on the website or at 📞 +49 (0) 8413053004

Ingolstadt Alliance for Democracy, Diversity and Tolerance

Ingolstadt is colourful and open

Over 140,000 people from 140 countries live in Ingolstadt. They live together peacefully.

It doesn't matter where they come from. It doesn't matter what colour their skin is. It doesn't matter what religion they believe in. They all belong to Ingolstadt.

The "[Ingolstadt Alliance for Democracy, Diversity and Tolerance](#)" is committed to this. Many groups are involved: Associations, companies, universities, churches, trade unions, youth groups and political parties.

💡 Every organisation in Ingolstadt can take part. Together they show: Ingolstadt is colourful and open!

💡 It is still possible for clubs, organisations and companies to join. Please send an e-mail to buendnis@ingolstadt.de.



City map Ingolstadt

City map

[Here](#) you will find a practical city map for Ingolstadt.

Apps and websites about life in Germany

Apps and websites about life in Germany

Would you like to know how to live in Germany? What the rules are, what rights and responsibilities people have here? These websites have very helpful information:

Make it in Germany

The website "[Make it in Germany](#)" belongs to the German government. It is for people who come from other countries and want to work here. On this website there are job adverts and support in finding a job. There is also information about visas and other important things. This information is available in English, español and français.

You will find brief information in many languages. These languages are shqip, العربية , hrvatski, български, Bahasa Indonesia, italiano, 日本語, polski, português, română, русский, српски, Türkçe, Việt)

Handbook Germany

Would you like to find out more about culture in Germany? Would you like to know how people live in Germany and what the rules are?

The "[HandbookGermany](#)" page provides information about life in Germany. You can watch videos and read texts.

This site is available in 7 languages. These languages are German, English, العربية, فارسي,

Türkçe, français, العربية, فارسی

App Arrive

In the "App [Ankommen](#)" from the BAMF you will find information about life in Germany. Here you will find information on the topics of asylum and learning German. You will also find information on training and work.

The information is available in 4 languages. These languages are English, French, العربية, فارسی

Just landed

The website "Just [landed](#)" also provides an insight into life in Germany. There you will find information about life in Germany.

You can view adverts. You can also post your own adverts. There is a section for property and jobs. This section is especially for people from other countries. You can also exchange information in groups. There are forums for people who are new. You will find information in many languages. These languages are English, español, français, italiano, Nederlands, polski, русский

Facts about Germany

On the website "Facts [about Germany](#)" you will find a lot of important and interesting information about Germany.

You will find information in many languages. These languages are English, Français, Deutsch, español, português, русский, العربية and 中文.

Apps and portals for everyday life

Apps and portals

Many apps and portals are available in German and English. You can usually download them from the Apple Store or Google Playstore.

Everyday life

- ☐ Dein Ingolstadt App - Download the app from the [Apple Store](#) or [Google Playstore](#).
- ☐ City Hall 24/7 - Use our [online services](#).
- ☐ [Ingolstadt service portal](#) - Make an appointment online.
- △ Ingolstadt defect notifier - Report damage or problems in the city. [Apple Store](#), [Google Playstore](#)
- ☐ [Ingolstadt sports portal](#) - Find out about sports programmes in the region.
- ☐ [INKB waste planner app](#) - Find out collection dates and get disposal tips.

Work and education

- ☐ [Online language courses](#) - Learn German with digital courses.
- ☐ Internships, apprenticeships & jobs - Find current offers.
- ☐ [Chamber of Crafts apprenticeship exchange](#) - Search for available apprenticeships in the skilled trades.
- ☐ [meine-ausbildung-in-deutschland.de](#) - Find out about your options.
- ☐ Fe [deral Employment Agency](#) - Search for jobs, apprenticeships and internships.
- ☐ [Careers counselling](#) - Get advice if you are still unsure.

- [Start-up & foundation](#) - Start your own company in Ingolstadt.
- [Certificate recognition](#) - Find out whether your degree is recognised in Germany.
- [Europass](#) - Show your qualifications in Europe.
- [Guide to the Bavarian education system](#) - Find the right educational pathway.
- [mein NOW](#) - Use the online portal for your further education.

Counselling

- [mbeon](#) - Chat counselling for adult immigrants.
- The app informs you about:

- Work and career
- health
- Learning German
- Living
- Your family
- Residence

- It puts you in touch with migration advice centres and other contact points.
- You can use the app in German, English, Russian and Arabic.
- Counselling is available in more than 19 languages.

Health

- Practice search - find doctors and specialists in your area.
"Meine Pädiatrische Praxis" - Paediatric practice [Apple Store](#), [Google Playstore](#)
- "The free 116117 app" - medical and psychotherapeutic practices as well as on-call medical practices [Apple Store](#), [Google Playstore](#)
- [Doctor's visit & hospital](#) - Get important information for patients.
- [Clinics in and around Ingolstadt](#) - Find addresses and contact details.
- [Breastcare app](#) - Get support for breast cancer.

Public transport

- [VGI App Ingolstadt](#) - Plan your route, view timetables or buy tickets. ([Apple Store](#) & [Google Playstore](#))

Welcome to Integreat

Contact and feedback to the "makers" from Ingolstadt

The makers of this guide welcome your suggestions and criticism, but of course also praise. We are also happy to answer any questions you may have. You can contribute to the further development of the Integreat app in your municipality. This feedback will be passed on to the people who create the content. Write down as many details as possible if you have ideas or criticism.

If you have other offers for asylum seekers or would like your organisation to appear in this guide, please contact integreat@ingolstadt.de with your request.

Integreat is a guide to support you in your everyday life.

You will find important addresses, contact persons and tips and tricks to help you find your way around.

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

Where can I get the app?

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

Sharing information

Important information that you want to pass on, for example, can be downloaded as a PDF in the web app and shared. In the mobile app, you can share interesting content directly, for example via WhatsApp, Facebook or e-mail.

The latest news

You can also receive push notifications with the Integreat smartphone app. You can agree to receive them in the app settings. Important or urgent information is sent to you via push notifications.

Read aloud function

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

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



Gefördert im Rahmen des Bundesprogramms
Demokratie leben!

Integreat in sign language (Video)

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



Making Integreat better: Integreat Community

Making Integreat better: Integreat Community

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

Then join our Integreat community! You can have your say in the Integreat community. What should Integreat be like in the future? You will meet other people in Germany in the Integreat community. And you work on: How can integration be made easier?

Do you want to be part of it? Just send an e-mail with your name to [@community@integreat-app.de](mailto:community@integreat-app.de) - we'll get back to you!

Feedback

Contact and feedback to the "makers" from Ingolstadt

The makers of this guide welcome your suggestions and criticism, but of course also praise. We are also happy to answer any questions you may have. You can contribute to the further development of the Integreat app in your municipality. This feedback will be passed on to the people who create the content. Write down as many details as possible if you have ideas or criticism.

If you have other offers for asylum seekers or would like to appear in this guide with your organisation, please contact us with your request at

integreat@ingolstadt.de.

Important offices in Ingolstadt

Dates, offices, documents

Appointments

You have many appointments in Germany. At the doctor's, at the immigration office, at school or at counselling centres. An appointment is an important meeting for which you usually arrange a time and place over the phone. Sometimes you also receive an appointment in the post. You arrive punctually for an appointment, i.e. at the exact time agreed. That is polite. If you cannot come to an appointment because you are ill, for example, you cancel the appointment in good time and make a new appointment.

Offices

Offices are also authorities, for example the residents' registration office, the immigration office, the social welfare office, the youth welfare office or the job centre. Check the opening hours of the offices. It is usually a good idea to make an appointment. It is important that you bring all the documents you need for the visit. Otherwise you will not be able to do what you want to do at the office or authority and will have to go back again.

Documents

Documents are very important in Germany. These include, for example, identity cards, letters, forms, notifications, contracts or certificates.

You often have to sign documents. Information at the doctor's surgery or hospital, forms and declarations at public offices, contracts for your home or mobile phone. By signing, you confirm that you have read and understood the document. If you do not understand the document, ask for clarification. You cannot later say that you have signed something that you have not read or understood.

💡 Letters, documents, contracts and certificates are important. Keep them safe and don't throw them away!

Office for Foreigners and Migration Ingolstadt

Office for Immigration and Migration

The Office for Immigration and Migration is responsible for measures relating to residence and passport law.

What can be done?

- Issuing or extending a residence permit
- Work permit
- Issuing or extending a residence permit or tolerated stay permit
- Cancellation of residence restrictions
- Integration course measures

You can find all the important information [here](#).

Do you have any questions? Give us a call. Please bear in mind that many people call. Be patient if you do not reach a member of staff immediately.

You can also write to us. Please state your name, date of birth and your enquiry. Please bear in mind that many people write and it may take a few days before you receive a reply.

Amt für Ausländerwesen und Migration | Ausländische Mitbürger, Geflüchtete, Menschen mit Schutzstatus

 [Rathausplatz 4, 85049 Ingolstadt](#)

 [+49 \(0\) 8413051529](#)

 <https://www.ingolstadt.de/Ausl%C3%A4ndische-Mitb%...>

Bürgeramt - Citizen service - General information

Citizens' office - Citizens' service - General information

At the Citizens' Office you will receive a citizen-centred service and a wide [range of !\[\]\(e474458956c9a37fbf9586ddb60a7fa1_img.jpg\) services](#).

Would you like to submit an application outside our opening hours or from the comfort of your own home? Then please use the online service at  www.ingolstadt.de/online. You can submit applications here around the clock. These will then be forwarded to the specialist centre for processing. You can also pay for fee-based requests online.

Personal appointments are currently only possible by prior [appointment](#) at .

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

Who has to register and when?

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

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

What do I need to bring with me to register?

Registration takes place in person at the Citizens' Registration Office (Einwohnermeldeamt). You can find the address of your Bürgeramt at the bottom of this page.

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

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

Bürgeramt | amtliche Beglaubigung, Wahlen, Einbürgerung, Meldeamt, Führungszeugnis, Ausweis, Reisepass,

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

@ buergeramt@ingolstadt.de

☎ [+49 \(0\) 8413051500](tel:+49(0)8413051500)

🌐 <https://www.ingolstadt.de/buergeramt>

Job Centre City of Ingolstadt

What does the job centre do?

The job centre helps people who are looking for work with financial support and advice. It offers the so-called citizen's allowance and helps people to find a new job.

Who can get help?

- People who have a positive decision from the BAMF and a residence permit.
- EU citizens under special regulations. You can find information [here](#).
- People whose income is not sufficient to cover their living costs.

Who does not receive help?

- People in the asylum procedure or with a tolerated stay permit do not receive any benefits. They should contact the [social counselling](#) service in their accommodation.

How can you get help?

- You can apply for citizen's allowance by telephone, in writing or in person.
- The easiest way is online on the [website of the Ingolstadt Job Centre](#).

Services of the job centre:

- Job search
- Help with job applications
- Advice on further training
- Information about citizen's allowance
- Help with education and participation

Who receives benefits for education and participation?

Children and young people under the age of 25 if

- they receive benefits according to SGB II, SGB XII or the Asylum Seekers Benefits Act,
- their parents receive housing benefit or child supplement.

Contact the Ingolstadt job centre:

Address: Adolf-Kolping-Straße 10, 85049 Ingolstadt

☎ [084130545112](tel:084130545112)

@ obcente_r@ingolstadt.de

Arbeitsvermittlung: [084130545201](tel:084130545201)

Employer team: [084130545101](tel:084130545101)

Official fax: [0841305-45111](tel:0841305-45111)

Appointments [can be made online](#)

Opening hours:

Monday: 08:00 - 12:30, 13:30 - 16:00

Tuesday: 08:00 - 12:30

Wednesday: 08:00 - 12:30

Thursday: 08:00 - 12:30, 13:30 - 17:30

Friday: 08:00 - 12:30

💡 Employees do not pass on any information about customers.

💡 A power of attorney is required if an accompanying volunteer is present.

District of Upper Bavaria

District of Upper Bavaria

The district helps in many ways:

Help with care: Older people or people who need care receive different types of support. We want every person to receive suitable help. We talk to each person in detail. So we can understand what they need. And to make sure they get the right help.

Integration assistance for people with disabilities: People with various disabilities or illnesses can find support in the district of Upper Bavaria. The district looks after people with physical, mental or psychological disabilities. It helps them to live well and integrate into society.

Disability officers: In the district of Upper Bavaria, there are people who take special care of the needs of people with disabilities. These representatives ensure that the rights and well-being of people with disabilities are safeguarded. Relatives and affected persons can turn to them if they need advice or support. The representatives advocate for the concerns of people with disabilities. They ensure that these concerns are incorporated into the work of the district.

On-site counselling:

There are special counselling centres in Ingolstadt to help with questions and problems.

Counselling takes place every Thursday from 10:00 to 12:00 in the Bürgerhaus Neuburger Kasten.

This provides people with support and answers to their questions.

Sprechtag zu den Sozialleistungen des Bezirks Oberbayern | Beratung in Ingolstadt zu Sozialleistungen des Bezirks Oberbayern

📍 [Fechtgasse 6, 85049 Ingolstadt](#)

✉️ [@beratung-in@bezirk-oberbayern.de](mailto:beratung-in@bezirk-oberbayern.de)

☎️ [+49 \(0\) 89219821057](tel:+49(0)89219821057)

🌐 <https://www.bezirk-oberbayern.de/Service/Service-...>

Additional information and help:

Pflegestützpunkt Ingolstadt | Pflegeberatung

📍 [Fechtgasse 6, 85049 Ingolstadt](#)

✉️ [@pflegestuetspunkt@ingolstadt.de](mailto:pflegestuetspunkt@ingolstadt.de)

☎️ [+49 \(0\) 84130550040](tel:+49(0)84130550040)

🌐 <https://www.pflegestuetspunkt-ingolstadt.de/>

Bavarian districts

There are a total of seven districts in Bavaria.

The independent city of Ingolstadt is located in the largest Bavarian district: [Upper Bavaria](#).

These [districts](#) are called: Upper Bavaria, Lower Bavaria, Upper Palatinate, Upper Franconia, Middle Franconia, Lower Franconia and Swabia.

Each of these districts has certain tasks that are very important. These tasks go beyond the responsibilities of the towns and municipalities.

The seven Bavarian districts are local authorities. They are anchored in the Bavarian constitution.

All three municipal levels are on an equal footing and each fulfil their own tasks.

1. Municipalities and cities (first municipal level)
2. Counties (second municipal level)
3. Districts (third municipal level in Bavaria).

What is the difference to the government authorities?

But there is also something else that sounds similar. These are the government districts. However, the Regierungsbezirke are not the same as the Bezirke. Government districts are

parts of the state administration. The state of Bavaria has seven administrative districts. The tasks of the Regierungsbezirke are different from those of the Bezirke. Government districts take care of things that are determined by the state.

The main tasks of the Bavarian districts:

Helping people with disabilities:

The districts in Bavaria help people who have a disability. They pay for special schools where these people can learn. They also fund workshops where people with disabilities can work. There are also care programmes that are paid for by the districts. The districts also help people to find work and support their integration into society. This means that they help people with disabilities to live better in the community.

Care:

In Bavaria, the districts look after people who need care. This means that they help people who can no longer live alone and need support in everyday life. The districts pay the costs of care homes where these people can live. Care services that come to people's homes and help them there are also financed by the districts. The districts also support families who care for their relatives at home. They offer counselling and financial help.

Mental health:

Districts make sure that people with mental illness get the help they need. This means that they pay for treatment to make people feel better. They also fund counselling sessions where people can talk about their problems and get help. There are also special residential homes for people with mental illness, which are paid for by the districts.

Education and culture:

The districts support schools, museums, theatres and other cultural institutions. They promote projects that enrich cultural life. This means that they give money for things that make people's lives more interesting and enjoyable. This also includes events and exhibitions in museums or performances in theatres.

Social assistance:

The districts help people who are in particular need. This can be, for example, homelessness, when someone no longer has a home. The districts also help with social difficulties or financial problems. They offer counselling and support so that people can live better again.

Health:

The districts ensure that everyone receives medical care. This means that they help people who are ill and need to see a doctor. This is particularly important for people who do not have health insurance or cannot afford the costs themselves. The districts then pay for the necessary medical treatment.

Youth welfare:

The districts support young people and families. This means that they help with problems in the family and offer leisure activities for children and young people. They also provide support with training and help young people to get a good start in working life.

The aim of the districts' work:

The districts work closely with towns and municipalities. Their aim is to ensure that all people in Bavaria can live well and receive the help they need.

Ingolstadt Employment Agency

Employment Agency

The Federal Employment Agency is responsible for everything to do with employment.

The Employment Agency is your point of contact:

- If you are looking for a job,
- If you need help choosing a career in Germany,
- If you need your qualifications recognised or similar.
- If your asylum procedure is still ongoing (Aufenthaltsgestattung) or if you are tolerated (Duldung).

The Employment Agency is your point of contact if you have any questions:

- on the transition from school to work (career counselling),
- job placement,
- counselling on further vocational training,
- for employer counselling (employer service).

Are you a refugee or receive citizen's allowance?

Then the [job centre](#) is your contact for advice and placement in the labour market.

Interested new immigrants with access to the labour market can contact the Employment Agency. Your personal data will be recorded. You will then be given a counselling appointment with the relevant specialist.

You can find most job vacancies in Germany on the Federal Employment Agency's job exchange. You can, for example

- search for jobs in Germany and abroad,
- create and maintain a personal profile,
- apply for jobs online and
- receive suitable job offers by e-mail on request.

We can also support you on your way to a job in Germany with various measures, such as covering application costs, coaching and training courses.

Ingolstadt Employment Agency



[Heydeckplatz 1](#)

85049 Ingolstadt

@ ingolstadt@arbeitsagentur.de



<https://www.arbeitsagentur.de/vor-ort/ingolstadt>

www.arbeitsagentur.de/ukraine

 [0800/4555500](tel:08004555500) (employees)

 [0800/4555520](tel:08004555520) (employer)

 [0841/9338555](tel:08419338555) (local number)

 Calls are free of charge for you.

Give us a call:

 Mon - Fri from 08:00 - 18:00

 Opening hours for personal unemployment registration:

Monday to Friday: 09:00 - 12:00

 We are also available all day by prior appointment.

Job search:

h [https:// jobboerse.arbeitsagentur.de](https://jobboerse.arbeitsagentur.de)

Telephone counselling in Ukrainian or Russian

If you have any questions, you can also contact us by telephone. You can reach employees of the Employment Agency who speak Ukrainian and Russian on this number:

 [0911/1787915](tel:09111787915)

 Availability:

Monday to Thursday: 08:00 - 16:00

Friday: 08:00 - 13:00

Ingolstadt Social Welfare Office

Tasks of the Social Welfare Office

The Social Welfare Office helps in many areas. There are different areas of expertise:

Amtsleitung, Geschäftszimmer | Soziale Hilfen, Daseinsvorsorge

 [Auf der Schanz 39, 85049 Ingolstadt](#)

@ sozialamt@ingolstadt.de

 [+4984130550101](tel:+4984130550101)

 <https://www.ingolstadt.de/Amt-f%C3%BCr-Soziales>



Social welfare and basic security

This is about:

- Basic income support in old age and in the event of reduced earning capacity
- Help with living expenses
- Help to overcome particular social difficulties
- Assistance with health
- Assistance in other life situations
- Assumption of rent debts
- Assumption of the costs of a permanent return journey to the country of origin

Grundsicherung im Alter und bei Erwerbsminderung

 [Auf der Schanz 39, 85049 Ingolstadt](#)

 @sozialamt@ingolstadt.de

 [+4984130550110](tel:+4984130550110)

 <https://www.ingolstadt.de/Grundsicherung>

Sozialhilfe

 [Auf der Schanz 39, 85049 Ingolstadt](#)

 @sozialhilfe@ingolstadt.de

 [+4984130550110](tel:+4984130550110)

 <https://www.ingolstadt.de/Sozialhilfe>



Housing office

Here you can get help with

- [Housing benefit](#)
- [Housing entitlement](#)

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

Vormerkbescheid & Wohnberechtigungsschein (WBS) für öffentlich geförderte Wohnungen

 [Auf der Schanz 39, 85049 Ingolstadt](#)

@sww@ingolstadt.de

[+4984130550160](tel:+4984130550160)

<https://www.ingolstadt.de/Wohnberechtigungsschein>

Wohngeld; Beantragung eines Miet- oder Lastenzuschusses

[Auf der Schanz 39, 85049 Ingolstadt](#)

@wohngeld@ingolstadt.de

[+4984130550165](tel:+4984130550165)

<https://www.ingolstadt.de/Wohngeld>



Insurance office

[Here](#) you can get information about the statutory pension.

German Pension Insurance video consultation day

- In addition to direct consultations at the insurance office, you can also attend a personal online consultation.
- Twice a month, the German Pension Insurance (DRV) offers a personal consultation day in Ingolstadt, Town Hall "Auf der Schanz 39". You can also book an appointment for a video consultation directly online via the DRV Bayern Süd homepage.
- The city of Ingolstadt offers video counselling with DRV Bayern Süd. This takes place in the town hall "Auf der Schanz 39". You can use the tablet available here.
- Registrations for the personal consultation days as well as for the video counselling appointment in the town hall "Auf der Schanz" can only be made by telephone with DRV Bayern Süd.
- Service number [0800 100 048 015](tel:0800100048015)

Versicherungsamt - Angelegenheiten der gesetzlichen Rentenversicherung

[Auf der Schanz 39, 85049 Ingolstadt](#)

@versicherungsamt@ingolstadt.de

[+4984130550245](tel:+4984130550245)

<https://www.ingolstadt.de/Versicherungsamt>



Care centre

Here you can get help with:

- [Legal questions about care](#)

- [Precaution](#)

💡 Find out more [here](#).

Betreuungsstelle, Rechtliche Betreuung

📍 [Auf der Schanz 39, 85049 Ingolstadt](#)

✉ [@betreuungsstelle@ingolstadt.de](mailto:betreuungsstelle@ingolstadt.de)

☎ [+4984130550206](tel:+4984130550206)

🌐 <https://www.ingolstadt.de/Rechtliche-Betreuung>



Specialist centre for the prevention of homelessness and homelessness

- [Here you](#) can get help so that you don't lose your home.
- You will also receive help if you no longer have accommodation.
- Counselling in housing emergencies and, if necessary, assistance with rent debts.
- You can also find more information at  [Help with housing problems, help with imminent homelessness, help for the homeless](#)

Fachstelle zur Vermeidung von Obdach- und Wohnungslosigkeit

📍 [Auf der Schanz 39, 85049 Ingolstadt](#)

✉ [@obdachlosenhilfe@ingolstadt.de](mailto:obdachlosenhilfe@ingolstadt.de)

☎ [+49841305220](tel:+49841305220)

🌐 <https://www.ingolstadt.de/Wohnungslosigkeit>



Refugees and integration

[Here](#) we help refugees with:

- Accommodation
- Advice on living in Ingolstadt
- Questions about support and benefits

Flucht und Integration | Asyl- und Flüchtlingsangelegenheiten

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

✉ [@asyl@ingolstadt.de](mailto:asyl@ingolstadt.de)

☎ [+4984130550250](tel:+4984130550250)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten>

Flüchtlings- und Integrationsberatung | Personen im laufenden Asylverfahren und Bleibeberechtigte bzw. Geduldete

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@beratung-asyl@ingolstadt.de

☎ [+4984130550250](tel:+4984130550250)

🌐 <https://www.ingolstadt.de/FI%C3%BCchtlinge-und-In...>

Leistungen nach dem Asylbewerberleistungsgesetz | Leistungen

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@leistung-asyl@ingolstadt.de

☎ [+4984130550260](tel:+4984130550260)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

Unterbringung von Asylbewerbern

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@unterbringung-asyl@ingolstadt.de

☎ [+4984130550280](tel:+4984130550280)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

Integrationslotsin / Netzwerk Asyl | Unterstützung der Integration

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@integrationslotsin@ingolstadt.de

☎ [+4984130550298](tel:+4984130550298)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

What happens at the Social Welfare Office

You will be asked at the social welfare office:

- How much money you earn
- Whether you own valuable things
- You will sign some papers
- Please bring all your documents and identity cards with you
- Refugees: Persons registered in the residence permit must accompany you to the appointment.

Once your entitlement has been checked, the assistance will be transferred to your account.

💡 Important: The money must be sufficient until the next appointment at the social welfare office!



District of Upper Bavaria

This is about:

- **Care assistance** - information can be found [here](#)
- **Integration assistance** for people with disabilities - information can be found [here](#)

People who need care receive various types of help. Comprehensive counselling is available to ensure that everyone receives the right support.

The district of Upper Bavaria provides help for people with various disabilities and illnesses.

💡 The [disability officers of the district of Upper Bavaria](#) are committed to the needs of people with disabilities. Relatives and those affected can contact them at any time.

💡 Consultation day on the social benefits of the district of Upper Bavaria - counselling in Ingolstadt

Address:

Neuburger Kasten community centre

[Fechtgasse 6](#)

85049 Ingolstadt

📅 Thursday from 10.00 am - 12.00 pm

Make an appointment: ☎ [089 219 821 057](tel:089219821057) or by e-mail: beratung-in@bezirk-oberbayern.de

💡 You can obtain further information from the Ingolstadt Care Support Centre

Pflegestützpunkt Ingolstadt | Pflegeberatung

📍 [Fechtgasse 6, 85049 Ingolstadt](#)

@pflegestuetzpunkt@ingolstadt.de

☎ [+4984130550040](tel:+4984130550040)

🌐 <https://www.pflegestuetzpunkt-ingolstadt.de/>

Care support centre Ingolstadt

The Ingolstadt care support centre is a place where you can get free advice. Our counsellors will be happy to help you.

Our work is laid down in the [law](#). We must remain silent if you tell us something.

The care support centre in Ingolstadt is supported by various organisations:

- The health and care insurance funds
- The district of Upper Bavaria
- The city of Ingolstadt

You can also download flyers [here](#). These are available in 4 languages and in plain language.

Pflegestützpunkt Ingolstadt | Pflegeberatung

📍 [Fechtgasse 6, 85049 Ingolstadt](#)

@pflegestuetzpunkt@ingolstadt.de

☎ [+49 \(0\) 84130550040](tel:+49084130550040)

🌐 <https://www.pflegestuetzpunkt-ingolstadt.de/>

Opening hours

Monday and Tuesday: 09:00 to 12:00, 14:00 to 16:00

Wednesday: closed

Thursday: 09:00 to 12:00, 14:00 to 18:00

Friday: 09:00 to 12:00

Additional counselling at the care support centre:

Consultation day on the social benefits of the district of Upper Bavaria:

- When: Every Thursday from 10:00 am to 12:00 pm
- Topics: Integration assistance for people with disabilities and care assistance for people in need of care
- To make an appointment: [089 219 821 057](tel:089219821057) or beratung-in@bezirk-oberbayern.de

Specialist centre for caring relatives of the Alzheimer Gesellschaft Ingolstadt e.V.:

- When: By appointment only. Tuesdays between 09:00 and 12:00
- Topics: Support for family carers and dealing with dementia
- To make an appointment: [0841-8817732](tel:08418817732) or info@alzheimer-ingolstadt.de

Supplementary independent participation counselling (EUTB):

- When: Every last Thursday of the month from 2:00 p.m. to 5:00 p.m.
- Where: At the care support centre in Ingolstadt
- To make an appointment: [0841 994 764 51](tel:084199476451) or margit.retzer.eutb@ospe-ev.de

Bavarian Association for the Blind and Visually Impaired:

When: By appointment only. Every last Tuesday of the month between 09:00 and 16:00

Where: At the care support centre in Ingolstadt

To make an appointment: [089 559 881 16](tel:08955988116) or sabine.pia@bbsb.org

Ingolstadt registry office

The registry office helps you with important events in your life.

💡 Have you had a child? Are you getting married? Or is there a death in the family? Then you can go to the registry office.

The tasks at a glance

- It confirms when
 - you have given birth to a baby or
 - someone dies.
- It helps couples to establish a partnership or marriage.
- If someone no longer wants to be in the church, the registry office can write this down.
- If you want to change your name, the registry office can help you with this.
- It gives you important documents such as birth certificates, death certificates and marriage certificates.

Standes- und Bestattungsamt | Geburtenbeurkundungen

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

@ geburten@ingolstadt.de

☎ [+49 \(0\) 8413051585](tel:+4908413051585)

☎ [+49 \(0\) 8413051586](tel:+4908413051586)

🌐 <https://www.ingolstadt.de/Schwangerschaft-Geburt>

Standes- und Bestattungsamt | Eheschließungen

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

@ heiraten@ingolstadt.de

☎ [+49 \(0\) 8413051582](tel:+4908413051582)

☎ [+49 \(0\) 8413051583](tel:+4908413051583)

🌐 <https://www.ingolstadt.de/Heiraten-in-Ingolstadt>

Standes- und Bestattungsamt | Bestattungswesen

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

@ bestattungsamt@ingolstadt.de

☎ [+49 \(0\) 8413051593](tel:+4908413051593)

🌐 <https://www.ingolstadt.de/Tod-Sterbefall>

Ingolstadt Youth and Family Office

Office for Youth and Family

The Office for Youth and Family is committed to ensuring that all children and young people living in Ingolstadt can develop and flourish as positively as possible.

Amt für Jugend und Familie | Unterstützung für Jugend und Familie

 [Adolf-Kolping-Str. 10, 85049 Ingolstadt](#)

 [@jugendamt@ingolstadt.de](mailto:jugendamt@ingolstadt.de)

 [+49 \(0\) 84130545401](tel:+49084130545401)

 <https://www.ingolstadt.de/Amt-f%C3%BCr-Jugend-und...>

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

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

Responsibilities of the Youth Welfare Office:

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

Have you had a child? Then the youth welfare office contacts you after a few weeks. You would like a home visit. You can get to know the Youth Welfare Office. You will then receive a whole folder with information and offers. These are important for your child and your family.

Unaccompanied refugee minors are also covered by youth welfare law. You can find information about the procedure for this at  [Amt für Jugend und Familie](#) and then under "Fachdienst Asyl".

Office for Childcare and Education Ingolstadt

Tasks in the Office for Childcare and Education

Applying for a childminding licence for daycare for children

Would you like to work as a childminder? Before you start: Even with your first child, you need a licence to look after children. This licence is called  [care permit](#).

You would like to organise the care of your children yourself

The office advises and supports parents and guardians in organising toddler groups or playgroups.

You can find contact details [at](#)  [here](#).

Enrolment in a municipal daycare centre for children

Do you want your child to be looked after in a municipal day care centre? Then you must first register it there.



[Childcare - Kita-Finder Ingolstadt](#)

The parents' portal contains a list of all childcare centres in Ingolstadt. You can look them up online and register your child. The website is available in German, Russian, English and Turkish.

Payment of fees or parental contributions for a municipal day care centre for children

Are you sending your child to a kindergarten? You may have to pay money for this. You can find information at  [here](#).

Amtsleitung, Geschäftszimmer

 [Harderstraße 17, 85049 IngolstadtIngolstadt](#)

 kinderbetreuung@ingolstadt.de

 [+49 \(0\) 84130545601](tel:+49(0)84130545601)

 <https://www.ingolstadt.de/Leben/Kinder-Jugend-Fam...>

Amt für Kinderbetreuung und -bildung | Krippen & Kindergärten

 [Harderstraße 17, 85049 IngolstadtIngolstadt](#)

 kita-platzkoordination@ingolstadt.de

 [+49 \(0\) 84130545607](tel:+49(0)84130545607)

 <https://www.ingolstadt.de/Kinderbetreuung>

Amt für Kinderbetreuung und -bildung | Städt. Kindertageseinrichtungen

 [Ludwigstraße 24, 85049 Ingolstadt](#)

 kinderbetreuung@ingolstadt.de

 [+49 \(0\) 84130545602](tel:+49(0)84130545602)

 <https://www.ingolstadt.de/Kinderbetreuung>

Have you lost something?

Have you lost something?

Have you lost your keys or wallet or forgotten your bag on the bus?

💡 If you have lost your identity documents or they have been stolen, report this to the police. Replacement documents can only be issued to you if you report the loss.

[Lost property office](#)

 Lost property in the municipal area: [lost property report and report of loss](#)

- Have you found a lost item? Then you must report it to the lost property office or return it directly to the owner.
- You can also hand in found items to the police.
- Have you lost a valuable item? Then you can report the loss to the lost property office.

Citizens' office - Lost property office

New Town Hall



[Town hall square 4](#)

85049 Ingolstadt

 [0841 305-1502](tel:0841 305-1502)

 undamt@ingolstadt.de

💡 If you have lost or forgotten something on the bus or train, you can enquire at the VGI and search online.

VGI Customer Centre Ingolstadt



[Mauthstraße 4](#)

85049 Ingolstadt

 Monday to Friday: 10:00 to 18:00

Saturday: 09:00 to 13:00

 [+49 841 97 439 333](tel:+49 841 97 439 333)



[+49 841 97 439 399](tel:+49 841 97 439 399)

 Monday to Friday: 08:00 to 18:00

Saturday: 09:00 to 13:00

@i nfo@vgi.de

 [VGI Service Customer Centre](#)

Driving licence office and vehicle registration office

Vehicle registration authority: Information on vehicle registration

At our vehicle registration office, we can help you with all matters relating to your car. This includes:

- New registrations and re-registrations: We register your car - whether new or used.
- Transfers: Would you like to transfer your car to another person? We can help you with this.
- Deregistration and new licence plates: Do you want to deregister your car or need a new licence plate? We can help you.
- Licence plate allocation: We issue various licence plates, for example: Export licence plates (for cars going abroad),
- temporary licence plates (for test drives or transfers),
- red licence plates (for dealers and workshops).

We also intervene if:

- Vehicle tax has not been paid: If you fail to pay the tax, penalties may follow.
- The insurance is missing: If your car is not insured, you may be penalised.
- Defects are found on the car: If there are defects, the car can be immobilised. In serious cases, it will be put on the wanted list.

Driving licence office: Everything you need to know about your driving licence

The driving licence office helps with all questions relating to driving licences. Our services include

- Applying for, extending, renewing or replacing your driving licence: We help you every step of the way.
- Withdrawal or reinstatement of the driving licence: In certain cases, the driving licence can be withdrawn or reissued.
- Conditions or restrictions: We determine whether conditions are necessary for your driving licence.
- Driving licence for passenger transport: Do you need a driving licence for a taxi, bus or hire car? We can help you.
- Driving instructor licence: Would you like to become a driving instructor? We issue or withdraw driving instructor licences.
- Authorisation of driving schools: We authorise and monitor driving schools in Ingolstadt.

Contact and opening hours

Road traffic office

Licensing office - driving licence authority

📍 [Wiechertstraße 1](#)

85055 Ingolstadt

☎ [+49 \(0\) 8413051790](#)



[+49 \(0\) 8413051796](#)

✉ @fuehrerscheinstelle@ingolstadt.de

🌐 [ulassun](#) gsstelle@ingolstadt.de

Opening hours (by appointment only):

Monday: 07:30 - 12:30

Tuesday: 07:30 - 12:30, 14:00 - 16:00

Wednesday: 07:30 - 12:30

Thursday: 07:30 - 12:30, 15:00 - 17:00

Friday: 07:30 - 12:30

💡 Arrange appointments [online at](#) 🌐.

💡 Use the online portal at 🌐 www.ingolstadt.de/online.

Traffic monitoring service (VÜD)

Traffic monitoring service (VÜD)

The traffic monitoring service ensures that traffic regulations are adhered to. They monitor traffic in the city and ensure that cars are parked correctly and that traffic signs are observed.

Tasks of the VÜD

- Checking car parks: They check that cars are parked correctly and that no parking tickets have expired.
- Monitoring traffic signs: They check whether cars are obeying the traffic rules, e.g. not parking where there are no stopping restrictions.
- Help at events: At large events, they ensure that traffic is regulated.
- Supporting the police: They help the police to monitor traffic and report offences.

Why is the VÜD important?

The VÜD helps to keep traffic in the city safe and flowing. They prevent accidents and ensure that all road users obey the rules. This makes the city safer for pedestrians, cyclists and motorists.

Verkehrsüberwachungsdienst | Verkehrsüberwachung

📍 [Milchstraße 23, 85049 Ingolstadt](#)

✉ @vued@ingolstadt.de

+49 (0) 8413051764

<https://www.ingolstadt.de/Verkehrs-%C3%BCberwachu...>

Latest news

Beware of false COM-IN and GWG employees



Attention: False COM-IN and GWG employees on the move



What's happening right now?

More and more people are reporting it:
Unknown people are ringing doorbells.
They say they work for COM-IN.
But that's not true.

These people often go into large apartment blocks.
They say they want to explain something about the fibre optic expansion.
Some even ask for money.

Who is issuing the warning?

The companies COM-IN Telekommunikations GmbH
and the GWG Ingolstadt
say clearly:
These are not real employees.

How to recognise genuine employees

Genuine employees from COM-IN or GWG:

- always show a badge.
- often wear a uniform.
- do not ask for cash at the door

What you can do

Are you unsure?
Or have you seen something suspicious?

Then call COM-IN directly.
This will help to stop further attempts at fraud.

Contact the real COM-IN

Telephone: +49 (0) 841885110

E-mail: kontakt@comin-glasfaser.de

Taster weeks in children's and youth sports from 28 July to 27 October 2025

Trendy exercise and sports programmes

Sports development plan of the city of Ingolstadt. The background to this is that in addition to exercise in everyday life, children also need exercise times in which they can really burn off energy on the one hand and try out new exercise and sports programmes on the other. Sports clubs offer children an ideal setting in which to exercise, have fun and stay healthy and fit.

In cooperation with local sports clubs, the city of Ingolstadt is offering various unusual exercise and sports courses for children between the ages of six and 14 from 28 July to 27 October.

Taster weeks are available for the following courses:

- Sports shooting: Light rifle & light pistol; indoor archery, blowpipe shooting, air rifle
- beach volleyball
- fencing
- Foosball
- Dancing
- floorball
- Taekwon-Do

The beach volleyball department of MTV 1881 Ingolstadt will be offering courses on 28 and 30 July.

[Information on the courses on offer](#)

Ingolstadt Festival of Cultures from 25.07. to 26.07.2025

Where does the festival take place?

The Festival of Cultures takes place on

- Friday, 25 July, from 17:00 to 24:00, and
- Saturday, 26 July, from 10:00 a.m. to midnight, in Klenzepark.

What will be shown?

We are organising a varied music and dance programme with more than 30 cultural associations. Young and old in traditional costumes offer a varied and colourful stage programme with folklore, dance and music.

At the Festival of Cultures, the cultural associations present their work and showcase their origins from different countries as well as their traditions in a warm and friendly manner: Young and old in beautiful traditional costumes offer a varied and colourful stage programme with local folklore, dance and music. Socialising, overcoming borders and a lively exchange are the top

priorities here.

Variety and diversity

Ingolstadt is colourful and open!

Over 140,000 people from around 140 nations live in Ingolstadt and the Festival of Cultures is a visible sign of this. It shows the diversity of the cultures that are at home in Ingolstadt, brings living traditions out of the closet and makes them tangible.

The Festival of Cultures is a statement in favour of diversity, tolerance, commitment, art and culture. This festival aims to build bridges and bring new perspectives to light.

You can find the programme here: www.kulturamt-ingolstadt.de/event/fest-der-kultur...

Time for the fruit harvest

Now is harvest time for fruit

Fruit trees grow in many parts of the city.
Anyone can pick fruit there - free of charge.
The fruit is **only for personal use**.

What fruit can I pick there?

For example, there are

- Apples
- cherries
- quinces
- pears
- Plums
- Elderberries
- sloes
- Hazelnuts and walnuts

These trees and shrubs grow in parks and along paths.
There are a total of around 30 such places in Ingolstadt.

Some types of fruit are well-known.
Others are rare or good for people with allergies.

Where can I find the fruit?

There is an overview on the Ingolstadt city website:

- Go to the city's geoportal: [City map](#)
- Click on the Environment and Nature section.
- Select the item Fruit in the city.

There you will find a map with apple symbols.
The symbols show where fruit can be picked.
There are also pictures and descriptions of the fruit varieties.

You can also go directly to the website of the garden centre.

[Garden centre](#)



Important:

The orchard at the garden centre is no longer open.

You are no longer allowed to pick fruit there.

The reason is: safety and liability.

Please observe the following rules when picking fruit:

- Only take as much fruit as you need yourself.
- Handle the trees and meadows with care.
- Pick at your own risk.
- 💡 Nobody is liable if you injure yourself.

New in Ingolstadt: Leisure, events and tips at a glance!

Ingolstadt_live is here!

The new leisure and adventure platform for everyone who wants to discover or experience Ingolstadt. At www.ingolstadt.live you can now find

- current events in the city
- Tips for excursions, city tours and cycle tours
- Information on museums, restaurants and accommodation
- All cultural, sports and leisure highlights

The site is updated daily and is constantly growing. Soon our digital helper Viktor will also be added - for an even easier search for events.

Get involved! ❤️

Are you organising something in Ingolstadt?

Then simply enter your dates yourself:

➤ www.ems.ingolstadt.live

Registration is free of charge. You can then manage your events yourself at any time.

Ingolstadt_live is there for everyone - for guests, residents and organisers.



Take a look and be part of it!

ID cards and passport photos: Changes from May 2025 in Germany

From May 2025, there will be new rules for ID documents and passport photos in Germany. Here is a simple explanation of the most important points:

Passport photos will only be digital:

- Passport photos for ID cards may no longer be brought on paper.
- They must be taken digitally and sent directly to the authorities.

This works.

- at special photo machines at the Citizens' Registration Office (cost: approx. 6 euros).
- at authorised photographers and drugstores.

The pictures are stored in encrypted form:

- The authorities can retrieve the image online using a special code.
- This protects against identity theft and makes ID cards more secure.

These ID documents are affected:

- Passport
- identity card
- Electronic residence permit
- Travel documents

Further information:

- From May 2025, ID cards may also be sent home by post.
- It will be possible to receive e-mail reminders shortly before the card expires.
- Simple change of address:
Sending a security sticker to be stuck into the ID card itself.
- Since January 2024, children from the age of 6 must also provide fingerprints, there are only passports with a chip.

The new school route maps are here**School route maps 2025/26 - safety for the youngest children**

The new school route maps for the 2025/26 school year are here! These helpful plans show safe routes to school and contain important information for parents and children.

Special feature of the plans

The cover picture is designed by first-graders every year. This year, 1524 children submitted their creative ideas to the painting competition organised by the Youth Traffic School under the motto "My safe route to school". The best picture now adorns the new school route maps.

What do the maps contain?

- City maps with school routes and danger spots
- Markings for zebra crossings, traffic lights, bus stops, 30 km/h zones and school crossing patrols
- Tips on the subject of road safety

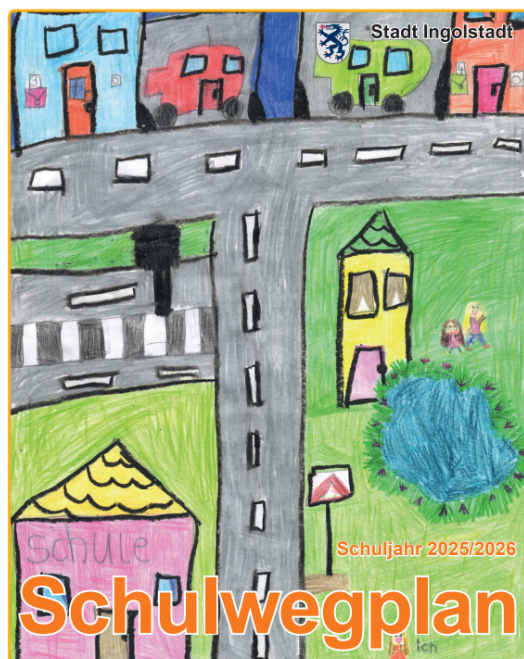
We distribute the school route maps to all primary and special schools for school enrolment in March. They are intended to help families practise the safest route to school. Kindergartens also receive the plans.

More information

The school route maps are available to [download](#) from the Internet.

You can use these plans to promote safety on the way to school and the independent mobility of children.

A big thank you goes to the partners involved and to the creative children!



Electronic patient file (ePA)

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

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

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

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

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

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

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

Contents of the ePA:

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

Access rights:

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

Use and accessibility:

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

Legal regulations:

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

Advantages:

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

Challenges:

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

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

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

 [FAQ of the Association of Statutory Health Insurance Physicians](#)

 [Questions and answers on the electronic patient file \(ePA\) by the KBV](#)

 [Information from the consumer advice centre about the ePA](#)

Germany-wide from October: driving ban for thousands of Ukrainian cars

Ukrainian cars: New rules from 30 September

The special rules for Ukrainian cars in Germany end on 30 September. Vehicles with Ukrainian licence plates will then need a German registration if they have been driving in Germany for more than one year.

This is how registration works

Anyone wishing to register a car must present the vehicle licence from Ukraine, proof of insurance and an identity document in Latin script.

If you ignore the rules, you risk a lot

Without a German registration, you could face fines, penalties and the loss of your operating licence. Anyone who deliberately drives without a licence can face a fine or up to a year in prison.

Important for drivers in Ingolstadt

The [driving licence office and the vehicle registration office](#) take care of registrations.

 Acting in good time protects you from trouble!

Opening hours and public holidays Bavaria

Opening hours

Most larger grocery shops in Ingolstadt are open Monday to Saturday from 8:00 am to 8:00 pm. Most shops in the city centre are open from 10:00 to 19:00. The hours are often shorter for smaller shops. Sometimes there is also a lunch break. Almost all shops are closed on Sundays, although bakeries, small shops in petrol stations and small shops in the main railway station are open.

There is no work on public holidays and all shops are closed. Exception: certain professions in shift work. Many bakeries are open in the mornings on Sundays and public holidays. Buses and trains run at different times on Sundays and public holidays than on weekdays.

Public holidays

There are public holidays for the whole of Germany and public holidays that vary from state to state. Bavaria has 13 public holidays. Most of these are church holidays. No work is done on a

public holiday for religious or secular reasons. Shops and public authorities are closed on these days.

Public holidays 2025 in Ingolstadt

January

Wednesday, 1 January 2025 (New Year)

Monday, 6 January 2025 (Epiphany)

April

Friday, 18 April 2025 (Good Friday)

Monday, 21 April 2025 (Easter Monday)

May

Thursday, 1 May 2025 (Labour Day)

Thursday, 29 May 2025 (Ascension Day)

June

Monday, 09 June 2025 (Whit Monday)

Thursday, 19 June 2025 (Corpus Christi)

August

Friday, 15 August 2025 (Assumption Day)

October

Friday, 3 October 2025 (Day of German Unity)

November

Saturday, 1 November 2025 (All Saints' Day)

December

Thursday, 25 December 2025 (Christmas Day)

Friday, 26 December 2025 (Second Christmas Day)

Public holidays in Ingolstadt 2026

January

1. January 2026 (Thursday) - New Year

6 January 2026 (Tuesday) - Three Wise Men (Epiphany)

April

3. April 2026 (Friday) - Good Friday

6 April 2026 (Monday) - Easter Monday

May

1. May 2026 (Friday) - Labour Day/May Day

14 May 2026 (Thursday) - Ascension Day

25 May 2026 (Monday) - Whit Monday

June

4. June 2026 (Thursday) - Corpus Christi

August

15 August 2026 (Saturday) - Assumption Day (only in Catholic parishes such as Munich)

October

3 October 2026 (Saturday) - Day of German Unity

November

1. November 2026 (Sunday) - All Saints' Day

December

25 December 2026 (Friday) - Christmas Day

26 December 2026 (Saturday) - Boxing Day

School holidays and public holidays

School holidays and public holidays

School holidays

Schools are closed during the school holidays. Pupils do not go to school. In Bavaria there are these school holidays

1 week autumn holidays around the All Saints' Day holiday (1 November),
2 weeks of Christmas holidays between Christmas (24 December) and Epiphany (6 January),
1 week winter holidays starting on Rose Monday,
2 weeks Easter holidays around Easter,
2 weeks Whitsun holidays around Whitsun,
6 weeks of summer holidays from the end of July or beginning of August until the start of the new school year in September.

Further information and the current dates can be found here:  [Happy holidays in Bavaria!](#)

Public holidays

In addition to the school holidays, there are also public holidays when there are no lessons. You can find out which public holidays there are in Bavaria here:

 [Public holidays in Bavaria.](#)

Jewish, Muslim and Orthodox pupils are exempt from school on certain religious holidays:

 [Happy holidays in Bavaria!](#)

Please inform the school if your child cannot come to school due to these holidays.

Trace the Face - DRK tracing service for missing relatives

Trace the Face - Suchdienst

Wenn Sie Angehörige auf den Migrationsrouten nach Europa verloren haben, kann Ihnen das Suchinstrument  [Trace the Face](#), eine Online-Fotogalerie von Suchenden, helfen.

 [Suchdienste](#) vom Roten Kreuz, vom Roten Halbmond und das Internationale Komitee vom Roten Kreuz helfen Ihnen:

- Ihre vermissten Familienangehörigen wieder zu finden,
- eine Nachricht von Ihnen an Ihre Familie zu senden oder
- eine Haftbescheinigung für Personen zu erhalten, die inhaftiert wurden.
- Wenn Sie ein Flüchtling sind, können wir Ihnen vielleicht auch dabei helfen, dass Sie wieder mit Ihrer Familie vereint werden.
- Wenn Sie Spätaussiedler sind, können wir Sie und Ihre Familie bei der Aussiedlung nach Deutschland unterstützen.

- Wenn Sie Gewissheit über das Schicksal eines im Zweiten Weltkrieg verschollenen Angehörigen suchen, können wir auf unsere seit 1945 gesammelten Erkenntnisse zurückgreifen.

Tracetheface.org ist derzeit in sieben Sprachen verfügbar: Arabisch, Dari, Englisch, Französisch, Paschtu, Somali und Spanisch. Weitere Sprachen werden folgen.

[Flyer BRK-SD-Counselling Centres E.pdf](#)

[Flyer BRK-SD-Counselling Centres E.pdf](#)

[TracetheFacePosterGermanRC.pdf](#)

Holiday brochure for school children

City of Ingolstadt: Childcare during the school holidays

The city of Ingolstadt helps working parents and guardians of primary school children by organising childcare during the school holidays. We have planned varied and exciting programmes for 2025.

This programme has been available in Ingolstadt since 2012. At that time, summer care was extended to other holidays. Carnival, Easter, Whitsun, autumn and the school-free Day of Prayer and Repentance. The first overview appeared in a brochure at the time. The initiative came from the city of Ingolstadt and local companies that work together in the Local Alliance for Families. Since then, childcare has been offered every year for all school holidays. With the exception of the Christmas holidays.

The high demand shows how important this offer is. Last year, almost 1200 children took part. Parents can register their children directly with the respective organisers. All information on dates and deadlines can be found under the relevant programme.

The programmes take place at various locations in Ingolstadt. They offer children lots of fun with games and sporting activities. In order to keep the costs for parents low, the partners support the programmes financially.

An overview of all the programmes is available in a digital brochure.

 [Holiday brochure 2025](#)

Help in an emergency

Emergency numbers - SOS

An emergency is an acute threat to health. You only contact an emergency doctor or ambulance service in the event of an emergency or an acute health threat.

Emergency contacts

Police ☎ [110](#)

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

Ambulance, emergency doctor ☎ [112](#)

Poison emergency call Nuremberg [0911/3982451](tel:09113982451)

Poison emergency number Munich [089/19240](tel:08919240)

💡 The emergency numbers on mobile phones always work, even if you have a prepaid card without credit/money!

Also interesting: 🌐 [How locating via mobile phone works in an emergency - Send location.](#)

Important information for an emergency call

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

Remain calm. Speak slowly and clearly so that you can be better understood. Do not end the call. The emergency call centre / police will end the call when all important information has been transmitted.

💡 Do not forget your identity card or proof of arrival when you go to hospital! If you are registered with a health insurance company, bring your insurance card with you.

👤 As an asylum seeker, you may only go to hospital without a treatment voucher in an emergency. At the hospital, you must show that you are an asylum seeker with your proof of arrival and the costs will be settled via the Office for Social Affairs.

Medical emergency service, pharmacy emergency service

Doctor on-call service

Is it late at night or Sunday or a public holiday?
Do you need a doctor? You are not feeling well.
Your doctor is not open?

You can call here. Number: 📞 [116 117](tel:116117)

Ask for a doctor on call.

But not for emergencies!

Life-threatening emergency or accident

Have you been poisoned, had a serious accident or have a badly bleeding wound?

Call the emergency number: 📞 [112](tel:112)

Or go to hospital:

[GOIN-Ärztliche Bereitschaftspraxis Ingolstadt](#)

Emergency room Klinikum Ingolstadt GmbH:

📍 [Levelingstraße 21](#), 85049 Ingolstadt

☎ [0841/8802750](#)

Emergency Department Clinic Dr Maul GmbH:

📍 [Östliche Ringstraße 4](#), 85049 Ingolstadt

☎ [0841/93580](#)

Dental emergency service

An emergency with a tooth?

For example, pain, bleeding, accident?

Your dentist is not open?

Where is the emergency service? Take a look at 🗺 [here](#)

Pharmacy emergency service

Which pharmacy in Ingolstadt is open at the weekend or at night?

Search here: [Emergency service pharmacy](#)

Police

How to protect yourself from fraudsters

From grandchild tricks to fake police officers

Fraudsters are always coming up with new tricks to get hold of your valuables. They often take advantage of the gullibility of older people. They pretend to be tradesmen, fake police officers or fundraisers.

- Therefore, only open the door to people you know.
- First find out who is at your front door.
- Do you know the person personally?
- If it is a stranger, be careful in any case.
- Do you have a door lock?
 - This means you can only open the front door a crack and nobody can get into your home without your permission.
- Do you have a hands-free system?
 - Ask before opening the door, but remain sceptical.
- The criminals may get information beforehand and claim false information.
 - For example, one of your neighbours may have sent them to you for certain reasons.
- In any case, be suspicious if you cannot see the person. There are many nasty tricks.

<https://www.deutsche-rentenversicherung.de/Shared...>

Grandchild trick

Never give any information over the phone if you do not know the person you are calling. It is better to hang up before you get involved in a conversation. It is best to say that you will first consult your grandchildren or children before you fall for such a trick and transfer money to someone.

Fake police officers

The grandchild trick is increasingly being replaced by fake police officers.

An **alleged police officer** calls you:

- The number "**110**" appears on the display of your telephone as a **fake caller ID**.
- The alleged police officer claims that there has been a break-in in your neighbourhood.
- The caller reports that the burglars have been caught and that a list has been found of the addresses where the thieves broke in.
- The police would therefore have to check your house to recover the valuables.

In similar cases, an **alleged bank employee** calls and wants to check your account for irregularities.

- Do not give out your PIN under any circumstances.
- Do not agree to any further demands, such as putting your bank card or PIN numbers in an envelope and handing them over to an alleged bank employee at the front door."



Then call the police immediately and report the fraud to  **110**

<https://www.polizei-dein-partner.de/themen/diebst...>

Police in Germany

The police protect internal security and order in Germany.

It must investigate whether someone is not obeying the law and ensure that criminals can be punished.

They look after the victims of criminal offences.

It also helps beforehand and advises people on how they can protect themselves from criminal offences, such as burglars.

It is important that victims go to the police and tell them what happened or what they saw. This is the only way for the police to find and punish the perpetrators.

Each federal state's police force has its own national colours and structures. However, their tasks are generally the same throughout Germany.

These tasks include the following:

- Prevention of crime and road traffic offences;
- Combating and investigating criminal offences (§ 163 StPO)

- Regulation of road traffic, recording and investigation of traffic accidents (§ 44 Para. 2 StVO);
- Investigating and combating cybercrime;
- Training of junior police officers

In dangerous situations for yourself or others, call the emergency number  [110](tel:110)

Ingolstadt police station

Area of responsibility:

City of Ingolstadt and the municipalities of

- Gaimersheim
- Großmehring
- Hepberg
- Kösching
- Lenting
- Manching
- Wettstetten

In the event of danger to yourself or others, call the emergency number  [110](tel:110)

Say the important things

- What has happened?
- Where did the emergency or accident happen?
- How many people are injured?
- What type of injury?
- Wait for questions from the rescue control centre!

Polizeiinspektion Ingolstadt | Polizei

 [Esplanade 40, 85049 Ingolstadt](https://www.polizei.bayern.de/wir-ueber-uns/organ...)

 [+49 \(0\) 84193430](tel:+49(0)84193430)

 <https://www.polizei.bayern.de/wir-ueber-uns/organ...>

Civil protection

Siren and loudspeaker warning

Siren tests and their significance in Ingolstadt

There are siren tests in Ingolstadt every month. This means that the sirens are tested.

Sirens are also tested on national warning days. You can find these  [Latest news](#).

What the sirens mean

Sirens warn us of dangers such as fires or other emergencies. They are also important for civil protection.

The siren signals:

Three continuous tones



(🔊 [12 seconds on, 12 second pause, three times](#)):

- This means the fire brigade is being alerted.



Long, rising and falling wailing tone

(🔊 [1 minute](#)):

- There is a great danger.
- Listen to the radio or watch TV for information.
- Depending on the local risk of danger, it also means that all windows and doors must be closed immediately.
- Do not ignite sparks, e.g. on a gas cooker.
- Do not smoke.
- Switch off the air conditioning.
- Do not stay outdoors.
- Leave your children at nursery or school.
- Help other vulnerable passers-by and take them in.
- Only make phone calls in an absolute emergency, as the phone lines will be overloaded.
- Only use the emergency numbers 110 and 112.

All-clear:



- A steady tone for 1 minute.
- The danger is over.

Test alarms and tests

- There are test alarms throughout Bavaria twice a year.
- Warning apps such as NINA and KATWARN are also tested.
- Warnings are also sent to mobile phones as push notifications.
- The Bavarian Ministry of the Interior announces in advance when the tests will take place.
- These tests are not dangerous.

More information

💡 Dates and further information can be found on the 🔊 [website of the Bavarian Ministry of the Interior](#).

💡 The Federal Office of Civil Protection has a brochure with tips for emergencies. The brochure is called 🔊 ["Katastrophen Alarm"](#) and is available in German, English and French.

Civil protection apps

Civil protection apps: KATWARN and NINA

The police, fire brigade and authorities use apps to warn the public about rampages, natural hazards or bombs.

Warnings are issued via radio, television or police loudspeakers. Also via sirens or social media. There are also disaster prevention apps. As a rule, warning messages should be disseminated in as many ways as possible. This ensures that as much of the population as possible can be reached.

The NINA app (emergency, information and news app) is operated by the Federal Office of Civil Protection and Disaster Assistance. The app contains

- Information from the civil protection services,
- the German Weather Service,
- the situation centres of the federal states and
- connected fire and rescue control centres of cities and municipalities.

 [Click here for the app for Android smartphones.](#)

 [You can download NINA for iPhones here.](#)

The KATWARN app was developed on behalf of the public insurers. In addition to the nationwide warnings from the German Weather Service, the KATWARN app also distributes Bavaria-wide or regional messages. KATWARN also sends messages from the modular warning system of the federal government (MoWaS) and is also used internationally.

 Click [here for the link in the Apple App Store.](#)

 Click here for the link [on Google Play.](#)

DWD Warn Weather app from the German Weather Service. It provides its users with information on the current weather situation. Throughout Germany or in the regions. You can subscribe to information for selected locations or your own location. This app warns of severe weather such as

1. Thunderstorms, snow and icy conditions,
2. floods, storm surges, avalanches and heat.
3. Of course, the app also includes weather forecasts, precipitation and weather maps.
4. The warnings from this app are also fed into NINA and KATWARN.

 [Click here for DWD Warn Wetter in the Google Playstore.](#)

 Click here for the DWD [Warn Wetter app for Apple devices.](#)

Also interesting:  [This is how locating via mobile phone works in an emergency - send location.](#)

Safety tips for swimming in the lake and river

Swimming in a lake or river can be great fun, but it's important to be safe. Here are some simple tips to keep in mind:

1. **Don't swim alone:** Always go swimming with friends. If you need help, no one else can help.
2. **Pay attention to the weather:** Don't swim in thunderstorms or strong winds. This is dangerous.
3. **Only swim in safe places:** Only go into the water where it is permitted and where others are swimming. There are often signs showing where you are allowed to swim.
4. **Check the depth of the water:** Never jump into unfamiliar water. It could be too shallow or there could be stones in the water.
5. **Don't swim too far out:** Stay close to the shore. If you get tired, it will be easier to come back.
6. **Watch out for currents:** There are often currents in rivers that can sweep you along. Be careful and do not swim against the current.
7. **Watch out for children:** Children should always be under adult supervision when playing in the water.
8. **Use swimming aids:** If you are not a good swimmer, use a life jacket or water wings.
9. **Listen to your own body:** If you are cold or feeling tired, get out of the water instead. Your body needs a break.
10. **Do not take any glass bottles with you:** Glass can break and cause injury. Use plastic bottles or cans instead.

💡 With these tips, you can swim safely in the lake or river and enjoy the summer. Stay careful and take good care of yourself!



Stadt Ingolstadt

Vorsicht! • Caution Prudence • الحذر

im Sommer
in summer

en été
في الصيف



Safety tips for ice on the lake and in the river

Lakes and rivers can freeze over in winter. This can look beautiful and be fun, but it's also dangerous. Here are some simple tips to stay safe:

1. **Check the ice:** Only go out on the ice if it is thick enough. It should be at least 10 centimetres thick. Ask someone who knows whether the ice is safe.
2. **Do not go on the ice alone:** Always go on the ice with someone. That way, someone can help you if something happens.
3. **Avoid icy areas:** Don't go near bridges, reeds or places with running water. The ice is often thinner there.
4. **Pay attention to warning signs:** Look out for signs warning you when the ice is unsafe. Do not go onto the ice there.

5. **Wear warm clothing:** Dress warmly so that you don't freeze. Wear several layers of clothing.
6. **Take rescue equipment with you:** Take a rope or pole with you. If someone falls into the ice, you can use them to help.
7. **Watch out for cracks:** If you see cracks in the ice or it cracks, go back to shore **immediately**.
8. **Supervise children:** Children should never go out on the ice without adult supervision.
9. **Avoid icy areas in the dark:** Do not go out on the ice in the dark. It is harder to see and be seen for dangers.
10. **Know first aid:** Do you know what to do if someone falls in on the ice? Call for help **immediately** and try to pull the person out of the water with a rope or stick.

💡 With these tips, you can stay safe on the ice and enjoy the winter. Stay careful and take good care of yourself and others!



Stadt Ingolstadt

Vorsicht! • Caution
Prudence • الحذر

im Winter
In winter

en hiver
في الشتاء



Trauma, acute crises and psychological stress

Flight and migration happen when people have to flee from war and violence. This puts them in very difficult situations. Many people suffer the consequences for the rest of their lives. Some only receive help at a late stage. Trauma support is not therapy. But it can help people to live with the consequences of trauma.

There are brochures designed to help people. These are for people who have experienced unbearable situations. Some are for people who look after affected children or young people. Others are for adults who are affected themselves. These brochures are designed to help people cope better with everyday life after such events. They provide practical tips and advice on how to cope better in the new situation.

Here is some helpful information and contacts for trauma support. Especially for refugees and other affected persons:

General information and help

[Help for traumatised refugees](#)

- Information in various languages.
- Tips for self-help.

[Psychotherapy online](#)

- The "Ilajnafsy" programme offers psychological support via the Internet.
- Especially for people from the Arabic-speaking world.
- For people suffering from depression and trauma.
- It is available in English, German and Arabic.

[Trauma picture book](#)

- Is available in many languages.
- Helps children to understand their experiences.

[Help for traumatised children](#)

- Tips for parents on how to help their children.

 [Brochures](#) from Unfallkasse Berlin on the subject of "Trauma - what to do?", also available in several languages.

- Information for relatives and helpers of traumatised children and young people: Describes the behaviour of traumatised children and young people. Gives tips on how to deal with them.
- Information for acutely affected adults and their relatives: A brochure on coping with everyday life after a traumatic event.

[Parents' guide for refugees](#)

- How do traumatised children behave depending on their age?
- And how can parents react correctly?

Here you can also find contacts for telephone counselling and crisis support.

Psychiatric crisis service:

Telephone counselling and crisis support

 [+49 \(0\) 8006553000](tel:+49(0)8006553000) free of charge

Danuvius Clinic Ingolstadt
Trauma outpatient clinic



[Preysingstraße 3-5](#)

85049 Ingolstadt

 [+49 \(0\) 8419339800](tel:+49(0)8419339800)

Ingolstadt Hospital
Trauma outpatient clinic



[Krumenauerstr. 25](#)

85049 Ingolstadt

 [+49 \(0\) 8418800](tel:+49(0)8418800) / [+49 \(0\) 8418802205](tel:+49(0)8418802205)

"Have fun - celebrate safely"

"Have fun - celebrate safely"

The "Have fun - celebrate safely" campaign has been around for some time.
Now it is also coming to the **Bürgerfest** and to **clubs and bars in Ingolstadt**.

The campaign wants to show:
Partying should be fun - but also safe.

What is the aim of the campaign?

The city's equal opportunities office launched the campaign.
It wants everyone to be able to party safely.
The campaign draws attention to the dangers of partying.

Posters remind people of important rules.
They show how you can protect yourself and others.

Why is the campaign important?

There is often a lot of partying:

- Alcohol
- Large groups
- a good atmosphere
- But sometimes boundaries are also crossed.

Some people do things that hurt others.

For example

- touching without being asked
- unpleasant remarks
- chasing people

- putting knockout drops in drinks
- Unfortunately, women, young girls and queer people in particular often experience this.

□ What do the posters say?

On the posters you will find:

- Tips for safe partying
- Important telephone numbers if something has happened
- Information for help and advice
- The posters will be displayed at the Bürgerfest and soon also in bars and clubs.

□♀ **Who is taking part in the campaign?**

Many organisations are helping:

- Police Upper Bavaria North
- Ingolstadt Women's Refuge
- Wirbelwind e. V. (counselling in cases of violence)
- Zonta Ingolstadt
- Soroptimist Ingolstadt
- Condrobs e. V.
- Ingolstadt Technical University
- Trainees from the city administration also help put up the posters.

□ **Where can I find the poster?**

You can download the poster:

[□ www.ingolstadt.de/gst-downloads](http://www.ingolstadt.de/gst-downloads)

💡 Caterers and event organisers can print out the poster themselves and put it up.

□ **Help and emergency call**

You can get help here:

- Police emergency number: 110
- Help hotline for violence against women: 116 016
- www.hilfetelefon.de
- Counselling for sexual violence (Wirbelwind): 0841 17353
- www.wirbelwind-ingolstadt.de
- Help hotline for men: 0800 1239900
- www.maennerhilfetelefon.de

□ Tips for safe partying

- ✓ Stay in the group. Arrange meeting points.
- ✓ Carry valuables such as mobile phones, money or keys on your person.
- ✓ Know your alcohol limit.
- ✓ Keep an eye on your drink.
- ✓ Listen to your instincts. Say NO or STOP.
- ✓ Plan your way home. Use mobile phones and transport services.



Important: Nobody is allowed to harass you□

- It doesn't matter what someone looks like or what they are wearing.
- It doesn't matter if someone is flirting or drinking alcohol.
- Nobody has the right to assault you.
- Everyone deserves respect and boundaries.



If something has happened to you, get help.
The contacts on the poster will help you.

Help with violence and abuse - Are you a woman in need?

Help with violence and abuse:

Are you a woman in need?

As a woman, you can turn to the following centres:

- if you are threatened by violence or
- are a victim of abuse:

Caritas district centre Ingolstadt - Women's refuge

📍 [Jesuitenstr. 1](#)

85049 Ingolstadt

☎ [0841/309 700](tel:0841309700)



[0841/309 799](tel:0841309799)

@f rauenhaus@caritas-ingolstadt.de

🌐 [Caritas Women's Refuge](#)

The women's refuge belongs to the Caritas district centre in Ingolstadt, but is not based there.
The address of the centre is not given for the protection of the women concerned.

 Available by telephone around the clock (24/7) (including Sundays and public holidays):

 [0841/309-700](tel:0841/309-700)

Emergency telephone contact

The "Violence against women" helpline

Free and anonymous counselling service in 17 languages

 [11 60 16](tel:116016)  00:00 - 24:00 (24/7)

 www.hilf-telefon.de

Are you or others in imminent danger?

Dial the **police emergency number** immediately :  [110](tel:110)

Counselling centres for domestic violence:

Caritas district centre Ingolstadt

Domestic violence intervention centre

 [Jesuitenstraße 1](#)

85049 Ingolstadt

 [0841/309-199](tel:0841/309-199)

 interventionstelle@caritas-ingolstadt.de

Wirbelwind Ingolstadt e.V.

Specialist counselling for sexualised violence

[Am Stein 5](#)

85049 Ingolstadt

 [0841/17353](tel:0841/17353)

 beratungsstelle@wirbelwind-ingolstadt.de

 www.wirbelwind-ingolstadt.de

 Appointments by appointment only

Telephone availability:

Monday

Tuesday 09:00 am - 10:00 am

Wednesday 18:00 - 19:00

Thursday 16:00 - 17:00

Friday 10:00 am - 11:00 am

Social Service of Catholic Women e.V. Ingolstadt

Family and life counselling centre

[Schrannenstr. 1a](#)

85049 Ingolstadt

 [0841/93755-0](tel:0841/93755-0)



[0841/93755-30](tel:0841/93755-30)

@i nfo@skf-ingolstadt.de

**Diakonie Ingolstadt - Counselling for women
Counselling centre**

[Schulstr. 14](#)

85049 Ingolstadt

☎ [0841/37 08 303](tel:0841/37 08 303)

Monday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 7:00 p.m.

Tuesday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m.

Wednesday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 3:00 p.m.

Thursday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m.

Friday 08:00 - 12:00, 13:00 - 15:00

Counselling centres in case of violence or discrimination

Equal Opportunities Centre - City of Ingolstadt

[Town Hall Square 4](#)

85049 Ingolstadt

☎ [0841/305-1166](tel:0841/305-1166)



0841 305-1169

@g leichtstellungsstelle@ingolstadt.de

Anti-discrimination centre

[Town Hall Square 4](#)

85049 Ingolstadt

☎ [0841/305-1165](tel:0841/305-1165)

@a ntidiskriminierungsstelle@ingolstadt.de

Help and counselling by phone

Protestant telephone counselling service: [0800/11 10 111](tel:0800/11 10 111) (free of charge)

🕒 Around the clock - 24 hours a day

@or chat: www.telefonseelsorge.de

Catholic telephone counselling service: [0800/11 10 222](tel:0800/11 10 222) (free of charge)

🕒 Around the clock - 24 hours

@or chat: www.telefonseelsorge.de

Muslim counselling hotline (MuTeS)

☎ [030 / 443 50 98 21](tel:030_443_50_98_21)

🕒 24 hours a day

🌐 www.mutes.de

The Muslim Pastoral Care Helpline provides counselling and support both in personal conversations and via chat. We speak German, Turkish, Arabic, English, French, Bosnian, Kurdish, Urdu / Hindi, Persian, Bengali, Somali, Moroccan and Indonesian. Other languages on request. Qualified Muslims work here around the clock on a voluntary basis.

Phone Doweria

☎ [030 / 440 30 84 54](tel:030440308454)

🕒 24 hours a day

🌐 www.diakonie-portal.de/telefon-doweria

Telefon Doweria is a Russian-language telephone counselling service run by the Diakonisches Werk Berlin Brandenburg. It is staffed 24 hours a day by trained, voluntary telephone counsellors, many of whom are migrants themselves and some of whom are Jewish.

Weißer Ring - victims' hotline: ☎ [116 006](tel:116006), 🕒 7 a.m. to 10 p.m. (free of charge nationwide)

Office for Youth and Family / General Social Services:

☎ [0841305-45717](tel:084130545717)

Monday 08:00 to 12:30, 13:30 to 16:00

Tuesday 08:00 am to 12:30 pm, 1.30 pm to 4 pm

Wednesday 08:00 a.m. to 12:30 p.m., 1.30 p.m. to 4 p.m.

Thursday 08:00 to 12:30, 13:30 to 17:30

Friday 08:00 to 12:30

On-call service outside opening hours via the police

Counselling hotline for victims of crime:

Police Headquarters Upper Bavaria North: ☎ [0841/9343-1077](tel:084193431077)

Psychiatric crisis service:

Telephone counselling and crisis support

☎ [0800/655 30 00](tel:08006553000) Free of charge

Exchange and networking

Neighbourhood centres in Ingolstadt

There are several neighbourhood centres in Ingolstadt. They offer various services such as counselling, courses and events. The services are usually free of charge or cost little money for the residents of the neighbourhood.

Do you live in the Piusviertel neighbourhood?

Piusviertel neighbourhood centre

Address: [Pfitznerstraße 19a](#), 85057 Ingolstadt

Telephone: [+49 \(0\) 84130545840](tel:+49084130545840) or [+49 \(0\) 84130545849](tel:+49084130545849)

There are various offers for the neighbourhood at the Stadtteiltrëff Piusviertel. Whether you have questions or simply want to get to know people from the neighbourhood - you are welcome here. You can find more information about current programmes and opening hours on the [website](#).

Do you live in the Augustinviertel?

Neighbourhood centre Augustinviertel

Address: [Stollstraße 2](#), 85053 Ingolstadt

Telephone: [+49 \(0\) 84130545820](#) or [+49 \(0\) 84130545829](#)

There is also a neighbourhood meeting point in the Augustinviertel. You can take part in events here. You can get advice or simply find a place to socialise. You can find more information online on the meeting point's [website](#).

Do you live in the Konradviertel?

Konradviertel neighbourhood meeting point

Address: [Oberer Taubentalweg 65](#), 85055 Ingolstadt

Telephone: [+49 \(0\) 84130545830](#) or [+49 \(0\) 84130545839](#)

Many events and courses also take place in the Konradviertel neighbourhood. Whether young or old, there is something for everyone. The exact offers and opening times can be found on the district centre's [website](#).

Café International

☕ What is Café International?

☐☐☐☐ Café International is an open meeting place for all people - regardless of their country, language or religion.

☐ People have been meeting there since 2016 to spend time together.

☐ The café is jointly organised by:
the youth migration service ☐☐,
the Office for Social Affairs of the City of Ingolstadt ☐,
the Cantina International ☐,
and volunteers ☐♂☐♀.

☐ When and where?

Please note: The venues change. You can find the times at [Café International](#).

☐ Location: Workshop foyer in the Ingolstadt City Theatre ☐

☐ Days: Monday and Wednesday

☐ Time: 15:00 to 17:30

☐ Place: Neuburger Kasten community centre

☐ Days: Monday and Wednesday

☐ Time: 3:00 pm to 5:30 pm

Community centre - multigenerational house of the city of Ingolstadt

- Kreuzstraße 12 (Old Post Office community centre)
- Fechtgasse 6 (Neuburger Kasten community centre)
Phone: [+49 \(0\) 8413052800](#) or [+49 \(0\) 8413052830](#)
E-mail: buengerhaus@ingolstadt.de

People of all ages and cultures meet in the community centre. It is a place where everyone is welcome. Further information can be found on the [website](#).

IN VIA Bayern e.V. - Reality of Life in Bavaria

This association supports girls and women through [social programmes and projects](#). The events are aimed at women and children of all nationalities.

Information can be [found here](#).

Cultural clubs and associations

There are many associations in Ingolstadt that offer cultural and social projects. The city's Integration Officer works closely with the Migration Council and other bodies to coordinate these programmes.

A list of cultural organisations in Ingolstadt can be found on the city's [website](#).

Problems in the family

Problems in the family

Do you have big problems in the family? Are you having a bad argument with your children? Call here.

Parents' helpline (anonymous, free of charge):

☎ [0800/1110550](tel:08001110550)

🌐 www.numm-ergegenkummer.de

Does your child have big problems? Sometimes it's easier to talk to a stranger. Your child can find help here.

Child and youth helpline (anonymous, free of charge):

☎ [116 111](tel:116111)

🌐 www.numm-ergegenkummer.de

🌐 www.116111.eu

Support, counselling and help in the event of (imminent) forced marriage

Support, advice and help in the event of (imminent) forced marriage and violence in the name of honour

Terre des femmes has published a parenting brochure in eight languages and encourages parents to focus on the well-being and happiness of their children.

The brochure explains rights and terminology. It clarifies religious prejudices and, above all, draws attention to the danger of violence in marriage.

The brochure is available in German, English, French, Turkish, Kurdish, Arabic, Romani and Farsi:

🌐 [TERRE DES FEMMES - Menschenrechte für die Frau e.V.: Parents' brochure "Strong families have strong daughters" in eight languages \(frauenrechte.de\)](#)

Nationwide support is offered by **Papatya - Coordination Centre against Abduction**.

It is aimed directly at affected girls and those around them, such as friends.

The nationwide help hotline for women

☎ [+49 \(0\) 8000116016](tel:+490800116016)

🕒 24 hours a day in 17 languages free of charge and anonymously if desired.

It answers questions and provides concrete help. On the phone, on the Internet and in chat:

 www.hilf-telefon.de

The **nationwide men's helpline** also provides help

 [+49 \(0\) 8001239900](tel:+49(0)8001239900)

Monday to Friday - free of charge and anonymous on request, as men can also be affected by forced marriage.

 www.maennerhilfetelefon.de

Support for children and young people

When there are conflicts and perhaps even violence at home, children and young people need help.

In Germany, everyone - including parents - is prohibited from

- physically or emotionally abusing or
- sexually harassing and abusing them.

Counselling is free of charge and children and young people can remain anonymous. Family members or friends can also come forward.

Counselling

Number against grief - child and youth helpline

Telephone counselling for problems in the family, school, with friends, depression, bullying, abuse, addiction, etc. Free and anonymous, also online counselling.

 [116 111](tel:116111)

 www.ergegenkummer.de

 Monday - Saturday 14:00 - 20:00

Boys in need

Diaconia Ingolstadt

Counselling centre, open youth work

[Schrannenstr. 5](#)

85049 Ingolstadt

 [0841/93 30 90](tel:0841933090)

 [info@dw-](mailto:info@dw-ingolstadt.de) in.de

 Monday - Friday: 8:00 a.m. - 12:00 p.m.

 Monday - Thursday: 13:00 - 16:00

Support for men and boys

Support for men and boys

Tips for stress and impending loss of control

A leaflet for men under pressure was written in response to the coronavirus crisis. However, the tips in the leaflet are also suitable for other stress and crisis situations. They help to prevent loss of control and violence towards others.

 [Survival kit for men under pressure.pdf](#)

Contacts in Germany:

The Bundesforum Männer supports the search for counselling and help options via the portal www.maennerberatungsnetz.de. Further counselling centres for boys and men who have become violent or are afraid of becoming violent can be found via the SKM violence counselling service (<https://www.skmev.de/beratung-hilfe/>) or the BAG Täterarbeit (www.bag-taeterarbeit.de).

Men in need

Anonymous refuge for men with their children, regardless of culture, social class or origin,
class or origin.

Riposo - Caritas Nuremberg

Contact us by phone or e-mail.



[Obstmarkt 28](#), 90403 Nuremberg (postal address)

 [+49 \(0\) 9112354235](tel:+4909112354235)

 @riposo@caritas-nuernberg.de

 [Riposo men's shelter Caritas Nuremberg](#)

Help hotline nationwide: Violence against men

free of charge  08001239900

Monday to Thursday 08:00 - 20:00, Friday 08:00 - 15:00

Chat counselling hours: Monday to Thursday 12:00 noon to 3:00 p.m., 5:00 p.m. to 7:00 p.m.

 www.maennergewaltschutz.de

 beratung@maennerhilfetelefon.de

Further counselling centres:

MIM

Munich Information Centre for Men e.V.



[Feldmochinger Str. 6](#)

80992 Munich

 [+49 \(0\) 895439556](tel:+490895439556)



[+49 \(0\) 895439662](tel:+490895439662)

Monday 10:00 - 12:00

Tuesday 10:00 - 12:00

Wednesday 12:00 - 14:00

Thursday 12:00 - 14:00

@i nfo@mae nnerzentrum.de

MIM - Ingolstadt branch office

Specialist centre for offender work

 [+49 \(0\) 17655206002](tel:+49017655206002)

Monday 09:00 am - 10.00 am

Wednesday 09:00 am - 10.00 am

Friday 10:00 am - 12:00 pm

Self-help groups -

Community centre, multi-generation house of the city of Ingolstadt



[Kreuzstr. 12](#) (Old Post Office Community Centre)



[Fechtgassee 6](#) (Neuburger Kasten community centre)

 [+49 \(0\) 8413052800](tel:+4908413052800) / [+49 \(0\) 8413052830](tel:+4908413052830)

@b uergerh aus@ingolstadt.de

Offers and further information: www.buergerhaus-ingolstadt.de

Boys in need

Diaconia Ingolstadt

Counselling centre, open youth work



[Schrannenstr. 5](#)

85049 Ingolstadt

 [+49 \(0\) 841933090](tel:+490841933090)

@i nfo@dw in.de

Monday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 4:00 p.m.

Tuesday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 4:00 p.m.

Wednesday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 4:00 p.m.

Thursday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 4:00 p.m.

Friday 08:00 am - 12:00 pm

Help with housing problems, help with imminent homelessness, help for the homeless

Housing problems - time to act

If you have problems with your landlord or are unable to pay the rent or service charges, you could end up in debt or be evicted, and ultimately homeless. Don't wait until it's too late! Seek help quickly while you still have the chance to change things. There are various options for counselling and support.

💡 You can find the [brochure "Keeping your home"](#) here.

Definition of terms

👤 You have no accommodation? Do you have to or will you have to spend the night on the street? Then you are **homeless** and must be provided with accommodation. This accommodation must meet the requirements of humane accommodation. The basic right to physical integrity must be respected.

👤 A person is **homeless** if they do not have a secure tenancy agreement or appropriate residential property. Or who is only institutionally housed.

👤 Anyone at risk of losing their home due to a landlord's notice to quit or an eviction action is **at risk of homelessness**.

Help from the local authority

The local authority can provide you with various forms of assistance:

- If you are threatened with losing your home
- and you are unable to find new accommodation on your own,
- or you have become homeless due to a sudden event.

📄 [Keep your flat brochure.PDF](#)

What do I have to do?

People living or staying in the Ingolstadt area who are threatened with homelessness

- should contact the City of Ingolstadt's specialist centre for the prevention of homelessness as soon as possible
- You must do everything you can to keep your current home or find a new one
- should contact the housing office of the city of Ingolstadt to apply [for a housing entitlement certificate](#) and/or [housing benefit](#).

City of Ingolstadt - Specialist centre for the prevention of homelessness and homelessness

📍 [Auf der Schanz 39](#)

85049 Ingolstadt

☎ [0841-305 50 205](tel:0841-30550205), [-305 50 206](tel:0841-30550206), [-305 50 207](tel:0841-30550207)



[0841-305 50 239](tel:0841-30550239)

@ [bdachlo](mailto:bdachlo@ingolstadt.de) senhilfe@ingolstadt.de

🌐 www.ingolstadt.de/wohnungslosigkeit

- Have you just lost your flat?
- Do you have problems with your landlord?
- You owe rent or energy bills or have received an eviction notice from the court (yellow letter)?
- Have you been homeless for a long time and need a place to sleep?

💡 Contact the City of Ingolstadt's specialist centre for the prevention of homelessness.

The specialist centre will help you clarify the problems with your home. If you are currently homeless, the city of Ingolstadt will provide you with a place to sleep.

💡 **Important: The specialist centre does not arrange housing.**

📅 You can come to these consultation hours without making an appointment:

Monday 08:00 - 09:00, 14:00 - 15:00

Tuesday 08:00 a.m. - 09:00 a.m., 2:00 p.m. - 3:00 p.m.

Wednesday 08:00 a.m. - 09:00 a.m.

Thursday 08:00 a.m. - 09:00 a.m., 2:00 p.m. - 3:00 p.m.

Friday 08:00 am - 09:00 am, 11:00 am - 12:00 pm

💡 Bring a valid ID and all your documents relating to your current housing situation.

💡 You can also arrange a separate consultation appointment outside of office hours.

💡 If you do not speak German or English, please bring a translator with you.

Important contact persons

Ingolstadt and surrounding area tenants' association

📍 [Mauthstrasse 2](#)

85049 Ingolstadt

☎ [0841 17744](tel:084117744)



[0841 17734](tel:084117734)

@ nfo@mie terverein-ingolstadt.de

 www.mieterverein-ingolstadt.de

You must be or become a member and pay a fee.

Who can become a member?

Any tenant can become a member. A tenant is anyone who has concluded or signed a tenancy agreement. Only one person can become a member. You can view the membership fees on the homepage.

How do I become a member?

The easiest way is to join online. Or you can come to our office at Mauthstraße 2 during office hours and fill in the membership application form.

What do I get in return?

Our experienced legal advisors and lawyers will advise you free of charge on all matters relating to tenancy law:

- Operating cost statements
- Housing defects
- rent increase
- Tenancy agreement
- Landlord cancellation
- Rent deposit
- Cosmetic repairs
- Tenant newsletter: You can also receive the tenant newsletter as an online edition or in traditional paper form.
- Legal expenses insurance for tenants: A strong legal expenses insurance policy will help you if you have to go to court.
- Information and public relations work: We give presentations. We influence politics through our state and federal association.

There are also opportunities for further support:

St Francis Street Ambulance

 [Moritzstr. 2](#)

85049 Ingolstadt

 [0841 14 28 784](tel:0841_14_28_784)

 ruder-martin-ambulanz@web.de

 www.strassenambulanz-ingolstadt.de

 Opening hours:

Monday to Friday 09.00 - 17.00

At the street outpatient clinic you can get cheap food, take a shower and do your laundry. They receive medical and nursing care and are supported in many areas.

Villa Johannes - Caritas district centre Ingolstadt

 [Gaimersheimer Street 15 ½](#)

85057 Ingolstadt

 [0841 309-177](tel:0841 309-177)



[0841 309-179](tel:0841 309-179)

@v [illa-jo hannes@caritas-ingolstadt.de](mailto:hannes@caritas-ingolstadt.de)

h [http://w ww.villa-johannes.de](http://www.villa-johannes.de)

 Opening and consultation hours:

Monday 08:00 - 16:00

Tuesday 08:00 - 16:00

Wednesday 08:00 - 16:00

Thursday 08:00 - 16:00

Friday 08:00 a.m. - 13:30 p.m.

Villa Johannes is a day centre for people suffering from addiction. The centre offers a low-cost breakfast and lunch, activities and practical help such as the use of washing machines. You will also receive counselling and support on all aspects of addiction.

Café NeuHaus - SkF Ingolstadt e.V.

 [Schrannenstr. 1a](#)

85049 Ingolstadt

 0841 93755-0

@c [afe.neu](mailto:afe.neu@skf-ingolstadt.de) haus@skf-ingolstadt.de

h www.skf-ingolstadt.de/cafe-neuhaus

 Opening hours

Monday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Tuesday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Wednesday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Thursday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Friday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Café NeuHaus offers all women who are about to lose their home or are acutely homeless and living on the street a safe place.

Here you will find counselling, exchange, peace and support. From women for women.

You can not only drink coffee and eat cake, but also do laundry, receive mail or get counselling.

The café staff can also help you with administrative matters.

[Women's café flyer](#)

Railway station mission Ingolstadt main station

 [Station street 8](#)

Central Station / Platform 1
85051 Ingolstadt

 [0841 309-500](tel:0841_309-500)



[0841 309-509](tel:0841_309-509)

 [bahnhofsm mission@caritas-ingolstadt.de](mailto:bahnhofsm@caritas-ingolstadt.de)

 www.bahnhofsmmission.de

 Opening hours:

Monday 09.00 a.m. - 5.00 p.m.

Tuesday 09.00 a.m. - 17.00 p.m.

Wednesday 09.00 a.m. - 5.00 p.m.

Thursday 09.00 a.m. - 5.00 p.m.

Friday 09.00 a.m. - 5.00 p.m.

Saturday and Sunday **closed**.

Also **closed** on public holidays and on 24 and 31 December.

The station mission helps if you

- are exhausted.
- are hungry or thirsty.
- are injured, ill or weak.
- something is bothering you and you are looking for support or advice.
- need a moment of reflection, with yourself or with your faith.
- you can't find a place to change or breastfeed your child.
- have damaged your clothes due to a mishap.
- urgently need to make a phone call.
- have no place to sleep.
- have been robbed.

 The station mission also offers travel assistance on regional routes within Bavaria.

Doctors of the World - Counselling Centre Munich

Doctors of the World - Advice centre Munich

Information pages in many languages can be found here:

- Flyer "[Sexual health and sexual self-determination, pregnancy and birth, protection against gender-based violence: information for refugees](#)"
- Flyer "[My rights in the asylum procedure, The German healthcare system, Mental health: Information for refugees in Upper Bavaria](#)"

People without health insurance

Not everyone in Germany has health insurance. Many women, men and children have no access to medical care. "Doctors of the World" helps free of charge in Munich, Stuttgart, Hamburg and Berlin.

Migrants & refugees

Millions of people are fleeing worldwide, including many children. "Doctors of the World" helps migrants and refugees in many countries. We offer medical care and counselling.

Victims of crises

Natural disasters and conflicts destroy livelihoods. "Doctors of the World" provides emergency aid and helps with reconstruction.

Women & children

Pregnant women, mothers and children need special protection. Many fall ill because there is no doctor or treatment is too expensive. "Doctors of the World" improves their health and strengthens their rights.

Risk groups

Street children, drug users and day labourers have high health risks. "Doctors of the World" helps with projects worldwide.

Help for patients

In Germany, we offer medical help for people without access to the healthcare system. Examples include "open.med" in Munich, Berlin and Hamburg, as well as "MedMobil" in Stuttgart.

Victims of violence - counselling for refugees

All people in Germany have the right to health. However, new arrivals often have difficulties with the system. They require a certificate from the social welfare office for medical care, which often only covers emergencies.

Refugees often experience violence, including in Bavarian accommodation centres. Language barriers and discrimination make it difficult to access help and make things worse.

"Doctors of the world"

Munich office:

[Landsberger Str. 428](#)

81241 Munich

 [+498945230810](tel:+498945230810)

 info@aerztederwelt.org

 www.aerztederwelt.org

Living together in Germany

Germany is a federal state in Central Europe. Germany is a democratic and social constitutional state.

The Federal Republic of Germany was founded on 24 May 1949.

Germany was divided from 1945 to 1990. The "Federal Republic of Germany" (FRG) was one of two German states.

The other state was called the "German Democratic Republic" (GDR).

Germany has been reunited since 1990. The united Germany is now called the "Federal Republic of Germany".

Until 1990 Bonn was the capital of the Federal Republic, since 1991 Berlin has been the capital.

You live in Germany. Here you will learn about the most important principles of living together in our country.

This chapter briefly outlines these principles. Some essential rules are explained.

Brief description for Germany



All people living in Germany must abide by the central principles of the political and legal order.

The most important legal basis for life in Germany is the  [Basic Law](#). It is the constitution of the Federal Republic of Germany.

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

No differences may be made according to

- gender,
- origin (descent, language, homeland), skin colour
- skin colour,
- religion,

- colour, religion, faith or ideology,
- disability,
- age or
- sexual orientation.

Germany is a federal state consisting of 🌐 [16 federal states](#).

Germany is a democratic state. **All state power emanates from the people.**

Germany is a constitutional state. **The decisions of the state are bound by the law.** The actions of the state can be scrutinised by the courts.

Germany is a welfare state. This means that, in principle, every citizen should provide for their own livelihood through work. However, the state helps people who cannot or can only partially support themselves.

The rules for living together in Germany are derived from these [basic rights](#).

Ingolstadt Alliance for Democracy, Diversity and Tolerance

Ingolstadt is colourful and open

Over 140,000 people from 140 countries live in Ingolstadt. They live together peacefully.

It doesn't matter where they come from. It doesn't matter what colour their skin is. It doesn't matter what religion they believe in. They all belong to Ingolstadt.

The "[Ingolstadt Alliance for Democracy, Diversity and Tolerance](#)" is committed to this. Many groups are involved: Associations, companies, universities, churches, trade unions, youth groups and political parties.

💡 Every organisation in Ingolstadt can take part. Together they show: Ingolstadt is colourful and open!

💡 It is still possible for clubs, organisations and companies to join. Please send an e-mail to buendnis@ingolstadt.de.



Basic rights

The Basic Law

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

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

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

Universal Declaration of Human Rights

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

There are 30 rights. The most important are

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

Rule of law



Germany is a democratic constitutional state. The 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 equally to **all people** in Germany. The state must abide by the laws. All people living in Germany must also abide by German laws.

This means, for example:



- If people think that other people or the public administration are doing them wrong, they can appeal to a court. These courts are independent. This means that the government is not allowed to tell the courts how they should decide.
- State courts decide whether someone should be punished. Punishments include fines, community service or imprisonment. There is no death penalty in Germany.
- The police have the task of ensuring that everyone can live in freedom and safety.
- The practice of religion must not violate the law. The law always takes precedence over religion.

That is not permitted in Germany:



- To incite hatred or violence.
- To fight against the democratic system and its values.

These offences can lead to a prison sentence.

After serving their sentence, non-German nationals can lose their right to stay and be deported under certain circumstances.

Personal freedom



All adults are entitled to make their own decisions about themselves and their own lives. Whether man or woman, young or old, with or without a disability, regardless of skin colour or religious affiliation.

All people are allowed to do what they want as long as they abide by the law and do not restrict the freedom of others.

This means, for example:



- All people are allowed to decide what they want to wear. Women can decide whether they want to wear trousers, dresses, long or short skirts, tight or loose clothing or a headscarf. Men can decide whether they want to wear a suit and tie, a T-shirt and jeans, a turban, a hat or a beard.
- All people are allowed to eat what they want and what they like. The decision whether to eat meat (including pork or beef) is made by people alone. There are no general or religiously based dietary regulations from the state.
- The consumption of alcohol is permitted for adults. Children and young people are not allowed to consume alcohol.
- Every woman and every man may decide for themselves whether and whom they wish to marry.
- Every woman and every man may divorce.
- Unmarried couples are allowed to live together and have children.
- Members of different religions and faiths may marry and have children.
- Contraception is permitted for both sexes. A person's decision to use contraception must be respected.
- Same-sex partnerships are accepted. Same-sex couples can marry. The rights of a civil partnership are similar to those of a marriage between a man and a woman.
- Everyone decides for themselves how and where they want to live. For non-Germans, this right may be restricted until an application for asylum is recognised.
- Sexual acts between adults may only take place with mutual consent. Any sexual activity with children is prohibited.
- Private property is permitted in Germany for every man and every woman. It is permitted to own a house or a plot of land. Many companies are privately owned.
- Women and men have equal rights when it comes to inheritance.

Important:

One's own freedom ends where it infringes the freedom or human dignity of others or violates the law.

Equal rights for men and women



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



This means, for example:

- Girls and boys go to school together and receive the same lessons. They take part in sports lessons together
Women are allowed to study or learn a trade. In principle, all professions are open to women.
- Women take on responsibility in society, e.g. as police officers, doctors, teachers or in public offices and authorities. Their instructions must be followed.
- Women decide for themselves whether to go to work or not. They can dispose of the money they earn themselves.
- Women do not have to ask their husbands, parents or other family members for permission to work, open an account or conclude contracts.
- Women are allowed to dress as they wish.
- Women decide for themselves whether, when and whom they want to marry.
- Mothers are particularly protected. They must and may not work for six weeks before and eight weeks after giving birth. They may not be dismissed because of their maternity.
- The tasks and roles in the family are not prescribed.
- Women take part in public life. They attend cultural, political or sporting events, restaurants and bars.
- Women can vote and be elected to political office.
- Women and men are equal in inheritance law. Daughters as well as sons.
- Sexual touching, comments or requests are only permitted if everyone involved agrees. A "stop" or "no" must always be respected.



This is not permitted in Germany:

- Any form of violence towards women and men, even in marriage.
- No one may be sexually harassed.
- Rape, even within marriage, is penalised.
- No one may be forced to marry. Coercion into marriage through violence or threats is punishable.

Children's rights



Children and young people have rights. These rights are set out in the United Nations Convention on the Rights of the Child. It also applies in Germany to all children and young people under the age of 18. In addition, there are many laws in Germany that protect the life, health and rights of children in a special way. The protection of children is always the top priority.



This means, for example:

- All children have the same rights. No matter where they live, where they come from, what colour their skin is, what their parents do, what language they speak, what religion they are, whether they are boys or girls, what culture they live in, whether they have a disability, whether they are rich or poor.
- Children have the right to a name, a birth certificate, a nationality and a family. The state always helps when children lack any of these things.

- Children should be able to live with their parents, unless this puts them in danger. Parents may and must care for their children, protect and promote their health and well-being.
- Children who have fled have the right to special protection and help.
- Children must be protected so that they can grow up well.
- Children must and may go to school. School attendance is compulsory. Parents must support their children in attending school. School education is free in Germany.
- Children are allowed to form their own opinions.
- At the age of 14 at the latest, children are allowed to decide for themselves whether they belong to a religion and which one.
- Children should be able to develop well. Parents are responsible for this. If they need help with this, the state must help and provide food, clothing and housing, for example.
- Children whose parents are not married have the same rights as children who live with married parents.



This is not permitted in Germany:

- Children must not be neglected or abused.
- Children may not be beaten or physically or mentally abused in any way.
- Children may not be used as labour until they are 13 years old. When they are older, they are only allowed to work to a very limited extent. This must not impair their health or development.
- Children may not be abducted or used as objects of trade.
- It is forbidden to perform sexual acts on children.

Children's rights - counselling and help

Children's rights

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

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

- Every child has the right to all the things they need to live. This includes, for example, food and drink or medical treatment.
- The right to go to school is also a child's right, as is the right to play and leisure.
- All girls and boys have the same rights and no child should be treated worse than other children.

- Every child has the right to grow up healthy, cared for and protected from violence.
- Every child has the right to live with their parents or, if the parents are separated, to have contact with both parents.
- All girls and boys have the right to form their own opinion and to stand up for it.

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

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

Are you experiencing violence? Do you feel unfairly treated? Then the [Office for Youth and Family Affairs](#) can advise you.

Women's rights

Labour and wages

Would you like to find well-paid work in Germany? Then the first thing you should do is learn German. The BAMF offers courses especially for parents and women. Here you can also get information on childcare and the school system.

Find out more at your local

- [Migration advice centres](#),
- [Office for Foreigners and Migration Ingolstadt](#),
- [employment agency](#),
- [job centre](#) or
- directly at the schools that offer [integration courses](#).

FGM - female genital mutilation

What are the consequences of FGM?

Female genital mutilation (FGM) is prohibited in Germany. Since September 2013, FGM has been punishable by imprisonment.

Parents are also not allowed to leave the country to have their daughter circumcised abroad. This is also prosecuted under German criminal law.

Many girls die during the mutilation or as a result of it. There are many dangerous after-effects of the mutilation:

- Incontinence,
- pain,
- severe bleeding,
- complications during sexual intercourse and childbirth,
- infertility,

- Risk of HIV and hepatitis infection,
- blood poisoning and tetanus,
- states of shock,
- psychological trauma,
- depression.

💡 Sexual satisfaction is also usually no longer possible after FGM.

💡 Girls and young women can apply for asylum if they are threatened with circumcision.

Counselling centres for genital mutilation:

👥 Call the helpline if you are affected or threatened by FGM. The helpline staff are there for you day and night and in various languages.

Help hotline under the [+49 \(0\) +01 \(0\) 16016](tel:+4900116016)

👥 SAIDA International e.V.
Landsberger Str. 7
04157 Leipzig

contact

☎ [+49 \(0\) 3412474669](tel:+4903412474669)

@ [info@sai da.de](mailto:info@sai-da.de)

🌐 <https://beratungsstelle-genitalverstummelung.de/>

Office hours:

Monday to Friday from 09:00 to 17:00

👥 ProFamilia Ingolstadt

[Holzmarkt 2](#)

85049 Ingolstadt

☎ [+49 \(0\) 8413792890](tel:+4908413792890)



[+49 \(0\) 84137928910](tel:+49084137928910)

@ ingolstadt@profamilia.de

🌐 www.profamilia.de/ingolstadt

You can reach us

Monday 10:00 a.m. - 2:00 p.m.

Tuesday 10:00 a.m. - 2:00 p.m.

Wednesday 10:00 a.m. - 2:00 p.m.

Thursday 12:00 - 17:00

Friday 10:00 am - 1:00 pm

💡 Appointments are only possible by telephone.

💡 Personal consultations also take place outside these times.

👥 Nala e.V.

Auf dem neuen Feld 14 A
63303 Dreieich

Emergency number: [+49 \(0\) 8914098147](tel:+4908914098147)

☎ [+49 \(0\) 610398203](tel:+490610398203)

@ info@nala-fgm.de

📞 [Nala e.V. Emergency - Emergency call - Hotline](#)

If you have a suspicion:

If you suspect that a girl is in danger and at risk of circumcision, please take immediate action to avert it! The following instructions can help you to do the right thing:

- Inform the health and/or youth welfare office and the immigration authorities
- Inform the local police Emergency number: 112

Don't let thoughts of "tradition", "culture", "religion" or fear of being considered "racist" stop you. Take appropriate measures to protect the girl or young woman or get support.

Help through surgery:

In Germany, it is possible to reconstruct the clitoris. This reconstructive surgery can be performed by plastic surgeons. Ask a gynaecologist for advice. A "[Centre for Victims of Genital Mutilation](#)" has been founded in Berlin. Here, not only the physical but also the psychological consequences are treated anonymously and free of charge. You do not need health insurance for this.

Termination of pregnancy

In Germany, you have the right to terminate your pregnancy under certain conditions. An abortion can only be carried out in the first twelve weeks of pregnancy, after pregnancy conflict counselling and accompanied by a doctor. After the first twelve weeks, an abortion is only possible in exceptional cases.

If someone wants to force you to have an abortion or you have questions about a possible abortion, contact the help hotline for pregnant women in need: [08004040020](tel:08004040020).

📞 [Pregnancy counselling](#)

If you have become pregnant as a result of rape, you can have an abortion up to twelve weeks after conception. In this case, you do not have to visit a counselling centre. However, you can seek advice free of charge at a counselling centre near you. If your physical or mental health is endangered by the pregnancy, you can still have an abortion at a later date. The risk must be certified by a doctor.

💡 Are you under 18 years old? Do you want to terminate the pregnancy? Then your mother or father must usually give their consent. Are you over 16 years old? Then the doctor may decide that you no longer need your parents' consent. Are you under 16 years old? Then you

usually need the consent of one of your parents. Are you unable or unwilling to tell your parents about the pregnancy? Then contact a counselling centre. The staff there will help you.

Who pays the costs of an abortion?

If you have become pregnant as a result of rape or if your pregnancy jeopardises your health, your health insurance or social welfare office will cover the costs of an abortion. If you wish to terminate your pregnancy for other reasons, you will have to pay part of the costs yourself. In this case, your health insurance will only pay for the medical counselling and care as well as the medication before and after the procedure. You will have to pay the costs of the actual abortion yourself. This is usually between €200 and €600. You can find out more about the various abortion options in many different languages at [zanzu.de](https://www.zanzu.de).

💡 Do you receive benefits from the state? Or do you only earn a little money? Then you can apply to your [health insurance fund](#) or [social welfare office](#) to have the costs of the abortion covered.

I don't want to keep the child, but I don't want to have an abortion either. What can I do?

If you cannot or do not want to keep your child, you can give your child up for adoption after birth. The Youth Welfare Office will then initially take over the care of your child and look after it. If you then finally decide that you do not want to bring up your child yourself, you can give it up for adoption. The youth welfare office will then look for a caring family to raise your child.

If nobody is allowed to find out about your pregnancy, there is still the option of bringing your child into the world. You are not alone in this. There is the option of a so-called "confidential birth". With a "confidential birth", you can give birth to your child safely in a hospital. With the exception of a counsellor, no one will know your name. The counsellor is not allowed to talk to anyone about you. This way you remain unrecognised. After the age of 16, your child may have the right to know your name. However, apart from your child, nobody else has this right. You do not have to pay the costs for the counselling and the birth yourself. If you would like a "confidential birth", you can contact the advice centre "[Hilfetelefon Schwangere](#)" around the clock at [08004040020](tel:08004040020) or online. Counselling is free and anonymous. The counsellors there speak many languages. Alternatively, you can also contact any clinic. The staff there know what to do.

LGBTQIA+ rights

Homosexuality / Sexual identity

In Germany, everyone is free to live out their sexual orientation. Homosexuality is permitted. For example, women can be lesbian and men can be gay or people can be bisexual. Lesbians, gays and trans*people can be open and meet each other.

Same-sex couples can live together and have been able to marry since 2017. Some also raise children together; these families are called rainbow families.

The SBGG will make it easier for transgender, intersex and non-binary people to have their gender registration and first names changed. The law will come into force in its entirety on 1

November 2024.

Lesbians and gays must not be discriminated against. There are laws on this. You can find information on this at

 [General Equal Treatment Act \(AGG\)](#) and  [Act on Self-Determination with regard to Gender Registration \(SBGG\)](#))

Transgender, non-binary and intersex people / gender identity

In Germany, all people have equal rights, regardless of their gender. This means that people in Germany can be neither female nor male, they can then state their gender as "diverse" or "unspecified". Trans*people are allowed to live openly in Germany and receive medical treatment, they are allowed to harmonise their gender. None of these people may be discriminated against either. You can find information on this at  [here](#).

Information on many topics relating to LGBTQIA+ can be found at

- [What does LGBTQIA+ mean?](#)
- [Counselling and contacts](#)
- [Reason for fleeing queer](#)

Non-violence / physical integrity

Everyone has the right to a life without violence. This means that all people have the right to life and physical integrity. This includes both the physical and mental health of a person. This also applies in the private sphere.



This means, for example:

- Conflicts should be resolved without violence.
- Anyone who needs help in the event of danger or conflict can call the police.
- All police instructions must be followed.
- Vigilante justice is not permitted. If your rights have been violated, a state court will decide.
- The state must act non-violently. It may only use force in exceptional cases when all other means have been exhausted. There is no death penalty and no corporal punishment; torture is prohibited.



This is not permitted in Germany:

- Physically abusing, injuring or killing another person. This also applies within the family, at school and on the street.
- Taking part in a brawl that results in people being killed or seriously injured.
- Blood revenge and murder in the name of honour.
- Violence against women and children always and everywhere.
- Human trafficking, slavery and forced prostitution.
- The sewing up, cutting or mutilation of female genitalia.

Social justice

The state must respect and protect human dignity. It should therefore ensure the best possible social justice. To this end, it takes legal, financial and material measures. All people in Germany who earn money pay part of their wages to the state (taxes). The higher the income, the more has to be paid. Those who earn a lot pay more tax. The state should spend this money on the welfare of people living in Germany.

**This means, for example:**

All people registered in Germany are entitled to basic medical care. This includes medical treatment in the event of illness and accidents

- All people who have a job subject to social security contributions pay contributions to health, long-term care and pension insurance
Every adult must endeavour to earn their own living. If someone is unable to do this, they can receive help from the state.

- The state ensures that taxes are also used to equalise social justice and to help in emergency situations (e.g. for refugees).
- The state supports parents financially, for example through child benefit.



This is not permitted in Germany:

- Tax fraud, for example paying less tax than is required.
- Receiving state benefits even though you are not entitled to them.

Freedom of expression



All people are allowed to

- form their own opinions,
- express and disseminate them freely.
- People are also free to express their opinions publicly.
- All media are also free.
- All people can inform themselves there.
- Anyone who expresses their opinion freely must
 - respect the protection of the personal honour and
 - honour and personal dignity of other people.



This means, for example:

- The government may be criticised.

- Religion may be criticised.
- Artistic works may provoke. No one may dictate to writers, musicians or visual artists how they should work.
- The government and religions may also be the subject of satire and critical art.
- Anyone who feels that their fundamental rights have been violated can turn to the police or a court.



This is not permitted in Germany:

- The use of anti-constitutional symbols and calls to overthrow democracy.
- Offensive expressions of opinion that demean other people.
- Defamation or slander against other people.
- Inciting hatred and violence.

Religious freedom



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



This means, for example:

- All people are free to practise and choose their religion and beliefs.
 - All people have the freedom to be non-religious and to say so. Anyone who does not believe in God is allowed to say so publicly
- Members of different religions and faiths may marry each other.

- Marriage only counts as a legally binding marriage before the registry office. Marriages entered into exclusively within the framework of a religion are not legally binding in Germany.



This is not permitted in Germany:

- To place religious rules or traditions above applicable laws. For example, being married to several women at the same time. Or slaughtering an animal without special authorisation.
- Boys may only be circumcised if this does not jeopardise their welfare.

💡 Many people in Germany today are committed to dialogue between religions. The aim is the peaceful coexistence of religious people, believers and people who do not belong to any religion.

💡 The state is committed to ideological neutrality.



As long as the practice of a religion does not jeopardise democracy or the separation of state and religion, it is protected.

Germany from A to Z

Would you like to find out more about Germany? What are the peculiarities or eating habits here?

You can get to know your new home country better through videos and texts on the "**Handbook Germany**" page.

Handbook Germany is an information platform for refugees and immigrants. You will find information on residence rights, housing, health, work, training, daycare, studying and much more.

💡 You can get to know your new home better with videos and texts.

🌐 [Here](#) you will find important information in

- German,
- English,
- (Arabic),
- ىردى/ىسراف (Persian),
- Türkçe (Turkish),
- Français (French),
- وټ‌پ (Pashto),
- Русский (Russian),
- Українська (Ukrainian).

For further questions and answers, please visit the community platform: 🌐 [Together in Germany](#)
There you can ask your questions anonymously. Our team will answer them.

💡 The information is translated into 9 different languages.

The [Arrive app](#) provides answers to many questions about life in Germany.

The [Refugee Guide](#) provides helpful tips for refugees about life in Germany.

Police

Responsibilities of the police

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

What the police may and may not do is laid down in law. For example, they need a judge's authorisation to search a home. Unless there is great danger to a person in the home. Read more about your rights vis-à-vis the police [here](#).

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

When should I call the police?

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

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

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

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

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

Rights vis-à-vis the police

What can the police do?

The police may ask you for your ID. If you are not suspected of any specific criminal offence or you have no evidence of another suspect, the police may not search you. This also applies to your home: your home may only be searched if you are suspected of a criminal offence or if the police suspect that a suspect is in your home. However, if the police announce that they want to search you or your home anyway, you must say that you do not consent to this. If you do not say anything, this is deemed to be consent. You have said no? The police search your home anyway? Then the police are committing a criminal offence. In this case, contact a

counselling centre or a lawyer. You have the right to make a phone call during a search. You may also call someone else. This person can then also be a witness and help you. The police normally need a court order.

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

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

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

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

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

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

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

💡 What exactly the police are allowed to do is slightly different in each federal state.

Naturalisation

Many people have lived in Germany for a long time. They feel a strong connection to Germany. That is why they want German citizenship. You can obtain German citizenship through naturalisation.

Naturalisation has many advantages. But you also have to do something for it. We explain the background:

Why is naturalisation advantageous?

You can take part in elections without restriction. This allows you to play an active role in shaping politics.

You have access to all professions. There are no restrictions under immigration law. You can also become a civil servant. For example, as a police officer, teacher or judge.

You have secure residence for life. You no longer have to obtain permits from the immigration authorities. You also no longer have to go to consulates or embassies. You can work, live or travel anywhere in Germany.

As a German citizen, you also have EU citizenship. You may also reside in all other EU countries without restriction. And you can work, study or live there without authorisation.

You enjoy state protection. This means that you cannot be deported. Or be extradited to another country. You also have protection at German embassies abroad. Unless you also have citizenship of that country.

What requirements must you fulfil?

- Legal, habitual residence in Germany for 8 years (please note: there are exceptions. E.g.: passed integration course, married to a person with German citizenship),
- unlimited right of residence,
- command of the German language([German B1](#)) ,
- Commitment to the basic democratic order ,
- your own gainful employment secures your livelihood,
- no criminal offences have been committed (petty offences are not an obstacle),
- previous citizenship no longer has to be given up (dual citizenship possible),
- Knowledge of living conditions in Germany,
- knowledge of the legal system and social order (test 🗣️ ["Living in Germany"](#)),
- You must also make a declaration. The declaration states: You are not pursuing any anti-constitutional endeavours. And will not pursue any in the future. This means that you are not allowed to do anything that is contrary to the fundamental values of democracy. This will be checked by the security authorities.

What documents do you need?

- [Application for naturalisation](#)
- Current photograph
- Certificate of birth, marriage if applicable, divorce if applicable
- Valid national passport with residence permit
- Proof of German language skills (e.g. school report, certificates, completed vocational training)
- Proof of "Living in Germany" test
- Proof of family income for the last three months

💡 Sometimes the authorities require further documents. It is therefore best to ask in advance.

💡 For documents in a non-German language: translation by an officially sworn interpreter is required.

Where do I apply for naturalisation?

Citizens' Office - Citizenship Law and Elections

📍 [Town hall square 4](#)

85049 Ingolstadt

☎ [0841 305-1535](tel:08413051535) /-1536 /-1537 /-1538

@s [taatsan](mailto:taatsan@ingolstadt.de) gehoerigkeit@ingolstadt.de

💡 Consultations by individual appointment via digital means (telephone, e-mail or [online](#))

🌐 [Foreigners living in Germany are entitled to naturalisation under certain conditions.](#)

🌐 [Foreigners who do not qualify for naturalisation can be naturalised at their discretion under certain conditions.](#)

What does naturalisation cost?

💡 Naturalisation costs 255 euros per person. You can also naturalise your underage children. This costs 51 euros per child.

💡 You withdraw your application? Or the application is rejected? Then you still have to pay the costs.

Further information:

🌐 [Naturalisation at a glance](#)

🌐 [Naturalisation in Germany](#)

🌐 [Naturalisation](#)

Anti-discrimination and inclusion

Experiences with discrimination

Treating people unequally because of certain characteristics is prohibited in Germany. But it is still widespread. Whether when looking for accommodation, at work, in authorities, schools, doctors' surgeries, in leisure time or with the police. Discrimination can happen in all areas of life.

However, you do not have to simply accept discrimination. You have the right to defend yourself against it.

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

Have I been discriminated against?

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

Anti-discrimination counselling centres

- support all people who have experienced discrimination and would like counselling.

 [Federal Anti-Discrimination Centre](#)

The staff speak German. Counselling is free of charge and anonymous if desired.

 [+49 \(0\) +49 \(0\) 185551855](tel:+49(0)185551855)

The counselling centre can be reached

Monday 13:00 - 15:00

Wednesday 09:00 - 12:00

Friday 09:00 - 12:00

 You can also ask the [Anti-Discrimination Centre of the City of Ingolstadt](#) for help.

 Alternatively, you can also contact a [migration counselling service for adults](#) or the [youth migration service](#). The staff often speak many languages and can help you with all problems relating to life in Germany.

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

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

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

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

Lesbian, gay, bisexual, trans* and inter* (LGBTIQ*)

What does LGBTIQ* mean?

The abbreviation LGBTIQ* stands for lesbian, gay, bisexual, transgender, intersex and queer people. Other variants are LGBT, LGBTI or LSBTI*. These terms summarise people with different lifestyles and goals.

Similarities and differences

All LGBTIQ people often experience discrimination. This is because they do not conform to the conventional ideas of gender and love. Some abbreviations add additional letters, for example "A" for asexual. An asterisk (*) stands for other self-designations.

Synonyms

Some synonyms for LGBTIQ* are

LGBT
LGBTI
LSBTIQ
LGBTI*
LGBTIQ representative
LGBTQ
LGB
LSBQ
LGBTI
lsbtq*
lsbtq

Fundamental rights and equal rights

People of different religions, genders and nationalities live together peacefully in Germany. They have the same rights. This also applies to LGBTIQ* people. They have the same rights as everyone else.

Gender in Germany

There are three official genders in Germany: male, female and diverse. Transgender people can change their gender and name. Women are allowed to love and marry women. Men are allowed to love and marry men.

Information and support

More information can be found on the page [Further queer websites](#).

You can find out more about fundamental rights here: [🏳️‍🌈 LGBTIQ* rights](#)

Many LGBTIQ people flee to Germany because they are persecuted in their home country. Are you a refugee and LGBTIQ? You can find help from LGBTIQ* organisations in Germany. They offer support, social contacts and information. The "Queer Refugees Germany" project of the Lesbian and Gay Association in Germany (LSVD) also helps.

Lesbian and Gay Association in Germany (LSVD)

Queer Refugees Germany" project

 www.queer-refugees.de

 queer-refugees@lsvd.de

What can queer refugees do against violence and bullying?

Contact points

There are numerous  [contact points](#) with various services for LGBTI refugees in Germany.

What can you do as a queer refugee to combat violence and bullying?

Queer people with a history of flight who experience LGBTIQ* hostility are significantly more likely to be affected by depression, stress and a lower level of satisfaction.

Are you or someone close to you experiencing LGBTIQ* hostility, discrimination or violence? You can report the incidents and seek counselling. In dangerous situations, we advise you to call the police.



[Federal Anti-Discrimination Agency](#)

Here you will find information on the subject of discrimination. You can report cases and get legal advice.

We will inform you about your rights and how you can assert them. In cases that are suitable for an amicable settlement, we can endeavour to resolve the conflict.

Our counselling service cannot replace legal advice in individual cases. We are unable to inspect files or provide evidence. However, we can tell you whether there are further possibilities for local support. These may be, for example, counselling centres that work together with lawyers or that can assist you in court.

Material

You can find [information](#) for LGBTI refugees at . Information is also available for people who work with or support them.

Videos

 [Here](#) you will find videos with information on what to look out for in the asylum procedure and accommodation.

[German](#), [English](#), [Français](#), [Русский](#), [Español](#), [Türkçe](#)

[فارسی - Farsi](#), [عربية - Arabic](#), [اردو - Urdu](#)

Religious freedom



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



This means, for example:

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



This is not permitted in Germany:

- To place religious rules or traditions above applicable laws. For example, being married to several women at the same time. Or slaughtering an animal without special authorisation.
- Boys may only be circumcised if this does not jeopardise their welfare.

💡 Many people in Germany today are committed to dialogue between religions. The aim is the peaceful coexistence of religious people, believers and people who do not belong to any religion.

💡 The state is committed to ideological neutrality.



As long as the practice of a religion does not jeopardise democracy or the separation of state and religion, it is protected.

German and Bavarian electoral law, voting rights for foreigners, EU elections

Foreigners Voting rights / EU foreigners / Non-EU foreigners

Voting rights for foreigners in Germany

Foreigners who do not come from the EU are not allowed to vote in Germany. They do not have the right to vote or stand for election.

The right **to vote** means that you may cast your vote in an election.

Passive voting right means: You can be elected in an election yourself.

Voting rights for EU foreigners

EU citizens may vote in local elections. These are elections in cities and municipalities. They may also run for office at municipal level.

Differences between EU foreigners and other foreigners

EU foreigners are allowed to vote in cities and municipalities. Other foreigners may not. Both are not allowed to vote in federal or state elections. They are also not allowed to take part in referendums at federal or state level.

Migrants who were born in Germany or have lived here for a long time can naturalise more easily. Naturalisation gives them the right to vote.

 [Click here](#) for information on naturalisation.

Local elections in Bavaria

When will the next local elections take place?

Local elections in Bavaria take place every six years. The next local elections in Bavaria will take place on 8 March 2026.

What do you vote for in local elections?

The municipal representatives in the cities, municipalities and districts of Bavaria are elected.

These are the members of the municipal and city councils and the district councils. Most mayors and district councillors are also elected.

Who is eligible to vote?

All persons are eligible to vote in municipal and district elections who, on election day

1. are citizens of the EU,
2. have reached the age of 18,
3. have resided in the electoral district for at least two months with their main place of residence,
4. are not excluded from the right to vote.

Eligible voters must hold a German passport or the nationality of another EU country. Migrants from countries outside the EU must have German citizenship.

For persons with German or EU citizenship, the following also applies: they must have had their main place of residence in the respective municipality or district for at least two months prior to the election.

Is there a five per cent threshold for local elections?

There is no five per cent threshold for local elections in Bavaria as there is for federal and state elections.

Which law governs local elections in Bavaria?

In Bavaria, the [Municipal and District Elections Act \(GLKrWG\)](#) applies.

Federal elections / state elections / district elections

German electoral law

Elections in general

- **general:** All citizens of the Federal Republic of Germany have the right to vote - regardless of gender, income, religious denomination, profession or political conviction.
- **direct:** Voters elect their representatives directly (directly).
- **free:** Citizens are not influenced or pressurised in their voting decision. They can also decide not to vote.
- **equal:** Every vote counts equally. Votes may not be weighted in any way, i.e. one vote counts more than another.
- **secret:** Everyone should be able to mark their cross on the ballot paper without being observed. The polling booths must not be visible from the outside. The ballot papers are folded after they have been completed. They are then dropped into the ballot boxes so that no one can see who has made the cross.
- **However, there is a restriction due to the five per cent clause:** parties that receive less than five per cent of the votes in the Bundestag election cannot enter the Bundestag. However, this means that the votes of those who voted for these small parties are not represented in parliament.

Election contestation possible

All eligible voters have the opportunity to contest the election if they believe that one or more of these principles of electoral law have been violated.

💡 The will of the people is exercised by the parliament elected by them. This is referred to as a parliamentary-representative democracy.

Election to the Bundestag

Who can elect the Bundestag?

Every four years, citizens elect people to represent them. These are called members of parliament. All members of parliament are together: The German Bundestag. The Bundestag makes important decisions for the citizens. It elects the Federal Chancellor and passes laws. The Bundestag also decides on the federal budget and the deployment of the Bundeswehr (parliamentary army).

You may vote if you:

- Are at least 18 years old.
- have German citizenship.
- have been resident in Germany for at least 3 months before the election. Your place of residence is where you are registered at the citizens' registration office.
- There are special rules for Germans who always live abroad.
- If you are eligible to vote, you are on the electoral roll.
- A person may only vote once in a Bundestag election.

Which law governs Bundestag elections?

The [Federal Elections Act \(BWahlG\)](#) governs Bundestag elections.

State parliament elections in Bavaria

When do state elections take place in Bavaria?

State elections in Bavaria take place every five years. The last state election was held in October 2023.

Who can vote for the Bavarian state parliament?

All Germans within the meaning of Art. 116 Para. 1 of the Basic Law who have reached the age of 18 on the day of the vote or, in the case of referendums, on the last day of the registration period at the latest, are entitled to vote in the state parliament elections,

1. have reached the age of 18,
2. have had their residence in Bavaria for at least three months, or their main residence if they have more than one residence, or otherwise habitually reside in Bavaria,
3. are not excluded from voting.

Which law governs state elections in Bavaria?

The [State Election Act \(Landeswahlgesetz - LWG\)](#) regulates state parliament elections in Bavaria.

The election of the Bavarian district councils

What are the tasks of the Bavarian districts?

Bavaria is divided into seven districts (identical in area to the administrative districts). The districts form the third municipal level alongside the municipalities and counties or independent cities. The districts fulfil tasks that go beyond the competence or capacity of the administrative districts or independent cities. The highest political body of the district is the district assembly.

When do the elections to the district assemblies take place?

The elections to the 7 district assemblies in Bavaria take place at the same time as the state parliament elections.

Who can vote for the district assemblies?

All Germans within the meaning of Art. 116 Art. 1 of the Basic Law are entitled to vote in the district assembly elections

- who have reached the age of 18 on the day of the vote,
- have lived in the respective district for at least three months, or have their main residence if they have more than one residence, or otherwise habitually reside in the district
- are not excluded from the right to vote.

Which laws govern district elections in Bavaria?

The [District Election Act \(BezWG\)](#) and the [State Election Act \(LWG\)](#) regulate the elections to the district assemblies in Bavaria.

European election

European elections

What is the European election?

In the European elections, the people of the European Union elect the members of the European Parliament. These members then represent the people in Parliament. The European Union is called the EU. The election takes place in all 🌐 [EU member states](#). As of 2024: 27 countries.

How often do the European elections take place?

The election takes place every 5 years. The last election was in June 2024.

When is the next election?

The [next election](#) will take place in 2029. Elections are held on different days in the EU countries.

Why is voting important?

When you vote, you elect the members of the European Parliament. These members make decisions. These decisions are important for your everyday life. These decisions concern, for example, labour, health and the environment. Your vote is important. You vote and help decide.

What are the rules for voting?

If you want to vote, you may have to register to vote beforehand. You can only vote once in each election. You can vote if you are an EU citizen. You are an EU citizen if you are a citizen of an EU country. You can vote in the EU country in which you are a citizen. If you live in another EU country, you can vote in that EU country. You can only stand as a candidate in one EU country. This can be the EU country in which you are a citizen. If you live in another EU country, you can stand as a candidate in that EU country.

Where can I find information about voting?

You can find out how to vote in the European elections on the [European Parliament's website](#) .

Where can I find the results of the election?

You can find the results of the European elections on the [European Parliament's website](#) .

What do Members of the European Parliament do?

Members of the Parliament are called MEPs. MEPs represent 450 million people in the EU. MEPs scrutinise plans for new EU laws. MEPs also make laws better. MEPs and the Council of the EU decide on the EU's money. MEPs scrutinise the EU's work. The EU makes treaties with countries outside the EU. MEPs vote on these treaties. MEPs elect the President of the European Commission.

How many MEPs are elected?

In 2024, 720 MEPs were elected. The number of MEPs is determined before each election. There can be no more than 750 MEPs and one President. Each EU country may have a minimum of 6 and a maximum of 96 MEPs.

What happens after the election?

The elected MEPs form political groups. They are called political groups. These groups include MEPs from different countries and different parties. The MPs in a group have the same goals. The MPs elect a president for the parliament. MEPs also elect the President of the European Commission.

Further information on the European elections can be found [here](#)  in German and English

Materials on the European elections can be found here: [EU-Flyer WählenGehen 2024.pdf](#)

These can also be ordered from the  [Foundation against Racism](#)

Get involved in the city society as a volunteer

Participating in Germany: this is also possible for foreign citizens

Get involved in Germany even without German voting rights. Take part in social life and help shape your neighbourhood.

Getting involved locally

A lot is possible by getting involved in clubs and associations. Lead sports groups, help organise cultural events or support neighbourhood projects. Schools are happy to have help with festivals or you can supervise study groups. Realise ideas with citizens' initiatives and help shape your city.

Voluntary work

Voluntary work creates contacts. Work as a coach in a sports club. Or as a helper in refugee work. Or as a mentor for young people. Such activities bring people together and make it easier to socialise. You get to know new people and help at the same time.

Have a say in local politics

Many cities have integration councils. Migrants represent their interests there. Some members come from the migrant community, others from politics. These councils discuss issues such as education and housing. One option is to be elected to the  [Ingolstadt Migration Council](#). Get actively involved and have a say.

Membership of trade unions

Trade unions play an important role in the world of work. Become a member and campaign for better conditions in the workplace. Trade unions often also offer training and legal advice. Educate yourself as a member and receive support.

Contact for your involvement in Ingolstadt

Volunteer Agency Ingolstadt e. V.

[Kreuzstr. 12](#), 85049 Ingolstadt

 [+49 \(0\) 8419516755](tel:+4908419516755)

 info@ehr-enamt-in.de

 www.frei-willigenagentur-in.de

Monday 09:00 a.m. - 12:00 p.m.

Wednesday 09:00 am - 12:00 pm

Thursday 09:00 am - 12:00 pm

Special commitment for refugees and migrants

If you would like to volunteer, set up new projects or develop existing ones, you can contact the **integration counsellor** Barbara Blumenwitz at any time. She can be reached at

☎ [+49 \(0\) 84130550298](tel:+49084130550298)

@i [ntegrat ionslotsin@ingolstadt.de](mailto:ionslotsin@ingolstadt.de)

The Ingolstadt project Dein Einsatz. For you. For Ingolstadt. For people in need.

Get involved as a volunteer in an aid organisation

You have the opportunity to volunteer in the medical service, rescue service and disaster control.

The special thing about it: You can immediately help out in operations and gain experience! We welcome people from all nations.

By volunteering, you help people and ensure the safety of the population in Ingolstadt. You are not alone, but always together with experienced emergency personnel in a team.

🧠 [Your commitment. For you. For Ingolstadt. For people in need.](#)

Voluntary help with filling out forms

Become a volunteer to help fill out forms. For many people, filling out forms is an insurmountable obstacle - whether due to language barriers or other personal reasons - there are many reasons for this.

City of Ingolstadt - Office for Social Affairs

[Auf der Schanz 39](#), 85049 Ingolstadt

Project: Help with forms in voluntary work

☎ [+49 \(0\) 84130550209](tel:+49084130550209)

@f ormular hilfe@ingolstadt.de

Monday 08:00 - 15:00

Tuesday 08:00 - 15:00

Wednesday 08:00 am - 11:00 am

💡 Each of these activities brings people together. This creates an exchange that strengthens respect and cohesion. People learn from each other and understand each other better.

Referendums and plebiscites in Bavaria

Bavaria and the co-determination of the people

In Bavaria, the parliament elected by the people determines the will of the people. This form of government is called parliamentary-representative democracy. In addition, the people can make laws directly.

Petition for a referendum and referendum

A referendum allows the people to bring legislative proposals directly to the state parliament. This is part of direct democracy in Germany. If the state parliament rejects the proposal, a referendum decides on it. Every constitutional amendment passed by parliament must be approved by the people. One million citizens entitled to vote can also demand that the state parliament be recalled. This is also done by referendum.

Eligibility to vote

All Germans within the meaning of Article 116 Paragraph 1 of the Basic Law are entitled to vote if they:

- are at least 18 years old on the last day of the registration period,
- have lived in Bavaria for at least three months or have their main residence there,
- are not excluded from the right to vote.

Who is a foreigner in Germany?

Foreigners are people who live in Germany and only have a foreign passport.

People are not described as foreigners

- who have come to Germany and only have a German passport,
- as well as people with two passports (German and foreign) and their children.

Refugees

Registration

Information for people seeking asylum in Germany

Have you arrived in Germany and want to apply for asylum? Then you must register with one of the following state authorities as soon as possible after your arrival:

- Border authority
- the police
- Immigration office
- Reception centre for refugees
- Branch office of the Federal Office for Migration and Refugees (BAMF)

Here you will find general information on registration:

 [BAMF: Arrival and registration](#) (Arabic, German, English and French)

 [Handbook Germany](#): Registering as an asylum seeker (in 9 languages)

What happens during registration?

Your personal data will be recorded and stored centrally. It is checked:

- Whether you are applying for asylum in Germany for the first time
- Whether you have already applied for asylum in another European country

- Whether data about you has been recorded by the Federal Criminal Police Office

What happens after registration?

After registration, you will receive a "proof of arrival". This document is very important. It confirms that you are authorised to stay in Germany for a certain period of time. Only with this proof can you receive state support. For example, with accommodation, medical care, essentials and food.

The asylum procedure can only begin once you have proof of arrival.

Counselling centres for further information

If you need more information or help, you can contact these advice centres:

 [General advice centres](#)

Apply for asylum

How does the asylum procedure work?

The asylum procedure in Germany is complicated.

The  [Federal Office for Migration and Refugees \(=BAMF\)](#) decides on your asylum.

The  [video](#) explains the asylum procedure:

(Languages: German, English, Albanian, Arabic, French, Persian)

This  [video](#) from the Bavarian Refugee Council provides more information:

(Languages: German, English, Arabic, Farsi, French, Russian, Spanish, Turkish)

The  [brochure](#) explains your rights and obligations in the asylum procedure:

(Languages: German, English, Arabic, Albanian, Farsi, French)

How can you get asylum ?

- You have just arrived in Germany.
You must register with a **government agency** .
For example: police, immigration office, reception centre, ANKER centre.
You can register at the border or at another location.
- You will be **registered**.
Your personal data will be written down.
For example: Name, age, language, country of origin.
Everything is saved.
You will be photographed and fingerprinted.
==> Please only register once!
==> You will receive a proof of arrival.
The proof of arrival is very important! It proves that you are authorised to stay in Germany.
Keep the proof in a safe place!
- You will now come to an **ANKER centre**.
Here you will live with other people seeking asylum.
Here you will receive food, toiletries, clothing and other necessities.

You will get help here if you are ill.

- You may have to move to another federal state.

Applying for asylum

Say it simply: Important  [information on applying for asylum](#).

Say it simply: Important  [information about the interview appointment](#).

- You submit your **asylum application** at the ANKER Centre or the Arrival Centre.
You will be informed when you can submit your asylum application in person.
An interpreter will help you.
- Now you have to wait for your **personal interview at the BAMF** .
This is your **most important appointment!**
The interview is a kind of interview.
An interpreter will help you.
Here you explain why you have come to Germany.
You can bring evidence with you.
This shows why you fled to Germany.
For example: photos, letters, documents.
Think carefully about what you say.
You can seek advice beforehand.
Have a look at  ["Behördenunabhängige Asylverfahrensberatung"](#) or  ["Flüchtlings- und Integrationsberatung im ANKER"](#).

 [Important information](#) on the hearing date

(Languages: German, English Albanian, Amharic, Arabic, Farsi, French, Kurdish-Kurmanji, Macedonian, Pashto, Russian, Serbian, Somali, Tigrinya, Turkish, Urdu)

Your asylum application will be decided

You will have to wait after the interview.

The BAMF will examine your asylum application.

This may take some time.

Then you will receive a **letter from the BAMF**.

Are you allowed to stay in Germany?

=> Yes!

Your asylum application will be granted.

You will receive a **favourable decision**.

You will receive one of four protection authorisations.

These are: **Entitlement to asylum, refugee protection, subsidiary protection, prohibition of deportation.**

=> No!

Your asylum application is rejected.

You will receive a **negative decision** and a **request to leave the country**.

 [What can you do if the answer is "no"?](#)

That is difficult.

You have very little time!

Therefore, seek help!

Who can help you?

A lawyer: You will have to pay money for a lawyer.

Social counselling:

You don't have to pay any money.

Look at  "[Behördenunabhängige Asylverfahrensberatung](#)" or  "[Flüchtlings- und Integrationsberatung im ANKER](#)".

What else can you do?

You can leave Germany voluntarily.

This means that you return to your country of origin without being forced to do so.

You can sometimes get money for this departure.

There are various offers.

Search  [for](#) your country and find out more.

Have a look at "[Return to your home country](#)".

What happens if you don't leave?

You no longer have permission to stay in Germany.

This can lead to  [deportation](#).

This means that the immigration office and the police will force you to leave.

You will be taken directly from your residence to the **airport**.

You will have to fly back to your country of origin.

Sometimes the police will also take you into **deportation detention**.

You will have to wait in special **accommodation** until you are taken to your country of origin.

Deportations are not always possible.

For example:

If deportation is not permitted in your country of origin because there is a war there.

If your country of origin does not want to accept you.

If you do not have a passport from your country of origin.

If you are very ill.

=> If you cannot be deported for important reasons, you will receive a **tolerated stay**.

This means that you can stay in Germany for a certain period of time.

=> [Further information](#) on tolerated stay can be found here: 

Further information on the asylum application:

The  [App "Ankommen"](#) also informs you about asylum.

(Languages: German, English Arabic, French, Persian)

Residence status

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

There are 5 different documents:

1. proof of arrival

Status: Asylum seeker

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



2. residence permit

Status: Asylum seeker

Background: You have applied for asylum. A group of people will decide on your application. This often takes a very long time. This permit is valid until the decision is made. The Federal Office for Migration and Refugees (BAMF) decides on the asylum application.

Note: Has your application been rejected as unfounded? Then you can appeal against it. You can do this at the administrative court. You are allowed to stay in Germany until the administrative court has made a decision.

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

- Would you like to work? Do you need a permit for this? You can obtain this from the [Ingolstadt Office for Foreigners and Migration](#). Your employer or you as an employee can apply for this.
- Would you like to find work? Go to the [Employment Agency](#)
- Do you need financial help? Go to the [Ingolstadt Social Welfare Office](#)



3. fictitious certificate

Status: Recognised refugees

Background: You have submitted an application to the Foreigners' Registration Office. This

application is intended to extend your right to stay. The authority then often issues a certificate. This certificate authorises you to stay. This is important because your application has not yet been processed.



4. residence permit

Status: Recognised refugees

Background: Your application for asylum has been accepted

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

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



5. tolerated stay

Status: Tolerated person

Background: Your application for asylum has been rejected

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

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



Accommodation for refugees in Ingolstadt

What is an ANKER facility?

AnKER facility

Asylum seekers who come to Bavaria are initially accommodated in one of the ANKER centres. ANKER is the abbreviation for "Arrival, Decision, Repatriation".

The ANKERs are houses in which newly arrived asylum seekers live.

Many important organisations for the asylum procedure are directly on site. For example: Federal Office for Migration and Refugees (BAMF) and the Refugee and Integration Counselling Service.

There are 3 locations in Ingolstadt:

- [Max-Immelmann-Kaserne, Am Hochfeldweg 20, 85051 Ingolstadt](#)
- [Manchinger Str. 158, 85053 Ingolstadt](#)
- [Neuburger Str. 105, 85049 Ingolstadt](#)

Persons should live in an ANKER facility for a maximum of 24 months. Families with underage children are only obliged to live in an ANKER centre for a maximum of six months.

The ANKER centre is operated by the  **government of Upper Bavaria** .

Refugee and integration counselling at ANKER

Asylum procedure counselling:

Do you need information about the asylum procedure? Would you like to know your rights and obligations in the asylum procedure?

The counsellors will prepare you for the interview. They will explain which documents may be important.

They explain the asylum decision. They explain what you can do afterwards.

They will help you with family reunification. They answer questions about the right of residence.

They will advise you on appeals against the asylum decision. They will inform you about a possible follow-up application for asylum.

Counselling is free of charge and independent of the authorities.

Münchener Flüchtlingsbus | Beratung im Asylverfahren

 [Dachauerstr. 17, 80335 München](#)

 [@info@mfr.ngo](mailto:info@mfr.ngo)

 [+49 \(0\) 8912390096](tel:+49(0)8912390096)

 <https://muenchner-fluechtlingsrat.de/der-verein/p...>

Asylverfahrensberatung PAF | Max-Immelmann-Kaserne (MIK)

 [Ambergerweg 3, 85276 Pfaffenhofen an der Ilm](#)

 [@Ankereinrichtung-Manching@caritasmuenchen.org](mailto:Ankereinrichtung-Manching@caritasmuenchen.org)

 <https://www.caritas-asylsozialberatung-pfaffenhof...>

Asylverfahrensberatung PAF | P3 (Manchinger Straße)

 [Ambergerweg 3, 85276 Pfaffenhofen an der Ilm](#)

 [@Anker-P3@caritasmuenchen.org](mailto:Anker-P3@caritasmuenchen.org)

 [+49 \(0\) 84418083850](tel:+49(0)84418083850)

 <https://www.caritas-asylsozialberatung-pfaffenhof...>

Asylverfahrensberatung PAF | NBS (Neuburger Straße)

 [Ambergerweg 3, 85276 Pfaffenhofen an der Ilm](#)

 [@Anker-NBS@caritasmuenchen.org](mailto:Anker-NBS@caritasmuenchen.org)

 [+49 \(0\) 84418083850](tel:+49(0)84418083850)

 <https://www.caritas-asylsozialberatung-pfaffenhof...>

 See notice board in the accommodation centres.

Independent asylum procedure counselling (AVB)

Help for the asylum procedure (AVB)

We help people who live in the ANKER centre. Counselling is free of charge and confidential. It is independent of government agencies.

How does the counselling help?

- You will receive information about the asylum procedure.
- We help you to find and explain your personal reasons for seeking protection.
- We show you how to collect evidence and send it to the authorities.
- We will help you to prepare well for the interview. The transcript will also be explained.
- You will learn what a BAMF decision means and what the consequences are.
- We will put you in touch with lawyers and help you with legal action.

Where can you find us?

Our locations:

MIK : Max-Immelmann barracks
[Am Hochfeldweg 20](#), 85051 Ingolstadt

or
[Immelmannstr. 11](#), House 16, 85077 Manching

Please send us an e-mail:
@A [VB-Anke](#) r-Manching@caritasmuenchen.org

Your contact person:
Mona Meilinger
@M [ona.Meilinger](#)@caritasmuenchen.org
☎ [+49 \(0\) 16091006460](#)

Contact Head of Specialist Services:
Gabriele Pulm-Muhr
☎ [+49 \(0\) 15143812933](#)
@G [abriele](#).Pulm-Muhr@caritasmuenchen.org

💡 Please note: You must make an appointment.

💡 Important for you: We will accompany you throughout the entire process. You are not alone!

Offers at the ANKER facility

Offers at ANKER

Leisure activities

In all ANKER accommodation centres, volunteers offer support for the residents:

- Translation for doctors and authorities
- Free clothing
- Computer room
- German course

All information is available on posters in the accommodation centres or from the refugee and integration counselling service or the integration guide of the city of Ingolstadt

@integrationslotsin@ingolstadt.de.

☎ 0 8413055 0298

💡 All residents of the ANKER accommodation centres can also take part in the offers in the city of Ingolstadt (see "[Exchange and networking](#)").

💡 Malteser Werke employees offer leisure activities for children and adults in each accommodation centre. The weekly programme is displayed in the accommodation.

School

All children aged 6-16 must go to school in Germany, including in the ANKER.

In the Max-Immelmann-Kaserne there is a school for these children and a school for young adults (16 - 21 years).

Health

There are consultation hours for doctors and a nurse in the accommodation centres. Dates and times on posters in the accommodation centres

Follow-up accommodation

Subsequent accommodation for refugees

Refugees who no longer have to live in initial accommodation are placed in so-called follow-up accommodation. This means that they are given new accommodation where they can stay for longer. The distribution of people to this accommodation is based on fixed rules set by the federal states.

Types of follow-up accommodation

There are two options for where refugees can live:

- Shared accommodation:
 - Several people live in one large building.
 - They often share a kitchen, bathroom and other rooms.
 - This type of accommodation is often used in smaller towns.
- Decentralised accommodation:
 - Refugees live in individual flats or smaller houses.
 - This form gives people more privacy.
 - They often feel better integrated into society as a result.

How does the accommodation in Ingolstadt work?

There is only decentralised accommodation in Ingolstadt. Refugees live here in flats spread throughout the city. There is no shared accommodation in Ingolstadt.

If you have any questions about accommodation, please contact:

Office for Social Affairs - Department for Asylum Seeker Affairs
[Hohe-Schul-Str. 3](#)
Ground floor office
85049 Ingolstadt

☎ [+49 \(0\) 84130550280](tel:+49084130550280)
✉ @unterbringung-asyl@ingolstadt.de

Counselling and support

For advice or assistance please write to

✉ [beratung-asyl@ingolstadt.de](mailto:bberatung-asyl@ingolstadt.de)

Fees for the use of municipal asylum accommodation

Fees for the use of municipal asylum accommodation

If you have an income, you may also have to pay a fee for your accommodation.

You will receive a notification of this from the Office for Social Affairs.

If you have any further questions, please contact the  [Amt für Soziales - Asylbewerberleistungsgesetz](#).

Fees for accommodation in decentralised refugee accommodation

Do you receive social benefits? Then the relevant authority will pay the fees for your accommodation.

Do you earn money or have money? Then you will have to pay all or part of the fees yourself.

Here you can find out what it costs to live in an asylum centre:

 [Statutes of the City of Ingolstadt on the use of municipal asylum accommodation 162.pdf](#)

 [Statutes of the City of Ingolstadt on the levying of fees for the use of municipal asylum accommodation 163.pdf](#)

Private residence

Private residence

During the asylum procedure, you must live in an asylum centre. In certain cases, you can apply to live privately. This is possible if one of the following reasons applies:

- **Health reasons:** You cannot live in shared accommodation because your health does not allow it. You will need a medical certificate for this.
- **Financial independence:** You have a permanent job or enough money to pay for your own living expenses. A job is considered secure if the probationary period is over and the contract is open-ended. As proof, submit your employment contract, payslips and bank statements.
- **Family reasons:** Your family has different residence statuses, but at least one person is allowed to move out of the accommodation. Then the whole family can get a private flat.

How do you apply for private accommodation?

The responsibility depends on

- where you currently live and
- where the new flat is located.

If you have any questions

Flüchtlings- und Integrationsberatung | Personen im laufenden Asylverfahren und Bleibeberechtigte bzw. Geduldete

 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

 @beratung-asyl@ingolstadt.de

 [+49 \(0\) 84130550250](tel:+49(0)84130550250)

 <https://www.ingolstadt.de/Fl%C3%BChtlings-und-In...>

1. the flat is located in Ingolstadt

If the flat is located in Ingolstadt, the Office for Social Affairs - Refugee and Integration Counselling will check your application. You can submit the application informally. Please enclose copies of these documents:

- Copy of your identity card
- Proof of health reasons, income, assets or residence permit
- If available: Details of the rental costs

2. the flat is located in Bavaria, but not in Ingolstadt

If the flat is located outside Ingolstadt (for example in the district of Eichstätt), you must submit an application for reallocation to the government of Upper Bavaria. You can submit the application by e-mail or post. It must be signed.

[\[Application for redistribution form\]](#)

3. the flat is located in another federal state

If you would like to move to another federal state, this is a cross-border redistribution. In this case, please contact the counselling centre of the Office for Social Affairs - Refugee and Integration Counselling.

Transitional home

Transitional accommodation

If you are new to Germany, you will initially live in a transitional accommodation centre. Here you will receive support and help.

Address

[Marie-Curie-Straße 17](#)

85055 Ingolstadt

On-site counselling

Caritas works in the temporary accommodation centre. They will help you with many things. They will answer your questions. They will give you information about life in Germany. They will help you with problems.

You can ask about:

- Documents: What documents do you need and how do you get them.
- Life in Germany: Information about life in Germany, e.g. how to find a flat or look for a job.
- Problems: Help with other problems you may have.

Your contact person

Bianca Stieglmeier



[+49 \(0\) 1755322537](tel:+49(0)1755322537)



b[ianca.s](mailto:bianca.s.tieglmeier@caritas-ingolstadt.de) tieglmeier@caritas-ingolstadt.de

Ibrahim Taha Caglibulanik



[+49 \(0\) 16095042434](tel:+49(0)16095042434)



t[aha.cag](mailto:taha.caglibulanik@caritas-ingolstadt.de) libulanik@caritas-ingolstadt.de

Lilly Oblinger



[+49 \(0\) 15173010222](tel:+49(0)15173010222)



l[illy.ob](mailto:lilly.oblinger@caritas-ingolstadt.de) linger@caritas-ingolstadt.de

Do you have any questions?

If you have any questions, please call us or send us an e-mail.

Benefits under the Asylum Seekers Benefits Act (AsylbLG)

Benefits under the AsylbLG

What are benefits under the [Asylum Seekers' Benefits Act \(AsylbLG\)](#)?

You can apply for benefits under the AsylbLG at the Social Welfare Office.

AsylbLG benefits include food, clothing, health care, housing, etc.

You must submit an application for this. You can do this in person on site or by e-mail, see  ["Your contact to us"](#).

Who is entitled to benefits under the AsylbLG from the Ingolstadt Social Welfare Office?

People who live in the city of Ingolstadt and who are entitled to benefits in accordance with [§ 1 AsylbLG](#), i.e. people who have the following residence status

- Residence permit
- Asylum application made, but asylum application not yet submitted
- Residence permit
 - due to war in their home country in accordance with [§ 23 Para. 1 AufenthG](#)
 - in accordance with [§ 25 Para. 4 S. 1 AufenthG](#)
 - in accordance with [§ 25 Para. 5 AufenthG](#), if the decision on the suspension of deportation was made less than 18 months ago
 - Tolerated stay according to [§ 60a AufenthG](#)
 - Enforceable deportees, even if the threat of deportation is not yet or no longer enforceable, e.g. GÜB
 - Spouses, life partners or underage children of persons to whom the above applies without themselves fulfil the requirements stated therein
 - Follow-up application according to [§ 71 AsylG](#) or second application according to [§ 71a AsylG](#) has been submitted
 - Residence permit according to [§ 24 AufenthG](#) applied for

For further requirements, please refer to [§ 1 AsylbLG](#)

What benefits can you apply for

You can apply for the following benefits:

- Benefits to cover your
 - necessary needs for
 - food

- Accommodation and heating
- clothing
- Health care
- household durables and consumer goods
- and your necessary personal needs
- Benefits in the event of illness, pregnancy and birth
- One-off needs, e.g. initial equipment for pregnancy, initial equipment for babies, initial equipment for the home
- Additional needs (e.g. during pregnancy)
- Education and participation (e.g. school supplies for your child, sports club for your child, music lessons, etc.)
- Family planning fund (various contraceptives)

There are many other benefits for your different life situations. Just get in touch with us!

💡 Please contact us to apply for benefits under the Asylum Seekers' Benefits Act. You can do this in person on site or by e-mail, see "[Your way to us](#)"

In what form do I receive benefits?

Bavaria has introduced a payment card for the granting of benefits in accordance with the Asylum Seekers' Benefits Act (AsylbLG).

Benefit recipients under the AsylbLG living in Ingolstadt will receive their benefits for July 2024 on the new payment card for the first time.

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

What documents do you need to bring?

- Application for benefits under the AsylbLG
- ID, proof of arrival, authorisation to stay or toleration, national passport if applicable, visa, residence permit from another country, etc.
- If you do not speak German or English, a person you trust who speaks these languages.
- It is important that you can communicate with the social welfare office.
- Proof of income and assets, for example
 - Employment contract and payslips for the last 3 months
 - Job centre or housing benefit notification
 - Notification of child benefit
 - Notification of education grant or BaföG
 - Bank statements for the last 3 months from all bank accounts in Germany and abroad, etc.)
- If you live with other people, e.g. spouse or children, their proof of income and assets (e.g. payslips, bank statements for the last 3 months from all bank accounts in Germany and abroad, etc.)
- if available:

- Your rental certificate
- Your health insurance card

Notes on requesting bank statements

You may black out or make the following unrecognisable on the account statements:

- Passages of the recipient and posting text for expenditure postings.
- Posting texts that contain information on specially protected data, e.g.
 - racial and ethnic origin,
 - political opinions,
 - religious and philosophical beliefs,
 - trade union membership,
 - health or sex life.

 The transaction must remain traceable for the audit (e.g. when transferring membership fees for political parties, the name of the party could be blacked out if the purpose of the transfer remains recognisable as "membership fee").

 It is important that you are able to communicate with the Social Welfare Office. If you do not speak German or English, please speak to a person who speaks these languages and whom you trust.

 The Social Welfare Office can only check the application if all the information has been provided in full and all the documents are available.

Your obligations - What must you tell the Social Welfare Office immediately?

In order to check whether you are entitled to benefits, you must co-operate in accordance with § 60 SGB I. If you do not do this, benefits may not be granted to you or may be withdrawn again.

You may be required to repay the benefit or, in the worst case, you may even be fined. Therefore, please always inform the Social Welfare Office immediately of any changes in your personal and financial circumstances.

For example

- Marriage
- Separation from spouse/partner
- pregnancy
- Birth of children
- Death of a person in the family
- Moving to another flat or accommodation
- Moving in or out of flatmates
- Relatives or a partner moving in
- Hospitalisation

- Staying in prison
- Gifts of money from friends or relatives
- Start of training, studies or school
- Starting a job
 - As soon as you have accepted a job, you have 3 days to report this to the Social Welfare Office.
 - The Social Welfare Office will need the employment contract (and your work permit if applicable) and later your payslips.

 Important:

- If you work, you are no longer entitled to the full benefits under the AsylbLG, as your income is taken into account in the calculation.
- However, allowances and work equipment are taken into account so that not all of your wages are taken into account.
- In any case, your income means that you are in a better position.
- Your notification does not mean that you have to live without money for a month.
- Your salary will only be taken into account once you have received it.
- For example:
 - You start work on 10 August 2023 and receive your salary at the end of August 2023:
 - You will still receive full benefits for August and your wages will only be offset against the benefits for September 2023.

Payment card for asylum seekers

Payment card for Bavaria

Bavaria has introduced a payment card for the granting of benefits under the Asylum Seekers Benefits Act (AsylbLG).

All important information about the new payment card can be found here:

 [Homepage - bezahlkarte.eu](https://bezahlkarte.eu)

Where can I pay?

- In many shops
- Look out for the orange / red Mastercard® symbol
- The card only works in your authorised area (postcodes)
- In justified exceptional cases (e.g. appointments with public authorities) it is also possible to authorise the card for other areas.
- Please contact the Social Welfare Office for authorisation.

How much money do I have on the card?

The credit balance can be viewed on the website meine.bezahlkarte.eu. You must register here.

- In the app

On the website meine.bezahlkarte.eu

- Log in with card ID and PIN - these can be found on the letter with the card.
- or by telephone on +49 (0) 8161-9654-300 (in over 100 languages)

How much cash can I withdraw?

- As a rule, you can withdraw €50 cash per person per month.
- You can withdraw cash in many shops at the till or twice a month at ATMs.

How can I pay?

- Insert the card or place it on / hold it against the machine.
- You must insert the card after 5 payments at the latest.
- If required: Enter the PIN (PIN on the letter with the card - 4 digits).
- If you enter the wrong PIN three times on the device, your card will be blocked.
- Unblocking can be initiated at  bezahlkarte.eu.

What is not possible?

- Payments outside your authorised area of residence (postcodes).
- Withdrawing your entire credit balance in cash.
- Purchases on the Internet (except public transport).
- Transfers to unauthorised recipients.
- In justified exceptional cases, we can authorise additional recipients for you. Please contact the Social Welfare Office for authorisation.

💡 If you have any questions, please contact the Social Welfare Office ["Your way to us"](#).

Your way to us - Contact details Office for Social Affairs

Your way to us

Address:

Office for Social Affairs Ingolstadt

Auf der Schanz 39

85049 Ingolstadt

Opening hours:

Monday 08:00 to 12:30 and 13:30 to 16:00

Tuesday 08:00 to 12:30 and 13:30 to 16:00

Wednesday 08:00 am to 12:30 pm

Thursday 08:00 a.m. to 12:30 p.m. and 1:30 p.m. to 5:30 p.m.

Friday 08:00 am to 12:30 pm

Please make an appointment in advance.

Please contact:

@! [eistung](mailto:eistung-asyl@ingolstadt.de) -asyl@ingolstadt.de

If you live in the ANKER centre: ☎ [0841/305-50268](tel:084130550268)

If you live in the shared, decentralised and private accommodation: ☎ [0841/305-50264](tel:084130550264)

Medical aid

What is medical assistance?

In Germany, you have the opportunity to see a doctor if you are ill or have a complaint.

💡 Doctors must be able to speak to you. Please clarify before medical treatment whether you can communicate with the doctor. If not, please take a trusted person with you to translate the treatment.

In exceptional cases, you can apply for the costs of an interpreter to be covered. This must be requested in advance. If necessary, please speak to the [Social Welfare Office](#) in good time (before the appointment).

Which doctor can you see?

If you live in the ANKER centre

Please go to the camp doctor. This is located on the grounds of the ANKER facility. You can make an appointment there. Your local accommodation manager will be able to help you.

The camp doctor will decide whether you need to see a specialist. In this case, your local accommodation management will help you to make an appointment.

Important: If you make an appointment with a specialist yourself, you must always

- a referral from the camp doctor **and**
- a health treatment voucher from the Office for Social Affairs.

Without these documents, you will not usually be treated at the practice. Therefore, please always contact the camp doctor and the counsellors at the ANKER Centre first.

If you live in decentralised refugee accommodation, in shared accommodation or privately

If you do not yet have a health insurance card: You must apply for a health treatment voucher at the Social Welfare Office.

You can go to these doctors with the health treatment voucher

- General practitioner

- Gynaecologist
 - Paediatrician
 - dentist
 - ophthalmologist
1. To do this, you must make an appointment with a doctor of your choice in the Ingolstadt city area.
 2. Then inform the Social Welfare Office of your appointment in good time.
 3. The Social Welfare Office will examine your case and then issue a health treatment voucher.
 - You can do this in person on site or by e-mail, see "[How to contact us](#)".

💡 You are not allowed to see another specialist doctor with this.

💡 You may only see another specialist if the above-mentioned doctors issue you with a corresponding referral.

How do you get a health insurance card?

Under certain conditions, you can obtain a health insurance card after 18 months. The Social Welfare Office will check the requirements for this without being asked, see [§ 2 AsylLG](#).

Medical aids, therapies and operations

Sometimes people need medical aids, for example

- a wheelchair,
- a corset,
- therapy, e.g. physiotherapy
- an operation, e.g. for a broken bone.

The doctor must issue a prescription for medical aids and therapies. For an operation, the doctor must write a doctor's letter explaining the diagnosis and your need.

If you do not yet have a health insurance card, an **application** must be submitted to the **Social Welfare Office** with this prescription/doctor's letter.

The Social Welfare Office will check whether the requested treatment is eligible for cover and will usually contact your doctor directly. You will often also be asked to obtain a cost estimate or to consult an expert.

💡 In the event of illness, the Social Welfare Office can only cover the costs that are absolutely necessary

- to treat acute illnesses and painful conditions or
- to prevent significant damage to health or
- to avert danger to the general public.

Family planning fund

Family planning fund

Everyone has the right to family planning, no matter how much money they have. The city of Ingolstadt offers a family planning fund. Women and men can use this fund to obtain free contraceptives.

Who can use the service?

The service is available to

- People who have their primary residence in Ingolstadt and are at least 22 years old.
- People who have an [IngolstadtPass](#) or receive state support.

State support

Here are some examples of state support:

- Assistance with living expenses: support in accordance with the third chapter of SGB XII.
- Basic income support in old age and in the event of reduced earning capacity: Benefits in accordance with the fourth chapter of SGB XII.
- Citizen's allowance: Ongoing benefits to secure subsistence in accordance with SGB II.
- Benefits for asylum seekers: Benefits in accordance with the Asylum Seekers Benefits Act (AsylbLG).
- Housing benefit: Support in accordance with the Housing Benefit Act (WoGG).
- Child allowance: Benefits according to § 6a of the Federal Child Allowance Act (BKGG).
- Support for child day care centres: Benefits according to § 90 para. 3 and 4 SGB VIII.
- BAföG: Support for students.
- Vocational training allowance: Assistance for trainees.
- Benefits for trainees: Support according to § 27 SGB II.
- Voluntary social or ecological year: Support for people doing a voluntary year.
- Federal Voluntary Service: Support for people doing this service.
- Unmarried children under the age of 25 who live with a person entitled to SGB II benefits and are not entitled to SGB II benefits due to child benefit can also use the benefit.

Application and further information

Click here for more information.

 [Family planning fund \(ingolstadt.de\)](https://www.ingolstadt.de/familienplanung/)

Work opportunities (AGH)

Work opportunities (AGH)

What are work opportunities?

Work opportunities in accordance with Section 5 of the Asylum Seekers' Benefits Act (AsylbLG) enable benefit recipients to integrate into society and earn extra money.

Carrying out the activities does not result in an employment relationship or an employment relationship subject to health and pension insurance.

What specific activities are possible?

The work must serve a public or charitable purpose.

Examples

- Support at an animal shelter
- Support in social facilities, such as nursing homes
- Maintenance and cleaning of parks, facilities and streets

These jobs may not replace existing jobs, but must be created in addition.

The work must not be full-time. If protective clothing (e.g. helmets, shoes) is required, this must be provided. Activities involving particular hazards are not possible. The working hours specified by the job provider must be adhered to.

Who can work as an AGH employee?

Recipients of benefits under the AsylbLG (not under SGB II) who are able to work, not gainfully employed and no longer of school age.

Can an offered AGH position be rejected?

A job offer must always be accepted and can only be refused for special reasons (e.g. illness).

If the job opportunity is rejected without good reason, the benefits under the AsylbLG can be reduced or cancelled.

How much is the payment?

The pay is €0.80 per hour.

💡 It is not counted as income or pay under the AsylbLG. It is therefore an additional income.

City of Ingolstadt

Office for Social Affairs

[Auf der Schanz 39](#)

85049 Ingolstadt

@ [eistung](mailto:eistung-asyl@ingolstadt.de) -asyl@ingolstadt.de

🌐 www.ingolstadt.de/Asylbewerberleistungsgesetz

🌐 www.ingolstadt.de/FAQ-Asyl

🕒 Opening hours

Monday 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 4:00 p.m.

Tuesday 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 4:00 p.m.

Wednesday 08:00 a.m. - 12:30 p.m.

Thursday 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 5:30 p.m.

Friday 08:00 a.m. - 12:30 p.m.

IngolstadtPass

What advantages does the IngolstadtPass offer me?

The IngolstadtPass has been available since the end of 2019 so that everyone can take advantage of the city's offers.

If you show the IngolstadtPass, you pay less for admission to various leisure activities.

The  [offer](#) is getting bigger and bigger. Do you have any questions? Then the staff at the Job Centre, the Office for Social Affairs, the Housing Office or the Office for Childcare and Education can help you.

Who can receive the IngolstadtPass?

If you live in Ingolstadt and receive one of these benefits, you can apply for the pass:

- Citizen's allowance
- social benefit
- Basic income support in old age and in the event of reduced earning capacity
- Assistance with living expenses
- Housing benefit
- Benefits under the Asylum Seekers Benefits Act, provided you are not accommodated in the
 - ANKER centre or one of its branches.
- War victims' welfare
- Payment of contributions to day care centres or waiver of fees
- Child allowance
- Participants in a voluntary social or ecological year.
- Participants in the Federal Voluntary Service
- You do not receive any of the benefits listed above? But you receive an old-age pension. Please ask about the income limits.

A separate IngolstadtPass is issued for each eligible person, including children.

Where can I get the IngolstadtPass?

You can obtain the IngolstadtPass on application from the municipal office from which you also receive your social benefit:

-  [Job Centre](#),
-  [Office for Social Affairs](#),
-  [Housing Office](#) or
-  [Office for Childcare and Education](#).

- If you receive a child supplement, please contact the  [job centre](#).

 [You can submit an online application here.](#)

What documents do I need to present?

- Please bring your identity card, residence permit or passport with you.
- You receive a child supplement. Please present the benefit notification from the family benefits office.
- If you are renewing your IngolstadtPass, please bring your IngolstadtPass with you.

 You do not need a written application to extend your IngolstadtPass.

 You do not need to make an appointment in advance to apply for or extend your IngolstadtPass.

How long is my IngolstadtPass valid for?

Your IngolstadtPass is valid until the end of the year printed on it. An extension for the following year is possible in November at the earliest.

Further information on the IngolstadtPass

General information

- Please always present your ID with the IngolstadtPass.
- The IngolstadtPass is not transferable to third parties. As a rule, we do not replace lost passes.
- Please return the IngolstadtPass if you move away from Ingolstadt.
- We can confiscate the IngolstadtPass if it is misused.

The IngolstadtPass as a social pass

The [IngolstadtPass](#) entitles you to discounts from several providers.

Information for refugees: When am I allowed to work?

 The foreigners authority decides whether you are allowed to work. You must therefore submit an application for a work permit to the foreigners authority. There are certain rules that you must observe.

What applies to asylum seekers with proof of arrival or permission to stay in AnKER?

- You are not allowed to work for 6 months (work ban).
- After 6 months, you are entitled to a work permit if you fulfil the following criteria:
 - You do not come from a safe country of origin.
 - Your asylum application has not been rejected by the BAMF as manifestly unfounded.

- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

💡 What are [safe countries of origin](#)

💡 As a rule, you can live in the AnkER centre for a maximum of 18 months. An extension of up to 24 months is possible. Families with children may live in the AnkER centre for a maximum of 6 months.

What applies to asylum seekers with proof of arrival or a residence permit outside the AnkER centre?

- You are not allowed to work for 3 months (work ban).
- After 3 months, the foreigners authority will decide whether you can obtain a work permit.
 - This only applies if you do not come from a safe country of origin and have applied for asylum after 31 August 2015.
 - For Georgia and the Republic of Moldova, it applies if you have applied for asylum after 30 August 2023
- You are entitled to a work permit after 6 months if you fulfil the following criteria
 - You do not come from safe countries of origin with asylum application after 31/08/2015 (Georgia and Republic of Moldova with asylum application after 30/08/2023).
 - Your asylum application has not been rejected by the BAMF as manifestly unfounded.
- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

What applies to tolerated persons in AnkER?

- After 6 months of toleration, the immigration authority "should" issue the work permit.
 - This only applies if you do not come from a safe country of origin and have applied for asylum after 31 August 2015.
 - It applies to Georgia and the Republic of Moldova if you submitted your asylum application after 30 August 2023
- There is one exception: In the case of specific measures to terminate residence, the immigration authority "may" issue the work permit.
- Persons with a tolerated stay due to unclear identity (§ 60b AufenthG) are always prohibited from working
- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

What applies to tolerated persons outside AnkER?

- You are not allowed to work for 3 months (work ban).
- After 3 months, the foreigners authority "should" issue a work permit.
 - This only applies if you do not come from a safe country of origin and have applied for asylum after 31 August 2015.
 - It applies to Georgia and the Republic of Moldova if you applied for asylum after 30 August 2023

- There is one exception: In the case of specific measures to terminate residence, the immigration authority "may" issue the work permit.
- Persons with a tolerated stay due to unclear identity (§ 60b AufenthG) are always prohibited from working.
- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

What applies to refugees with a residence permit?

- If you have a residence permit, you have full access to the labour market. This means you have no restrictions

Do you have any questions?

There are advice centres in Ingolstadt that can help you.

 [Job Centre City of Ingolstadt](#)

 [Ingolstadt Employment Agency](#)

 [Ingolstadt Immigration and Migration Office](#)

Unaccompanied refugee minors

Office for Youth and Family - Youth Welfare Office

Is a refugee under the age of 18? Have they travelled to Germany unaccompanied? Then they are classed as an unaccompanied minor foreigner = umA. These young people are reported to the Youth and Family Welfare Office. The Youth Welfare Office talks to the young person and establishes their age.

- The person is under 18 years old. Then the person is a minor. The Youth Welfare Office takes care of this person. The office takes the person to a youth centre.
- The person is over 18 years old. Then the person is of legal age. They receive a rejection notice. Alternatively, they are treated as an adult.

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

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

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

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

Office for Youth and Family - General Social Services (ASD)

Town Hall for Social Affairs

[Adolf-Kolping-Straße 10](#)

85049 Ingolstadt

☎ 0841 305-45717



0841 305-45719

@s [ozialed](#) ienste@ingolstadt.de

Mon., Tue.: 08:00 - 12:30 13:30 - 16:00

Wed. by arrangement

Thu. 08:00 - 12:30 13:30 - 17:30

Fri. 08:00 - 12:30

💡 Despite the stated office hours, it is advisable to make [an appointment](#) at 🌐.

Family asylum and international protection for family members

You have been granted asylum in Germany.

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

For the purposes of family asylum, members of families include

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

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

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

Your child was born in Germany.

You have already applied for asylum? You have subsequently had a child in Germany? A separate asylum application can be made for your child. You or your partner must still be in the asylum procedure. Please inform the Federal Office for Migration and Refugees about the birth.

The foreigners authority can also inform the Federal Office. The asylum application is then automatically deemed to have been submitted. The parents can submit their own reasons for asylum for their child. If they do not do this, the same reasons apply as for the parents. Here too, an appeal is possible in the event of a negative decision by the Federal Office.

💡 To protect the child, underage children are not and must not be returned separately from their parents in the event of a negative decision.

Further information can be found directly at the BAMF.

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

Trace the Face - DRK Tracing Service

Trace the Face - Suchdienst

Wenn Sie Angehörige auf den Migrationsrouten nach Europa verloren haben, kann Ihnen das Suchinstrument  [Trace the Face](#), eine Online-Fotogalerie von Suchenden, helfen.

 [Suchdienste](#) vom Roten Kreuz, vom Roten Halbmond und das Internationale Komitee vom Roten Kreuz helfen Ihnen:

- Ihre vermissten Familienangehörigen wieder zu finden,
- eine Nachricht von Ihnen an Ihre Familie zu senden oder
- eine Haftbescheinigung für Personen zu erhalten, die inhaftiert wurden.
- Wenn Sie ein Flüchtling sind, können wir Ihnen vielleicht auch dabei helfen, dass Sie wieder mit Ihrer Familie vereint werden.
- Wenn Sie Spätaussiedler sind, können wir Sie und Ihre Familie bei der Aussiedlung nach Deutschland unterstützen.
- Wenn Sie Gewissheit über das Schicksal eines im Zweiten Weltkrieg verschollenen Angehörigen suchen, können wir auf unsere seit 1945 gesammelten Erkenntnisse zurückgreifen.

Tracetheface.org ist derzeit in sieben Sprachen verfügbar: Arabisch, Dari, Englisch, Französisch, Paschtu, Somali und Spanisch. Weitere Sprachen werden folgen.

[Flyer BRK-SD-Counselling Centres E.pdf](#)

[Flyer BRK-SD-Counselling Centres E.pdf](#)

[TracetheFacePosterGermanRC.pdf](#)

Reason for fleeing queer: Queer Refugees Germany

The project "Fluchtgrund queer: Queer Refugees Deutschland" helps queer refugees in Germany. It connects people, gives advice and offers support.

The "[Queer Refugees Welcome](#)" website is aimed at lesbian, gay, bisexual, trans*, inter* and queer people. It offers clear information and practical help.

On the website you will find

- Addresses of advice centres in your area,

- information on asylum, health and protection from discrimination,
- contacts for helpers and organisations.
- The website is available in several languages.

You can find everything you need to know organised by topic. Take a look at these links:

 queerrefugeeswelcome.de

 queer-refugees.de

 prideplanet.de

The services strengthen queer refugees and make their everyday life in Germany easier.

IN VIA - Offers for women - Life in Bavaria

IN VIA Bayern e.V.

This association supports girls and women through social programmes and projects. The events are aimed at women and children of all nationalities.

IN VIA Bayern e.V.

Catholic association for girls' and women's social work

Maistraße 5 - 80337 Munich

 [0 8951266](tel:089512661911) 1911

 [0 8951266](tel:089512661929) 1929

 info@invia-bayern.de

 www.invia-bayern.de

The course series is offered by the Bavarian State Ministry of the Interior, Sport and Integration:

- for people with a migration background who are authorised to stay permanently,
- Asylum seekers with good prospects of remaining in Germany
- Persons who are in possession of an "Beschäftigungsduldung" according to § 60d of the Residence Act.

Reality of life in Bavaria

The "Lebenswirklichkeit in Bayern" project is a programme for women and children with a migration background who are entitled to stay in Bavaria.

The aim is to strengthen the women's self-confidence and their own abilities.

Life in their new home is often a challenge for foreign women. They therefore need competent support and guidance in order to familiarise themselves with German culture and values.

The project participants are supported in their integration efforts by means of practical, everyday activities. They learn how to actively organise their everyday lives and participate in social life. Their culture and existing resources are recognised, valued and encouraged.

You can find all information here  [**IN VIA BAYERN E.V. - Lebenswirklichkeit in Bayern**](#)

 [Flyer LW for March 2025 Ingolstadt.pdf](#)

Life in Bavaria

The aim of the course is to provide participants with practical help for their life in Bavaria and to familiarise them with our way of life.

- How does everyday life work in Bavaria?
- How do we want to live together?
- What are the underlying values?
- What is important for our peaceful coexistence?

 [Flyer LiB Ingolstadt March 2025.pdf](#)

Migration - EU nationals

Residence of EU nationals

Residence of EU citizens

Entry without a visa

Every EU citizen may enter the member states of the EU, the EEA and Switzerland without a visa. The **European Economic Area** consists of the EU plus Iceland, Liechtenstein and Norway.

Right to freedom of movement

Within the EU, nationals have the right to freedom of movement. This means that EU citizens may reside in other EU countries almost without restriction and without special authorisation. They can work there and have similar rights to citizens of the host country.

Examples of rights and obligations

- When moving to Germany, they do not need to complete any special formalities.
- When moving into a new home, they simply register with the registration office at their place of residence.
- You do not need a residence permit or special identification.
- However, they must present a valid identity card or passport to prove their freedom of movement.

Duration of stay

EU citizens may stay in another EU country for up to three months. The stay can be extended if one of the following conditions applies:

- Job: you have a job.

- Looking for work: You are still looking for work and can prove after six months that you will find a job.
- Not gainfully employed: You are not working, but have enough money of your own and are covered by health insurance.
- Students or trainees: You are a student or trainee. You have enough money of your own and are covered by health insurance.
- Long-term residence: You have been in another EU country for five years. This excludes Germany and the EU country in which you are registered. In this case, you have the right of permanent residence. No further requirements need to be met.
- Family members: You are married to a German citizen or a person entitled to permanent residence.

Advice centres for skilled workers and their families

Would you like to live and work in Germany? Are you a skilled worker or do you want to study in Germany? Our [world map](#) provides you with contact details of German institutions in your country.

Loss of the right of residence

You can lose your right to freedom of movement if you jeopardise public order, security or health.

You can find more information in German and English [here](#). You can also contact these [advice centres](#) if you need further information or help.

EU citizens without work

EU citizens without a job?

Entry without a visa

Every EU citizen may enter the member states of the EU, the EEA and Switzerland without a visa. In addition to the EU, the European Economic Area also includes Iceland, Liechtenstein and Norway.

Right to freedom of movement

Within the EU, nationals have the right to freedom of movement. This means that EU nationals may reside in other EU countries almost without restriction and without special authorisation. They can work there and have similar rights to citizens of the host country.

Examples of rights and obligations

- When moving to Germany, they do not need to complete any special formalities.
- When moving into a new home, they simply register with the registration office at their place of residence.
- You do not need a residence permit or special identification.
- However, they must present a valid identity card or passport to prove their freedom of movement.

This right does not apply if they

- have been resident for more than three months
 - in an EU member state
 - as well as in the other EEA states (Iceland, Liechtenstein and Norway)
 - and Switzerland,
- are not gainfully employed in an EU member state or in the other EEA states (Iceland, Liechtenstein and Norway) and in Switzerland,
- have no prospect of gainful employment and
- are unable to support themselves and their dependants financially.

In the event of involuntary unemployment, freedom of movement remains unaffected for 6 months. This gives EU citizens and their families a right of residence during this period (§2 para. 3 FreizügG/EU).

Further information in German and English on residence rights for EU citizens who are not gainfully employed can be found [at](#) .

You can contact these advice centres if you require further information or assistance:

 [General advice centres](#)

Requirements for gainful employment in Germany

Requirements for gainful employment in Germany

Citizens of the EU, Norway, Liechtenstein, Iceland and Switzerland

If you come from a country of the European Union (EU) or from Norway, Liechtenstein, Iceland or Switzerland, you are authorised to work in Germany. You do not need authorisation for employment. You have unrestricted freedom of movement for workers.

Who are EU citizens?

EU citizens are persons who are nationals of one of the 27 EU member states.

Who are EEA citizens?

EEA citizens are persons who are nationals of a country in the European Economic Area (EEA). These countries are not members of the EU.

What about Switzerland?

Switzerland is neither a member of the EU nor the EEA. But Swiss nationals have almost the same freedom of movement rights as EU and EEA citizens. This is due to a special treaty between the EU and Switzerland.

What are free movement rights?

The EU right of free movement means that citizens of an EU country can move freely within the EU countries. As an EU citizen, you can easily travel, work and live within the EU. These rights are particularly important in the EU and the EEA.

Requirements for a longer stay

There are a number of conditions that must be met before you can stay longer in Germany. However, these requirements are few.

Working in Germany

As an EU or EEA citizen, you are allowed to do any kind of work in Germany.

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

Family reunification or family reunion

Family reunification or family reunion

Spouses and registered partners

If your spouse or registered partner is an EU citizen, you can move to Germany. If your partner does not work, you will need health insurance and sufficient money. This is especially true for students and pensioners.

As a rule, spouses must prove that they have a basic knowledge of German before entering the country.

Exceptions to the language requirement:

- Your partner has an EU Blue Card.
- Your partner is highly qualified, does research or is self-employed.
- You have little need for integration (e.g. a university degree).
- Your partner comes from Australia, Israel, Japan, Canada, the Republic of Korea, New Zealand or the USA.
- You are unable to learn German (hardship case regulation).
- You have a physical, mental or psychological illness or disability.

Children

Minor children receive a residence permit for family reunification. Parents need a residence permit, a settlement permit or a permit for permanent residence in the EU. Children over the age of 16 must have a very good knowledge of German.

If your parents are EU citizens, you can live in Germany. Please note:

- You have the right to freedom of movement: if you live with your parents and they provide for your upkeep.
- If you or your parents do not work, you need to share a flat with the EU citizen.

- You need adequate health insurance and sufficient money.
- You can only be joined by relatives to whom the EU citizen is liable to pay maintenance.

Direct descendants

You can come to Germany as the grandchild of an EU citizen (or their partner). Prerequisite:

- The EU citizen is not a student.
- If you are under 21 years old: You can move here without any further requirements.
- If you are 21 years or older: You can move in if the EU citizen (or partner) provides you with maintenance.

Direct ancestors

As parents or grandparents of EU citizens or their partners, you can move to Germany if you are granted maintenance.

You can find more information [at](#)  or at the  [general advice centres](#)

Advice on labour and social law issues

Advice on social and labour law issues

Important help for people with problems at work or in training

Are you being treated unfairly at work or in your training programme? Are you poorly paid or do you have to work too many hours? Do you know what should be in your employment contract? Or are you afraid of being made redundant? Then there is support for you. There are two advice centres in Germany that can help you: "Fair Mobility" and "Fair Integration". These centres will support you if you are being treated unfairly or if you need help to understand and assert your rights.

Our counselling is important because:

- You only know your rights if you are well informed.
- Only those who know their rights can claim them.
- Our counsellors will explain to you what you can do if problems arise.
- You will get help if you are treated unfairly.

Counselling topics

- Employment contracts and training: We will advise you on your employment contract or training contract. We can also help you if you are doing an internship and have questions about your internship contract. We explain what should be in a contract, whether it is fixed-term or open-ended, and what this means.
- Mini-jobs and temporary work: If you only work a few hours or are employed as a temporary worker, we will explain your rights.

- Working hours and pay: We tell you how many hours you are allowed to work and how much pay you are entitled to. We will also show you your options if you want to continue to be paid when you are ill.
- Dismissal and sickness rights: If you are afraid of losing your job or have questions about dismissal, we are here for you.
- Holiday: We explain how much holiday you are legally entitled to and when you can take it.
- Social insurance and cover: We can help you find out about your health insurance, long-term care insurance, pension insurance and unemployment insurance. If you are unemployed, we will also show you what benefits you can receive from the job centre or employment agency.
- Trade unions and rights as an employee: We explain how a trade union can help you and what you should know if you are self-employed.
- The counselling is especially for people with a migration background who have problems in their work, training or internship.
- The counselling is free of charge and confidential. You don't need to be afraid that someone will pass on your questions.
- You do not have to be a member of a trade union.
- The counselling is independent of your residence status.
- The counselling sessions take place in person, by telephone or by e-mail.

💡 Our counsellors will show you various options and help you find a way forward. The decision as to what you do is ultimately up to you.

💡 We only offer out-of-court counselling. This means that we are not lawyers. If you want to go to court, we will help you find a trade union or a specialised lawyer.

Advice for citizens from the EU

If you come from an EU country, especially from Central or Eastern Europe, you can get advice from "Fair Mobility". The aim of "Fair Mobility" is to ensure fair working conditions and fair wages for people from other EU countries. The project is supported by the German Trade Union Confederation (DGB).

Fair Mobility Advice Centre

📍 [Ludwigstraße 46](#), 90402 Nuremberg

✉ uernberg@faire-mobilitaet.de

🌐 www.faire-mobilitaet.de and 🌐 www.fair-arbeiten.eu

☎ Telephone consultation hours:

Monday and Tuesday 09:00 - 12:00, Thursday 14:00 - 17:00

Counselling for refugees and people from non-EU countries

The Fair Integration advice centres are aimed at refugees and people from non-EU countries. Here you can get free and anonymous counselling in several languages. The counselling topics are the same: you can find out about labour law and social law.

The advice centres provide free, anonymous advice in various languages on all labour and social law issues. All advice centres provide advice on the same topics. Depending on the counsellor, the only difference is the languages in which the counselling can be offered.

Fair integration advice centre

💡 You can find a counselling centre here:

🌐 www.faire-integration.de

@f fi@iq-c-consult.de

Our counselling centres are always there for you. We help you to understand your rights and know what you are entitled to. So you can protect yourself and get the support you need for your work and future.

Migration - Non-EU nationals

Non-EU nationals - vocational training and studies

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

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

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

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

Vocational training in Germany

Requirements for vocational training in Germany

If you are not an EU citizen and would like to do vocational training, you will need a visa and a residence permit.

How do you get a visa for vocational training?

You need a training place

You must conclude a training contract with a school or company. You must present this training contract to the German embassy. In order to do an apprenticeship, you need to have a very good knowledge of German. In most cases, you need language skills at level B1.

Your livelihood must be secured for the duration of your stay.

You need at least 992 euros per month (year 2024). You must prove that you have this amount of money or that you are earning this amount during your training.

The following applies to **school education**: You deposit the necessary money in a [blocked account](#). A blocked account is a bank account that you can only access to a limited extent. Another option is a declaration of commitment.

In the case of **company-based vocational training**, you will receive a salary. If the salary is sufficient to finance your life, this can be sufficient proof. If your salary is not sufficient, you can also set up a blocked account or submit a declaration of commitment.

How long are you allowed to stay in Germany for vocational training?

Vocational training in Germany lasts at least two years. Your stay will be authorised for the duration of your training.

You may work up to ten additional hours per week. This is independent of your vocational training.

Note for refugees on the 3+2 rule:

The 3+2 regulation is of interest to rejected asylum seekers. A refugee who has started training in Germany may complete the training. They are then allowed to pursue a two-year subsequent employment. The prerequisite for this is a training contract. The 3+2 rule is not necessary if the asylum decision is positive.

Where can you find information on the topics?

Information on the exact visa and entry process in German, English, French and Spanish can be found [at](#) .

Information on completing vocational training in Germany is available in German, English, French and Spanish  [here](#).

Have you successfully completed your vocational training?

After completing your vocational training, you have twelve months to find work. The job must match your vocational training! A "residence permit to look for a job in accordance with § 20 Para. 3 No. 3 AufenthG" is required for the search. You can apply for this at the [immigration office](#) responsible for you.

While you are looking for a job, you are allowed to work in any occupation in order to secure your livelihood. As soon as you have a job for which you are qualified, apply for a "residence permit for qualified employment (§ 18a AufenthG)". You do not have to leave Germany.

Note for refugees on the 3+2 rule:

If you are a refugee and have a "Ausbildungsduldung", the 3+2 rule applies to you. If you have successfully completed your training, you are entitled to a residence permit for 2 years. During this time, you must work in the profession you have learnt.

Where can you find information on the topics?

Information on your options after completing vocational training is available in German, English, French and Spanish  [here](#).

Information on the 3+2 rule is available in German  [here](#) and in German, English and French  [here](#).

These counselling centres will help you if you need further information:

 [General advice centres](#)

Study in Germany

Studying in Germany: Information for foreign students (non-EU citizens) and refugees

Which universities are there in Germany?

Germany has various universities. They differ in their specialisations:

- **Universities:** Scientists conduct research here. Universities offer many subjects, for example natural sciences, humanities or technology.
- **Universities of Applied Sciences:** Here you mainly learn for practical work. Universities of applied sciences are good if you want to work in a specific profession, for example as an engineer or social worker.
- **Dual universities:** Here you learn theory and do practical work at the same time. You study and work in a company.
- **Art, film and music colleges:** This is about artistic subjects such as art, drama, dance, design, graphics, music or modern media.
- **Distance learning universities:** Here you learn online. This is good if you want to be flexible.

What degree programmes are there?

- **At universities:** Medicine, law, computer science
- **At universities of applied sciences:** Mechanical engineering, business administration, social pedagogy
- **At dual universities:** e.g. electrical engineering with training in a company

What types of study programmes and degrees are there?

- **Bachelor:** The first degree at a university, lasts 6 to 8 semesters.
- **Master's degree:** A postgraduate programme after the Bachelor's degree, lasts 2 to 4 semesters.
- **State examination (Staatsexamen):** In subjects such as medicine, law, pharmacy or teaching, there is a state examination.

- **Doctorate (Ph.D.):** After your Master's degree, you can do a doctorate and obtain a doctorate. This is often necessary for an academic career at university.

Where can I find the right university?

- [University compass](#)
- [Study in Germany](#)
- [Studis Online](#)
- [Employment Agency - Study](#)
- [BAMF - Studying in Germany](#)
- www.hochschule-dual.de/

Who is allowed to study?

Anyone who fulfils the rules can study in Germany. Refugees and foreign students can also apply.

Important information for people from other countries

If you are not from the EU, you often need a visa or residence permit. This depends on your country.

The university where you would like to study will inform you about the rules.

What do I need to study?

The rules are different for every degree programme and every university. In most cases you will need

- **A school-leaving qualification** that is recognised in Germany. The university will check this.
- **Good knowledge of German** ([level C1](#)). You will often need the [TestDaF](#) language test.
- **Recognition of your qualifications.** Have your [qualifications checked](#). This often costs money.

What documents do I need?

- Certificates and translations
- Results of language tests
- Documents about your studies from your country

Important websites for students:

- [TestAS](#): Test for aptitude for university studies
- [TestDaF](#): Test for German language skills
- [DAAD](#): Information and scholarships for foreign students
- [Anabin](#): Information on the recognition of qualifications

- [Uni-Assist](#): Help with applying to universities

💡 Plan enough time! It often takes a long time for all documents to be checked.

Counselling and help

The Educational Counselling Guarantee Fund University helps foreign students and refugees. It answers all questions about studying.

Address:

Olgastraße 62
70182 Stuttgart

 [Educational counselling GFH](#)

Costs and money



You must be able to support yourself for the duration of your stay.

You need at least 992 euros per month (year 2024). You must prove that you have this amount of money or that you earn this amount during your training.

The following applies to studying: You deposit the necessary money in a [blocked account](#). A blocked account is a bank account that you can only access to a limited extent. Another option is a declaration of commitment. Proof of funding is one of the most important requirements for a student visa and a residence permit for the purpose of studying in Germany.

Studying at state universities is often cheap or free of charge. But you still need to budget money:

- Tuition fees: They are different in every federal state. Private universities are often more expensive.
- Living costs: You will need money for accommodation, food, books and leisure time.
- Financial aid: There are scholarships and grants such as BAföG. You can find more information at www.bafög.de.

Language courses to get you started

- [Employment Agency](#): Information about cheap language courses
- [Job centre](#): Cover the costs of language courses (if you fulfil certain requirements)
- Language schools: Many private providers
- Universities: Often language courses at universities
- [University guarantee fund](#): Financial help for language courses

💡 Tip for everyday life: Use language courses to get to know people and learn more about life in Germany!

- You are a graduate of a German university: You can apply for a settlement permit after just two years of working in Germany([§ 18c Para. 1 S. 2 AufenthG](#)).

Further information

 [Make it in Germany](#)

 [DAAD - Study in Germany - The first steps](#)

 [Study in Germany - Testimonials from international students in Germany](#)

 [Visa Navigator](#)

 [DAAD registration information for international students in Germany](#)

Further information:  [here](#).

For further information you can contact these counselling centres:

 [General Advice Centres](#)

Non-EU nationals - Working in Germany

Citizens of a third country

Regardless of the purpose of your stay, you need a visa to enter Germany. You can obtain a visa from the German diplomatic mission in your home country. You can ask at the German embassy or the German consulate. You can enter Germany with the visa. If you stay beyond the expiry date of your visa, you will need a residence permit. You must apply for this in good time at the immigration office in your place of residence. Read more about this in the [entry requirements](#).

You need a residence permit for permanent residence in Germany. The residence permit states which access to the labour market is possible for you.

There are special regulations for certain groups:

- [Skilled workers](#),
- [academics](#),
- [EU Blue Card holders](#),
- [researchers](#),
- [self-employed persons](#),
- [jobseekers](#),
- Employees who come to Germany as part of an [internal transfer](#).
- [Interns and voluntary service](#)
- [Family reunification](#)

 More information on the subject of residence and work on the [BAMF](#) website. Here you will find information in 6 languages.

Inflow of skilled workers with vocational training and people with practical professional expertise

What is the Skilled Labour Immigration Act?

Skilled workers can immigrate to Germany more easily. This applies to skilled workers with

- vocational training lasting at least two years or a university degree.
- a university degree.

The Skilled Immigration Act lays down the rules.

The law has been in force since 1 March 2020 and will be amended from November 2023. You can find out more [here](#).

Criteria for skilled workers

What is a skilled worker? Three criteria are considered:

1) Qualification

A professional qualification is necessary. This is the only way to perform qualified work in Germany. There are also many people without a professional qualification recognised abroad. They must have their professional qualification recognised in Germany. You can seek advice on this.

2) Experience

People with professional experience are allowed to come to Germany. This applies to people who

- have obtained a recognised professional qualification abroad and
- can prove at least 2 years of professional experience.

A salary threshold applies to these people. This means that there is a minimum amount. The salary must be above the minimum amount.

3) Potential

People without a concrete job offer can also work in Germany. The opportunity card was introduced for them. It is based on a points system. These criteria are taken into account:

- Qualifications
- German and English language skills
- work experience
- Relevance to Germany
- Age
- Potential of spouse and partner

An important innovation for asylum seekers

Are you an asylum seeker? And you arrived before 29 March 2023? Then you can apply for a residence permit as a skilled worker. You do not have to leave the country. And you do not

have to go through a visa procedure. You must withdraw your application for asylum.

You will need

- a corresponding recognised qualification
- an offer of employment or an existing employment relationship

💡 Seek advice on this first. The [refugee and integration counselling](#) service can help you.

Hotline for individual counselling

Do you have a lot of questions? Then the Federal Government's hotline can help you. It offers individual counselling. They will take a close look at your personal situation. You can get advice in German or English.

Hotline "Working and living in Germany"

☎ [+49 \(0\) 3018151111](tel:+493018151111)

🌐 www.make-it-in-germany.com/de/service/kontakt/hotline

For employers

Fast skilled labour procedure: Employers need an authorisation from the skilled worker. This allows you to initiate a fast-track skilled worker procedure. You do this at the relevant immigration authority. The company concludes an agreement with the authority. All parties involved agree on what the employer, the skilled worker and the authorities may and must do. The agreement shows the procedures, the parties involved and the deadlines.

💡 The **costs** amount to 411 euros and there is a visa fee of 75 euros. The other costs, such as certified copies and translations, must be taken into account.

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

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

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

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

Information on [applying for the accelerated skilled worker procedure](#) and [here](#).

For professionals

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

Job search

Entering the labour market:

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

Possibilities of employment:

You have a certain qualification. This means that you are qualified for a specific profession. You are authorised to work in this profession. You can also work in related professions. Skilled workers with a qualification from a degree programme can also do other work. For example, skilled workers can work in an occupation that does not require a degree. However, skilled workers may not work in simple jobs. Skilled workers must work in an occupation that requires training. For the EU Blue Card, you need a job that corresponds to your qualifications.

Skilled workers with vocational training:

Skilled workers with vocational training can work in any profession. They only need to be qualified through training. They no longer have to work only in professions where there is a shortage of labour.

Entry rules

Entry for the purpose of seeking employment:

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

Stay for qualification measures:

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

Settlement permit for skilled workers from abroad:

Foreign skilled workers can obtain a settlement permit in Germany after just four years (previously five years).

EU Blue Card Germany

The EU Blue Card is a residence permit for university graduates.

It is intended to facilitate and promote the immigration of highly qualified people from non-EU countries to Germany.

It also allows simplified immigration to all other EU countries.

You need a visa to work in Germany:

- You apply for this visa at the German embassy or the German consulate general.
- You can enter Germany with this visa.

You can apply for an EU Blue Card at the Foreigners' Registration Office in Germany.

There are several requirements for obtaining an EU Blue Card:

- You must have a completed university degree.
- The university degree must be recognised in Germany.
- You need an employment contract. Or you need a binding job confirmation.
- Your minimum annual gross salary must be **58,400** euros.
- There are exceptions in the professional fields of mathematics, computer science, natural sciences, engineering and human medicine.
- These must have a minimum annual gross salary of **45,552 euros**.
- The salary limits are adjusted annually.
- The employment must correspond to the university qualification.
- The EU Blue Card is a temporary residence permit.
 - It is issued for a maximum of four years.
 - If the employment relationship lasts less than four years, the EU Blue Card is issued for the duration of the employment contract plus three months.

💡 The status of the information is from **2023**.

💡 **An EU Blue Card can be applied for in all EU member states with the exception of Denmark and Ireland. There are slight differences in terms of the requirements.**

You must apply for an EU Blue Card at the immigration authority.

💡 You can find more information in German about applying for the EU Blue Card in Ingolstadt  [here](#).

💡 You can find more information in German and English about the EU Blue Card  [here](#) or  [here](#).

Permanent residence

Would you like to stay in Germany permanently? Then you need a residence permit. A permanent residence permit gives you almost the same rights as German nationals.

What residence titles are there for permanent residence?

There are two different residence titles for permanent residence. Here we give you an overview.

💡 Please note: If you live outside Germany for a longer period of time, the residence permits are no longer valid. How quickly they end varies depending on the residence title.

1. settlement permit according to § 9 Residence Act

With a settlement permit, you can live and work in Germany. Without any time or place restrictions.

There are a few requirements, for example

- You have been living legally in Germany for **at least 5 years**. Periods of study and training count for half.
- You have a **valid residence permit** that was not issued for a temporary purpose (studies) or for humanitarian reasons.
- You are able to **support yourself**.
- You have a **flat**.
- Proof of **sufficient pension provision**. You need at least 60 months of compulsory or voluntary contributions to the statutory pension insurance scheme in Germany.
- You speak **German well enough**.

You have a **basic knowledge** of the legal and social system and living conditions in Germany. You can prove this by

- Successful **participation in an integration course**
- **Certificates and proof of** having completed training in Germany.
- **Other language certificates**

Sometimes you will need additional documents, the type of which may vary. Seek advice from the [Office for Immigration and Migration](#). Further information on the requirements can be found [here](#).

💡 The settlement permit is only valid for Germany. You cannot move on to other Schengen states. Would you like to emigrate to another EU country? Then EU permanent residence is more suitable.

2. permanent residence EU

EU permanent residence is an unlimited residence permit with almost the same rights as a settlement permit. It allows you to live and work in Germany. Without any time or place restrictions.

One advantage over the settlement permit is that you can live, work or study in other EU countries. A visa is not required for this. EU permanent residence is therefore very popular.

💡 Please note: Special regulations apply to certain other countries. This also applies to Ireland and Denmark.

Would you like to apply for EU permanent residence? Then you must have been in Germany for more than five years and your residence must be legal. You can find information on the requirements [here](#). You can also find further information [here](#).

💡 Did you obtain your EU permanent residence permit in another EU country? Then you need a residence permit in Germany. With this you can work or reside permanently.

Which residence permit is right for you?

Would you like to know which residence permit is right for you? That depends on your individual circumstances. The Office for Immigration and Integration will be happy to advise you.

For expectant parents: Do you have a permanent right of residence and have you been living in Germany for at least eight years? Are you having a baby? If your baby is born in Germany, it will receive [German citizenship](#).

Advice on labour and social law issues

Advice on social and labour law issues

Important help for people with problems at work or in training

Are you being treated unfairly at work or in your training programme? Are you poorly paid or do you have to work too many hours? Do you know what should be in your employment contract? Or are you afraid of being made redundant? Then there is support for you. There are two advice centres in Germany that can help you: "Fair Mobility" and "Fair Integration". These centres will support you if you are being treated unfairly or if you need help to understand and assert your rights.

Our counselling is important because:

- You only know your rights if you are well informed.
- Only those who know their rights can claim them.
- Our counsellors will explain to you what you can do if problems arise.
- You will get help if you are treated unfairly.

Counselling topics

- Employment contracts and training: We will advise you on your employment contract or training contract. We can also help you if you are doing an internship and have questions about your internship contract. We explain what should be in a contract, whether it is fixed-term or open-ended, and what this means.
- Mini-jobs and temporary work: If you only work a few hours or are employed as a temporary worker, we will explain your rights.
- Working hours and pay: We tell you how many hours you are allowed to work and how much pay you are entitled to. We will also show you your options if you want to continue to

be paid when you are ill.

- Dismissal and sickness rights: If you are afraid of losing your job or have questions about dismissal, we are here for you.
- Holiday: We explain how much holiday you are legally entitled to and when you can take it.
- Social insurance and cover: We can help you find out about your health insurance, long-term care insurance, pension insurance and unemployment insurance. If you are unemployed, we will also show you what benefits you can receive from the job centre or employment agency.
- Trade unions and rights as an employee: We explain how a trade union can help you and what you should know if you are self-employed.
- The counselling is especially for people with a migration background who have problems in their work, training or internship.
- The counselling is free of charge and confidential. You don't need to be afraid that someone will pass on your questions.
- You do not have to be a member of a trade union.
- The counselling is independent of your residence status.
- The counselling sessions take place in person, by telephone or by e-mail.

💡 Our counsellors will show you various options and help you find a way forward. The decision as to what you do is ultimately up to you.

💡 We only offer out-of-court counselling. This means that we are not lawyers. If you want to go to court, we will help you find a trade union or a specialised lawyer.

Advice for citizens from the EU

If you come from an EU country, especially from Central or Eastern Europe, you can get advice from "Fair Mobility". The aim of "Fair Mobility" is to ensure fair working conditions and fair wages for people from other EU countries. The project is supported by the German Trade Union Confederation (DGB).

Fair Mobility Advice Centre

📍 [Ludwigstraße 46](#), 90402 Nuremberg

✉ [uernberg@faire-mobilitaet.de](mailto:nuernberg@faire-mobilitaet.de)

🌐 www.faire-mobilitaet.de and 🌐 www.fair-arbeiten.eu

☎ Telephone consultation hours:

Monday and Tuesday 09:00 - 12:00, Thursday 14:00 - 17:00

Counselling for refugees and people from non-EU countries

The Fair Integration advice centres are aimed at refugees and people from non-EU countries. Here you can get free and anonymous counselling in several languages. The counselling topics are the same: you can find out about labour law and social law.

The advice centres provide free, anonymous advice in various languages on all labour and social law issues. All advice centres provide advice on the same topics. Depending on the counsellor, the only difference is the languages in which the counselling can be offered.

Fair integration advice centre

💡 You can find a counselling centre here:

🌐 www.faire-integration.de

@f fi@iq-c onsult.de

Our counselling centres are always there for you. We help you to understand your rights and know what you are entitled to. So you can protect yourself and get the support you need for your work and future.

Family reunification with non-EU nationals

Bringing your family to Germany: How family reunification works

Do you live in Germany and would like to bring your family from abroad? There are clear rules for nationals from non-EU and non-EEA countries.

What you need

- A [residence permit, settlement permit](#) or [EU Blue Card](#)
- A flat with enough space for your family
- Health insurance and sufficient income
- Your spouse is at least 18 years old.
- The family members should speak basic German. They should be able to ask for directions, do the shopping and introduce themselves.

Exceptions to the language requirements

Your spouse does not need to speak German if:

- you have an EU Blue Card, ICT Card or Mobile ICT Card
- You have a residence permit in accordance with § 18c Para. 3, § 18d, § 18f or § 21 AufenthG
- you are a citizen of Australia, Israel, Japan, Canada, New Zealand, South Korea or the USA

Steps for entry

- Apply for a visa: Your partner needs a visa. The application is made at the local German embassy or consulate.
- Prepare documents: A passport and proof of marriage/partnering are usually required. Find out in advance what exactly is required.
- Arrival in Germany: Register your family at the [citizens' registration office](#).
- Apply for a residence permit

Within three months, submit the application to the [Foreigners' Registration Office](#). You will need

- Passports
- Birth and marriage certificates
- Proof of income (e.g. salary or tax assessment notice)

- Tenancy agreement
- Depending on the situation, additional documents may be required. These must be translated into German and notarised.

Important for refugees

As a recognised refugee, you can submit an application for family reunification within the first three months. The [authorities](#) will then waive many of the usual requirements.

After arrival

Your spouse may work in Germany as soon as the residence permit has been issued.

Help and further information

For detailed information, please contact:

- German embassies: You can find local contacts on the [world map](#).
- Counselling centres: General help is available [here](#).
- [Information on family reunification with non-EU nationals](#)

💡 Clarify everything in good time to avoid delays!

You must apply for a residence permit at the relevant [immigration office](#) 🌐 within three months.

Asylum procedure

In Germany, there is a procedure for people seeking protection from persecution. This procedure is called the **asylum procedure**.

If someone applies for asylum, they must report to an authority. There it is checked whether the person needs protection. Sometimes this examination takes a long time.

During the examination, the asylum seeker is allowed to stay in Germany. They often live in special accommodation. They also receive some money to live on.

At the end of the procedure, there are three options:

1. The asylum seeker receives protection and is allowed to stay.
2. The application is rejected, but the asylum seeker is still allowed to stay because it is dangerous in their home country.
3. The application is rejected and the asylum seeker must leave Germany.

💡 The asylum procedure is designed to ensure that people who need protection actually receive it.

💡 Information and advice on the asylum procedure can be found under [Refugees](#).

IN VIA - Offers for women - Life in Bavaria

IN VIA Bayern e.V.

This association supports girls and women through social programmes and projects. The events are aimed at women and children of all nationalities.

IN VIA Bayern e.V.

Catholic association for girls' and women's social work

Maistraße 5 - 80337 Munich

☎ 0 8951266 1911

🏠 0 8951266 1929

@i nfo@inv ia-bayern.de

🌐 www.invia-bayern.de

The course series is offered by the Bavarian State Ministry of the Interior, Sport and Integration:

- for people with a migration background who are authorised to stay permanently,
- Asylum seekers with good prospects of remaining in Germany
- Persons who are in possession of an "Beschäftigungsduldung" according to § 60d of the Residence Act.

Reality of life in Bavaria

The "Lebenswirklichkeit in Bayern" project is a programme for women and children with a migration background who are entitled to stay in Bavaria.

The aim is to strengthen the women's self-confidence and their own abilities.

Life in their new home is often a challenge for foreign women. They therefore need competent support and guidance in order to familiarise themselves with German culture and values.

The project participants are supported in their integration efforts by means of practical, everyday activities. They learn how to actively organise their everyday lives and participate in social life. Their culture and existing resources are recognised, valued and encouraged.

You can find all information here 🌐 [IN VIA BAYERN E.V. - Lebenswirklichkeit in Bayern](#)

📄 [Flyer LW for March 2025 Ingolstadt.pdf](#)

Life in Bavaria

The aim of the course is to provide participants with practical help for their life in Bavaria and to familiarise them with our way of life.

- How does everyday life work in Bavaria?
- How do we want to live together?
- What are the underlying values?
- What is important for our peaceful coexistence?

📄 [Flyer LiB Ingolstadt March 2025.pdf](#)

Help for Ukraine / Україна допомога

Information on the war in Ukraine

Information from the Federal Foreign Office and the Federal Office for Migration and Refugees

Here you can find out what is important at the moment - for example, what the current [situation](#) is. You can also find rules here if you want to enter Germany or if you need a visa. We have already written down some important questions and answers for you:

I am in Germany without a visa - what can I do now?

If you come from Ukraine, you do not need a visa to come to Germany until **4 December 2025**. From the day you enter the country, you can stay here for up to 90 days without a special permit. You can even stay in Germany without a special residence permit until **4 March 2026**.

During the 90-day visa exemption period, you can consider whether you would like to stay in Germany for longer. There are various options for this:

1. You can apply for a residence permit under Section 24 of the Residence Act within 90 days of your first entry into Germany. This provision specifically regulates the situation for war refugees from Ukraine on the basis of the EU decision. You can find out who is eligible for a residence permit under Section 24 of the Residence Act [here](#). You can find answers to the procedure [here](#).
2. You can apply for a residence permit for another purpose within 90 days of your first arrival in Germany. For example, to study or for gainful employment. This may be more favourable for you. You can seek advice on this from the authorities if you have an appointment, or you can find out more in advance on the website: <https://www.make-it-in-germany.com/>.
3. Alternatively, you can apply for asylum. However, this option is not recommended due to the less favourable legal consequences - such as the restriction on taking up employment and the obligation to live in an initial reception centre.

Do you have a valid residence permit in accordance with Section 24 of the Residence Act as of 1 February 2025?

Your residence permit will be automatically extended and will then be valid until 4 March 2026. You do NOT need to visit the immigration office for this. You can find more information on [Germany4Ukraine](#).

What happens when you arrive in Germany?

When you come to Germany, there are a few important steps that you need to take one after the other. This is how it works:

- First, you register - this is called registration.
- If you need help from the state (for example money or food), you will be told where you can live.
- Then you register your new address, i.e. where exactly you now live.

- Finally, you apply for a permit so that you can stay in Germany for longer.

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

Can I work in Germany with a residence permit for temporary protection?

Yes, you can. However, before you can work, the immigration authority must authorise it. The immigration authority will often already enter in your residence permit that you are allowed to work - even if you do not yet have a job. This is good, because then you no longer need an extra permit from another authority.

The immigration authorities will issue so-called fictitious certificates as soon as you submit your application. These bridge the right of residence until the actual residence title can be issued and granted. The foreigners authority will also enter "Gainful employment permitted" in the fictitious certificate. This fictitious certificate therefore authorises you to work in Germany either as a self-employed person or as an employee. Special professional access requirements (such as a licence to practise medicine or a permit for a trade requiring a licence) naturally apply to persons with temporary protection in the same way as to all others. However, the procedures for recognising foreign professional qualifications are also open to those affected, just like everyone else.

Persons with a residence permit for temporary protection in Germany can also receive counselling and placement services from the employment agencies in accordance with SGB III.

Should people from Ukraine apply for asylum?

No, that is not necessary. The necessary protection is granted in a different, faster procedure. It is therefore recommended that you do not apply for asylum. However, if you want to apply for asylum later, you can still do so.

As a result of the decision to admit war refugees in accordance with Article 5 (1) of Council Directive 2001/55/EC of 20 July 2001 on minimum standards for giving temporary protection, a residence permit in accordance with Section 24 of the Residence Act (AufenthG - Residence Permit for Temporary Protection) will be granted to the group of persons covered by the decision upon application.

Registration upon entry does not constitute an application for asylum. An application for asylum must be submitted to the responsible branch office of the Federal Office for Migration and Refugees in order for an asylum procedure to be carried out.

For these reasons, it is not necessary to file an asylum application to secure a right of residence or to claim social benefits.

Information portal of the German government

The Federal Ministry of the Interior and Homeland offers a digital information portal in German, English, Russian and Ukrainian. Here you will find all official information about residence and living in Germany.

 [Germany4Ukraine](#)

Embassy of Ukraine in Berlin

 [+493028887128](tel:+493028887128)

 [Albrechtstraße 26, 10117 Berlin](#)

MapaHelp - Help for refugees from Ukraine

 [MapaHelp](#)

MapaHelp collects information about offers of help for Ukrainians abroad. The platform shows where they can get free help. Places where food, housing and transport are available are marked on a map. Psychological, medical and financial support can also be found there.

bvkm. - Support services for people with and without disabilities

Help for people with disabilities in the war in Ukraine

The war in Ukraine is very difficult for many people. It is particularly difficult for people with disabilities and their families. They often have problems getting to safety because they cannot walk or drive well. They also lack important things such as medication, aids or help from specialists.

The Bundesverband für körper- und mehrfachbehinderte Menschen e. V. (bvkm) wants to help these people. It provides information and shows them where they can find support - regardless of whether they have a disability or not.

If you or your family need help or have questions, you can contact the bvkm here:

Address: Brehmstraße 5-7, 40239 Düsseldorf

 [0211-64004-0](tel:0211-64004-0)



[0211-6400 4-20](tel:0211-64004-20)

 nfo@bvk m.de

 www.bvkm.de

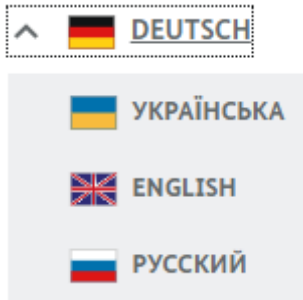
 The bvkm wants to ensure that all people get the help they urgently need!

Official information on entry

On the following pages you will find questions and answers regarding entry from Ukraine and residence in Germany:

 [Click here to go to the website of the BAMF - Federal Office for Migration and Refugees](#)

 [Click here for the website of the Federal Ministry of the Interior and for Home Affairs](#)



The Federal Foreign Office has compiled comprehensive information in connection with support when travelling from Ukraine. The information also applies to travelling to Ukraine.

📍 [Click here to go to the website of the Federal Foreign Office](#)

A crisis hotline of the Federal Foreign Office also provides personal information:

☎ [0305/0003000](tel:0305/0003000)

Accommodation and registration

Accommodation for refugees from Ukraine

- People who have fled to Germany from Ukraine because of the war are allowed to stay with relatives, friends or acquaintances. If you can find private accommodation, you should make use of this option.
- It is also possible to rent your own flat. To do this, you must first contact the social welfare office or job centre. These offices will check whether the flat is suitable for you. You can only sign the tenancy agreement once you have received approval.
- If you are unable to find private accommodation, the Ingolstadt city authorities will help you. In such cases, you will be accommodated in a refugee centre.

Contact for accommodation:

@u nterbrjngung-asyl@ingolstadt.de

☎ [+49 \(0\) 550281](tel:+49(0)550281)

Registration and residence permit

Refugees from Ukraine can obtain a residence permit for temporary protection in Germany. This residence permit is based on § 24 of the Residence Act (AufenthG).

You can apply for this residence permit in Ingolstadt if:

- you have permanent accommodation in Ingolstadt, or
- you have been assigned to Ingolstadt by the Government of Upper Bavaria or the Government Reception Centre (RASt).

How to apply for a residence permit

Use the online service:

[Apply for a residence permit](#)

Read the information on the website carefully. It states which documents you need to upload. These include

- Your entry stamp in your passport
- The birth certificate of your children (if available)

Once you have uploaded the documents, the Office for Immigration and Migration will check your details. The office will then contact you to issue the residence permit.

💡 Even if you do not yet have a flat in Ingolstadt or your allocation is still pending, please use the online service for the initial contact.

Questions about the right of residence

For general questions about residence permits, please write to:

@a [uslaend](mailto:uslaend@eramt.ukraine@ingolstadt.de) eramt.ukraine@ingolstadt.de

Ukrainian-Bavarian initiative - Finding jobs

Integration: Next step

You have acquired your first language skills. Now we will help you to find suitable employment. The process consists of several steps, which we will explain to you.

We have summarised the key information on taking up employment in Bavaria in a flyer. The flyer is available in Ukrainian and German. You can find it under "[Welcome to Bavaria!](#)".

The Federal Employment Agency also provides further [useful information](#). These will help you to better orientate yourself on the labour market and find suitable jobs.

Services and financial assistance for refugees from Ukraine

Job Centre City of Ingolstadt

What does the job centre do?

The job centre helps people who are looking for work with financial support and advice. It offers the so-called citizen's allowance and helps people to find a new job.

Who can get help?

- People who have a positive decision from the BAMF and a residence permit.
- EU citizens under special regulations. You can find information [here](#).
- People whose income is not sufficient to cover their living costs.

Who does not receive help?

- People in the asylum procedure or with a tolerated stay permit do not receive any benefits. They should contact the [social counselling](#) service in their accommodation.

How can you get help?

- You can apply for citizen's allowance by telephone, in writing or in person.
- The easiest way is online on the [website of the Ingolstadt Job Centre](#).

Services of the job centre:

- Job search
- Help with job applications
- Advice on further training
- Information about citizen's allowance
- Help with education and participation

Who receives benefits for education and participation?

Children and young people under the age of 25 if

- they receive benefits according to SGB II, SGB XII or the Asylum Seekers Benefits Act,
- their parents receive housing benefit or child supplement.

Contact the Ingolstadt job centre:

Address: Adolf-Kolping-Straße 10, 85049 Ingolstadt

☎ [084130545112](tel:084130545112)

@j obcente_r@ingolstadt.de

Arbeitsvermittlung: [084130545201](tel:084130545201)

Employer team: [084130545101](tel:084130545101)

Official fax: [0841305-45111](tel:0841305-45111)

Appointments [can be made online](#)

Opening hours:

Monday: 08:00 - 12:30, 13:30 - 16:00

Tuesday: 08:00 - 12:30

Wednesday: 08:00 - 12:30

Thursday: 08:00 - 12:30, 13:30 - 17:30

Friday: 08:00 - 12:30

💡 Employees do not pass on any information about customers.

💡 A power of attorney is required if an accompanying volunteer is present.

IngolstadtPass

What advantages does the IngolstadtPass offer me?

The IngolstadtPass has been available since the end of 2019 so that everyone can take advantage of the city's offers.

If you show the IngolstadtPass, you pay less for admission to various leisure activities.

The  [offer](#) is getting bigger and bigger. Do you have any questions? Then the staff at the Job Centre, the Office for Social Affairs, the Housing Office or the Office for Childcare and Education can help you.

Who can receive the IngolstadtPass?

If you live in Ingolstadt and receive one of these benefits, you can apply for the pass:

- Citizen's allowance
- social benefit
- Basic income support in old age and in the event of reduced earning capacity
- Assistance with living expenses
- Housing benefit
- Benefits under the Asylum Seekers Benefits Act, provided you are not accommodated in the
 - ANKER centre or one of its branches.
- War victims' welfare
- Payment of contributions to day care centres or waiver of fees
- Child allowance
- Participants in a voluntary social or ecological year.
- Participants in the Federal Voluntary Service
- You do not receive any of the benefits listed above? But you receive an old-age pension. Please ask about the income limits.

A separate IngolstadtPass is issued for each eligible person, including children.

Where can I get the IngolstadtPass?

You can obtain the IngolstadtPass on application from the municipal office from which you also receive your social benefit:

-  [Job Centre](#),
-  [Office for Social Affairs](#),
-  [Housing Office](#) or
-  [Office for Childcare and Education](#).
- If you receive a child supplement, please contact the  [job centre](#).

 [You can submit an online application here.](#)

What documents do I need to present?

- Please bring your identity card, residence permit or passport with you.

- You receive a child supplement. Please present the benefit notification from the family benefits office.
- If you are renewing your IngolstadtPass, please bring your IngolstadtPass with you.

💡 You do not need a written application to extend your IngolstadtPass.

💡 You do not need to make an appointment in advance to apply for or extend your IngolstadtPass.

How long is my IngolstadtPass valid for?

Your IngolstadtPass is valid until the end of the year printed on it. An extension for the following year is possible in November at the earliest.

Further information on the IngolstadtPass

General information

- Please always present your ID with the IngolstadtPass.
- The IngolstadtPass is not transferable to third parties. As a rule, we do not replace lost passes.
- Please return the IngolstadtPass if you move away from Ingolstadt.
- We can confiscate the IngolstadtPass if it is misused.

The IngolstadtPass as a social pass

The [IngolstadtPass](#) entitles you to discounts from several providers.

Education and participation

If you have a low income, you will receive money with which you can pay for school materials (195 euros per school year), tutoring, lunch and excursions to daycare centres and schools for your children. You will receive a subsidy (15 euros per month) for sports, dance, music and other courses that your children attend. You must submit an application for this. The application must always be submitted in advance (e.g. for a school trip). You will need a benefit certificate for the application. Unfortunately, this is very complicated. But it is also worthwhile.

💡 **Important:** You must always submit the application before you pay anything yourself. If you have already paid for something, you will not get the money back.

🔗 [Apply online](#)

For people who receive housing benefit, child supplement, citizen's allowance (unemployment benefit II - Alg II) or social benefit (SGB II):

Job Centre of the City of Ingolstadt - Benefits for education and participation

🔗 [Online appointment Job Centre](#)

🔗 [Here](#) you [will](#) find the current application form, explanations and all contacts.

For people who receive social assistance (SGB XII) and asylum seeker benefits:
Office for Social Affairs - Social Assistance and Basic Security SGB XII
Auf der Schanz 39
85049 Ingolstadt

 [Contact the Social Welfare Office](#)

Application forms can be obtained locally from your respective contact person or on the website of the contact point where you are applying for benefits.

Benefits for refugees without a fictitious certificate / residence permit

Benefits for refugees without a fictitious certificate / residence permit

Refugees from Ukraine can receive assistance under the Asylum Seekers Benefits Act (AsylbLG).

Prerequisites:

- You have submitted an application for protection or applied for a residence permit in accordance with [§ 24 AufenthG](#).
- The competent authority is
 - the authority in the area to which you have been allocated, or
 - the authority in the place where you are currently staying.

What benefits are available?

People who are entitled to benefits under the AsylbLG receive support for

- Food
- housing
- heating
- clothing
- Health care
- household necessities and consumables (essential needs).

In addition, there is money or other means for the personal things you need every day. This support comes in the form of money, benefits in kind, payment cards, vouchers or other forms.

In special situations such as illness, pregnancy or childbirth, you will receive further assistance.

Necessary documents:

For applications from people living in the city of Ingolstadt: The following form must be completed and sent to leistung-asyl@ingolstadt.de. The forms are available in German/Ukrainian.

- [Application form](#)
- [Information sheet on income and assets](#)
- [Information sheet release from confidentiality](#)
- [Data protection information sheet](#)
- [Declaration of personal circumstances](#)

💡 If you already have a fiction certificate or a residence permit: You can submit an application to the [Ingolstadt Job Centre](#) if you will continue to live in the Ingolstadt city area.

Contact and appointment:

Address:

Leistungen nach dem Asylbewerberleistungsgesetz | Leistungen

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@leistung-asyl@ingolstadt.de

☎ [+4984130550260](tel:+4984130550260)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

If you have any questions, please contact the staff by telephone on:

☎ [0841305-50271](tel:0841305-50271) / [084130550264](tel:084130550264) / [084130550265](tel:084130550265) (decentralised)

☎ [0841305-50263](tel:0841305-50263) / [084130550267](tel:084130550267) / [084130550268](tel:084130550268) / [084130550269](tel:084130550269) (ANCHOR)

🏠 [0841 305-50279](tel:0841305-50279)

@leistung-asyl@ingolstadt.de

Opening hours:

Monday: 08:00 - 12:30, 13:30 - 16:00

Tuesday: 08:00 - 12:30, 13:30 - 16:00

Wednesday: 08:00 - 12:30

Thursday: 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 5:30 p.m.

Friday: 08:00 a.m. - 12:30 p.m.

💡 Please note that personal consultations are only possible by prior [appointment](#) via the homepage. Without an appointment, there may be longer waiting times and a follow-up appointment may have to be arranged.

Benefits for refugees with a fictitious certificate / residence permit

Benefits for refugees with a fictitious certificate / residence permit

From 1 June 2022, refugees from Ukraine in need of assistance will have access to benefits under Book II of the German Social Code (SGB II). The basis of entitlement is also known as basic income support for jobseekers or citizen's allowance.

Requirements:

Refugees must be registered in the Central Register of Foreigners. They must be able to present a fictitious certificate or a residence permit in accordance with Section 24 (1) of the Residence Act (AufenthG).

Application at the Ingolstadt Job Centre: If you already have a fictitious certificate or residence title and live in the Ingolstadt city area: Then you can submit an application to the Ingolstadt job centre.

Documents required from 01.06.2022:

- **Application form:** The form must be completed and signed.
- **Copies of all passports:** Copy all pages of your passports.
- **Copies of all residence permits / fiction certificates:** Enclose copies of these documents.
- **Bank details of a German bank account:** Provide your bank details.
- **Tenancy agreement (if available):** If you have a tenancy agreement, enclose a copy.

Please only send copies of the missing documents to the Ingolstadt Job Centre by post. Or drop them in the Job Centre's letterbox. Alternatively, you can send the documents as a PDF attachment to jobcenter-serviceteam@ingolstadt.de. You can use the upload function on the job centre's website.

Contact and making an appointment:

If you have any questions, please call the Job Centre staff on ☎ [0841305-45112](tel:084130545112).

Jobcenter | Bürgergeld, Leistungen zu Bildung und Teilhabe

📍 [Adolf-Kolping-Str. 10, 85049 IngolstadtIngolstadt](#)

@jobcenter@ingolstadt.de

☎ [+49 \(0\) 84130545112](tel:+49084130545112)

🌐 <https://www.ingolstadt.de/Leben/Arbeit-Jobcenter/...>

Opening hours:

Monday: 08:00 - 12:30, 13:30 - 16:00

Tuesday: 08:00 a.m. - 12:30 p.m.

Wednesday: 08:00 - 12:30

Thursday: 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 5:30 p.m.

Friday: 08:00 a.m. - 12:30 p.m.

💡 Please note that personal consultations are only possible by prior appointment via the homepage. Without an appointment, there may be longer waiting times and a follow-up appointment may have to be arranged.

Questions about citizen's income - basic income support

Questions and answers on basic income support

Who can apply for Citizen's Income?

Anyone without sufficient means of subsistence can apply for Citizen's Income. This applies regardless of whether they are unemployed, on short-time work or self-employed. Self-employed people who can only work to a limited extent due to the pandemic are also entitled.

Prerequisites:

- Age: 15 to 65 years or up to the standard retirement age
- Residence in Germany
- Ability to work: At least three hours of work per day possible under normal conditions

What benefits are available?

Basic income support covers personal living expenses. Single people receive 449 euros. Children receive between 285 and 376 euros, depending on their age. The amount also depends on whether a partner in need of assistance lives in the household. Rental costs (net rent, ancillary costs, heating costs) can be covered. As a rule, the allowance is granted for at least six months.

How to submit an application?

People living in Ingolstadt can submit an informal application:

Jobcenter | Bürgergeld, Leistungen zu Bildung und Teilhabe

 [Adolf-Kolping-Str. 10, 85049 IngolstadtIngolstadt](#)

 @jobcenter@ingolstadt.de

 [+49 \(0\) 84130545112](tel:+49(0)84130545112)

 <https://www.ingolstadt.de/Leben/Arbeit-Jobcenter/...>

Forms and further information can be found on the website.

Do assets have to be used up first?

Anyone applying for basic income support between 1 March 2020 and 31 December 2022 does not have to use up their assets in the first six months. Prerequisite: The person does not have any significant realisable assets.

Realisable assets are deemed to be

- Cash, savings, call money, securities
- There is no entitlement if the first member of the benefit community owns more than 60,000 euros. A limit of 30,000 euros applies to other members.
- Owner-occupied residential property does not generally count as significant assets. Pension assets are also not taken into account.

Is the partner's income taken into account?

Yes, if both live in the same household. They then form a [joint household](#) and live together.

Are rental costs covered?

Net rent, ancillary costs and heating costs are reimbursed. In the first six months, the actual costs are covered without limitation if the application was submitted between 1 March 2020 and 31 December 2022.

Are there additional benefits for children?

Yes, depending on their age, the [standard requirement](#) is 285 to 376 euros. Child benefit counts as income and is taken into account when calculating basic income support.

How long does the processing take?

The length of time depends on how quickly all the documents are submitted. As soon as the application has been approved, payment is always made one calendar day before the month of entitlement. Example: The claim for May will be paid out at the end of April.

What additional benefits are available?

Possible additional social benefits include

- [Child benefit](#)
- [housing benefit](#)
- [Child supplement](#)

Some of these benefits cannot be received at the same time as basic income support.

Benefits under the AsylbLG

What are benefits under the [Asylum Seekers' Benefits Act \(AsylbLG\)](#)?

You can apply for benefits under the AsylbLG at the Social Welfare Office.

AsylbLG benefits include food, clothing, health care, housing, etc.

You must submit an application for this. You can do this in person on site or by e-mail, see [🌐 "Your contact to us"](#).

Who is entitled to benefits under the AsylbLG from the Ingolstadt Social Welfare Office?

People who live in the city of Ingolstadt and who are entitled to benefits in accordance with [§ 1 AsylbLG](#), i.e. people who have the following residence status

- Residence permit
- Asylum application made, but asylum application not yet submitted
- Residence permit
 - due to war in their home country in accordance with [§ 23 Para. 1 AufenthG](#)
 - in accordance with [§ 25 Para. 4 S. 1 AufenthG](#)
 - in accordance with [§ 25 Para. 5 AufenthG](#), if the decision on the suspension of deportation was made less than 18 months ago
 - Tolerated stay according to [§ 60a AufenthG](#)
 - Enforceable deportees, even if the threat of deportation is not yet or no longer enforceable, e.g. GÜB
 - Spouses, life partners or underage children of persons to whom the above applies without themselves fulfil the requirements stated therein
 - Follow-up application according to [§ 71 AsylG](#) or second application according to [§ 71a AsylG](#) has been submitted
 - Residence permit according to [§ 24 AufenthG](#) applied for

For further requirements, please refer to [§ 1 AsylbLG](#)

What benefits can you apply for

You can apply for the following benefits:

- Benefits to cover your
 - necessary needs for
 - food
 - Accommodation and heating
 - clothing
 - Health care
 - household durables and consumer goods
 - and your necessary personal needs
- Benefits in the event of illness, pregnancy and birth
- One-off needs, e.g. initial equipment for pregnancy, initial equipment for babies, initial equipment for the home
- Additional needs (e.g. during pregnancy)
- Education and participation (e.g. school supplies for your child, sports club for your child, music lessons, etc.)
- Family planning fund (various contraceptives)

There are many other benefits for your different life situations. Just get in touch with us!

💡 Please contact us to apply for benefits under the Asylum Seekers' Benefits Act. You can do this in person on site or by e-mail, see "[Your way to us](#)"

In what form do I receive benefits?

Bavaria has introduced a payment card for the granting of benefits in accordance with the Asylum Seekers' Benefits Act (AsylbLG).

Benefit recipients under the AsylbLG living in Ingolstadt will receive their benefits for July 2024 on the new payment card for the first time.

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

What documents do you need to bring?

- Application for benefits under the AsylbLG
- ID, proof of arrival, authorisation to stay or toleration, national passport if applicable, visa, residence permit from another country, etc.
- If you do not speak German or English, a person you trust who speaks these languages.
- It is important that you can communicate with the social welfare office.
- Proof of income and assets, for example
 - Employment contract and payslips for the last 3 months
 - Job centre or housing benefit notification
 - Notification of child benefit
 - Notification of education grant or BaföG
 - Bank statements for the last 3 months from all bank accounts in Germany and abroad, etc.)
- If you live with other people, e.g. spouse or children, their proof of income and assets (e.g. payslips, bank statements for the last 3 months from all bank accounts in Germany and abroad, etc.)
- if available:
 - Your rental certificate
 - Your health insurance card

💡 Notes on requesting bank statements

You may black out or make the following unrecognisable on the account statements:

- Passages of the recipient and posting text for expenditure postings.
- Posting texts that contain information on specially protected data, e.g.
 - racial and ethnic origin,
 - political opinions,
 - religious and philosophical beliefs,
 - trade union membership,
 - health or sex life.

💡 The transaction must remain traceable for the audit (e.g. when transferring membership fees for political parties, the name of the party could be blacked out if the purpose of the transfer remains recognisable as "membership fee").

💡 It is important that you are able to communicate with the Social Welfare Office. If you do not speak German or English, please speak to a person who speaks these languages and whom you trust.

💡 The Social Welfare Office can only check the application if all the information has been provided in full and all the documents are available.

Your obligations - What must you tell the Social Welfare Office immediately?

In order to check whether you are entitled to benefits, you must co-operate in accordance with § 60 SGB I. If you do not do this, benefits may not be granted to you or may be withdrawn again.

You may be required to repay the benefit or, in the worst case, you may even be fined. Therefore, please always inform the Social Welfare Office immediately of any changes in your personal and financial circumstances.

For example

- Marriage
- Separation from spouse/partner
- pregnancy
- Birth of children
- Death of a person in the family
- Moving to another flat or accommodation
- Moving in or out of flatmates
- Relatives or a partner moving in
- Hospitalisation
- Staying in prison
- Gifts of money from friends or relatives
- Start of training, studies or school
- Starting a job
 - As soon as you have accepted a job, you have 3 days to report this to the Social Welfare Office.
 - The Social Welfare Office will need the employment contract (and your work permit if applicable) and later your payslips.

💡 Important:

- If you work, you are no longer entitled to the full benefits under the AsylbLG, as your income is taken into account in the calculation.
- However, allowances and work equipment are taken into account so that not all of your wages are taken into account.

- In any case, your income means that you are in a better position.
- Your notification does not mean that you have to live without money for a month.
- Your salary will only be taken into account once you have received it.
- For example:
 - You start work on 10 August 2023 and receive your salary at the end of August 2023:
 - You will still receive full benefits for August and your wages will only be offset against the benefits for September 2023.

Learn German

German courses for refugees from Ukraine

What is an integration course?

The Federal Office for Migration and Refugees (BAMF) offers [integration courses](#). In an integration course, you will learn German and many things about Germany. For example, on topics such as...

- Work and career
- Training and further education
- Childcare and education
- shopping
- Housing
- Rights and duties in Germany

If you are interested, please contact your local course organiser:

Kolping Akademie Ingolstadt | Sprachkurse

📍 [Johannesstraße 11, 85049 Ingolstadt](#)

@ info@kolping-ingolstadt.de

☎ [+49 \(0\) 841933010](tel:+49(0)841933010)

🌐 <https://kolping-akademie-ingolstadt.de/>

Berufliches Fortbildungszentrum der Bayerischen Wirtschaft (bfz) | Berufliche Aus- und Weiterbildungen, Unterstützung bei der Vermittlung in Job oder Ausbildung und bei der Integration ins Berufsleben

📍 [Viehmarktplatz 9, 85055 Ingolstadt](#)

@ info-in@bfz.de

☎ [+49 \(0\) 84198150](tel:+49(0)84198150)

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

Inlingua | Sprachkurse

 [Ludwigstr. 18, 85049 Ingolstadt](#)

 [@info@inlingua-ingolstadt.de](mailto:info@inlingua-ingolstadt.de)

 [+49 \(0\) 8418851850](tel:+49(0)8418851850)

 <https://www.inlingua-ingolstadt.de/>

Volkshochschule Ingolstadt-Eichstätt | Kursangebot in den Bereichen Sprachen, Gesundheit, Beruf, Kultur

 [Hallstraße 5, 85049 Ingolstadt](#)

 [@ingolstadt@vhs-in-ei.de](mailto:ingolstadt@vhs-in-ei.de)

 [+49 \(0\) 8413051854](tel:+49(0)8413051854)

 <https://www.vhs-in-ei.de/>

Free PDF learning booklet

The platform buchstaben.com offers a free e-book for Ukrainian refugees. It explains the basics of the German language in a clear and understandable way. The book contains translations and phonetic transcriptions to make pronunciation easier.

Download the e-book:  [Learning German as a Ukrainian refugee - free PDF learning booklet \(buchstaben.com\)](#)

Free online language courses

The Jicki app from Freiburg provides free German-Ukrainian and Ukrainian-German courses. They can be used without registration - both online and in the app.

Go directly to the courses:  [Learn German and Ukrainian for free | Безкоштовно вчити німецьку та українську \(jicki.de\)](#)

Ingolstadt Employment Agency

Employment Agency

The Federal Employment Agency is responsible for everything to do with employment.

The Employment Agency is your point of contact:

- If you are looking for a job,
- If you need help choosing a career in Germany,
- If you need your qualifications recognised or similar.

- If your asylum procedure is still ongoing (Aufenthaltsgestattung) or if you are tolerated (Duldung).

The Employment Agency is your point of contact if you have any questions:

- on the transition from school to work (career counselling),
- job placement,
- counselling on further vocational training,
- for employer counselling (employer service).

Are you a refugee or receive citizen's allowance?

Then the [job centre](#) is your contact for advice and placement in the labour market.

Interested new immigrants with access to the labour market can contact the Employment Agency. Your personal data will be recorded. You will then be given a counselling appointment with the relevant specialist.

You can find most job vacancies in Germany on the Federal Employment Agency's job exchange. You can, for example

- search for jobs in Germany and abroad,
- create and maintain a personal profile,
- apply for jobs online and
- receive suitable job offers by e-mail on request.

We can also support you on your way to a job in Germany with various measures, such as covering application costs, coaching and training courses.

Ingolstadt Employment Agency



[Heydeckplatz 1](#)

85049 Ingolstadt

@ ingolstadt@arbeitsagentur.de



<https://www.arbeitsagentur.de/vor-ort/ingolstadt>

www.arbeitsagentur.de/ukraine

 [0800/4555500](tel:08004555500) (employees)

 [0800/4555520](tel:08004555520) (employer)

 [0841/9338555](tel:08419338555) (local number)

 Calls are free of charge for you.

Give us a call:

 Mon - Fri from 08:00 - 18:00

 Opening hours for personal unemployment registration:

Monday to Friday: 09:00 - 12:00

 We are also available all day by prior appointment.

Job search:

h [https:// jobboerse.arbeitsagentur.de](https://jobboerse.arbeitsagentur.de)

Telephone counselling in Ukrainian or Russian

If you have any questions, you can also contact us by telephone. You can reach employees of the Employment Agency who speak Ukrainian and Russian on this number:

 [0911/1787915](tel:0911/1787915)

 Availability:

Monday to Thursday: 08:00 - 16:00

Friday: 08:00 - 13:00

Ukrainian vehicles & driving licence

Vehicles with Ukrainian licence plates

Regulations for vehicles with Ukrainian licence plates

Ukrainian drivers who have lived in Germany for more than one year:

They must register their vehicle in Germany from 01.04.2024 at the latest. Otherwise they will have to pay a fine. What else needs to be considered can be [found here](#): 

Vehicle registrations are carried out by the local authorities at the vehicle registration office in your place of residence. As a rule, you must make an appointment in advance. You can find the registration office responsible for your place of residence and the opening hours (in German)  [here](#).

Compulsory: Motor vehicle liability insurance

Anyone who drives a motor vehicle in Germany requires motor vehicle liability insurance. It is not permitted to drive in Germany without valid insurance cover. This also applies to cars travelling to Germany from abroad.

An insurance policy taken out in the European Economic Area (EEA), a  [Green Card](#) or the conclusion of a frontier insurance policy is required. From 1 April 2024, there will be a [new regulation](#) for Ukrainians who have been living in Germany for over a year:  The vehicle must be registered in Germany from this date. Otherwise a fine may be imposed.

[Information for Ukrainian drivers-german.pdf](#)

[Information for ukrainian drivers ukrainian.pdf](#)

[Information for Ukrainian drivers english.pdf](#)

Ukrainian driving licence

Information on driving licences from Ukraine

Validity of Ukrainian driving licences

Anyone with a valid Ukrainian driving licence may drive vehicles in Germany. This only applies to the vehicle categories that were permitted in Ukraine.

Even if you have been living in Germany for more than six months, your driving licence remains valid. The prerequisite is that you have fled Ukraine because of the war and have EU protection status. No further documents are required.

Expired Ukrainian driving licences

If your driving licence has expired after 31.12.2021, it will remain valid. This rule applies during martial law and one year after its end.

An extension is not necessary. The rule only applies to driving licences that were first issued in Ukraine.

Lost Ukrainian driving licences

If you have lost your driving licence, the driving licence authority in Germany can issue a replacement document. To do this, you must prove that you had the driving licence. The document number is mandatory.

The authority will then check whether a replacement document can be issued. This will contain the details of your Ukrainian driving licence, but no German driving licence.

This regulation only applies as long as the EU protection status exists. The protection status currently ends on 04.03.2025.

Having your driving licence transferred

Anyone wishing to remain in Germany after their residence permit has expired must have their Ukrainian driving licence converted. The driving licence authority is responsible for this. It is advisable to take care of this in good time.

More information can be found on the BMDV website: www.bmdv.de.

 Go to www.bmdv.de.

 Further information [here](#).

Fahrerlaubnisbehörde | Führerscheinstelle

 [Wiechertstraße 1, 85055 Ingolstadt](#)

 [@fuehrerscheinstelle@ingolstadt.de](mailto:fuehrerscheinstelle@ingolstadt.de)

 [+49 \(0\) 8413051790](tel:+49(0)8413051790)

 <https://www.ingolstadt.de/F%C3%BChrerschein>

Counselling services

Telephone counselling

Ukraine-Hotline Bavaria

☎ 089/54497199

@kontakt@ukraine-hotline-bayern.de

🕒 Monday to Friday from 08:00 to 20:00

Citizens' hotline City of Ingolstadt

☎ [0841/3051600](tel:08413051600)

✉ melder@ingolstadt.de

🕒 Availability:

Monday to Friday: 8:00 a.m. - 12:30 p.m.

Monday and Tuesday: 13:30 - 16:00

Thursday: 13:30 - 17:30

Help from the Upper Bavaria Psychiatric Crisis Service

Sometimes people feel very sad, angry or very worried. When this happens, they can call the Upper Bavaria Psychiatric Crisis Service. There are nice people there who will listen and help.

How can you contact the crisis service?

- You can call [08006553000](tel:08006553000).
- The call is free of charge.
- You can call every day, even at night. The crisis service is available around the clock.

What does the crisis service do?

- The staff will listen to you if you have problems.
- They will give you tips on how to deal with difficult situations.
- If necessary, they will help you find further support.

Conversations in different languages: The staff speak many languages. This means that people who don't speak German very well can also get help.

Why is the crisis service important?

Sometimes it helps just to talk to someone. The crisis service is there to support people when they don't know what to do next.

Migration advice centres

The migration advice centres in Ingolstadt offer individual social counselling for refugees and displaced persons from Ukraine.

Here, those affected receive information and support on their questions and on all topics relevant to their current situation. The counselling is provided by social education workers and social workers from the migration counselling centres.

Flüchtlings- und Integrationsberatung | Personen im laufenden Asylverfahren und Bleibeberechtigte bzw. Geduldete

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

✉ @beratung-asyl@ingolstadt.de

☎ [+49 \(0\) 84130550250](tel:+49(0)84130550250)

🌐 <https://www.ingolstadt.de/Fl%C3%BChtlings-und-In...>

Diakonie | Flüchtlings- und Integrationsberatung

📍 [Schrannenstr. 5, 85049 Ingolstadt](#)

✉ @info@dw-in.de

☎ [+49 \(0\) 841933090](tel:+49(0)841933090)

🌐 <https://dw-in.de/portfolio-items/fluechtlings-und...>

Caritas Ingolstadt | Flüchtlings- und Integrationsberatung

📍 [Jesuitenstraße 1, 85049 Ingolstadt](#)

✉ @integrationsberatung@caritas-ingolstadt.de

☎ [+49 \(0\) 8413090](tel:+49(0)8413090)

🌐 <https://www.caritas-kreisstellen.de/alle-kreisste...>

Jugendmigrationsdienst Ingolstadt | Flüchtlings- und Migrationsberatung Jugendliche

📍 [Permoserstr. 69, 85057 Ingolstadt](#)

☎ [+49 \(0\) 84188563813](tel:+49(0)84188563813)

🌐 <https://www.jugendmigrationsdienste.de/jmd/ingols...>

Meeting places for Ukrainian refugees

Café International

What is the Café International?

☐☐☐☐ Café International is an open meeting place for all people - regardless of their country, language or religion.

□ People have been meeting there since 2016 to spend time together.

□ **The café is jointly organised by:**

- the Ingolstadt City Theatre □,
- the Office for Social Affairs of the City of Ingolstadt □,
- the Cantina International □,
- and volunteers □♂□♀.

□ **When and where?**

□ Place: [Workshop foyer in the Ingolstadt city theatre](#) □

□ Days: Monday and Wednesday

□ Time: 15:00 to 17:30

Stadttheater Ingolstadt | Café International

📍 [Schloßlände 1, 85049 Ingolstadt](#)

@integrationslotsin@ingolstadt.de

☎ [+49 \(0\) 84130550298](tel:+49(0)84130550298)

🌐 <https://theater.ingolstadt.de/mitmachen-vermittlu...>

Please note: During the summer holidays, the rooms in the Stadttheater are closed. The Cafe' International will partly take place in the Bürgerhaus Neuburger Kasten. The times can be found at the end of the text.

□ Location: Neuburger Kasten community centre

□ Days: Monday and Wednesday

□ Time: 15:00 to 17:30

Bürgerhaus Neuburger Kasten | Familienbildung

📍 [Fechtgasse 6, 85049 Ingolstadt](#)

@buergerhaus@ingolstadt.de

☎ [+4984130550053](tel:+4984130550053)

🌐 <http://www.buergerhaus-ingolstadt.de/Organizer.as...>

□ **What happens in the café?**

In the café you can:

- Enjoy coffee, tea and cake
- Practise speaking German
- be creative (painting, handicrafts, theatre)
- dance or make music

- ☐ Laugh, talk, make friends
- ☐ Experience art and culture

☐ **Who is invited?**

Everyone is welcome:

- ☐ ☐ People with a migration or refugee background
- ☐ Long-established residents from Ingolstadt
- ☐ People seeking advice
- ☐ ☐ People who help with learning German
- ☐ ☐ ☐ Friends and families

- ☐ Together we create an open and colourful community

☐ **What is the "Café International Special"?**

Once a month there is a special offer - free of charge for all guests!

For example:

- ☐ Outing into the countryside
- ☐ Guided tour of the city
- ☐ Museum visit
- ☐ Theatre workshop
- ☐ Carnival party

- ☐ Important:
- ☐ Everything is free of charge.
- ☐ Everyone is welcome.

☐ **When will Café International take place in the 2025 summer holidays?**

Café International in the Neuburger Kasten community centre
from 3.00 pm to 5.30 pm each day

August 2025

Monday 04 August

Wednesday 06 August

Monday 11 August

Wednesday 13 August



No Café International from 18 August to 27 August 2025

September 2025

Monday 01 September

Wednesday 03 September

Monday 08 September

Wednesday 10 September



No Café International from 15 September to 19 September 2025

From Monday, 22 September 2025 Café International
again in the Stadttheater / foyer of the Werkstattbühne

Events in the Augustinviertel and Monikaviertel neighbourhood centres

Events in the Augustinviertel neighbourhood centre

**Stadtteiltreff im Augustinviertel | Sozialer Treffpunkt für
Bewohnerinnen und Bewohner aus dem Augustin- und Monikaviertel ,
Sie sind herzlich willkommen**

📍 [Stollstrasse 2, 85053 IngolstadtIngolstadt](#)

@stadtteiltreff-augustinviertel@ingolstadt.de

☎ [+49 \(0\) 84130545820](tel:+49084130545820)

🌐 <https://www.ingolstadt.de/Leben/Soziales-Wohnen/S...>

Family café of the family support centre in cooperation with the Augustinviertel district centre

When: Every Wednesday from 3:30 pm to 5:30 pm (not during the holidays)

Where: Augustinviertel neighbourhood centre, [Stollstraße 2](#)

What: A meeting place for families. Parents and their children can come together here to chat and spend time together. There are games and opportunities to get to know each other.

German conversation group for women

What: Do you already speak some German and would like to talk to other women? Then come to the conversation group for women.

When: Wednesdays from 09:30 - 11:00, there is no meeting during the holidays.

Where: in the Augustinviertel neighbourhood centre

Registration: Please register in advance at the neighbourhood office, as the number of participants is limited.

Costs: participation is free of charge

Intercultural women's breakfast

What: Intercultural and intergenerational women's breakfast in the Augustinviertel neighbourhood meeting place: visitors can get to know each other, exchange ideas and enjoy a breakfast with food from different countries together in a cosy atmosphere. Ideas and topics are collected and speakers are invited to the next breakfast meetings to provide information on these topics.

When: Tuesday, 29 April / 3 June / 1 July / 23 September / 28 October / 25 November / 16 December

each from 9.30 am to 12.00 pm

Where: Augustinviertel neighbourhood centre

💡 Just drop by, you are very welcome.

💡 We are very happy to receive small culinary souvenirs for the breakfast.

Language mentoring

What: Volunteers practise speaking German with people who are in the process of learning the German language.

When: By individual arrangement, meetings are held once or twice a week in the Augustinviertel neighbourhood centre, where German is spoken and practised together.



The programme is **only** aimed at residents of the **Augustin and Monikaviertel** districts.

IN VIA - Offers for women - Life in Bavaria

IN VIA Bayern e.V.

This association supports girls and women through social programmes and projects. The events are aimed at women and children of all nationalities.

IN VIA Bayern e.V.

Catholic association for girls' and women's social work

Maistraße 5 - 80337 Munich

☎ 0 89 51266 1911

🏠 0 89 51266 1929

@i info@inv-ia-bayern.de

🌐 www.invia-bayern.de

The course series is offered by the Bavarian State Ministry of the Interior, Sport and Integration:

- for people with a migration background who are authorised to stay permanently,
- Asylum seekers with good prospects of remaining in Germany
- Persons who are in possession of an "Beschäftigungsduldung" according to § 60d of the Residence Act.

Reality of life in Bavaria

The "Lebenswirklichkeit in Bayern" project is a programme for women and children with a migration background who are entitled to stay in Bavaria.

The aim is to strengthen the women's self-confidence and their own abilities.

Life in their new home is often a challenge for foreign women. They therefore need competent support and guidance in order to familiarise themselves with German culture and values.

The project participants are supported in their integration efforts by means of practical, everyday activities. They learn how to actively organise their everyday lives and participate in social life. Their culture and existing resources are recognised, valued and encouraged.

You can find all information here  [IN VIA BAYERN E.V. - Lebenswirklichkeit in Bayern](#)

 [Flyer LW for March 2025 Ingolstadt.pdf](#)

Life in Bavaria

The aim of the course is to provide participants with practical help for their life in Bavaria and to familiarise them with our way of life.

- How does everyday life work in Bavaria?
- How do we want to live together?
- What are the underlying values?
- What is important for our peaceful coexistence?

 [Flyer LiB Ingolstadt March 2025.pdf](#)

Free children's books in Ukrainian

Our picture book cinemas in Ukrainian!

We want to do something as quickly as possible to make it easier for the many Ukrainian children to arrive here.

At least as much as we can with stories. Picture books for download are particularly suitable for this. With the support of helpers, they can perhaps be used for comforting read-aloud situations and break down speechlessness.

So how do the stories get to the young refugees from Ukraine? Your help is needed here! We would like to thank you on behalf of everyone involved for downloading, distributing and reading the titles aloud!

 [Free children's books in Ukrainian](#)

What is a picture book cinema?

Reading a picture book in a large group is much more fun when everyone can look at the pictures. That's what the picture book cinema is for. We have created a picture book cinema for the titles listed below. You are welcome to download them as PDF files. You can project the books onto a screen using a projector, for example. Or show them while reading aloud. This makes the reading a special experience for everyone!

What does the download cost?

The data costs you nothing. This is a service provided by the Penguin Random House publishing group. It goes without saying that the content has only been released by the copyright holder for use as part of a picture book cinema programme. Any other use, in whole or in part, as well as reproduction, broadcasting, commercial presentation and rental are not permitted.

 [Penguin.de/further free picture book cinema](#)

Counselling and support

What is an advice centre?

You can go to a counselling centre if you have questions or problems. There you will receive professional support and advice from trained staff.

Counselling is free of charge. The staff are bound to confidentiality. This means that they are not allowed to pass on any information if you do not want them to. Counselling is often also available anonymously. This means that you do not need to give your name.

You can ask if the staff speak a language other than German and English. You can also take  [a language helper or a language mediator](#) with you.

In some counselling centres, you must make an appointment for a consultation. You can do this in advance by telephone.

If you cannot immediately find the right advice centre, ask! The counselling centres usually know each other and can direct you to the right address.

You can find health counselling centres at  [here](#).

Ingolstadt Social Compass - a guide to support, assistance and services

Ingolstadt Social Compass

The guide for a liveable Ingolstadt

"Ingolstadt worth living in" - this is the motto under which we have compiled this guide. It contains a lot of important information. For people with little money. Or people living in difficult situations.

In this guide, we show you how you can save money in Ingolstadt. We give you tips and also inform you about statutory benefits and assistance. You may be entitled to these.

We also introduce you to various counselling services. These services will help you with money problems. They also help with social problems. They support you in difficult times.

 Just take a look - it's worth it!

 Further information: can be found on the website of the City of Ingolstadt under "[Ingolstadt Social Compass](#)".



Special counselling centres for migrants

Welcome to Ingolstadt!

Are you new to Ingolstadt?

Are you looking for help or orientation?

Do you have questions about applying for asylum or living in the city?

Then the **refugee and integration counselling** service can help you.

What does the counselling service offer?

You can get there:

- Information about offers and projects in Ingolstadt,
- Support with getting started in your new surroundings,
- Counselling in various languages (in some places).

Who can come to the counselling service?

The counselling is for:

- all new immigrants,
- also for citizens of the EU.

The counselling service is primarily aimed at

- Asylum seekers,
- recognised refugees,
- people with a tolerated stay.

Why is counselling important?

A new life in Germany brings many changes:

- a new language,
- a new culture,
- a new school or job,
- many new people.

This is often difficult - especially at the beginning.

But: **you are not alone!**

Who else can help?

There are many places in Ingolstadt that will support you.
You can get help there for your start and your life in the city.

What does the refugee and integration counselling service do?

What does the counselling service do?

The refugee and integration counselling service helps with

- Questions and problems regarding the asylum procedure,
- Questions and problems in the context of integration after a positive asylum procedure,
- Immigration to Germany.

The counselling service will also help you with applications.

Personal counselling is only possible by appointment. You will find the right contact person on the following page. You will also find the contact details there.

💡 Are you looking for a counselling centre? With the help of  [BAMF-NavI](#) you can find all counselling centres in Bavaria on a map.

💡 **Counselling is free of charge.**

What questions and topics does the refugee and integration counselling service advise on?

You can ask the counselling centres questions on various topics, e.g:

- How does the asylum procedure work?
- What is important at the interview?
- What does the residence status mean?
- Which language course can I do?
- Who can help with problems?
- Where can I apply for financial aid?
- How do I fill out forms?
- I would like to stay in Ingolstadt. What can I do?
- I am looking for a job. Who can help me?
- I would like to return to my country of origin. What do I have to do?
- and much more ...

Do you have a very specific question? The counsellors will help you find the right advice centre (e.g. psychological services, medical specialists).

 **Important:** This is not legal advice like that from a lawyer!

Counselling centres in Ingolstadt

Counselling takes place at various locations. The counsellors offer consultation hours in the accommodation for refugees (transitional homes). You can also find the service at the general advice centres.

Refugee and integration counselling at ANKER

Asylum procedure counselling:

Do you need information about the asylum procedure? Would you like to know your rights and obligations in the asylum procedure?

The counsellors will prepare you for the interview. They will explain which documents may be important.

They explain the asylum decision. They explain what you can do afterwards.

They will help you with family reunification. They answer questions about the right of residence.

They will advise you on appeals against the asylum decision. They will inform you about a possible follow-up application for asylum.

Counselling is free of charge and independent of the authorities.

Münchener Flüchtlingsbus | Beratung im Asylverfahren

 [Dachauerstr. 17, 80335 München](#)

 [@info@mfr.ngo](mailto:info@mfr.ngo)

 [+49 \(0\) 8912390096](tel:+49(0)8912390096)

 <https://muenchner-fluechtlingsrat.de/der-verein/p...>

Asylverfahrensberatung PAF | Max-Immelmann-Kaserne (MIK)

 [Ambergerweg 3, 85276 Pfaffenhofen an der Ilm](#)

 [@Ankereinrichtung-Manching@caritasmuenchen.org](mailto:Ankereinrichtung-Manching@caritasmuenchen.org)

 <https://www.caritas-asylsozialberatung-pfaffenhof...>

Asylverfahrensberatung PAF | P3 (Manchinger Straße)

 [Ambergerweg 3, 85276 Pfaffenhofen an der Ilm](#)

 [@Anker-P3@caritasmuenchen.org](mailto:Anker-P3@caritasmuenchen.org)

 [+49 \(0\) 84418083850](tel:+49(0)84418083850)

 <https://www.caritas-asylsozialberatung-pfaffenhof...>

Asylverfahrensberatung PAF | NBS (Neuburger Straße)

 [Ambergerweg 3, 85276 Pfaffenhofen an der Ilm](#)

 [@Anker-NBS@caritasmuenchen.org](mailto:Anker-NBS@caritasmuenchen.org)

 [+49 \(0\) 84418083850](tel:+49(0)84418083850)

 <https://www.caritas-asylsozialberatung-pfaffenhof...>

 See notice board in the accommodation centres.

Migration counselling for adult immigrants (aged 27 and over)

Have you come to Germany and are over 27 years old? The Migration Counselling Service (MBE) will help you from day one. Counselling is free and confidential. You will receive support in many areas:

- Housing: How do I find a flat? How much does it cost?
- Money: Where can I get help if I don't have a job? Where do I apply for child benefit?
- Learning German: Where and how can I learn German?
- Job: How will my qualification be recognised? How do I find work?
- Health: How do I get health insurance? How do I find a doctor?
- Family: Who will help me during my pregnancy? Who can help me with family problems?
- Authorities: What do I do if I receive a letter from the immigration office?
- Can I extend my residence permit?

If you are allowed to stay in Germany, have a permit for freedom of movement or a right to stay, you can get help.

The counselling is for people who have recently arrived in Germany. It is particularly available in the first three years after arrival.

You must be allowed to live in Germany. You need a residence permit for this. Counselling is free of charge. You will receive help, support, information and clarification on various topics:

- Support in dealing with public offices and authorities
- Advice on migration issues and your residence status
- Information on financial security
- Help with filling out applications
- Integration courses, for example German language courses
- Advice on the recognition of foreign qualifications and initial information on this
- Information on the education system and social security in Germany
- Advice on school, training and employment
- Help with the immigration of children, spouses and other family members

💡 Are you between 12 and 27 years old? Then there is a special counselling service for you: the [youth migration services](#).

👥 Asylum seekers and recognised refugees can contact the Office for Social Affairs. They offer counselling for refugees and integration. Asylum seekers in the procedure and those accommodated decentrally in Ingolstadt as well as refugees after recognition can register here.

Social welfare office **Refugee and integration counselling**

📍 [Hohe-Schul-Straße 3](#)

85049 Ingolstadt

☎ [0841/305-50293](tel:084130550293) / [-50295](tel:084130550295) / [-50297](tel:084130550297)

@ beratung-asyl@ingolstadt.de

📅 Appointments by arrangement

👥 The following centres advise various groups:

- Citizens of the European Union (EU)
- Late repatriates (people with German roots returning to Germany)
- Immigrants from outside the EU
- Recognised refugees
- with their children and family members

All these people can get help here.

They receive counselling on the following topics from their first day in Germany:

- Housing
- Finances and money
- Learning German

- School and work
- Health, family and education
- Marriage, family and education
- Authorities, residence in Germany

Diaconal work

Refugee and integration counselling

Schrannenstraße 5

85049 Ingolstadt

☎ [0841/93309-16](tel:08419330916)

Fax: [0841/93309-43](tel:08419330943)

@ Integrationsberatung-Diakonie@dw-in.de

📅 Appointments by arrangement

Caritas district centre

Refugee and integration counselling

Migration counselling for adults

📍 [Jesuitenstraße 1](#)

85049 Ingolstadt

☎ [0841/309-134](tel:0841309134) / [-135](tel:0841309135) / [-136](tel:0841309136) / [-138](tel:0841309138) / [-139](tel:0841309139) / [-145](tel:0841309145)

@ migration@caritas-ingolstadt.de

📅 Mon to Fri: from 09:00 - 11:00 and 14:00 - 16:00.

💡 Appointments by appointment.

MBE - Migration counselling for adult immigrants

Migration counselling for adult immigrants (MBE)

independent - free of charge - confidential - also online

MBE is a service for immigrants aged 27 and over and their children.

The MBE provides support on the following topics from the first day in Germany:

- Housing
- Finances and money
- Learning German
- School and work
- Health, family and education
- Marriage, family and education
- Authorities, residence in Germany

🌐 [Migration counselling for adult immigrants](#)

Migration counselling for young people

Youth Migration Services (JMD) Help for young people

The Youth Migration Services (JMD) support young people between the ages of 12 and 27 who have immigrated to Germany. The aim of the JMD is to make it easier for young people to settle in Germany. They receive support in many areas. Counselling is free and simple.

What we can do for you:

- We explain how life, work and living in Germany works.
- We help you to find the right school or training programme.
- We support you if you would like to have a qualification recognised.
- We answer questions about money and laws.
- We help with personal concerns.
- We show you leisure activities.
- We accompany you to appointments, for example at public offices.

Social welfare office - help for refugees

The Social Welfare Office in Ingolstadt supports people who have fled to Germany. This also includes asylum seekers. The aim is to make it easier for them to settle into everyday life. The office also helps with legal issues.

How to reach us:

 [Hohe-Schul-Straße 3](#)

85049 Ingolstadt

 [0841/305-50293](tel:0841/305-50293), [0841/305-50295](tel:0841/305-50295), [0841/305-50297](tel:0841/305-50297)

 @beratung-asyl@ingolstadt.de

 www.ingolstadt.de/Asylangelegenheiten/

 Visits are only possible by appointment.

EJSA - Ingolstadt e.V. Opportunities for young people

The Protestant Youth Social Work Centre (EJSA) offers many services for young people. The aim is to give young people new opportunities and promote their skills.

What we offer:

- Counselling for refugees
- Help from the youth migration service (for 12 to 27-year-olds)
- Projects in small groups (JMD in the neighbourhood)
- Support for adults

Contact:

[Permoserstraße 69](#)

85057 Ingolstadt



[0841/885638-0](tel:0841/885638-0)

 info@ejsa-ingolstadt.de or info@jmd-in.de

 You can find more information on the [JMD Ingolstadt](#) page.

💡 Appointments can be arranged by telephone.

Unaccompanied refugee minors

Office for Youth and Family - Youth Welfare Office

Is a refugee under the age of 18? Have they travelled to Germany unaccompanied? Then they are classed as an unaccompanied minor foreigner = umA. These young people are reported to the Youth and Family Welfare Office. The Youth Welfare Office talks to the young person and establishes their age.

- The person is under 18 years old. Then the person is a minor. The Youth Welfare Office takes care of this person. The office takes the person to a youth centre.
- The person is over 18 years old. Then the person is of legal age. They receive a rejection notice. Alternatively, they are treated as an adult.

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

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

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

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

Office for Youth and Family - General Social Services (ASD)

Town Hall for Social Affairs

[Adolf-Kolping-Straße 10](#)

85049 Ingolstadt

☎ 0841 305-45717



0841 305-45719

@s ozialedienste@ingolstadt.de

Mon., Tue.: 08:00 - 12:30 13:30 - 16:00

Wed. by arrangement

Thu. 08:00 - 12:30 13:30 - 17:30

Fri. 08:00 - 12:30

💡 Despite the stated office hours, it is advisable to make [an appointment](#) at .

MiMi - With migrants for migrants (MiMi-Bayern)

Do you live in Ingolstadt and come from another country?
Would you like to learn something about the healthcare system in Germany?

MiMi-Bayern offers:

- Free training as a "health pilot" (about 50 hours).
- Migrants give other migrants information on health and illness.

The programme is available in many languages!

Network for Labour and Social Issues NefAS e. V.

[Permoserstrasse 69](#)

85057 Ingolstadt

@ [inda-qa sem@web.de](mailto:inda-qa.sem@web.de)

☎ [0163/3306982](tel:0163/3306982)

🌐 [With migrants for migrants \(MiMi\) - Intercultural health in Bavaria](#)

MiMi-Bavaria is a project of the Ethno-Medical Centre e.V.

It is funded by the Bavarian State Ministry of Health and Care and MSD SHARP & DOHME GMBH.

Help with housing problems, help with imminent homelessness, help for the homeless

Housing problems - time to act

If you have problems with your landlord or are unable to pay the rent or service charges, you could end up in debt or be evicted, and ultimately homeless. Don't wait until it's too late! Seek help quickly while you still have the chance to change things. There are various options for counselling and support.

💡 You can find the [brochure "Keeping your home"](#) here.

Definition of terms

👤 You have no accommodation? Do you have to or will you have to spend the night on the street? Then you are **homeless** and must be provided with accommodation. This accommodation must meet the requirements of humane accommodation. The basic right to physical integrity must be respected.

👤 A person is **homeless** if they do not have a secure tenancy agreement or appropriate residential property. Or who is only institutionally housed.

👤 Anyone at risk of losing their home due to a landlord's notice to quit or an eviction action is **at risk of homelessness**.

Help from the local authority

The local authority can provide you with various forms of assistance:

- If you are threatened with losing your home
- and you are unable to find new accommodation on your own,
- or you have become homeless due to a sudden event.

 [Keep your flat brochure.PDF](#)

What do I have to do?

People living or staying in the Ingolstadt area who are threatened with homelessness

- should contact the City of Ingolstadt's specialist centre for the prevention of homelessness as soon as possible
- You must do everything you can to keep your current home or find a new one
- should contact the housing office of the city of Ingolstadt to apply [for a housing entitlement certificate](#) and/or [housing benefit](#).

City of Ingolstadt - Specialist centre for the prevention of homelessness and homelessness

 [Auf der Schanz 39](#)

85049 Ingolstadt

 [0841-305 50 205](#), [-305 50 206](#), [-305 50 207](#)



[0841-305 50 239](#)

 bdachlo@senhilfe@ingolstadt.de

 www.ingolstadt.de/wohnungslosigkeit

- Have you just lost your flat?
- Do you have problems with your landlord?
- You owe rent or energy bills or have received an eviction notice from the court (yellow letter)?
- Have you been homeless for a long time and need a place to sleep?

 Contact the City of Ingolstadt's specialist centre for the prevention of homelessness.

The specialist centre will help you clarify the problems with your home. If you are currently homeless, the city of Ingolstadt will provide you with a place to sleep.

 **Important: The specialist centre does not arrange housing.**

 You can come to these consultation hours without making an appointment:

Monday 08:00 - 09:00, 14:00 - 15:00
Tuesday 08:00 a.m. - 09:00 a.m., 2:00 p.m. - 3:00 p.m.
Wednesday 08:00 a.m. - 09:00 a.m.
Thursday 08:00 a.m. - 09:00 a.m., 2:00 p.m. - 3:00 p.m.
Friday 08:00 am - 09:00 am, 11:00 am - 12:00 pm

- 💡 Bring a valid ID and all your documents relating to your current housing situation.
- 💡 You can also arrange a separate consultation appointment outside of office hours.
- 💡 If you do not speak German or English, please bring a translator with you.

Important contact persons

Ingolstadt and surrounding area tenants' association

📍 [Mauthstrasse 2](#)
85049 Ingolstadt

☎ [0841 17744](tel:084117744)



[0841 17734](tel:084117734)

@ info@mieterverein-ingolstadt.de

🌐 www.mieterverein-ingolstadt.de

You must be or become a member and pay a fee.

Who can become a member?

Any tenant can become a member. A tenant is anyone who has concluded or signed a tenancy agreement. Only one person can become a member. You can view the membership fees on the homepage.

How do I become a member?

The easiest way is to join online. Or you can come to our office at Mauthstraße 2 during office hours and fill in the membership application form.

What do I get in return?

Our experienced legal advisors and lawyers will advise you free of charge on all matters relating to tenancy law:

- Operating cost statements
- Housing defects
- rent increase
- Tenancy agreement
- Landlord cancellation

- Rent deposit
- Cosmetic repairs
- Tenant newsletter: You can also receive the tenant newsletter as an online edition or in traditional paper form.
- Legal expenses insurance for tenants: A strong legal expenses insurance policy will help you if you have to go to court.
- Information and public relations work: We give presentations. We influence politics through our state and federal association.

There are also opportunities for further support:

St Francis Street Ambulance

 [Moritzstr. 2](#)

85049 Ingolstadt

 [0841 14 28 784](tel:0841_14_28_784)

 ruder-martin-ambulanz@web.de

 www.strassenambulanz-ingolstadt.de

 Opening hours:

Monday to Friday 09.00 - 17.00

At the street outpatient clinic you can get cheap food, take a shower and do your laundry. They receive medical and nursing care and are supported in many areas.

Villa Johannes - Caritas district centre Ingolstadt

 [Gaimersheimer Street 15 ½](#)

85057 Ingolstadt

 [0841 309-177](tel:0841_309-177)



[0841 309-179](tel:0841_309-179)

 villajohannes@caritas-ingolstadt.de

 <http://www.villa-johannes.de>

 Opening and consultation hours:

Monday 08:00 - 16:00

Tuesday 08:00 - 16:00

Wednesday 08:00 - 16:00

Thursday 08:00 - 16:00

Friday 08:00 a.m. - 13:30 p.m.

Villa Johannes is a day centre for people suffering from addiction. The centre offers a low-cost breakfast and lunch, activities and practical help such as the use of washing machines. You will also receive counselling and support on all aspects of addiction.

Café NeuHaus - SkF Ingolstadt e.V.

 [Schrannenstr. 1a](#)

85049 Ingolstadt

 0841 93755-0

 [afe.neu](mailto:haus@skf-ingolstadt.de) haus@skf-ingolstadt.de

 www.skf-ingolstadt.de/cafe-neuhaus

Opening hours

Monday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Tuesday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Wednesday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Thursday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Friday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Café NeuHaus offers all women who are about to lose their home or are acutely homeless and living on the street a safe place.

Here you will find counselling, exchange, peace and support. From women for women.

You can not only drink coffee and eat cake, but also do laundry, receive mail or get counselling.

The café staff can also help you with administrative matters.

[Women's café flyer](#)

Railway station mission Ingolstadt main station

 [Station street 8](#)

Central Station / Platform 1

85051 Ingolstadt

 [0841 309-500](tel:0841309500)



[0841 309-509](tel:0841309509)

 [ahnhofs](mailto:mission@caritas-ingolstadt.de) mission@caritas-ingolstadt.de

 www.bahnhofsmission.de

Opening hours:

Monday 09.00 a.m. - 5.00 p.m.

Tuesday 09.00 a.m. - 17.00 p.m.

Wednesday 09.00 a.m. - 5.00 p.m.

Thursday 09.00 a.m. - 5.00 p.m.

Friday 09.00 a.m. - 5.00 p.m.

Saturday and Sunday **closed**.

Also **closed** on public holidays and on 24 and 31 December.

The station mission helps if you

- are exhausted.
- are hungry or thirsty.
- are injured, ill or weak.
- something is bothering you and you are looking for support or advice.
- need a moment of reflection, with yourself or with your faith.
- you can't find a place to change or breastfeed your child.
- have damaged your clothes due to a mishap.
- urgently need to make a phone call.
- have no place to sleep.
- have been robbed.

💡 The station mission also offers travel assistance on regional routes within Bavaria.

Advice centres on private debt and private insolvency - Attachment protection account

Help with debts: Debtor and insolvency counselling

Debtor and insolvency counselling helps people who have debts. It provides tips and support.

Our services:

- **Checking your debts:** We take a look at your financial situation.
- **Secure basic needs:** We help to make sure you have enough money for the essentials.
- **Make a budget plan:** We plan your income and expenditure together.
- **Talk to creditors:** We negotiate to find solutions.
- **Attachment protection account (P-account):** We issue a certificate so that your account is protected.

💡 Our advice is free of charge. If you have any questions, please get in touch.

Caritas Ingolstadt | Schuldner- und Insolvenzberatung

📍 [Jesuitenstraße 1, 85049 Ingolstadt](#)

✉ @schuldnerberatung@caritas-ingolstadt.de

☎ [+49 \(0\) 8413090](tel:+49(0)8413090)

🌐 <https://www.caritas-kreisstellen.de/alle-kreisste...>

Diakonie Ingolstadt | Schuldner- und Insolvenzberatung

📍 [Schrannenstr. 5, 85049 Ingolstadt](#)

@schuldnerberatung@dw-in.de

[+49 \(0\) 8419330920](tel:+49(0)8419330920)

<https://dw-in.de/portfolio-items/schuldnerberatun...>

Recognition of foreign educational qualifications

Certificates and their importance in Germany

Certificates are important in Germany. They show what someone has learnt at school, at university or at work. A job reference describes your performance in your job.

A certificate proves what knowledge and skills you have. This helps when looking for a job. You also need a certificate for admission to a school or university.

If you have certificates from abroad, you can have them recognised. An authority will check which qualifications the certificate confirms. This allows you to categorise your achievements correctly.

If certificates are missing, there are alternatives. You can prove your professional experience and skills through tests

Recognising school qualifications from abroad

Anyone who has obtained a school-leaving qualification outside Bavaria should contact the Bavarian State Office for Schools. This authority checks whether the qualification is equivalent to a German school-leaving qualification. The examination is free of charge.

Bayerisches Landesamt für Schule | Bewertung von allgemeinbildenden Schulabschlüssen aus dem Ausland, Prüfung der Gleichwertigkeit von bestimmten ausländischen Berufsabschlüssen

[Stuttgarter Str. 1, 91710 Gunzenhausen](#)

@zast@las.bayern.de

[+49 \(0\) 98315166444](tel:+49(0)98315166444)

<https://www.las.bayern.de/zeugnisanerkennung/zeug...>

Recognising professional qualifications from abroad

Anyone who has completed a vocational or academic qualification abroad can get support. The bfz (Berufliche Fortbildungszentren der Bayerischen Wirtschaft) helps with recognition.

The bfz offers

- Advice on recognition
- Help with the application
- Support with the costs

- Assistance with the assessment of the decision
- Information on further training

Berufliches Fortbildungszentrum der Bayerischen Wirtschaft (bfz) | Berufliche Aus- und Weiterbildungen, Unterstützung bei der Vermittlung in Job oder Ausbildung und bei der Integration ins Berufsleben

 [Viehmarktplatz 9, 85055 Ingolstadt](#)

 [@info-in@bfz.de](mailto:info-in@bfz.de)

 [+49 \(0\) 84198150](tel:+49084198150)

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

Professional qualifications: Important information

The Bavarian State Office for Schools also examines vocational qualifications from abroad. This examination costs money. However, you can apply for a grant. You can find more information here:

 www.anerkennungszuschuss.de



Three major websites offer information on the recognition of foreign qualifications:

["Anabin"](#) evaluates educational certificates from abroad. Authorities, employers and private individuals use this data.

["Recognition in Germany"](#) helps skilled workers with foreign professional qualifications. They can find out whether they need official recognition.

The ["BQ-Portal"](#) is aimed at chambers and companies. It helps to correctly assess foreign professional qualifications.

Anti-discrimination, victim counselling

B.U.D. - Counselling. Support. Documentation for victims of right-wing extremist violence

B.U.D. is a Bavaria-wide counselling service for those affected by right-wing, racist and anti-Semitic violence. B.U.D. helps people who have been insulted, threatened or attacked by right-wing extremists or racists, or who have witnessed an attack.

They can talk about their fears and their emotional situation. B.U.D. will explain the course of the investigation procedure to you. We will accompany you to the police and to court if you wish. We can also help you find a lawyer or a therapist.

Counselling is free and confidential. We come to you. We can also organise interpreters. B.U.D. is independent of state authorities. You decide for yourself how B.U.D. can support you.

B.U.D. - Counselling. Support. Documentation for victims of right-wing extremist violence

@

info@bud-bayern.de



[0151 / 216 53 187](tel:0151_216_53_187)



www.bud-bayern.de

Anti-Discrimination Centre of the City of Ingolstadt

Anti-Discrimination Office of the City of Ingolstadt

[Rathausplatz 4](#)

85049 Ingolstadt

 [0841/305-1165](tel:08413051165)

@a ntidisk.riminierungsstelle@ingolstadt.de

www.ingolstadt.de/Antidiskriminierungsstelle

💡 Please understand that an appointment is required for a counselling session.

We also ask for your understanding that we are responsible for Ingolstadt.

💡 For enquiries from other locations, please contact the [Federal Anti-Discrimination Agency](#):

What does discrimination mean?

Discrimination = someone is treated less favourably because of their skin colour, origin or religion, for example

Anti-discrimination = no one may be treated less favourably because of their skin colour, origin or religion, for example

Who is the Ingolstadt Anti-Discrimination Centre for?

You feel discriminated against by others (= treated less favourably).

You are treated unfairly by others, for example because of your origin.

What does the Anti-Discrimination Office do?

It offers counselling.

It offers support.

It refers you to other contact centres.

It acts in accordance with the General Equal Treatment Act (**AGG**).

The AGG prohibits discrimination on six grounds:

1. you must not be discriminated against because of your skin colour, language or origin.
2. you must not be treated badly because of your gender.
3. you must not be discriminated against because of your religion.
4. you must not be discriminated against because you are disabled.
5. you must not be discriminated against because you are "too young" or "too old".
6. you must not be discriminated against because you are, for example, homosexual, bisexual or transsexual.

Experiences with discrimination

Treating people unequally because of certain characteristics is prohibited in Germany. But it is still widespread. Whether when looking for accommodation, at work, in authorities, schools, doctors' surgeries, in leisure time or with the police. Discrimination can happen in all areas of life.

However, you do not have to simply accept discrimination. You have the right to defend yourself against it.

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

Have I been discriminated against?

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

Anti-discrimination counselling centres

- support all people who have experienced discrimination and would like counselling.

 [Federal Anti-Discrimination Centre](#)

The staff speak German. Counselling is free of charge and anonymous if desired.

 [+49 \(0\) +49 \(0\) 185551855](#)

The counselling centre can be reached

Monday 13:00 - 15:00

Wednesday 09:00 - 12:00

Friday 09:00 - 12:00

 You can also ask the [Anti-Discrimination Centre of the City of Ingolstadt](#) for help.

 Alternatively, you can also contact a [migration counselling service for adults](#) or the [youth migration service](#). The staff often speak many languages and can help you with all problems

relating to life in Germany.

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

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

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

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

What can queer refugees do against violence and bullying?

Contact points

There are numerous  [contact points](#) with various services for LGBTI refugees in Germany.

What can you do as a queer refugee to combat violence and bullying?

Queer people with a history of flight who experience LGBTIQ* hostility are significantly more likely to be affected by depression, stress and a lower level of satisfaction.

Are you or someone close to you experiencing LGBTIQ* hostility, discrimination or violence? You can report the incidents and seek counselling. In dangerous situations, we advise you to call the police.



[Federal Anti-Discrimination Agency](#)

Here you will find information on the subject of discrimination. You can report cases and get legal advice.

We will inform you about your rights and how you can assert them. In cases that are suitable for an amicable settlement, we can endeavour to resolve the conflict.

Our counselling service cannot replace legal advice in individual cases. We are unable to inspect files or provide evidence. However, we can tell you whether there are further possibilities for local support. These may be, for example, counselling centres that work together with lawyers or that can assist you in court.

Material

You can find [information](#) for LGBTI refugees at . Information is also available for people who work with or support them.

Videos

 [Here](#) you will find videos with information on what to look out for in the asylum procedure and accommodation.

[German](#), [English](#), [Français](#), [Русский](#), [Español](#), [Türkçe](#)

[فارسی - Farsi](#), [عربی - Arabic](#), [ودرا - Urdu](#)

Counselling and contacts for queer people - LSBTQIA+

LGBTIQ*

In Germany, everyone is free to live out their sexual orientation. Same-sex couples have been able to marry since 1 October 2017. This law supports freedom, equal rights and equal treatment of people. Regardless of sexuality or lifestyle.

Women in Germany are allowed to love and marry other women. And men are allowed to love and marry other men.

In addition to the two genders "male" and "female", Germany has recently introduced a third gender entry, "diverse". Transgender people can have their gender entry and name changed in Germany.

Many LGBTIQ* people have come to Germany. They cannot live freely in their home country or are persecuted. Many LGBTIQ organisations in Bavaria support them and offer contacts and information.

You will also find acceptance and support in the city of Ingolstadt. There are organisations here that look after the LGBTIQ* scene.

It's all about:

- Equal rights and equal treatment
- Combating discrimination and misanthropy
- Educating the LGBTIQ* scene

 **Counselling hotline for gay, bisexual, queer and trans* men**
 [089/856 346 42](tel:08985634642)

These organisations offer advice and advocate for the interests of LGBTIQ* people:

pro familia Ingolstadt e.V.

 [Holzmarkt 2](#)

85049 Ingolstadt

☎ [0841/379 289 0](tel:08413792890)

@ ingolstadt@profamilia.de

🌐 www.profamilia.de/angebote-vor-ort/bayern/ingolstadt

QueerUferlos on Radio Lora

🌐 Queeruferlos.de broadcasts every 1st to 3rd Thursday of the month 9:00 pm - 10:00 pm on Radio Lora Munich on DAB+ and FM 92.4 and online at lora924.de.

Trans-Ident Ingolstadt

Self-help group for people with transgender feelings:

These are people who physically belong to either the male or female gender. However, they perceive themselves as belonging to the opposite sex.

💡 You can contact 🌐 [here](#).

The Caritas LGBTIQ+ advice centre in Upper Bavaria

The LGBTIQ+ Counselling Centre Upper Bavaria is a full-time office in Upper Bavaria that offers psychosocial counselling and networking in the context of sexual and gender diversity.

Everyone is welcome:

- regardless of gender,
- age (from 18 years),
- origin and culture,
- nationality and religion,
- disability
- or sexual and gender identity.

Counselling is free of charge and can be anonymous if desired. The counsellor is generally bound by confidentiality.

The 🌐 [LGBTIQ+ Counselling Centre Upper Bavaria](#) can be used by all interested parties in Upper Bavaria. Counselling sessions can therefore take place either online or in person.

For contact via video call: Click on the Online Counselling button. You will be redirected to the Caritas Association's online platform.

In Munich and towns that already have counselling services, please go there.

Here you will find further counselling and support:

🌐 [Queer Network Bavaria Ingolstadt](#)

Counselling and help in cases of violence, abuse, crises and forced marriage

Support, counselling and help in the event of (imminent) forced marriage

Support, advice and help in the event of (imminent) forced marriage and violence in the name of honour

Terre des femmes has published a parenting brochure in eight languages and encourages parents to focus on the well-being and happiness of their children.

The brochure explains rights and terminology. It clarifies religious prejudices and, above all, draws attention to the danger of violence in marriage.

The brochure is available in German, English, French, Turkish, Kurdish, Arabic, Romani and Farsi:

 [TERRE DES FEMMES - Menschenrechte für die Frau e.V.: Parents' brochure "Strong families have strong daughters" in eight languages \(frauenrechte.de\)](https://frauenrechte.de)

Nationwide support is offered by **Papatya - Coordination Centre against Abduction**.

It is aimed directly at affected girls and those around them, such as friends.

The nationwide help hotline for women

 [+49 \(0\) 8000116016](tel:+4908000116016)

 24 hours a day in 17 languages free of charge and anonymously if desired.

It answers questions and provides concrete help. On the phone, on the Internet and in chat:

 www.hilf-telefon.de

The **nationwide men's helpline** also provides help

 [+49 \(0\) 8001239900](tel:+4908001239900)

Monday to Friday - free of charge and anonymous on request, as men can also be affected by forced marriage.

 www.maennerhilfetelefon.de

Help with violence and abuse - Are you a woman in need?

Help with violence and abuse:

Are you a woman in need?

As a woman, you can turn to the following centres:

- if you are threatened by violence or
- are a victim of abuse:

Caritas district centre Ingolstadt - Women's refuge

 [Jesuitenstr. 1](https://www.caritas-ingolstadt.de/rauenha)

85049 Ingolstadt

 [0841/309 700](tel:0841309700)



[0841/309 799](tel:0841309799)

 f.rauenhaus@caritas-ingolstadt.de

 [Caritas Women's Refuge](https://www.caritas-ingolstadt.de/rauenha)

The women's refuge belongs to the Caritas district centre in Ingolstadt, but is not based there. The address of the centre is not given for the protection of the women concerned.

 Available by telephone around the clock (24/7) (including Sundays and public holidays):
 [0841/309-700](tel:0841/309-700)

Emergency telephone contact

The "Violence against women" helpline

Free and anonymous counselling service in 17 languages

 [11 60 16](tel:116016)  00:00 - 24:00 (24/7)

 www.hilf-telefon.de

Are you or others in imminent danger?

Dial the **police emergency number** immediately :  [110](tel:110)

Counselling centres for domestic violence:

Caritas district centre Ingolstadt

Domestic violence intervention centre

 [Jesuitenstraße 1](#)

85049 Ingolstadt

 [0841/309-199](tel:0841/309-199)

 interventionsstelle@caritas-ingolstadt.de

Wirbelwind Ingolstadt e.V.

Specialist counselling for sexualised violence

[Am Stein 5](#)

85049 Ingolstadt

 [0841/17353](tel:0841/17353)

 beratungsstelle@wirbelwind-ingolstadt.de

 www.wirbelwind-ingolstadt.de

 Appointments by appointment only

Telephone availability:

Monday

Tuesday 09:00 am - 10:00 am

Wednesday 18:00 - 19:00

Thursday 16:00 - 17:00

Friday 10:00 am - 11:00 am

Social Service of Catholic Women e.V. Ingolstadt

Family and life counselling centre

[Schrannenstr. 1a](#)

85049 Ingolstadt

 [0841/93755-0](tel:0841/93755-0)



[0841/93755-30](tel:0841/93755-30)

@i nfo@skf -ingolstadt.de

**Diakonie Ingolstadt - Counselling for women
Counselling centre**

[Schulstr. 14](#)

85049 Ingolstadt

 [0841/37 08 303](tel:0841/37 08 303)

Monday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 7:00 p.m.

Tuesday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m.

Wednesday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 3:00 p.m.

Thursday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m.

Friday 08:00 - 12:00, 13:00 - 15:00

Counselling centres in case of violence or discrimination

Equal Opportunities Centre - City of Ingolstadt

[Town Hall Square 4](#)

85049 Ingolstadt

 [0841/305-1166](tel:0841/305-1166)



0841 305-1169

@g leichtsstellungsstelle@ingolstadt.de

Anti-discrimination centre

[Town Hall Square 4](#)

85049 Ingolstadt

 [0841/305-1165](tel:0841/305-1165)

@a ntidiskriminierungsstelle@ingolstadt.de

Help and counselling by phone

Protestant telephone counselling service: [0800/11 10 111](tel:0800/11 10 111) (free of charge)

 Around the clock - 24 hours a day

@or chat: www.telefonseelsorge.de

Catholic telephone counselling service: [0800/11 10 222](tel:0800/11 10 222) (free of charge)

 Around the clock - 24 hours

@or chat: www.telefonseelsorge.de

Muslim counselling hotline (MuTeS)

 [030 / 443 50 98 21](tel:030_443_50_98_21)

 24 hours a day

 www.mutes.de

The Muslim Pastoral Care Helpline provides counselling and support both in personal conversations and via chat. We speak German, Turkish, Arabic, English, French, Bosnian, Kurdish, Urdu / Hindi, Persian, Bengali, Somali, Moroccan and Indonesian. Other languages on request. Qualified Muslims work here around the clock on a voluntary basis.

Phone Doweria

☎ [030 / 440 30 84 54](tel:030440308454)

🕒 24 hours a day

🌐 www.diak-onie-portal.de/telefon-doweria

Telefon Doweria is a Russian-language telephone counselling service run by the Diakonisches Werk Berlin Brandenburg. It is staffed 24 hours a day by trained, voluntary telephone counsellors, many of whom are migrants themselves and some of whom are Jewish.

Weißer Ring - victims' hotline: ☎ [116 006](tel:116006), 🕒 7 a.m. to 10 p.m. (free of charge nationwide)

Office for Youth and Family / General Social Services:

☎ [0841305-45717](tel:084130545717)

Monday 08:00 to 12:30, 13:30 to 16:00

Tuesday 08:00 am to 12:30 pm, 1.30 pm to 4 pm

Wednesday 08:00 a.m. to 12:30 p.m., 1.30 p.m. to 4 p.m.

Thursday 08:00 to 12:30, 13:30 to 17:30

Friday 08:00 to 12:30

On-call service outside opening hours via the police

Counselling hotline for victims of crime:

Police Headquarters Upper Bavaria North: ☎ [0841/9343-1077](tel:084193431077)

Psychiatric crisis service:

Telephone counselling and crisis support

☎ [0800/655 30 00](tel:08006553000) Free of charge

Trauma, acute crises and psychological stress

Flight and migration happen when people have to flee from war and violence. This puts them in very difficult situations. Many people suffer the consequences for the rest of their lives. Some only receive help at a late stage. Trauma support is not therapy. But it can help people to live with the consequences of trauma.

There are brochures designed to help people. These are for people who have experienced unbearable situations. Some are for people who look after affected children or young people. Others are for adults who are affected themselves. These brochures are designed to help people cope better with everyday life after such events. They provide practical tips and advice on how to cope better in the new situation.

Here is some helpful information and contacts for trauma support. Especially for refugees and other affected persons:

General information and help

🌐 [Help for traumatised refugees](#)

- Information in various languages.
- Tips for self-help.

[Psychotherapy online](#)

- The "Ilajnafsy" programme offers psychological support via the Internet.
- Especially for people from the Arabic-speaking world.
- For people suffering from depression and trauma.
- It is available in English, German and Arabic.

[Trauma picture book](#)

- Is available in many languages.
- Helps children to understand their experiences.

[Help for traumatised children](#)

- Tips for parents on how to help their children.

 [Brochures](#) from Unfallkasse Berlin on the subject of "Trauma - what to do?", also available in several languages.

- Information for relatives and helpers of traumatised children and young people: Describes the behaviour of traumatised children and young people. Gives tips on how to deal with them.
- Information for acutely affected adults and their relatives: A brochure on coping with everyday life after a traumatic event.

[Parents' guide for refugees](#)

- How do traumatised children behave depending on their age?
- And how can parents react correctly?

Here you can also find contacts for telephone counselling and crisis support.

Psychiatric crisis service:

Telephone counselling and crisis support

 [+49 \(0\) 8006553000](#) free of charge

Danuvius Clinic Ingolstadt Trauma outpatient clinic



[Preysingstraße 3-5](#)

85049 Ingolstadt

 [+49 \(0\) 8419339800](#)

Ingolstadt Hospital Trauma outpatient clinic



[Krumenauerstr. 25](#)

85049 Ingolstadt

☎ [+49 \(0\) 8418800](#) / [+49 \(0\) 8418802205](#)

Exchange and networking

Neighbourhood centres in Ingolstadt

There are several neighbourhood centres in Ingolstadt. They offer various services such as counselling, courses and events. The services are usually free of charge or cost little money for the residents of the neighbourhood.

Do you live in the Piusviertel neighbourhood?

Piusviertel neighbourhood centre

Address: [Pfitznerstraße 19a](#), 85057 Ingolstadt

Telephone: [+49 \(0\) 84130545840](#) or [+49 \(0\) 84130545849](#)

There are various offers for the neighbourhood at the Stadtteiltreff Piusviertel. Whether you have questions or simply want to get to know people from the neighbourhood - you are welcome here. You can find more information about current programmes and opening hours on the [website](#).

Do you live in the Augustinviertel?

Neighbourhood centre Augustinviertel

Address: [Stollstraße 2](#), 85053 Ingolstadt

Telephone: [+49 \(0\) 84130545820](#) or [+49 \(0\) 84130545829](#)

There is also a neighbourhood meeting point in the Augustinviertel. You can take part in events here. You can get advice or simply find a place to socialise. You can find more information online on the meeting point's [website](#).

Do you live in the Konradviertel?

Konradviertel neighbourhood meeting point

Address: [Oberer Taubentalweg 65](#), 85055 Ingolstadt

Telephone: [+49 \(0\) 84130545830](#) or [+49 \(0\) 84130545839](#)

Many events and courses also take place in the Konradviertel neighbourhood. Whether young or old, there is something for everyone. The exact offers and opening times can be found on the district centre's [website](#).

Café International

☕ What is Café International?

☐☐☐☐ Café International is an open meeting place for all people - regardless of their country, language or religion.

☐ People have been meeting there since 2016 to spend time together.

□ The café is jointly organised by:
the youth migration service □□,
the Office for Social Affairs of the City of Ingolstadt □,
the Cantina International □,
and volunteers □♂□♀.

□ When and where?

Please note: The venues change. You can find the times at [Café International](#).

□ Location: Workshop foyer in the Ingolstadt City Theatre □

□ Days: Monday and Wednesday

□ Time: 15:00 to 17:30

□ Place: Neuburger Kasten community centre

□ Days: Monday and Wednesday

□ Time: 3:00 pm to 5:30 pm

Community centre - multigenerational house of the city of Ingolstadt

- Kreuzstraße 12 (Old Post Office community centre)
- Fechtgasse 6 (Neuburger Kasten community centre)
Phone: [+49 \(0\) 8413052800](tel:+4908413052800) or [+49 \(0\) 8413052830](tel:+4908413052830)
E-mail: buergerhaus@ingolstadt.de

People of all ages and cultures meet in the community centre. It is a place where everyone is welcome. Further information can be found on the [website](#).

IN VIA Bayern e.V. - Reality of Life in Bavaria

This association supports girls and women through [social programmes and projects](#). The events are aimed at women and children of all nationalities.

Information can be [found here](#).

Cultural clubs and associations

There are many associations in Ingolstadt that offer cultural and social projects. The city's Integration Officer works closely with the Migration Council and other bodies to coordinate these programmes.

A list of cultural organisations in Ingolstadt can be found on the city's [website](#).

Problems in the family

Problems in the family

Do you have big problems in the family? Are you having a bad argument with your children? Call here.

Parents' helpline (anonymous, free of charge):

☎ [0800/1110550](tel:08001110550)

🌐 www.numm-ergegenkummer.de

Does your child have big problems? Sometimes it's easier to talk to a stranger. Your child can find help here.

Child and youth helpline (anonymous, free of charge):

 [116 111](tel:116111)

 www.numm-ergegenkummer.de

 www.116111.eu

Reason for fleeing queer: Queer Refugees Germany

The project "Fluchtgrund queer: Queer Refugees Deutschland" helps queer refugees in Germany. It connects people, gives advice and offers support.

The "[Queer Refugees Welcome](#)" website is aimed at lesbian, gay, bisexual, trans*, inter* and queer people. It offers clear information and practical help.

On the website you will find

- Addresses of advice centres in your area,
- information on asylum, health and protection from discrimination,
- contacts for helpers and organisations.
- The website is available in several languages.

You can find everything you need to know organised by topic. Take a look at these links:

 queerrefugeeswelcome.de

 queer-refugees.de

 prideplanet.de

The services strengthen queer refugees and make their everyday life in Germany easier.

Return to the home country

Return to your home country

Central return counselling

Do you want to return to your home country? Are you in the asylum procedure and have received a negative decision from the BAMF? Are you on tolerated stay? Do you want to return despite having a residence permit? You don't know how to get your passport back? Or do you need financial help for your return journey?

The Central Return Counselling Service (ZRB) will advise you on how to leave the country voluntarily. After the counselling, you decide for yourself whether you want to leave voluntarily or not.

[Central Return Counselling South Bavaria \(zrb-suedbayern.de\)](http://zrb-suedbayern.de)

You will receive counselling on the following topics:

Passport and travel documents

Assumption of travel costs

Financial support (e.g. in case of illness, disability)

Information about the situation in your home country

Individual qualification offers

The **return counselling** service in **Augsburg** is responsible for Ingolstadt:

[ZRB Südbayern in Augsburg \(zrb-suedbayern.de\)](https://zrb-suedbayern.de)

[Lange Gasse 4](#)

86152 Augsburg

☎ [0821/5089632](tel:08215089632)

@ info@zrb-suedbayern.de

The office in Augsburg is open at the following times:

Monday 9:00 a.m. - 12:00 p.m. / 2:00 p.m. to 4:00 p.m.

Tuesday 9:00 a.m. - 12:00 p.m. / 2:00 p.m. to 4:00 p.m.

Wednesday 9:00 a.m. - 12:00 p.m. / 2:00 p.m. to 4:00 p.m.

Thursday 9:00 a.m. - 12:00 p.m. / 2:00 p.m. to 4:00 p.m.

Friday 9:00 am - 12:00 pm

A new start at home

Startfinder advises people who have returned to their country of origin and need help there. For example, how to find a job after their return or how to set up their own business. The counselling teams also offer information on medical and psychosocial support, childcare and education and finding accommodation.

Counselling for these countries:

Afghanistan, Egypt, Albania, Gambia, Ghana, Iraq, Kosovo, Morocco, Nigeria, Pakistan, Senegal, Serbia or Tunisia.

[Homepage | Startfinder](#)

Information is also available here:

[Information portal on voluntary return and reintegration \(returningfromgermany.de\)](https://returningfromgermany.de)

Help from volunteers

Language centres in Ingolstadt



Café International

☐ When?

Every Monday and Wednesday

15:00 to 17:30

☐ No meetings during the school holidays

☐ Where?

Foyer of the Werkstattbühne, Schlosslände 1, 85049 Ingolstadt
During the summer holidays: in other rooms

□ What is this?

A meeting place for people from all countries
Everyone is welcome

□ Special offer:

Every 1st Wednesday of the month: "Café International-Special"

i More information: [Ingolstadt City Theatre - Encounters](#)

Integrationslotsin / Netzwerk Asyl | Unterstützung der Integration

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@integrationslotsin@ingolstadt.de

☎ [+4984130550298](tel:+4984130550298)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

□ International discussion group for women

□ When?

Every Monday
14:00 to 16:00

□ Where?

Vronis Ratschhaus, Donaustraße 1, 85049 Ingolstadt

□ Who can take part?

Women with German language skills from B1 level

Integrationslotsin / Netzwerk Asyl | Unterstützung der Integration

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@integrationslotsin@ingolstadt.de

☎ [+4984130550298](tel:+4984130550298)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

□ International discussion group for men

□ When?

Every Saturday
15:00 to 17:00

□ Where?

Vronis Ratschhaus, Donaustraße 1, 85049 Ingolstadt

□ Who can take part?

Men with German language skills from B1 level

Integrationslotsin / Netzwerk Asyl | Unterstützung der Integration

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@integrationslotsin@ingolstadt.de

☎ [+4984130550298](tel:+4984130550298)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

□ Café Deutsch

□ When?

Every Tuesday
16:30 to 18:00

□ Where?

Café Deutsch | Deutsch üben

📍 [Oberer Grasweg 18, 85055 Ingolstadt](#)

□□□ What is it?

Practise German with volunteers
Speak and practise in a relaxed atmosphere

Integrationslotsin / Netzwerk Asyl | Unterstützung der Integration

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@integrationslotsin@ingolstadt.de

☎ [+4984130550298](tel:+4984130550298)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

The Ingolstadt Migration Council

The Migration Council in Ingolstadt

The Migration Council helps migrants when they need support. It submits applications which the city council examines.

💡 Would you like to find out more about the Ingolstadt Migration Council? Click  [here](#).

How do you vote for the Migration Council?

You are entitled to vote:

- All foreigners who are legally resident in Ingolstadt,
- Germans who also have foreign citizenship,
- Eligible voters who are at least 18 years old and have lived in Ingolstadt for more than three months.

The members of the Migration Council are elected for a period of six years. The Integration Officer chairs the Migration Council.

The council consists of:

- 16 members representing migrants,
- 9 members of the city council,
- 3 representatives of public authorities,
- 9 representatives of groups appointed by the City Council,
- the integration officer of the city of Ingolstadt.

💡 Want to know more about the election?  [Election of the Migration Council](#).

How do you vote?

Eligible voters receive a notification before the election. During the one-week election period, they can vote at the town hall.

On the last day, they can also vote in the neighbourhood centres (Konradviertel, Piusviertel, Augustinviertel).

Proof of identity is required.

Each voter has two votes. Each candidate may only receive one vote. The candidates will be announced before the election. There is a sample ballot paper on the back of the notification.

How does the Migration Council work?

The Migration Council works voluntarily and independently. All meetings are open to the public. Anyone can attend and express their opinion. The Migration Council meets four times a year. The topics and documents are available [online](#).

If necessary, the Migration Council sets up [working groups](#) on specific topics.

What does the Migration Council do?

The Migration Council represents the interests of migrants. It helps them and gives advice. The Migration Council launches projects that improve coexistence in Ingolstadt.

What does the Migration Council do?

The Migration Council is committed to:

- Equal rights for everyone in Ingolstadt,
- the end of prejudice and discrimination,
- better education and language support,
- the recognition of foreign qualifications,
- more job opportunities,
- good health care,
- good co-operation between migrant associations and the city.

What does the Migration Council organise?

The Migration Council organises

- Festivals and events,
- meetings for the exchange between cultures and religions,
- the opening of municipal facilities to different cultures.

Full-time integration guides of the city of Ingolstadt

Help us - Volunteering in Ingolstadt

What do the integration guides do?

Integration guides support people who volunteer or would like to volunteer in the areas of refugees, new immigrants and integration.

Volunteers can turn to these central points of contact with all questions relating to integration and asylum. They also organise training courses on these topics and exchange meetings.

How does the Asylum Network help?

The Asylum Network supports refugees in Ingolstadt. Volunteers help them in everyday life. They accompany them to public offices and doctors. They also offer tutoring and help with homework. Many volunteers also organise leisure activities for children and adults. Those who are new to Germany can practise their German in conversation groups.

Why is help important?

There are 1,500 refugees living in Ingolstadt. They need support to find their way in their new everyday lives. Volunteers help them to settle in and provide guidance.

How can I help?

Barbara Blumenwitz can help with any questions. She can be contacted on [084130550298](tel:084130550298) or by email at integrationslotsin@ingolstadt.de.

This project is funded by the Bavarian State Ministry of the Interior, Sport and Integration.



Gefördert durch

Bayerisches Staatsministerium des
Innern, für Sport und Integration

Amnesty International Group Ingolstadt

Amnesty International Group Ingolstadt

We stand up for human rights. We work for the protection of refugees.
A working group on this topic meets in Ingolstadt.

More information here: [Amnesty International Group Ingolstadt](#)

Write us an e-mail: info@amnesty-ingolstadt.de

Get involved in the city society as a volunteer

Participating in Germany: this is also possible for foreign citizens

Get involved in Germany even without German voting rights. Take part in social life and help shape your neighbourhood.

Getting involved locally

A lot is possible by getting involved in clubs and associations. Lead sports groups, help organise cultural events or support neighbourhood projects. Schools are happy to have help with festivals or you can supervise study groups. Realise ideas with citizens' initiatives and help shape your city.

Voluntary work

Voluntary work creates contacts. Work as a coach in a sports club. Or as a helper in refugee work. Or as a mentor for young people. Such activities bring people together and make it easier to socialise. You get to know new people and help at the same time.

Have a say in local politics

Many cities have integration councils. Migrants represent their interests there. Some members come from the migrant community, others from politics. These councils discuss

issues such as education and housing. One option is to be elected to the  **Ingolstadt Migration Council**. Get actively involved and have a say.

Membership of trade unions

Trade unions play an important role in the world of work. Become a member and campaign for better conditions in the workplace. Trade unions often also offer training and legal advice. Educate yourself as a member and receive support.

Contact for your involvement in Ingolstadt

Volunteer Agency Ingolstadt e. V.

[Kreuzstr. 12](#), 85049 Ingolstadt

 [+49 \(0\) 8419516755](tel:+4908419516755)

 nfo@ehr enamt-in.de

 www.frei willigenagentur-in.de

Monday 09:00 a.m. - 12:00 p.m.

Wednesday 09:00 am - 12:00 pm

Thursday 09:00 am - 12:00 pm

Special commitment for refugees and migrants

If you would like to volunteer, set up new projects or develop existing ones, you can contact the **integration counsellor** Barbara Blumenwitz at any time. She can be reached at

 [+49 \(0\) 84130550298](tel:+49084130550298)

 [ntegrat ionslotsin@ingolstadt.de](mailto:ionslotsin@ingolstadt.de)

The Ingolstadt project Dein Einsatz. For you. For Ingolstadt. For people in need.

Get involved as a volunteer in an aid organisation

You have the opportunity to volunteer in the medical service, rescue service and disaster control.

The special thing about it: You can immediately help out in operations and gain experience! We welcome people from all nations.

By volunteering, you help people and ensure the safety of the population in Ingolstadt. You are not alone, but always together with experienced emergency personnel in a team.

 [Your commitment. For you. For Ingolstadt. For people in need.](#)

Voluntary help with filling out forms

Become a volunteer to help fill out forms. For many people, filling out forms is an insurmountable obstacle - whether due to language barriers or other personal reasons - there are many reasons for this.

City of Ingolstadt - Office for Social Affairs

[Auf der Schanz 39](#), 85049 Ingolstadt

Project: Help with forms in voluntary work

☎ [+49 \(0\) 84130550209](tel:+49084130550209)

@f [ormular](mailto:ormular.hilfe@ingolstadt.de) hilfe@ingolstadt.de

Monday 08:00 - 15:00

Tuesday 08:00 - 15:00

Wednesday 08:00 am - 11:00 am

💡 Each of these activities brings people together. This creates an exchange that strengthens respect and cohesion. People learn from each other and understand each other better.

Important information on the Internet

There are many sites on the Internet where you can find interesting and important information. For migrants who want to work in Germany. For people seeking protection. There is information on applications, training and finding a job. But also on migration and asylum procedures.

We would like to recommend the following websites:

[Homepage Basic knowledge on asylum](#)

This page provides an overview of various topics relating to life in Germany. They are relevant for refugees and their supporters. You will find a collection of further materials and publications. There is a multilingual section on many of these topics.

For example:

- How does an asylum procedure work?
- What rights apply at work?
- How does vocational training work?
- What childcare options are available for children from refugee families?

💡 The information is available in various languages.

[Portal "Belonging - Integration in Bavaria"](#)

The portal is intended for immigrants, locals and volunteers. This website provides information about living together in Bavaria, contact points and useful links. Here you will find practical examples of integration.

For example:

- Information on living together in Bavaria,
- Contact points for immigrants,
- important terms relating to asylum and integration,
- migration and work.

If you have found any other interesting websites, please let us know:

@i ntegrea t@ingolstadt.de

Trace the Face - DRK Tracing Service

Trace the Face - Suchdienst

Wenn Sie Angehörige auf den Migrationsrouten nach Europa verloren haben, kann Ihnen das Suchinstrument  [Trace the Face](#), eine Online-Fotogalerie von Suchenden, helfen.

 [Suchdienste](#) vom Roten Kreuz, vom Roten Halbmond und das Internationale Komitee vom Roten Kreuz helfen Ihnen:

- Ihre vermissten Familienangehörigen wieder zu finden,
- eine Nachricht von Ihnen an Ihre Familie zu senden oder
- eine Haftbescheinigung für Personen zu erhalten, die inhaftiert wurden.
- Wenn Sie ein Flüchtling sind, können wir Ihnen vielleicht auch dabei helfen, dass Sie wieder mit Ihrer Familie vereint werden.
- Wenn Sie Spätaussiedler sind, können wir Sie und Ihre Familie bei der Aussiedlung nach Deutschland unterstützen.
- Wenn Sie Gewissheit über das Schicksal eines im Zweiten Weltkrieg verschollenen Angehörigen suchen, können wir auf unsere seit 1945 gesammelten Erkenntnisse zurückgreifen.

Tracetheface.org ist derzeit in sieben Sprachen verfügbar: Arabisch, Dari, Englisch, Französisch, Paschtu, Somali und Spanisch. Weitere Sprachen werden folgen.

[Flyer BRK-SD-Counselling Centres E.pdf](#)

[Flyer BRK-SD-Counselling Centres E.pdf](#)

[TracetheFacePosterGermanRC.pdf](#)

Health

General information on health

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

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

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

findings with you.

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

Refugees can find more information here  Medical assistance

General information for migrants and foreigners

Healthcare system in Germany

Important information in different languages

There is a lot of information about health on the Internet.
In many languages, for example Arabic, Kurdish, Persian, English...

1. health guide for asylum seekers

How does health care work?
What do I do if I am ill?
What help can I get?

2. health portal on various topics

Lots of information, for example on

- Contraception
- addiction
- nutrition
- ...

3. visit to the women's doctor

⇒ Film in different languages

4. information on various topics (ethno-medical centre)

Guide to various topics, for example:

- Diabetes
- Vaccination
- Trauma, depression
- Maternal health

5. information for patients on many diseases

- Asthma
- flu

- Dementia
- ...

6. vocabulary in the field of health

- [Take Care project](#) (Weg-Weiser for migrants)
- [Picture-word book](#)

7. [further information in many different languages](#)

- Medication
- Emergency vocabulary
- Medical history forms
- Important telephone numbers
- ...

Other important information

Vaccinations:

The doctor can provide you with information about immunisations.

Many vaccinations are free of charge for you.

You will receive a vaccination card.

The immunisation record contains all the vaccinations you have already had.

The vaccination card is not a passport.

⇒ You and your children should have [these vacc](#)inations (vaccination calendar in different languages).

Pharmacy:

You can get medication at the pharmacy.

Pharmacies have a red "A" above the door.

You have to pay for some medicines, for example

- Nose sprays
- Headache tablets
- For some medicines you don't have to pay anything or pay less:
You need a prescription from a doctor (doctor).
Adults usually have to pay extra money.

⇒ [Here](#) you can find pharmacies in Ingolstadt

Pharmacies are open:

Monday to Friday from 9 am to 6 pm

Saturday from 9 am to 12 pm

Emergency service at night and on Sundays: ⇒ [Pharmacy emergency service in Ingolstadt](#)

[Multilingual guide to the German healthcare system](#)



Gesundheit für alle

Mehrsprachiger Wegweiser durch das deutsche Gesundheitswesen



Wegweiser online

اللغة العربية	Deutsch
English	فارسی
Français	Italiano
Kurdî	زبانى
Polski	Română
Русский	Serb/Kro/Bos
Español	Türkçe
Українська	

Wegweiser bestellen



Wegweiser Download



Emergency

Emergency

An emergency is, for example, an illness or injury.

In an emergency, you need to see a doctor immediately if, for example

- have a very high temperature.
- have broken a bone.
- have a severe haemorrhage.
- cannot breathe.
- have consumed something poisonous.
- are unconscious (= unconscious).

In an emergency, you can always go to the clinic.

The clinic has an emergency room.

In an emergency, call for help (= emergency call):

 **112**

The emergency call **does not cost any money**.

You can call the emergency number with any telephone.

An ambulance can be with you quickly.

Emergency call - what do you need to do?

Stay calm!

Listen carefully!

Answer the questions on the phone!

You must say:

- **Where** is the patient?
- **What** has happened?
- **How** is the patient?

Important telephone numbers for emergencies:

- Police, fire brigade, ambulance, poison emergency call
 - Emergency doctor service, emergency pharmacy service
 - Help for women and children
 - Psychological help
- ⇒ Look at 🌐 ["Help in an emergency"](#)

First aid

You see a person in distress:

Help the person!

You can save lives.

You can take a first aid course.

The course teaches you how to help others in an emergency.

⇒ **Video 1:** What do you need to do in an emergency? 🌐 [First aid](#)

⇒ **Video 2:** 🌐 [First aid](#) in an emergency

⇒ Here you can find 🌐 [first aid courses](#) in Ingolstadt!

Medicines and pharmacies

Medication

If you need medication, you will receive a prescription from your doctor. You can then obtain your medication with the prescription from any pharmacy. Sometimes the medication has to be ordered. They usually arrive within a few hours.

You can only obtain prescription medication (e.g. antibiotics) if the doctor has issued a prescription (e.g. in pink, blue for privately insured persons). Even with a prescription, not all medicines are free of charge. You usually have to pay a co-payment. This also applies to physiotherapy and other treatments. If you have been given a green prescription, you will have to pay for the medication yourself. If you often need medication, talk to your 🌐 [health insurance company](#). You may be exempt from the co-payment.

You can buy prescription-free medication at the pharmacy at any time. You do not need to go to the doctor beforehand. Non-prescription medicines include, for example, many medicines for colds or pain. You can also buy medicines for which you do not need a prescription at the

chemist. They cost less there.

Pharmacies



[Pharmacies \(flyers in 12 languages\)](#) are usually open from Monday to Saturday. The opening hours vary depending on the pharmacy (often 09:00 - 18:00). If you need urgent medication at night or at the weekend, you will find a sign at every pharmacy with the name and address of the pharmacy that is open for emergency service. You usually have to ring the doorbell of the pharmacy on emergency duty and someone will open the door for you.

You can find the pharmacy with emergency service in the city of Ingolstadt  [here](#), throughout Bavaria  [here](#) and throughout Germany  [here](#) (enter postcode or town).

Health insurance

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

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

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

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

Insurance card

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

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

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

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

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

Electronic patient file (ePA)

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

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

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

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

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

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

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

Contents of the ePA:

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

Access rights:

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

Use and accessibility:

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

Legal regulations:

- The introduction of the ePA will initially begin in Hamburg and North Rhine-Westphalia. It will then be available throughout Germany from February 2025.

- Privately insured persons can also use an ePA, although this depends on the insurance company in question.

Advantages:

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

Challenges:

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

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

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

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

Visit to the doctor and hospital

Always take your health insurance card with you when you go to a doctor's surgery or hospital! If you do not speak German well, take friends who speak German or a  [language helper or language mediator](#) with you. It is important that you understand the doctor well. Ask if you do not understand something.

General practitioners and specialists

If you are physically or  [mentally ill](#), go to your family doctor (general practitioner). You can choose the doctor yourself. If possible, make an appointment. The opening hours of doctors' surgeries vary.

General practitioners carry out the most important examinations and are the first point of contact if you are ill. They will prescribe the necessary medication or send you for further specialist examinations.

If necessary, your GP will give you a referral to a specialist (e.g. orthopaedist, urologist, psychologist). These specialists specialise in a particular medical field, can carry out special examinations and take over further treatment. It is good if the family doctor receives all the examination results.

Paediatricians

Children are usually examined by paediatricians. Regular  [check-ups](#) and  [vaccinations](#) at

the paediatrician are important for your child's health and are free of charge.

The check-ups are called U-examinations and are carried out at a specific time. Every child receives a yellow U-booklet with the dates and times. In Bavaria, the U1-U9 examinations are mandatory. You need the U-booklet to enrol in a >>daycare centre. Vaccinations are entered in the vaccination record.

Paediatric practices in the city of Ingolstadt can be found at  [here](#).

Dentists

If you have a toothache, go to a dentist. Dental treatment is covered by health insurance. If a tooth needs to be replaced, you will have to pay a large part yourself. Ask for a cost estimate and talk to your health insurance company.

You can find dental practices in the city of Ingolstadt at  [here](#).

Gynaecologists (gynaecologists)

It is important that women and adolescent women are regularly examined by a gynaecologist. This is called a check-up. This allows diseases to be recognised in good time. You can also discuss the topic of  [contraception](#) there.

You can find gynaecological practices in the city of Ingolstadt at  [here](#).

Men's doctors (urologists)

Men should also see a doctor regularly. Most check-ups are carried out by the family doctor. The urologist specialises in men's diseases. You can also discuss the topic of [contraception](#) there .

You can find men's medical practices in the city of Ingolstadt at  [here](#).

Hospital

You go to hospital if it is an emergency or if you have been admitted. An emergency is when you are in fear for your life, if you are in severe pain and cannot reach a doctor and if you become seriously ill at the weekend. If you are hospitalised, a doctor will send you to hospital.

The costs of hospital treatment, accommodation and food are covered by your health insurance. However, you will have to pay a daily allowance of €10 per day.

 If you have a low income, you may be exempt. Talk to your health insurance company.

Emergency room Klinikum Ingolstadt GmbH

[Levelingstraße 21](#), 85049 Ingolstadt

 [0841/8802750](tel:0841/8802750)

Emergency Department Clinic Dr Maul GmbH

[Östliche Ringstraße 4](#), 85049 Ingolstadt

 [0841/93580](tel:0841/93580)

Medical on-call service

If you need a doctor in the evening or at the weekend and it is not an emergency, you can call here or go to the emergency and on-call practice:

[GO IN-Ärztliche Bereitschaftspraxis Ingolstadt](#)

 The entrance is via the  [emergency department - Levelingstraße](#) at Ingolstadt Hospital

[Krumenauerstr. 25](#)

85049 Ingolstadt

☎ [0841 / 886 99 55](tel:0841_886_99_55)

🕒 Opening hours:

Monday, Tuesday, Thursday 18:00 - 22:00

Wednesday 15:00 - 22:00

Friday 15:00 - 22:00

Saturday, Sundays and public holidays 08:00 - 22:00

GO IN paediatric on-call practice

💡 Treatments take place ONLY in the respective paediatric practice.

Please do not call the office of our GOIN network of doctors.

The addresses and telephone numbers of the paediatric practices on duty can be found in the [table](#) below 🌐.

🕒 Opening hours:

Wednesday 16:00 - 20:00

Saturday, Sundays and public holidays 09:00 - 13:00 15:00 - 20:00

Dental emergency service

You can find a nearby dental practice on emergency duty for toothache at weekends and on public holidays on the website Zahnärztlicher Notdienst Bayern (enter postcode).

🌐 www.notdienst-zahn.de/

🌐 [Dentist search](#)

You don't understand the findings of the doctor's surgery or hospital. 🌐 [Here](#) you will find explanations (German only).

Pharmacy emergency service

Which pharmacy in Ingolstadt is open at the weekend or at night?

Search here: 🌐 [Emergency service pharmacy](#)

Emergency numbers - SOS

An emergency is an acute threat to health. You only contact an emergency doctor or ambulance service in the event of an emergency or an acute health threat.

Emergency contacts

Police ☎ [110](tel:110)

Fire brigade, rescue service ☎ [112](tel:112)

Ambulance, emergency doctor ☎ [112](tel:112)

Poison emergency call Nuremberg [0911/3982451](tel:0911_3982451)

Poison emergency number Munich [089/19240](tel:089_19240)

💡 The emergency numbers on mobile phones always work, even if you have a prepaid card without credit/money!

Also interesting: 📶 [How locating via mobile phone works in an emergency - Send location.](#)

Important information for an emergency call

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

Remain calm. Speak slowly and clearly so that you can be better understood. Do not end the call. The emergency call centre / police will end the call when all important information has been transmitted.

💡 Do not forget your identity card or proof of arrival when you go to hospital! If you are registered with a health insurance company, bring your insurance card with you.

👥 As an asylum seeker, you may only go to hospital without a treatment voucher in an emergency. At the hospital, you must show that you are an asylum seeker with your proof of arrival and the costs will be settled via the Office for Social Affairs.

Counselling centres and offers of help

Here you will find various advice centres for all aspects of health. You can find out what an advice centre is [at](#) 📶 [here](#).

Help with violence and abuse - Are you a woman in need?

Help with violence and abuse:

Are you a woman in need?

As a woman, you can turn to the following centres:

- if you are threatened by violence or
- are a victim of abuse:

Caritas district centre Ingolstadt - Women's refuge

📍 [Jesuitenstr. 1](#)

85049 Ingolstadt

☎ [0841/309 700](#)



[0841/309 799](tel:0841/309 799)

@f rauenhaus@caritas-ingolstadt.de

 [Caritas Women's Refuge](#)

The women's refuge belongs to the Caritas district centre in Ingolstadt, but is not based there. The address of the centre is not given for the protection of the women concerned.

 Available by telephone around the clock (24/7) (including Sundays and public holidays):

 [0841/309-700](tel:0841/309-700)

Emergency telephone contact

The "Violence against women" helpline

Free and anonymous counselling service in 17 languages

 [11 60 16](tel:116016)  00:00 - 24:00 (24/7)

 www.hilf-telefon.de

Are you or others in imminent danger?

Dial the **police emergency number** immediately :  [110](tel:110)

Counselling centres for domestic violence:

Caritas district centre Ingolstadt

Domestic violence intervention centre

 [Jesuitenstraße 1](#)

85049 Ingolstadt

 [0841/309-199](tel:0841/309-199)

@i [nterven](mailto:interventionstelle@caritas-ingolstadt.de) tionsstelle@caritas-ingolstadt.de

Wirbelwind Ingolstadt e.V.

Specialist counselling for sexualised violence

[Am Stein 5](#)

85049 Ingolstadt

 [0841/17353](tel:0841/17353)

@b [eratung](mailto:beratungsstelle@wirbelwind-ingolstadt.de) sstelle@wirbelwind-ingolstadt.de

 [ww.wirb](http://www.wirbelwind-ingolstadt.de) elwind-ingolstadt.de

 Appointments by appointment only

Telephone availability:

Monday

Tuesday 09:00 am - 10:00 am

Wednesday 18:00 - 19:00

Thursday 16:00 - 17:00

Friday 10:00 am - 11:00 am

Social Service of Catholic Women e.V. Ingolstadt

Family and life counselling centre

[Schrannenstr. 1a](#)

85049 Ingolstadt

 [0841/93755-0](tel:0841/93755-0)



[0841/93755-30](tel:0841/93755-30)

@i nfo@skf-ingolstadt.de

**Diakonie Ingolstadt - Counselling for women
Counselling centre**

[Schulstr. 14](#)

85049 Ingolstadt

 [0841/37 08 303](tel:0841/37 08 303)

Monday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 7:00 p.m.

Tuesday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m.

Wednesday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 3:00 p.m.

Thursday 08:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m.

Friday 08:00 - 12:00, 13:00 - 15:00

Counselling centres in case of violence or discrimination

Equal Opportunities Centre - City of Ingolstadt

[Town Hall Square 4](#)

85049 Ingolstadt

 [0841/305-1166](tel:0841/305-1166)



0841 305-1169

@g leichtellungsstelle@ingolstadt.de

Anti-discrimination centre

[Town Hall Square 4](#)

85049 Ingolstadt

 [0841/305-1165](tel:0841/305-1165)

@a ntidiskriminierungsstelle@ingolstadt.de

Help and counselling by phone

Protestant telephone counselling service: [0800/11 10 111](tel:0800/11 10 111) (free of charge)

 Around the clock - 24 hours a day

@or chat: www.telefonseelsorge.de

Catholic telephone counselling service: [0800/11 10 222](tel:0800/11 10 222) (free of charge)

 Around the clock - 24 hours

@or chat: www.telefonseelsorge.de

Muslim counselling hotline (MuTeS)

☎ [030 / 443 50 98 21](tel:030443509821)

🕒 24 hours a day

🌐 [www.mute](http://www.mute.s.de) s.de

The Muslim Pastoral Care Helpline provides counselling and support both in personal conversations and via chat. We speak German, Turkish, Arabic, English, French, Bosnian, Kurdish, Urdu / Hindi, Persian, Bengali, Somali, Moroccan and Indonesian. Other languages on request. Qualified Muslims work here around the clock on a voluntary basis.

Phone Doweria

☎ [030 / 440 30 84 54](tel:030440308454)

🕒 24 hours a day

🌐 [www.diak](http://www.diakonie-portal.de/telefon-doweria) onie-portal.de/telefon-doweria

Telefon Doweria is a Russian-language telephone counselling service run by the Diakonisches Werk Berlin Brandenburg. It is staffed 24 hours a day by trained, voluntary telephone counsellors, many of whom are migrants themselves and some of whom are Jewish.

Weißer Ring - victims' hotline: ☎ [116 006](tel:116006), 🕒 7 a.m. to 10 p.m. (free of charge nationwide)

Office for Youth and Family / General Social Services:

☎ [0841305-45717](tel:084130545717)

Monday 08:00 to 12:30, 13:30 to 16:00

Tuesday 08:00 am to 12:30 pm, 1.30 pm to 4 pm

Wednesday 08:00 a.m. to 12:30 p.m., 1.30 p.m. to 4 p.m.

Thursday 08:00 to 12:30, 13:30 to 17:30

Friday 08:00 to 12:30

On-call service outside opening hours via the police

Counselling hotline for victims of crime:

Police Headquarters Upper Bavaria North: ☎ [0841/9343-1077](tel:084193431077)

Psychiatric crisis service:

Telephone counselling and crisis support

☎ [0800/655 30 00](tel:08006553000) Free of charge

breastcare app

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

The breastcare app

- reminds you to palpate your own breasts with a cycle calendar

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

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

MiMi - With migrants for migrants (MiMi-Bayern)

Do you live in Ingolstadt and come from another country?
Would you like to learn something about the healthcare system in Germany?

MiMi-Bayern offers:

- Free training as a "health pilot" (about 50 hours).
- Migrants give other migrants information on health and illness.

The programme is available in many languages!

Network for Labour and Social Issues NefAS e. V.

[Permoserstrasse 69](#)
85057 Ingolstadt

@ inda-ga.sem@web.de

☎ [0163/3306982](tel:01633306982)

🌐 [With migrants for migrants \(MiMi\) - Intercultural health in Bavaria](#)

MiMi-Bavaria is a project of the Ethno-Medical Centre e.V.

It is funded by the Bavarian State Ministry of Health and Care and MSD SHARP & DOHME GMBH.

Advice centres for people in need of care and their relatives

Advice centres for people in need of care and their relatives

The advice centres provide information and support on all aspects of ageing. The advice centres are for older people, but also for relatives. Care and dementia are often stressful situations for families. You may not be familiar with this type of support from your country of origin. There are many services in Germany. Seek advice and support free of charge. You will receive help in making a decision. In the end, you decide what you want to do.

You will receive advice and support on topics such as

- Dementia and other age-related illnesses,
- care insurance benefits,

- planning and financing home or residential care,
- Financial assistance,
- Contact with authorities,
- severe disability,
- Care and living wills
 - Care means that someone helps you and makes decisions for you when you are no longer able to do so yourself. This can happen, for example, if you are very ill or can no longer think well.
 - A living will is a document on which you write what you want the doctors to do if you are very ill and can no longer speak. For example, you can say whether or not you want to be given artificial respiration. This helps the doctors and your family to know what you want if you can no longer say what you want.

and much more.

Care support centre Ingolstadt



[Fechtgassee 6](#)

85049 Ingolstadt

 [0841 305 500 40](tel:0841_305_500_40)

 flegestuetzpunkt@ingolstadt.de

 www.pfle.gestuetzpunkt-ingolstadt.de

 [Care guide second edition.pdf](#)

Flyer for download

[Care support centre Ingolstadt](#)

[Care support centre Ingolstadt in easy language](#)

Foreign languages

[Flyer in English](#)

[Flyer in Turkish](#)

[Flyer in Russian](#)

[Flyer in Arabic](#)

Care counselling can also be provided in foreign languages by prior appointment. If no person from your own social environment is available to translate, a person will be organised to interpret.

 Opening hours

Monday 09:00 - 12:00, 14:00 - 16:00

Tuesday 09:00 - 12:00, 14:00 - 16:00

Wednesday closed

Thursday 09:00 - 12:00, 14:00 - 18:00

Friday 09:00 - 12:00

Additional counselling services at the care support centre

- Consultation day on the social benefits of the district of Upper Bavaria is every Thursday from 10 a.m. to 12 noon on the topics of integration assistance for people with disabilities and care assistance for people in need of care.
Please make an appointment: ☎ [089-219821057](tel:089-219821057) or via @ beratung-in@bezirk-oberbayern.de
- The specialist centre for caring relatives of the Alzheimer Gesellschaft Ingolstadt e.V. provides advice on the topics of support for caring relatives and dealing with dementia at the care support centre on Tuesdays by appointment between 9 am and 12 noon.
Please make an appointment: ☎ [0841-8817732](tel:0841-8817732) or via @ info@alzheimer-ingolstadt.de
- The EUTB - Ergänzende unabhängige Teilhabeberatung advises every last Thursday of the month between 2 and 5 p.m. on the premises of the Ingolstadt care support centre.
Please make an appointment: ☎ [0841-99476451](tel:0841-99476451) or via @ margit.retzer.eutb@ospe-ev.de
- The Bayerischer Blinden- und Sehbehindertenbund e.V. (Bavarian Association for the Blind and Visually Impaired) offers advice every last Tuesday of the month by appointment between 9 a.m. and 4 p.m. on the premises of the Ingolstadt Care Support Centre.
Please make an appointment: ☎ [089-55988116](tel:089-55988116) or via @ sabine.ruhstorfer@bbsb.org

💡 Further information and advice centres in the city of Ingolstadt can be found at 🌐 [here](#).

The hospice association helps seriously ill and dying people and their relatives on their way out of life. Lectures, seminars and events offer a good opportunity to provide answers to questions about dying, death and mourning. You can also get involved in the hospice association.

Hospice Association Ingolstadt e.V.



[Levelingstr. 102](#)
85049 Ingolstadt

☎ [0841/17111](tel:0841/17111)



[0841/17175](tel:0841/17175)
@ info@hospizverein-in.de
🌐 www.hospizverein-in.de

🕒 Office hours:
Monday - Friday: 09 am to 12 noon

💡 You can reach us by phone at any time in urgent cases.

You can find explanatory videos on **hospice and palliative care** in several languages at 🌐 [here](#).

You can find further information on **advance care directives** at  [here](#).

The Inclusion Officer of the City of Ingolstadt

People with disabilities

☐☐ The Disability Officer of the City of Ingolstadt

☐ Advice for the city

The commissioner helps the city of Ingolstadt.

She pays attention to an important law.

The law is called the Bavarian Disability Equality Act.

It protects people with disabilities.

It ensures equal rights for all.

☐♀ Help for people with disabilities

The representative is a contact person.

People with disabilities can talk to her.

She provides information.

She helps with questions.

She provides support with problems.

♂♂ Commitment to justice

Women and men should have the same rights.

Women with disabilities should not be disadvantaged either.

The representative is committed to this.

She prevents disadvantages.

She also helps when disadvantages already exist.

☐☐ Accessibility is important

Accessibility means:

Everyone can move around easily.

Even in a wheelchair or with a stick.

Accessibility is important in construction.

It is also important in transport.

The commissioner pays attention to this.

☐ Participation in the city

The representative is involved in many issues.

She takes a close look.

Especially when it comes to people with disabilities.

She contributes her own ideas.
She is independent.
Nobody tells her what to do.

▣ Networking and providing information

The representative talks to many people.
She publicises her work.
She brings people together.
This is called: Networking.
It's a better way to help.

🌐 Find out more about support for people with disabilities [here](#).

Die Inklusionsbeauftragte der Stadt Ingolstadt

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

✉ @inklusion@ingolstadt.de

☎ [+49 \(0\) 8413051205](tel:+49(0)8413051205)

🌐 <https://www.ingolstadt.de/Inklusion>

Counselling centres for people with disabilities:

⇒ On the website of the city of Ingolstadt there is a [list of counselling centres](#)

⇒ [Counselling, contacts & offers in Ingolstadt](#)

Doctors of the World - Counselling Centre Munich

Doctors of the World - Advice centre Munich

Information pages in many languages can be found here:

- Flyer "[Sexual health and sexual self-determination, pregnancy and birth, protection against gender-based violence: information for refugees](#)"
- Flyer "[My rights in the asylum procedure, The German healthcare system, Mental health: Information for refugees in Upper Bavaria](#)"

People without health insurance

Not everyone in Germany has health insurance. Many women, men and children have no access to medical care. "Doctors of the World" helps free of charge in Munich, Stuttgart, Hamburg and Berlin.

Migrants & refugees

Millions of people are fleeing worldwide, including many children. "Doctors of the World" helps migrants and refugees in many countries. We offer medical care and counselling.

Victims of crises

Natural disasters and conflicts destroy livelihoods. "Doctors of the World" provides emergency aid and helps with reconstruction.

Women & children

Pregnant women, mothers and children need special protection. Many fall ill because there is no doctor or treatment is too expensive. "Doctors of the World" improves their health and strengthens their rights.

Risk groups

Street children, drug users and day labourers have high health risks. "Doctors of the World" helps with projects worldwide.

Help for patients

In Germany, we offer medical help for people without access to the healthcare system. Examples include "open.med" in Munich, Berlin and Hamburg, as well as "MedMobil" in Stuttgart.

Victims of violence - counselling for refugees

All people in Germany have the right to health. However, new arrivals often have difficulties with the system. They require a certificate from the social welfare office for medical care, which often only covers emergencies.

Refugees often experience violence, including in Bavarian accommodation centres. Language barriers and discrimination make it difficult to access help and make things worse.

"Doctors of the world"

Munich office:

[Landsberger Str. 428](#)

81241 Munich

 [+498945230810](tel:+498945230810)

 [@info@aerztderwelt.org](mailto:info@aerztderwelt.org)

 www.aerztderwelt.org

Medical aid for refugees

What is medical assistance?

In Germany, you have the opportunity to see a doctor if you are ill or have a complaint.

💡 Doctors must be able to speak to you. Please clarify before medical treatment whether you can communicate with the doctor. If not, please take a trusted person with you to translate the treatment.

In exceptional cases, you can apply for the costs of an interpreter to be covered. This must be requested in advance. If necessary, please speak to the [Social Welfare Office](#) in good time (before the appointment).

Which doctor can you see?

If you live in the ANKER centre

Please go to the camp doctor. This is located on the grounds of the ANKER facility. You can make an appointment there. Your local accommodation manager will be able to help you.

The camp doctor will decide whether you need to see a specialist. In this case, your local accommodation management will help you to make an appointment.

Important: If you make an appointment with a specialist yourself, you must always

- a referral from the camp doctor **and**
- a health treatment voucher from the Office for Social Affairs.

Without these documents, you will not usually be treated at the practice. Therefore, please always contact the camp doctor and the counsellors at the ANKER Centre first.

If you live in decentralised refugee accommodation, in shared accommodation or privately

If you do not yet have a health insurance card: You must apply for a health treatment voucher at the Social Welfare Office.

You can go to these doctors with the health treatment voucher

- General practitioner
 - Gynaecologist
 - Paediatrician
 - dentist
 - ophthalmologist
1. To do this, you must make an appointment with a doctor of your choice in the Ingolstadt city area.
 2. Then inform the Social Welfare Office of your appointment in good time.
 3. The Social Welfare Office will examine your case and then issue a health treatment voucher.
 - You can do this in person on site or by e-mail, see "[How to contact us](#)".

💡 You are not allowed to see another specialist doctor with this.

💡 You may only see another specialist if the above-mentioned doctors issue you with a corresponding referral.

How do you get a health insurance card?

Under certain conditions, you can obtain a health insurance card after 18 months. The Social Welfare Office will check the requirements for this without being asked, see [§ 2 AsylbLG](#).

Medical aids, therapies and operations

Sometimes people need medical aids, for example

- a wheelchair,
- a corset,
- therapy, e.g. physiotherapy
- an operation, e.g. for a broken bone.

The doctor must issue a prescription for medical aids and therapies. For an operation, the doctor must write a doctor's letter explaining the diagnosis and your need.

If you do not yet have a health insurance card, an **application** must be submitted to the **Social Welfare Office** with this prescription/doctor's letter.

The Social Welfare Office will check whether the requested treatment is eligible for cover and will usually contact your doctor directly. You will often also be asked to obtain a cost estimate or to consult an expert.

💡 In the event of illness, the Social Welfare Office can only cover the costs that are absolutely necessary

- to treat acute illnesses and painful conditions or
- to prevent significant damage to health or
- to avert danger to the general public.

Pregnancy and birth - counselling, support, help

What needs to be considered during pregnancy and birth?

Pregnancy

- Are you pregnant?
- Are you having a baby?
- Take a pregnancy test!
- You can buy a pregnancy test in a pharmacy or drugstore.

Gynaecologist

- Go to the gynaecologist:
- The gynaecologist takes care of you and your child.
- ⇒ **You can search for gynaecologists in Ingolstadt [here!](#)**

Mother's passport

- You will receive a mum's passport:
- The mother's passport contains the results of the examinations.
- **The mum's passport is important!**
- You must always take your Mutter-Pass with you to the gynaecologist.
- The maternity passport is not an identity card.

💡 **Please go for regular check-ups!**

Health insurance

- The **health insurance fund pays for** pregnancy **examinations**.
- Go for regular check-ups!
- Do you have any questions?
- Ask your gynaecologist.
- He will help you.
- ⇒ **There is also lots of information on the internet in many languages.**

💡 Information on 🌐 [health insurance](#) here in the app.

Midwife

- **The health insurance also pays for counselling from a midwife.**
- The midwife can come to your home.
- Before the birth and after the birth of the baby.
- How can the midwife help you?
- ⇒ Information about the work of midwives

💡 Do you urgently need a midwife, but can't find one who has time for you and your baby?

You can get help here:

📍 Midwife Centre Ingolstadt

Stinnessstraße 6

85057 Ingolstadt

☎ [0841/12127494](tel:084112127494)

Consultation hours: Mon. to Fri. from 9 to 11 a.m.

@h [ebammen](mailto:ebammen@igelter.de) zentrale@igelter.de

🌐 www.hebammenzentrale-igelter.de

🚑 **Please note: In the event of a medical emergency, please call the emergency services immediately on 112.**

🚑 **You can also get medical help from the nearest clinic, gynaecological practices or the medical on-call service on 116 117.**

Looking for more advice?

⇒ Have a look at "[Who can help me? Advice on health and illness](#)".

- Help telephone "Pregnant and many questions": [0800 4040020](tel:08004040020)
- Link: "[Pregnant and many questions](#)" in many languages Federal Ministry for Family Affairs, Senior Citizens, Women and Youth
- Link: [Information on pregnancy and birth in many languages](#)
- [Your ammely midwife video counselling](#)

Support from family midwives

You can ask the midwife questions:

- How do I feed the baby?
- What can I do if it cries?
- You can weigh your baby.
- **When?** Every Tuesday from 3 to 4 pm (not during the summer holidays)
- **Where?** South neighbourhood project, Lore-Kullmer-Str. 161, 93053 Regensburg

Information and contact person:

 [Sozialdienst katholischer Frauen e. V. Ingolstadt](#)

 [Midwife home visit service of the midwife centre](#)

 [Coordination centre for early childhood \(KoKi\)](#)

Birth

The baby is born:

Clinic / Hospital

There is a special maternity clinic in Ingolstadt:

[MutterKindZentrum Klinikum Ingolstadt](#)

Consultation hours: Mon - Thu: 08:00 to 16:00, Fri: 8-13.30

 [0841/880-2501](tel:08418802501)

 [0841/880-2509](tel:08418802509)

 [@hospital-ingolstadt](mailto:hospital-ingolstadt)

Registration for pre-inpatient consultation hours

 [0841/880-2502](tel:08418802502)

Registration for birth

 [0841/880-2532](tel:08418802532)

 [@geburt@klinikum-ingolstadt.de](mailto:geburt@klinikum-ingolstadt.de)

 Emergency patients:

You can reach the Clinic for Acute and Emergency Medicine around the clock on 0841 880 - 2750.

Ingolstadt Birth Centre

Gerolfinger Str. 78

85049 Ingolstadt

☎ 0841/99 37 900

🏠 0841/993 79 01

@i [nfo@geb](mailto:nfo@geburtshaus-ingolstadt.de) urtshaus-ingolstadt.de



www.geburtshaus-ingolstadt.de

The Ingolstadt Birth Centre is a place where women and couples receive holistic and comprehensive care according to their personal wishes before, during and after the birth. Whether your desired birth is to take place in the birth centre, at home or in the clinic, we are at your side.

Midwives and women from other professions work here to strengthen women's confidence in their ability to give birth independently and are ready to support them with their professional expertise.

At home

- You can also have your baby at home.
- ⇒ Ask your gynaecologist.

Birth certificate

What is the birth certificate?

The birth certificate is an **important document**.

You must keep the birth certificate.

The birth certificate says:

- What is the child's name?
- Where was the child born?
- When was the child born?
- Who is the mother?
- Who is the father?

How do you get the birth certificate?

After the birth you must fill in a form.

The form is called: Birth announcement.

You fill in the birth registration form at the hospital or birth centre.

The birth registration form contains

- First name of the child

- Surname of the child
- Much more information about the child and the parents

Important:

- **Mother and father** must sign the birth registration.
- The birth certificate costs €10.

What documents do I need to take with me?

Passport

- **or** residence permit
- **or** fiction certificate
- **or** toleration
- Birth certificate of mother
- Birth certificate of father
- German translation of the birth certificate of mother and father

If you are married:

- Marriage certificate
- German translation of the marriage certificate

I don't have a marriage certificate or birth certificate!

- You do not have all the documents?
- The hospital will **NOT** give you a birth certificate.
- You have to go to the registry office.
- Call and make an appointment at the [registry office](#).

⇒ **Look here for more information.**

Counselling

⇒ **You can find pregnancy counselling services in Ingolstadt [at](http://www.ingolstadt.de/Schwangerenberatung) www.ingolstadt.de/Schwangerenberatung.**

General information on pregnancy and birth

Pregnancy and birth

Pregnant women in Germany enjoy special protection.

They are allowed to seek counselling. You will be cared for by a doctor.

And the state will support you with new purchases for the child.

Take a pregnancy test!
You can buy a pregnancy test here:

[Pharmacies in Ingolstadt | aponet.de](#)

[Drugstores Ingolstadt \(Yellow Pages\)](#)

If you are pregnant, you must first go to a gynaecologist. Here you can search
<https://arztsuche.116117.de/>.

Have the check-ups carried out there.

You will then receive a maternity pass. The [maternity pass](#) is a document containing important information about your pregnancy. It also contains information about your health. And that of your child.

💡 Always take your maternity record with you in case of emergencies.

Further links on the topic of child and youth health on the [website of the city of IN](#).

From pregnancy to the first weeks with the baby:

Here you will find important information about [pregnancy and birth](#).

Where you can find advice and help and what you need for the newborn:

Before the birth

Pregnancy counselling

Naming

Midwife centre Ingolstadt

Midwife centre Ingolstadt

Recognition of paternity and custody

After the birth

Birth registration

Family benefits

Child support

Midwife

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

🌐 [Website Midwives Association](#)

🌐 [Community of midwives Ingolstadt](#)

Delivery and aftercare

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

In Ingolstadt, [the Mother and Child Centre](#) and the [Ingolstadt Birth Centre - Centre for self-determined birth](#) are modern facilities available at the [hospital](#).

Notification to the registry office

Newborn children must be reported to the [Ingolstadt registry office](#) and, if applicable, to the accommodation management. The maternity clinic will register the birth with the registry office. There you will receive the (provisional) birth certificate for your child together with your identity card, the birth certificate from the clinic and, if available, your marriage certificate.

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

👤 If you live in shared accommodation, please give your accommodation manager a copy of the birth certificate so that your child can be registered.

Paediatrician

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

You can find paediatricians in Ingolstadt here: Enter "paediatrician". 🌐
<https://arztsuche.116117.de>

The "yellow" paediatric examination booklet - [practical questions](#).

By entering the date of birth, you can use this calculator to determine all examination dates from U1 to U9 and J1 for your child and print them out as a PDF:
<https://www.kindergesundheit-info.de>

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

Contacts for pregnancy counselling and pregnancy conflict counselling

💡 Important for you - support and counselling during pregnancy

Pregnancy counselling centre

As parents-to-be, you can get answers and support at our pregnancy counselling centre. The counselling is free of charge and is there to help you if you have any questions or concerns. It covers many topics that may be important to you, such as

- Desire to have a child: if you would like to have a child or have questions about preparation, we are here for you.
- Feelings and worries during pregnancy: Some expectant mothers have worries or feel insecure. Even after the birth, there are sometimes stressful feelings. We help you to talk

about them.

- Grief and loss: Unfortunately, there are sometimes sad events such as a miscarriage or the loss of a child. We accompany you through this difficult time.
- Financial support: We will show you where you can get financial help, especially from foundations and other organisations.
- Questions about family planning and contraception: If you would like to know how to plan or prevent a pregnancy, we will be happy to advise you.
- Partnership and sexuality: Pregnancy and birth can change your partnership and sexuality. We can talk to you about these topics if you wish.

Pregnancy conflict counselling

If you have an unplanned pregnancy and don't feel sure how to decide, we can help you with pregnancy conflict counselling. The aim of this counselling is to help you make your decision without exerting pressure. You alone decide whether or not to continue with the pregnancy.

In Germany, abortion is permitted under certain conditions. If you decide to do so and require a certificate for a non-punishable abortion, you will receive this after the counselling session, as stipulated in Section 219 of the German Criminal Code.

Even if your partner is unsure or does not know how to deal with the situation, they can come to the counselling session. We will also clarify questions about the costs of an abortion and whether these are covered by an organisation.

Comprehensive support during pregnancy

Being pregnant means experiencing a special time. Many women are joyful and hopeful, but sometimes also uncertain or anxious. In our pregnancy counselling we offer you

- Personal counselling: Everyone has the right to personal and confidential counselling that addresses their specific questions.
- Legal and financial questions: We provide you with information on maternity protection, parental leave, parental allowance and child benefit. We will also help you if you need to deal with authorities and offices.
- Financial support: If you wish, we can arrange help with baby equipment and more, for example via the "Landesstiftung Hilfe für Mutter und Kind".
- Support during changes and crises: Pregnancy can sometimes bring uncertainties or difficulties. We offer counselling if you find yourself in a crisis due to pregnancy or parenthood.
- Follow-up support: Even after the birth, we are at your side until the child is three years old if you need support.
- Prenatal diagnostics and counselling: If you are planning prenatal examinations, we will advise you on the psychological and social issues that may arise.
- Confidential birth: If you would like to keep your pregnancy and birth anonymous, we offer you the option of planning a confidential birth.

All counselling services at a glance

Our counselling sessions are free of charge and strictly confidential. All people, regardless of religion or origin, can take advantage of these services. We also offer anonymous counselling on request.

👥 State-recognised advice centre for pregnancy issues
in the public health department



[Esplanade 29](#)

85049 Ingolstadt

☎ [+49 \(0\) 8413051452](tel:+4908413051452)

@s [chwange](mailto:chwange@ingolstadt.de) renberatung@ingolstadt.de

🌐w [www.ingo](http://www.ingo-istadt.de/Schwangerenberatung) lstadt.de/Schwangerenberatung

👥 Pro Familia Ingolstadt

Counselling on sexuality, pregnancy or partnership

📍 [Holzmarkt 2](#)

85049 Ingolstadt

☎ [+49 \(0\) 8413792890](tel:+4908413792890)

@i [ngolsta](mailto:ngolstadt@profamilia.de) dt@profamilia.de

🌐w [www.prof](http://www.profamilia.de/angebote-vor-ort/bayern/ingolstadt) amilia.de/angebote-vor-ort/bayern/ingolstadt

👥 Catholic counselling centre for pregnancy issues

SkF e.V. Ingolstadt

📍 [Schrannenstraße 1 a](#)

85049 Ingolstadt

☎ [+49 \(0\) 8419375560](tel:+4908419375560)

@s [chwange](mailto:chwange@skf-ingolstadt.de) renberatung@skf-ingolstadt.de

🌐w [www.skf-](http://www.skf-ingolstadt.de/Schwangerschaftsberatung) ingolstadt.de/Schwangerschaftsberatung

👥 State-recognised pregnancy counselling (SSB) of Diakonie Ingolstadt

-Women's counselling

📍 [Schulstraße 14](#)

85049 Ingolstadt

☎ [+49 \(0\) 8413708303](tel:+4908413708303)

@i [nfo@fra](mailto:nfo@frauenberaten-in.de) uenberaten-in.de

🌐w [www.frau](http://www.frauenberaten-in.de) enberaten-in.de

Contraception and family planning

Family planning/contraception

If you

- Do not want to get pregnant
- want to protect yourself from sexually transmitted diseases

you must use a contraceptive during sex. For example, condoms.

There are many different contraceptives. Some cost more money than others. The contraceptives work differently. Find out more! If you are not sure which contraceptive is right for you, ask a doctor.

You can find information on contraception in many languages [here](#)

ATTENTION:

Only condoms can protect you from AIDS and other diseases!

No contraceptive is 100% safe!

Costs for contraception

For women under the age of 23, your health insurance will pay for contraception. You only have to pay a small amount yourself.

If you have little money, the city of Ingolstadt can cover the costs of contraception. You must submit an application to the social welfare office.



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

Children's health

Health insurance for children

Health insurance for your child normally costs **no** money: "family-insured".

Your child will receive an insurance card.

You must take your child's insurance card with you to the doctor.

You do not have to pay any money for your child at the doctor.

Paediatrician

There are special doctors for children: paediatricians (doctors for paediatrics).

They know all about children's health.

Choose a paediatrician for your child.

⇒ [Here](#) you can find paediatricians in Ingolstadt

U-examinations (= paediatric check-ups)

You must take your child to the doctor regularly.
The U-examination is good for your child's health.
The health insurance company pays for the U-examinations.
You will receive an examination booklet (yellow).
Take the examination booklet with you to the examinations!

What are the U-examinations?

You must make an appointment with the doctor for your child's U-examination.
The doctor will examine

- Mobility
- dexterity
- Speech and comprehension
- social behaviour

He advises on various topics:

- Vaccinations
- Accident prevention
- Dental health
- nutrition
- other problems and concerns you have about your child's development

Important: the examination must be carried out at a specific time!

⇒ [Here](#) you can see when your child needs to be examined.

The U examinations are early detection examinations.

This means that if your child is ill, the illness can be detected and treated **early**.

The doctor checks whether your child is developing properly (for example: how well can he or she speak?)

Your child can be supported and encouraged.

Vaccination

The paediatrician can vaccinate your child.

(Vaccination = protection against a disease)

Ask the paediatrician.

The health insurance fund pays for vaccinations for children.

⇒ [Recommended vaccinations](#) for children

My child is traumatised, what can I do?

⇒ Here you can find important information for parents  [Trauma and mental health](#)

Trauma, acute crises and psychological stress

Flight and migration happen when people have to flee from war and violence. This puts them in very difficult situations. Many people suffer the consequences for the rest of their lives. Some only receive help at a late stage. Trauma support is not therapy. But it can help people to live

with the consequences of trauma.

There are brochures designed to help people. These are for people who have experienced unbearable situations. Some are for people who look after affected children or young people. Others are for adults who are affected themselves. These brochures are designed to help people cope better with everyday life after such events. They provide practical tips and advice on how to cope better in the new situation.

Here is some helpful information and contacts for trauma support. Especially for refugees and other affected persons:

General information and help

[Help for traumatised refugees](#)

- Information in various languages.
- Tips for self-help.

[Psychotherapy online](#)

- The "Ilajnafsy" programme offers psychological support via the Internet.
- Especially for people from the Arabic-speaking world.
- For people suffering from depression and trauma.
- It is available in English, German and Arabic.

[Trauma picture book](#)

- Is available in many languages.
- Helps children to understand their experiences.

[Help for traumatised children](#)

- Tips for parents on how to help their children.

 [Brochures](#) from Unfallkasse Berlin on the subject of "Trauma - what to do?", also available in several languages.

- Information for relatives and helpers of traumatised children and young people: Describes the behaviour of traumatised children and young people. Gives tips on how to deal with them.
- Information for acutely affected adults and their relatives: A brochure on coping with everyday life after a traumatic event.

[Parents' guide for refugees](#)

- How do traumatised children behave depending on their age?
- And how can parents react correctly?

Here you can also find contacts for telephone counselling and crisis support.

Psychiatric crisis service:

Telephone counselling and crisis support

 [+49 \(0\) 8006553000](tel:+49(0)8006553000) free of charge

Danuvius Clinic Ingolstadt
Trauma outpatient clinic



[Preysingstraße 3-5](#)

85049 Ingolstadt

 [+49 \(0\) 8419339800](tel:+49(0)8419339800)

Ingolstadt Hospital
Trauma outpatient clinic



[Krumenauerstr. 25](#)

85049 Ingolstadt

 [+49 \(0\) 8418800](tel:+49(0)8418800) / [+49 \(0\) 8418802205](tel:+49(0)8418802205)

Hospice and palliative care

[Here](#) you will find a video explaining hospice and palliative care in Germany. The video is available in many languages.

In this [guide](#) you will find information and an overview of services in many languages.

Ingolstadt offers various services for seriously ill and dying people. So you can spend your last days as well as possible.

Clinics

We care for terminally ill people in hospitals. This is provided by special teams. In some cases, there are also special wards. Symptoms, such as pain, are alleviated there.

Palliative care ward at Ingolstadt Hospital

[Krumenauerstraße 25](#)

85049 Ingolstadt

Contact:  [0841/880-0](tel:0841/880-0)

 [0841/880-4860](tel:0841/880-4860)



[0841/880-4869](tel:0841/880-4869)

@p [alliativ](mailto:alliativ@klinikum-ingolstadt.de) v@klinikum-ingolstadt.de

Emergency patients:

Around the clock via our emergency clinic - access via [Levelingstraße 21](#)

Consultation hours:

The palliative care unit is available for you 24 hours a day

Hospice

A seriously ill person can be admitted to a hospice during the last period of their life. If they do not need to be hospitalised, but cannot stay at home either. In Ingolstadt there is the Elisabeth Hospice.

Elisabeth Hospiz Ingolstadt gGmbH

[Unterer Graben 26b](#)

85049 Ingolstadt

 [08 41/88 55 56 - 10](tel:084188555610)



[08 41\) 88 55 56 - 66](tel:084188555666)

@i nfo@hos piz-ingolstadt.de

Hospice Association

Volunteer hospice carers can help. They are specially trained and visit sick people at home. This is organised by the Ingolstadt Hospice Association:

Hospizverein Ingolstadt e.V.

[Levelingstr. 102](#)

85049 Ingolstadt

 [0841/17111](tel:084117111)



[0841/17175](tel:084117175)

@i nfo@hos pizverein-in.de

Office hours:

Monday - Friday: 09:00 to 12:00

You can reach us by telephone at any time in urgent cases.

Specialised outpatient palliative care (SAPV)

If a dying person has severe and complicated complaints, the SAPV team can support the family doctor. A carer acts as a guide together with the SAPV doctors to look after patients at home. The team also includes a counsellor, a respiratory therapist and a social worker. The statutory health insurance funds pay for this service. The family doctor makes the contact.

SAPV Region 10 GmbH

Am Pulverl 7
85051 Ingolstadt

☎ [0841/8857680](tel:0841/8857680)

@ info@sapv-region10.de

🌐 www.sapv-region10.de

Family guide for people with disabilities

The family guide

🌐 www.familienratgeber.de

Aktion Mensch publishes a family guide. The family guide is aimed at people with disabilities. And their families. It provides information and addresses. There is also a website. There you will find important information about living with a disability.

This information is available in simple and easy-to-understand German:

- Pregnancy and birth,
- from school
- about work,
- leisure time,
- accessibility,
- rights,
- housing,
- counselling,
- health and care insurance and much more.

Infectious diseases Hygiene Protection

Germs and hygiene: important information

There are germs everywhere, such as bacteria, viruses and fungi. Many of them live in and on our bodies. Most germs are harmless. Some even support our health. However, other germs can cause diseases. People can become infected with pathogens. These pass from one person to another via hands, objects or through direct contact. Simple hygiene measures protect you and others from infection.

Wash your hands regularly - it helps! Many pathogens are spread when coughing and sneezing. Germs can also be passed on after using the toilet. Simple steps can keep toilets clean. Food that is contaminated with germs can cause illness. You can reduce harmful germs with good hygiene at home. If you pet animals - whether at home or in a petting zoo - follow the hygiene rules.

You will find up-to-date information in various languages on these pages:

- [Hygiene tips](#)
- [Information about infectious diseases](#)

- [Fact sheets on important diseases](#)

There is also plenty of information on the coronavirus pandemic:

- [Everything about the coronavirus \(SARS-CoV-2\)](#)
- [Current developments on the pandemic](#)

Information can also be found on the [website](#) of the Ingolstadt City Health Department.

Gesundheitsamt | Infektionsschutz

📍 [Esplanade 29, 85049 Ingolstadt](#)

@gesundheitsamt@ingolstadt.de

☎ [+49 \(0\) 8413051461](tel:+49(0)8413051461)

🌐 <https://www.ingolstadt.de/Infektionsschutz>

Bavarian HIV test weeks

The Bavaria-wide HIV testing weeks will take place from 2 November to 30 November 2024.

The health authorities, AIDS counselling centres and AIDS service organisations are offering HIV testing weeks under the motto "Test now".

💡 Counselling is anonymous, confidential and competent.

Outside of the Bavarian HIV testing week, you can also be tested for HIV free of charge and anonymously at the public health department during opening hours.

The opening hours of the public health department are

Monday and Tuesday: 8.00 am - 12.30 pm and 1.30 pm - 4.00 pm

Wednesday: 8.00 a.m. -12.30 p.m.

Thursday: 8.00 am - 12.30 pm and 1.30 pm - 5.30 pm

Friday: 8.00 am -12.30 pm

💡 You can also find out more about free and anonymous HIV testing on the website of the Ingolstadt Health Department [Infection Protection & Travel Medicine \(ingolstadt.de\)](#) and on the website www.testjetzt.de.

Attention: Ticks in Ingolstadt

Tick bites are anything but harmless. Ticks can transmit pathogens. They are active from spring to late autumn.

Ticks can transmit tick-borne **encephalitis (TBE)** and **Lyme disease**.



Lyme borreliosis (Lyme disease)

Lyme disease is a bacterial infection. There is no vaccination. The disease is easily treatable with antibiotics. Lyme disease can develop throughout Germany after a tick bite. In Bavaria, Lyme disease is a notifiable disease.

You can find more information on the [website of the Bavarian State Office for Health and Food Safety](#).



TBE risk area Ingolstadt

Ingolstadt is part of a TBE risk area. This means that there are many ticks here that can transmit the TBE virus.

What is TBE?

TBE is a disease. The long name is tick-borne encephalitis. It is an inflammation of the brain or nerves. The disease can be serious. You can get severe headaches, fever or even paralysis.

How do you get TBE?

TBE is contracted through a tick bite. Not every tick has the virus - but some do. If a tick with TBE virus bites you, you can become ill.

How can I protect myself?

Going out into nature is great - but you should be careful:

- Wear sturdy clothing: long trousers, socks and closed shoes.
- Use tick repellent on your skin and clothing.
- Check your body after the walk - especially children.
- If you have a dog, check your dog too.
- If you find a tick: Remove it immediately!

Is there a vaccination?

Yes, there is a vaccination against TBE. The vaccination provides good protection against the disease.

- The vaccination consists of three injections.
- Two injections are given a few weeks apart.
- The third injection is given after a few months.
- You are then protected for several years.
- You can have the vaccination done by your GP.
- Health insurance usually pays for the vaccination - especially in risk areas such as Ingolstadt.

 [More information on the website of the Robert Koch Institute \(RKI\).](#)

 You can find more information on the [website](#) of [the Bavarian State Office for Health and Food Safety](#).

💡 You can find this brochure on the website of the Federal Institute of Public Health

impfen-info.de
Wissen, was schützt.

FSME Risikogebiete
Lassen Sie sich rechtzeitig gegen FSME impfen

Was ist FSME?
Die „Frühsummer-Meningoencephalitis“ (FSME) wird durch Viren verursacht, die vor allem durch Zeckenstiche übertragen werden. Bei schweren Verläufen (häufiger bei Erwachsenen) können sich Gehirn, Gehirnhaut und/oder Rückenmark entzünden.

FSME-Impfung: Für wen?
Die Ständige Impfkommission (STIKO) empfiehlt den Impfschutz allen, die in FSME-Risikogebieten durch Aufenthalt im Freien mit Zecken in Kontakt kommen können.
Sprechen Sie mit Ihrer Ärztin oder Ihrem Arzt über das Ansteckungsrisiko und die FSME-Impfung.

Schutz vor Zeckenstichen
Zecken können überall in Deutschland zudem die sogenannte Borreliose übertragen, gegen die es keine Impfung gibt. Daher ist es wichtig, sich bei Aufenthalt in der Natur zusätzlich vor Zecken zu schützen (z. B. geschlossene Schuhe, lange Hose, zeckenabweisende Mittel). Im Anschluss sollten Körper und Kleidung sorgfältig abgesucht und Zecken schnell entfernt werden.

Weitere Informationen zur FSME finden Sie unter: www.impfen-info.de

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BZgA Bundeszentrale für gesundheitliche Aufklärung

Self-help groups in Ingolstadt

Self-help groups in Ingolstadt

There are many self-help groups in Ingolstadt. People with similar problems or illnesses meet there. They talk about their experiences and help each other.

What are the benefits of a self-help group?

- You get to know people who have similar worries.

- You get tips from those affected.
- You don't feel alone.
- You exchange ideas regularly.
- You gain new strength for everyday life.

💡 A self-help group is no substitute for therapy. But it can help you to cope better with the situation.

Where can I find a self-help group?

- [KISS Ingolstadt](#): This organisation provides information about groups and helps you to set one up.
- [Ingolstadt health authority](#): There are lists of groups in the region.
- Doctors and hospitals: They often have information on suitable groups.

💡 If you are looking for help, get [in touch](#). Sharing experiences with others can give you courage.

Special features in the event of an accident at work

Reporting an accident at work

If an accident at work results in someone being unable to work for more than three days, this must be reported to the relevant employers' liability insurance association or accident insurance fund. The company takes care of the notification. With many employers' liability insurance associations, the accident can be reported online. The doctor writes a report and forwards it to the accident insurance organisation.

After an accident at work: see a transit doctor!

Accident insurance physicians treat injuries caused by an accident at work. You must consult a general practitioner if the injury means that you are unable to work for longer than the day of the accident. Even if the treatment lasts longer than a week or if remedies have to be prescribed, a visit to the accident doctor is necessary. This also applies if you become ill again due to the consequences of the accident.

In the case of minor injuries, the accident insurance consultant will refer the patient to the family doctor. The transit doctor monitors the healing process and can set appointments for follow-up examinations.

In the case of injuries to the eyes, throat, nose or ears, you can also consult a specialist directly or be referred by the transit doctor.

Finding a transit doctor

All employees are insured against accidents at work. The insurance cover also applies to the journey to and from work. Occupational illnesses are also covered by the employers' liability insurance association. It pays the costs of medical care, treatment and rehabilitation. In the case of temporary work, the employers' liability insurance association of the company is responsible, usually the administrative employers' liability insurance association.

What to do in the event of an accident at work?

If you have any questions or in the event of an accident at work, please contact:

 [Behaviour in the event of an accident at work](#)

Southeast regional association

 [Fockensteinstraße 1](#), 81539 Munich

 [030 13001 5800](#)

 v-suedo_st@dguv.de

 [German Social Accident Insurance](#)

Advice centres on health care proxy / care directive / legal care

Do you need help because you or your relatives can no longer take care of things yourself?

This may be due to an illness or disability. Then you may need a legal carer. A court appoints this carer. This can also be a family member.

You can also make your own plans.

You give a power of attorney to a person you choose. This power of attorney applies if you can no longer make decisions yourself.

The care centres will help you with these questions:

- When do you need a carer?
- How does a carer do their job properly?
- How do you write a health care proxy?
- What should be included in a living will?

The care centres will also confirm your signature on your powers of attorney.

The staff will come to you when you make an appointment. They will come to your home, hospital or care home.

You can find the care centre here:

Office for Social Affairs - Care Centre

 [Auf der Schanz 39](#)

85049 Ingolstadt

Telephone: [+49 \(0\) 84130550220](#)

E-mail: betreuungsstelle@ingolstadt.de

Internet: www.ingolstadt.de/Rechtliche-Betreuung

Guardianship associations offer additional help

Guardianship associations provide advice on powers of attorney, guardianship and living wills. They help carers, authorised representatives and those affected. They offer courses for new and

experienced carers.

You can find the carers' associations here:

Caritas counselling association

📍 [Jesuitenstraße 1](#)

85049 Ingolstadt

Telephone: [+49 \(0\) 841309189](#), [+49 \(0\) 841309124](#)

E-mail: vereinsbetreuung@caritas-ingolstadt.de

Internet: www.caritas-kreisstellen.de/ingolstadt

Support organisation SKF - Social Service of Catholic Women

📍 [Schrannenstraße 1a](#)

85049 Ingolstadt

Phone: [+49 \(0\) 841937550](#)

E-mail: info@skf-ingolstadt.de

Internet: www.skf-ingolstadt.de

Healthcare proxy or power of attorney / care directive

Difference between health care proxy and guardianship

- A health care proxy does not require a court. The authorised representative acts on behalf of the person concerned if they can no longer act for themselves. As a rule, the court does not examine the suitability or the decisions of the authorised representative.
- This is different with a power of attorney for care. The court checks the suitability of the carer. The carer needs the court's approval for important decisions. The court can also appoint another carer if necessary.

Advantages and disadvantages of the care directive

Advantages:

- You decide who makes decisions for you.
- You can appoint several people.
- The directive can be revoked at any time.
- The court can appoint a person of your choice.
- The court's control limits abuse.

Disadvantages:

- The court is involved.
- The procedure takes longer to become valid.
- There is control by the court.
- Limited control over your own assets, especially in the case of spouses.

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

Specialist Centre for Care and Disability Facilities - Quality Development and Supervision (FQA)

The Specialist Centre for Care and Disability Facilities - Quality Development and Supervision (FQA) in Bavaria has important tasks.

These tasks help to ensure that care and disability facilities work well and that people are well looked after there.

Carry out inspections:

The FQA regularly visits care and disability facilities. During these visits, they check whether everything is going well. For example, they check whether the residents are being well looked after and whether the rules are being adhered to.

Offering advice:

The FQA gives tips and advice to the facilities. This helps the facilities to improve their work. For example, they explain how to organise care better or how to train staff well.

Ensuring quality:

The FQA makes sure that the quality in the facilities remains good or improves. They check whether the carers are well trained and whether the facilities have enough staff.

Dealing with complaints:

If residents or their families are not satisfied, they can complain to the FQA. The FQA then investigates the complaints and helps to find solutions.

Protecting residents:

The FQA ensures that residents are safe in the facilities. They make sure that no one is treated badly and that residents' rights are respected.

The FQA therefore works to ensure that people in care and disability facilities are well. It inspects, advises, ensures quality, deals with complaints and protects residents. The FQA does all of this in Bavaria.

💡 You can find more information about care places in Ingolstadt [here](#).

Fachstelle Pflege- und Behinderteneinrichtungen - Qualitätsentwicklung und Aufsicht (FQA) | Heimaufsicht

📍 [Esplanade 29, 85049 Ingolstadt](#)

✉️ [@fqa@ingolstadt.de](mailto:fqa@ingolstadt.de)

☎️ [+49 \(0\) 8413052507](tel:+4908413052507)

🌐 <https://www.ingolstadt.de/Rathaus/Verwaltung-Bete...>

💡 Appointments by appointment only.

Care support centre Ingolstadt

The Ingolstadt care support centre is a place where you can get free advice. Our counsellors will be happy to help you.

Our work is laid down in the [law](#). We must remain silent if you tell us something.

The care support centre in Ingolstadt is supported by various organisations:

- The health and care insurance funds
- The district of Upper Bavaria
- The city of Ingolstadt

You can also download flyers [here](#). These are available in 4 languages and in plain language.

Pflegestützpunkt Ingolstadt | Pflegeberatung

📍 [Fechtgasse 6, 85049 Ingolstadt](#)

✉️ pflegestuetspunkt@ingolstadt.de

☎️ [+49 \(0\) 84130550040](tel:+49(0)84130550040)

🌐 <https://www.pflegestuetspunkt-ingolstadt.de/>

Opening hours

Monday and Tuesday: 09:00 to 12:00, 14:00 to 16:00

Wednesday: closed

Thursday: 09:00 to 12:00, 14:00 to 18:00

Friday: 09:00 to 12:00

Additional counselling at the care support centre:

Consultation day on the social benefits of the district of Upper Bavaria:

- When: Every Thursday from 10:00 am to 12:00 pm
- Topics: Integration assistance for people with disabilities and care assistance for people in need of care
- To make an appointment: [089 219 821 057](tel:089219821057) or beratung-in@bezirk-oberbayern.de

Specialist centre for caring relatives of the Alzheimer Gesellschaft Ingolstadt e.V.:

- When: By appointment only. Tuesdays between 09:00 and 12:00
- Topics: Support for family carers and dealing with dementia
- To make an appointment: [0841-8817732](tel:0841-8817732) or info@alzheimer-ingolstadt.de

Supplementary independent participation counselling (EUTB):

- When: Every last Thursday of the month from 2:00 p.m. to 5:00 p.m.
- Where: At the care support centre in Ingolstadt
- To make an appointment: [0841 994 764 51](tel:0841 994 764 51) or margit.retzer.eutb@ospe-ev.de

Bavarian Association for the Blind and Visually Impaired:

When: By appointment only. Every last Tuesday of the month between 09:00 and 16:00

Where: At the care support centre in Ingolstadt

To make an appointment: [089 559 881 16](tel:089 559 881 16) or sabine.pia@bbsb.org

German language

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

Language level and certificates

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

A1: Beginner

You can understand and use simple words and sentences.

You can introduce yourself and others.

You can ask questions about yourself.

You can answer questions.

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

A2: Basic knowledge

You can understand sentences and frequently used words.

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

B1: Advanced use of language

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

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

B2: Independent use of language

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

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

C1: Specialised language skills

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

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

C2: (Near) native speaker level

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

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

Language level stages: A1, A2, B1, B2, C1 or C2?

Are you looking for a language course? And are you wondering what "A1", "A2", "B1", "B2", "C1" or "C2" means? Then this page will help you.

What does "A1", "A2", "B1", "B2", "C1" or "C2" mean?

The terms "A1", "A2", "B1", "B2", "C1" or "C2" are all levels of language proficiency. This means that each level says something about the level of your language skills. The levels therefore say something about your language skills. They show you: How good your German is.

The language levels apply throughout Europe. They are defined by the Common European Framework of Reference for Languages (CEFR). They form a common basis for language teaching in Europe.

💡 No matter what language level you have: It is important that you practise a lot! The more you practise, the faster your German language skills will improve. Surround yourself with the German language as much as possible:

- Speak German with other people.
- Read texts in German.
- Watch television in German.
- Listen to the radio or podcasts in German.

Is it important to know your own language level?

Yes, definitely! It helps you to improve your German. The language level shows you: Where are your strengths in the German language. And where are your weaknesses in the German language. So you can adapt your learning processes. And improve your German faster.

In addition, a certain language level is often a prerequisite. For example with:

- Public authorities,
- work,
- training or studying.

It is therefore important to know your own language level.

💡 Are you applying for a job, an apprenticeship or an internship? Then state your language level in your application. This is important for the company. It is even better if you can enclose a language certificate.

Proof of language level: language certificates

Proof of language level is often required (e.g. by authorities). This means that you have to show that you have a certain language level. For example, by having attended a corresponding course. Or by obtaining a language certificate.

For a language certificate, you have to take a test. You will be tested on how well you speak German. If you pass the test, you will receive the certificate.

There are various language certificates (e.g. German certificate from the Goethe Institute, the German language diploma or TELC). It is best to seek advice from the [Refugee and Integration Counselling](#) Service.

By the way: There are also language certificates for other languages (e.g. English, French or Spanish).

How is the language level measured?

Language includes:

- Speaking when taking part in a conversation,
- Speaking when speaking coherently on your own,
- Understanding when listening,
- understanding when reading,
- writing

Your language level is measured against these five skills.

💡 Not all five skills have to be at the same level. For example, writing can be at A2 and reading at B1. Are your skills at different levels? Then you can see exactly in which area you can improve.

Language levels A, B and C

The European Framework of Reference for Languages distinguishes between three levels. However, each level is divided into two further levels:

- Basic level (language level A): A1 and A2
- Intermediate level (language level B): B1 and B2
- Upper level (language level C): C1 and C2

When you start learning a new language, you are not automatically at level A1. You also need certain basic skills for A1.

Language level A: Elementary language use

Basic level A is about learning the basics of a language. As you progress, you will be able to communicate in everyday situations.

Language level A1

As a beginner, you are at level A1.

You can express yourself in everyday life in simple language.
Simple language use and communication is possible.

Language level A2

At this level, you have learnt the most important basic skills.

- You can take part in conversations on familiar topics or in familiar situations (e.g. when shopping).
- Simple language use is routine.

Language level B: Independent language use

At this level, general language skills are already quite good. Conversational skills have been achieved. This means that you can take part in conversations independently and without major linguistic problems.

Language level B1

This level is considered advanced language use.

- You can communicate well on familiar topics and personal interests.
- Your language skills are primarily at a more individual level.

Language level B2

At this language level, independent use of the language has been achieved. This means that

- You have a large vocabulary. This enables you to understand more complex statements. And you can reproduce them in your own words.
- You use the language on your own initiative.

Language level C

Level C is the advanced level. This means that you have competent and confident language skills. Your vocabulary is very large. And you are linguistically proficient.

Language level C1

At level C1, you have competent language skills. This means that

- You also understand the implicit meanings of difficult texts and statements. "Implicit" means that sometimes people don't say things. There are subliminal, hidden messages. You can also understand these.
- You use the language spontaneously. So you don't have to pre-formulate or search for words in your head.

Language level C2

C2 is the highest level. Your language skills are almost native-like.

- You understand everything effortlessly.
- You speak spontaneously, accurately, fluently and competently.

Language courses

Anyone can learn German. You can find various courses here.

The best way to learn German is to get out of your flat a lot and talk to Germans.

Initial orientation courses

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

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

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

💡 Contact a migration advice centre or your asylum social counselling service. They will help you to find a suitable course.

Vocational language courses (DeuFöV)

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

At the end of the course you will be able to speak German at level C1. Each of these courses concludes with a certificate examination. In addition to the basic courses, there are various specialised courses with different focuses.

To take part in a job-related German course, you need an authorisation or obligation. You can obtain this either from the job centre or employment agency or by applying to the Federal Office for Migration and Refugees (BAMF).

💡 The prerequisite for participation is a language level of at least B1.

Online language courses and online study

Online language courses

You can learn German on your smartphone or computer (also free of charge). Take advantage of the great offers to learn German quickly and make good use of the waiting time for a language course. These offers can also be useful during a language course. You can find more information about the language levels (A1-C2) at  [here](#).



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



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



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



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



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



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



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



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



🌐 [Almani Be Farsi](#) - Learn German with videos for Farsi speakers

Online study

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



🌐 [Website Kiron](#)

Support and learning materials (libraries)

Libraries

In the public [libraries](#) you will find many dictionaries and learning materials for learning German. You can also study there in peace and quiet and usually also use the WLAN. You can search for a public library near you on the 🌐 [website of the German Library Statistics](#). Use is either free or very cheap.

💡 Search instructions:

- To search, click on [library search engine](#),
- Click on "Branches **1**" to see all library locations,
- Then click on "Show hit list **2**"

BibS - Die Suchmaschine für Bibliotheken

[zurück](#)

Die BibS bietet die Suche nach Bibliotheksadressen und eine Suche nach ähnlichen Bib

Bibliotheken

Ort: 85049

Bitte wählen Sie eines der folgenden Kriterien, um die gewünschten Bibliotheken für Ihre

Stichwort
Ort
Status (DBS)
Bibliothekstyp
Unterhaltsträger
Bestandsgrößenklasse
Bundesland
Regierungsbezirk
Kreis
Einwohnerzahl
Leitung
Fachstelle **1**
Zweigstellen **2**

Filter einstellen

Trefferliste anzeigen

- Have you found a suitable library? Click on the **1** arrow on the far left to see the address.
- You can find the website under **2**.
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Suche verfeinern

Neue Suche

Treffer: 12

				DBS-ID			Kurzname			Typ		DBS	Name
1	2	3	4										5
				AA472			Ingolstadt StB			ÖB		✓	Stadtbücherei
				AE209			Ingolstadt Bayerische ArmeeB			SpB		-	Bayerisches Arme

Translation agencies and interpreters

Interpreters

Some authorities and organisations have their own interpreters. When making an appointment, please always ask whether an interpreter will be provided free of charge.

Volunteer interpreters work confidentially.

Important: The interpreters cannot advise you, they only translate!

💡 Documents such as certificates, marriage certificates or birth certificates must be translated by state-certified translators in Germany. Only then will an office or authority accept them. These translations can be expensive. It is best to check carefully beforehand whether you really need a certified translation. Compare the prices. If you are at the [employment agency](#) or [job centre](#), ask whether a translation will be paid for and what you need to do.

- You can search for state-certified interpreters in this database:

🌐 www.just-iz-dolmetscher.de

- 🌐 [Volunteer Agency Ingolstadt](#)

[Medical aid for refugees](#)

💡 Doctors must be able to speak to you. Before receiving medical treatment, please clarify whether you can communicate with the doctor. If not, please take a trusted person with you to translate the treatment.

In exceptional cases, you can apply for the costs of an interpreter to be covered. This must be requested in advance. If necessary, please speak to the [Your way to us - Contact details Office for Social Affairs](#) in good time (before the appointment).

Find a language mediator - become a language mediator yourself

Find a language mediator

If you speak little German and go to an office, such as the immigration office, social welfare office or education authority, you will need a language mediator. But a language mediator is also helpful for visits to the doctor, parents' evenings at school or kindergarten.

Some authorities and organisations have their own interpreters. When you make an appointment, please always ask whether an interpreter will be provided free of charge.

If you need a language mediator for conversations at school or in the daycare centre, please contact the placement offices listed below. There you can find a suitable volunteer interpreter who will accompany you to your appointment free of charge. Volunteer interpreters work confidentially.

💡 **Important:** The interpreters cannot advise you, they only translate!

💡 Documents such as certificates, marriage certificates or birth certificates must be translated by state-certified translators in Germany. Only then will an office or authority accept them. These translations can be expensive. It is best to check carefully beforehand whether you really need a certified translation. Compare the prices. If you are at the [employment agency](#) or [job centre](#), ask whether a translation will be paid for and what you need to do.

You can search for state-certified interpreters in this database:

🌐 www.just-iz-dolmetscher.de

Network for Labour and Social Issues - NefAS e. V.
Permoserstr. 69
85057 Ingolstadt
@i [nfo@nef](mailto:nfo@nef-as-in.com) as-in.com

 www.nefas-in.com/sprachmittler

City of Ingolstadt

Integration pilot

@i integrationslotsin@ingolstadt.de

 [Integration pilot / Asylum network](#)

 [Ingolstadt Volunteer Agency](#)

Become a language mediator

Do you speak very good English or German (B2)? Then you can help other people with your native language. Accompany them to public offices or appointments in schools or daycare centres. Get in touch with the addresses listed above.

Online offers of the Goethe-Institut



[Offers from the Goethe-Institut for practising German](#)

PRACTISE GERMAN

Would you like to practise German? Here you will find films and exercises, games and apps for practising German.

 [PRACTISE GERMAN FREE OF CHARGE](#)

Digital offers for preparing for Germany

Here you can practise German free of charge and find out about life in Germany.

LIVING IN GERMANY

Are you going to Germany soon or are you already there? Here you will find information about living and working in Germany and answers to the most frequently asked questions.

 [Offers from the Goethe-Institut on "Living in Germany"](#)

SEE AND HEAR GERMANY

Would you like to get to know Germany in different ways? Here you can watch videos and listen to podcasts. You will find stories from people who have come to Germany.

[SEE AND LISTEN TO GERMANY](#)

LEARN GERMAN

Lern Deutsch - Die Stadt der Wörter is an online game at language level A1. The game can be played without downloading on a desktop or in an app on a tablet or smartphone, in single or multiplayer mode.

 [LEARN GERMAN](#)

GERMAN IN THE WORKPLACE

Online exercises for communication at work.

[GERMAN AT THE WORKPLACE](#)

Learn German yourself without a course

Learn German without a course

Language cafés

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

Language café for women

Do you already know some German and would like to speak German with other women? Then come to the language café! The course is aimed at women who would like to improve their German language skills.

- When: Mondays 17:00 - 18:30
- Where: in the Augustinviertel neighbourhood centre
- Costs: Participation is free of charge

Registration is required as the number of participants is limited.
The course does not take place during school holidays.

 Registration and information at the

[Augustinviertel neighbourhood office](#)

Neighbourhood development

[Stollstraße 2](#)

85053 Ingolstadt

 [0841 305-45820](tel:0841 305-45820)



[0841 305-45829](tel:0841 305-45829)

@s [tadttei](mailto:tadttei@ingolstadt.de) ltreff-augustinviertel@ingolstadt.de

Tandem

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

[Find a tandem partner in Ingolstadt](#)

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

Libraries

In the public [libraries](#) you will find many dictionaries and learning materials for learning German. You can also study there in peace and quiet and usually also use the WLAN. You can search for a public library near you on the [website of the German Library Statistics](#). Use is either free or very cheap.

💡 Search instructions:

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Leitung
Fachstelle
Zweigstellen

1

Filter einstellen

2
Trefferliste anzeigen

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Suche verfeinern
Neue Suche

Treffer: 12

				DBS-ID			Kurzname			Typ		DBS	Name
1	2	3	4	AA472			Ingolstadt StB			ÖB		✓	5 Stadtbücherei
				AE209			Ingolstadt Bayerische ArmeeB			SpB		-	Bayerisches Arme

Language centres in Ingolstadt

Café International

When?

Every Monday and Wednesday
15:00 to 17:30
☐ No meetings during the school holidays

Where?

Foyer of the Werkstattbühne, Schlosslände 1, 85049 Ingolstadt
During the summer holidays: in other rooms

What is this?

A meeting place for people from all countries
Everyone is welcome

Special offer:

Every 1st Wednesday of the month: "Café International-Special"
 More information: [Ingolstadt City Theatre - Encounters](#)

Integrationslotsin / Netzwerk Asyl | Unterstützung der Integration

 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

 [@integrationslotsin@ingolstadt.de](mailto:integrationslotsin@ingolstadt.de)

 [+4984130550298](tel:+4984130550298)

 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

International discussion group for women

When?

Every Monday
14:00 to 16:00

□ Where?

Vronis Ratschhaus, Donaustraße 1, 85049 Ingolstadt

□ Who can take part?

Women with German language skills from B1 level

Integrationslotsin / Netzwerk Asyl | Unterstützung der Integration

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@ integrationslotsin@ingolstadt.de

☎ [+4984130550298](tel:+4984130550298)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

□ International discussion group for men

□ When?

Every Saturday
15:00 to 17:00

□ Where?

Vronis Ratschhaus, Donaustraße 1, 85049 Ingolstadt

□ Who can take part?

Men with German language skills from B1 level

Integrationslotsin / Netzwerk Asyl | Unterstützung der Integration

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@ integrationslotsin@ingolstadt.de

☎ [+4984130550298](tel:+4984130550298)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

□ Café Deutsch

□ When?

Every Tuesday
16:30 to 18:00

□ Where?

Café Deutsch | Deutsch üben

📍 [Oberer Grasweg 18, 85055 Ingolstadt](#)

□□□ What is it?

Practise German with volunteers

Speak and practise in a relaxed atmosphere

Integrationslotsin / Netzwerk Asyl | Unterstützung der Integration

📍 [Hohe-Schul-Straße 3, 85049 Ingolstadt](#)

@integrationslotsin@ingolstadt.de

☎ [+4984130550298](tel:+4984130550298)

🌐 <https://www.ingolstadt.de/Asylangelegenheiten/ind...>

Language mentoring and practice groups with volunteers

Practise German in Ingolstadt

There are many opportunities to practise German in Ingolstadt. In addition to the official German courses, practice groups are also offered. These groups are led by volunteers. Most of them are people whose mother tongue is German. Sometimes they are also former teachers who are no longer working. These programmes are aimed at anyone who would like to improve their German language skills. Anyone can take part in these groups, regardless of their residence status. So it doesn't matter whether you already have a residence permit or not.

Language mentorships

Volunteers practise with people who are currently learning German. Meetings take place by individual arrangement. Meetings are possible once or twice a week in the Augustinviertel neighbourhood centre. German is spoken and practised together.

The programme is aimed at residents of the **Augustin and Monika districts**.

Stadtteiltreff im Augustinviertel | Sozialer Treffpunkt für Bewohnerinnen und Bewohner aus dem Augustin- und Monikaviertel , Sie sind herzlich willkommen

📍 [Stollstrasse 2, 85053 IngolstadtIngolstadt](#)

@stadtteiltreff-augustinviertel@ingolstadt.de

☎ [+49 \(0\) 84130545820](tel:+49(0)84130545820)

<https://www.ingolstadt.de/Leben/Soziales-Wohnen/S...>

Exchange and networking

Neighbourhood centres in Ingolstadt

There are several neighbourhood centres in Ingolstadt. They offer various services such as counselling, courses and events. The services are usually free of charge or cost little money for the residents of the neighbourhood.

Do you live in the Piusviertel neighbourhood?

Piusviertel neighbourhood centre

Address: [Pfitznerstraße 19a](#), 85057 Ingolstadt

Telephone: [+49 \(0\) 84130545840](#) or [+49 \(0\) 84130545849](#)

There are various offers for the neighbourhood at the Stadtteiltreff Piusviertel. Whether you have questions or simply want to get to know people from the neighbourhood - you are welcome here. You can find more information about current programmes and opening hours on the [website](#).

Do you live in the Augustinviertel?

Neighbourhood centre Augustinviertel

Address: [Stollstraße 2](#), 85053 Ingolstadt

Telephone: [+49 \(0\) 84130545820](#) or [+49 \(0\) 84130545829](#)

There is also a neighbourhood meeting point in the Augustinviertel. You can take part in events here. You can get advice or simply find a place to socialise. You can find more information online on the meeting point's [website](#).

Do you live in the Konradviertel?

Konradviertel neighbourhood meeting point

Address: [Oberer Taubentalweg 65](#), 85055 Ingolstadt

Telephone: [+49 \(0\) 84130545830](#) or [+49 \(0\) 84130545839](#)

Many events and courses also take place in the Konradviertel neighbourhood. Whether young or old, there is something for everyone. The exact offers and opening times can be found on the district centre's [website](#).

Café International

☞ What is Café International?

☐☐☐☐ Café International is an open meeting place for all people - regardless of their country, language or religion.

☐ People have been meeting there since 2016 to spend time together.

☐ The café is jointly organised by:

the youth migration service ☐☐,

the Office for Social Affairs of the City of Ingolstadt ☐,

the Cantina International ☐,

and volunteers ☐♂☐♀.

□ When and where?

Please note: The venues change. You can find the times at [Café International](#).

□ Location: Workshop foyer in the Ingolstadt City Theatre □

□ Days: Monday and Wednesday

□ Time: 15:00 to 17:30

□ Place: Neuburger Kasten community centre

□ Days: Monday and Wednesday

□ Time: 3:00 pm to 5:30 pm

Community centre - multigenerational house of the city of Ingolstadt

- Kreuzstraße 12 (Old Post Office community centre)
- Fechtgasse 6 (Neuburger Kasten community centre)
Phone: [+49 \(0\) 8413052800](tel:+4908413052800) or [+49 \(0\) 8413052830](tel:+4908413052830)
E-mail: buergerhaus@ingolstadt.de

People of all ages and cultures meet in the community centre. It is a place where everyone is welcome. Further information can be found on the [website](#).

IN VIA Bayern e.V. - Reality of Life in Bavaria

This association supports girls and women through [social programmes and projects](#). The events are aimed at women and children of all nationalities.

Information can be [found here](#).

Cultural clubs and associations

There are many associations in Ingolstadt that offer cultural and social projects. The city's Integration Officer works closely with the Migration Council and other bodies to coordinate these programmes.

A list of cultural organisations in Ingolstadt can be found on the city's [website](#).

Café International

What is the Café International?

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□ People have been meeting there since 2016 to spend time together.

□ The café is jointly organised by:

- the Ingolstadt City Theatre □,
- the Office for Social Affairs of the City of Ingolstadt □,
- the Cantina International □,

- and volunteers ☞☞☞.

☞ When and where?

- ☞ Place: [Workshop foyer in the Ingolstadt city theatre](#) ☞
- ☞ Days: Monday and Wednesday
- ☞ Time: 15:00 to 17:30

Stadttheater Ingolstadt | Café International

📍 [Schloßlände 1, 85049 Ingolstadt](#)

✉ @integrationslotsin@ingolstadt.de

☎ [+49 \(0\) 84130550298](tel:+49(0)84130550298)

🌐 <https://theater.ingolstadt.de/mitmachen-vermittlu...>

Please note: During the summer holidays, the rooms in the Stadttheater are closed. The Cafe' International will partly take place in the Bürgerhaus Neuburger Kasten. The times can be found at the end of the text.

- ☞ Location: Neuburger Kasten community centre
- ☞ Days: Monday and Wednesday
- ☞ Time: 15:00 to 17:30

Bürgerhaus Neuburger Kasten | Familienbildung

📍 [Fechtgassee 6, 85049 Ingolstadt](#)

✉ @buergerhaus@ingolstadt.de

☎ [+4984130550053](tel:+4984130550053)

🌐 <http://www.buergerhaus-ingolstadt.de/Organizer.as...>

☞ What happens in the café?

In the café you can:

- ☞ Enjoy coffee, tea and cake
- ☞ Practise speaking German
- ☞ be creative (painting, handicrafts, theatre)
- ☞ dance or make music
- ☞ Laugh, talk, make friends
- ☞ Experience art and culture

☞ Who is invited?

Everyone is welcome:

- ☐☐ People with a migration or refugee background
- ☐ Long-established residents from Ingolstadt
- ☐ People seeking advice
- ☐☐ People who help with learning German
- ☐☐☐ Friends and families

☐ Together we create an open and colourful community

☐ **What is the "Café International Special"?**

Once a month there is a special offer - free of charge for all guests!

For example:

- ☐ Outing into the countryside
- ☐ Guided tour of the city
- ☐ Museum visit
- ☐ Theatre workshop
- ☐ Carnival party

☐ Important:

- ☐ Everything is free of charge.
- ☐ Everyone is welcome.

☐ **When will Café International take place in the 2025 summer holidays?**

Café International in the Neuburger Kasten community centre
from 3.00 pm to 5.30 pm each day

August 2025

Monday 04 August

Wednesday 06 August

Monday 11 August

Wednesday 13 August



No Café International from 18 August to 27 August 2025

September 2025

Monday 01 September

Wednesday 03 September

Monday 08 September

Wednesday 10 September



No Café International from 15 September to 19 September 2025

From Monday, 22 September 2025 Café International
again in the Stadttheater / foyer of the Werkstattbühne

Free online offers

Learn German with digital programmes

There are many programmes on the internet and in app stores to help you learn German. Many of them cost nothing. Here are a few examples:

Online programmes:

■ [Deutsche Welle](#) Here you will find learning materials for beginners and advanced learners.

■ [vhs Lernportal](#) This portal is ideal for people who are just starting out.

■ At the [Goethe-Institut](#) You get professional exercises and courses.



[Lunes learning app](#) This app makes learning fun and easy.

■ [TandemPartners](#) Practise the language with people who speak German as their mother tongue.

■ [lernox](#) The platform offers exercises for every learning level.

■ [DuoLingo](#) Learn with short exercises and have fun at the same time.

■ [Learn German online](#) This service makes learning flexible and easy.

■ [German at work](#) You can practise the language you need for your job.

Apps for smartphones:

■ [Serlo ABC](#) This app helps you learn to read and write.

■ [Einstieg Deutsch](#) Simple exercises for beginners.

■ [Ankommen](#) This app helps refugees learn German.

■ [FunEasyLearn](#) Play games to expand your vocabulary.

■ [50 Languages](#) Learn German in small steps.

■ [Navi-D](#) The app guides you safely through the learning process.

■ [Deutschtrainer A1](#) Learn the basics of the German language.

Programmes for translating texts:

■ [deepl.com](#) This programme translates accurately and free of charge

■ [Google Translator](#) You receive fast and multilingual translations.

■ [Microsoft Translator](#) Translate texts or spoken language.

■ [babelfish.de](#) Translate into many languages with this tool.

Fairy tales in easy language

There are many well-known fairy tales.

A fairy tale is a very old story.

Once upon a time: fairy tales always start like this.

For example:

- Hansel and Gretel.

- Or Snow White.

But many people don't know these fairy tales.

Some of these fairy tales are difficult.

And that's why many people can't understand these fairy tales.

On this page you will find fairy tales in plain language.

These fairy tales are written simply.

You can read the fairy tales:

- Read.
- Listen to them.
- And [see](#) them in [sign language](#).

 [Fairy tales in easy language](#)

Events in the Augustinviertel neighbourhood centre

Events in the Augustinviertel neighbourhood centre

**Stadtteiltreff im Augustinviertel | Sozialer Treffpunkt für
Bewohnerinnen und Bewohner aus dem Augustin- und Monikaviertel ,
Sie sind herzlich willkommen**

 [Stollstrasse 2, 85053 IngolstadtIngolstadt](#)

 @stadtteiltreff-augustinviertel@ingolstadt.de

 [+49 \(0\) 84130545820](tel:+49(0)84130545820)

 <https://www.ingolstadt.de/Leben/Soziales-Wohnen/S...>

Family café of the family support centre in cooperation with the Augustinviertel district centre

When: Every Wednesday from 3:30 pm to 5:30 pm (not during the holidays)

Where: Augustinviertel neighbourhood centre, [Stollstraße 2](#)

What: A meeting place for families. Parents and their children can come together here to chat and spend time together. There are games and opportunities to get to know each other.

German conversation group for women

What: Do you already speak some German and would like to talk to other women? Then come to the conversation group for women.

When: Wednesdays from 09:30 - 11:00, there is no meeting during the holidays.

Where: in the Augustinviertel neighbourhood centre

Registration: Please register in advance at the neighbourhood office, as the number of

participants is limited.

Costs: participation is free of charge

Intercultural women's breakfast

What: Intercultural and intergenerational women's breakfast in the Augustinviertel neighbourhood meeting place: visitors can get to know each other, exchange ideas and enjoy a breakfast with food from different countries together in a cosy atmosphere. Ideas and topics are collected and speakers are invited to the next breakfast meetings to provide information on these topics.

When: Tuesday, 29 April / 3 June / 1 July / 23 September / 28 October / 25 November / 16 December

each from 9.30 am to 12.00 pm

Where: Augustinviertel neighbourhood centre



Just drop by, you are very welcome.



We are very happy to receive small culinary souvenirs for the breakfast.

Language mentoring

What: Volunteers practise speaking German with people who are in the process of learning the German language.

When: By individual arrangement, meetings are held once or twice a week in the Augustinviertel neighbourhood centre, where German is spoken and practised together.



The programme is **only** aimed at residents of the **Augustin and Monikaviertel** districts.

Language café for women and families, conversation courses free of charge

Neighbourhood centre Augustinviertel

Family café in the Augustinviertel neighbourhood centre

The family café is a meeting place for parents and children. Here parents can chat, exchange tips and make new contacts. There is a play corner and a crawling corner for the children. There are also craft activities and games for young and old.

- **When:** Every 14 days on Wednesdays from 15:30 to 17:30 (except during school holidays)
- Next dates: 26.02. | 12.03. | 26.03. | 09.04. | 23.04.
- **Where?** Augustinviertel neighbourhood centre, Stollstraße 2, 85053 Ingolstadt
- **Registration?** Not necessary, just turn up
- **Note:** Parents are responsible for their children.

For more information:

Familienstützpunkt SÜD im Stadtteiltreff Augustinviertel | Anlaufstelle für die Bewohner des Ingolstädter Südens, die Fragen in Bezug auf Familie haben

📍 [Stollstrasse 2, 85053 IngolstadtIngolstadt](#)

✉ [@familienstuetzpunkt-sued@ingolstadt.de](mailto:familienstuetzpunkt-sued@ingolstadt.de)

☎ [+49 \(0\) 84130545823](tel:+49084130545823)

🌐 <https://www.familienbildung-ingolstadt.de/stuetzp...>

Intercultural women's breakfast

Women from different cultures meet for breakfast together at the Augustinviertel neighbourhood centre. In a cosy atmosphere, the women exchange ideas, get to know each other and try dishes from different countries. Topics are collected and experts are invited to the next meeting.

- **When?** 29 April / 3 June / 1 July / 23 September / 28 October / 25 November / 16 December 2025, each from 9:00 am to 12:00 pm
- **Where?** District centre Augustinviertel, Stollstraße 2, 85053 Ingolstadt
- **Registration?** Not necessary, just turn up

We are happy about culinary souvenirs.

German conversation group for women

Do you already speak some German and would like to talk to other women? Then come to the conversation group for women.

- **When:** Wednesdays from 09:30 - 11:00, there is no meeting during the holidays.
- **Where:** in the Augustinviertel neighbourhood centre
- **Registration:** Please register in advance at the neighbourhood office, as the number of participants is limited.
- **Costs:** participation is free of charge

Stadtteiltreff im Augustinviertel | Sozialer Treffpunkt für Bewohnerinnen und Bewohner aus dem Augustin- und Monikaviertel , Sie sind herzlich willkommen

📍 [Stollstrasse 2, 85053 IngolstadtIngolstadt](#)

✉ [@stadtteiltreff-augustinviertel@ingolstadt.de](mailto:stadtteiltreff-augustinviertel@ingolstadt.de)

☎ [+49 \(0\) 84130545820](tel:+49084130545820)

🌐 <https://www.ingolstadt.de/Leben/Soziales-Wohnen/S...>

Piusviertel neighbourhood centre

Family café in the Piusviertel neighbourhood centre

The family café is a place where mothers, fathers, grandparents, single parents, neighbours and people without children can meet. It doesn't matter how old you are, where you come from or what your social situation is - everyone is welcome!

- **When?** Tuesday and Thursday from 09:30 to 11:30
- **Where?** Piusviertel neighbourhood meeting point, Pfitznerstraße 19a, 85057 Ingolstadt
- **Registration?** Not necessary! Just drop in.

Stadtteiltreff Piusviertel | Sozialer Treffpunkt für Bewohnerinnen und Bewohner aus dem Piusviertel , Sie sind herzlich willkommen

 [Pfitznerstr. 19a, 85057 Ingolstadt](#)

 @stadtteiltreff-piusviertel@ingolstadt.de

 [+49 \(0\) 84130545840](tel:+49(0)84130545840)

 https://www.ingolstadt.de/Stadtteiltreff_Piusvier...

Conversation courses in the Piusviertel neighbourhood centre

Courses are offered to improve existing German language skills. The courses are aimed at advanced learners and offer plenty of room for conversation.

- **When?** Thursday, 09:00 to 10:30, Friday, 10:00 to 11:30
- **Enrolment?** Yes, enrolment is necessary.
- There are no courses during the school holidays.

Contact if you are interested:

Stadtteiltreff Piusviertel | Sozialer Treffpunkt für Bewohnerinnen und Bewohner aus dem Piusviertel , Sie sind herzlich willkommen

 [Pfitznerstr. 19a, 85057 Ingolstadt](#)

 @stadtteiltreff-piusviertel@ingolstadt.de

 [+49 \(0\) 84130545840](tel:+49(0)84130545840)

 https://www.ingolstadt.de/Stadtteiltreff_Piusvier...

Konradviertel neighbourhood centre

Family café in the Konradviertel neighbourhood centre

The family café in the Konradviertel neighbourhood centre invites all families to relax and enjoy themselves. Parents can chat over coffee, tea and cake. There are contacts for all family-related questions. There are also exciting talks and creative activities for children and parents.

- **When?** Mondays, fortnightly from 15:00 to 17:00 (not during the holidays)
- **Where?** Tennis centre TSV Nord, Wirffelstraße 25, 85055 Ingolstadt
- **Enrolment?** Without registration. (Exact dates can be requested at the neighbourhood centre)
- In cooperation with [family support centre "Bürgerhilfe Ingolstadt KiTa GmbH"](#)

Open meeting place for families - time together

- **When?** Every last Monday of the month, 3.00 to 4.30 pm (not during the holidays)
- **Where?** District centre Konradviertel, Oberer Taubentalweg 65, 85055 Ingolstadt
- **How to register?** Without registration.
- In cooperation with [family support centre "Bürgerhilfe Ingolstadt KiTa GmbH"](#)

Intercultural women's breakfast in the Konradviertel neighbourhood centre

This breakfast is for women who come from another country. Here they can make new friends and practise their German.

- **When?** Every 2nd and 4th Thursday of the month, 09:00 to 11:00 (not during the holidays)
- **Where?** District centre Konradviertel, Oberer Taubentalweg 65
- **Registration?** Yes, registration required.

Intercultural handicraft café in the Konradviertel neighbourhood centre

The handicraft café is a meeting place for women who enjoy doing handicrafts together. You can chat over tea or coffee and get to know new people.

- **When?** Tuesdays from 11:00 am to 12:30 pm (not during the holidays)
- **Where?** District centre Konradviertel, Oberer Taubentalweg 65
- **How to register?** Not necessary, just turn up!

Stadtteiltreff im Konradviertel | Sozialer Treffpunkt für Bewohnerinnen und Bewohner aus dem Konradviertel , Sie sind herzlich willkommen

📍 [Oberer Taubentalweg 65, 85055 Ingolstadt](#)

@stadtteiltreff-konradviertel@ingolstadt.de

☎ [+49 \(0\) 84130545830](tel:+49(0)84130545830)

🌐 <https://www.ingolstadt.de/Konradviertel>

Education Training Study

Recognition of foreign educational qualifications

Certificates and their importance in Germany

Certificates are important in Germany. They show what someone has learnt at school, at university or at work. A job reference describes your performance in your job.

A certificate proves what knowledge and skills you have. This helps when looking for a job. You also need a certificate for admission to a school or university.

If you have certificates from abroad, you can have them recognised. An authority will check which qualifications the certificate confirms. This allows you to categorise your achievements correctly.

If certificates are missing, there are alternatives. You can prove your professional experience and skills through tests

Recognising school qualifications from abroad

Anyone who has obtained a school-leaving qualification outside Bavaria should contact the Bavarian State Office for Schools. This authority checks whether the qualification is equivalent to a German school-leaving qualification. The examination is free of charge.

Bayerisches Landesamt für Schule | Bewertung von allgemeinbildenden Schulabschlüssen aus dem Ausland, Prüfung der Gleichwertigkeit von bestimmten ausländischen Berufsabschlüssen

📍 [Stuttgarter Str. 1, 91710 Gunzenhausen](#)

✉ @zast@las.bayern.de

☎ [+49 \(0\) 98315166444](tel:+49(0)98315166444)

🌐 <https://www.las.bayern.de/zeugnisanerkennung/zeug...>

Recognising professional qualifications from abroad

Anyone who has completed a vocational or academic qualification abroad can get support. The bfz (Berufliche Fortbildungszentren der Bayerischen Wirtschaft) helps with recognition.

The bfz offers

- Advice on recognition
- Help with the application
- Support with the costs
- Assistance with the assessment of the decision
- Information on further training

Berufliches Fortbildungszentrum der Bayerischen Wirtschaft (bfz) | Berufliche Aus- und Weiterbildungen, Unterstützung bei der Vermittlung in Job oder Ausbildung und bei der Integration ins Berufsleben

 [Viehmarktplatz 9, 85055 Ingolstadt](#)

 [@info-in@bfz.de](mailto:info-in@bfz.de)

 [+49 \(0\) 84198150](tel:+49(0)84198150)

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

Professional qualifications: Important information

The Bavarian State Office for Schools also examines vocational qualifications from abroad. This examination costs money. However, you can apply for a grant. You can find more information here:

 www.anerkennungszuschuss.de



Three major websites offer information on the recognition of foreign qualifications:

["Anabin"](#) evaluates educational certificates from abroad. Authorities, employers and private individuals use this data.

["Recognition in Germany"](#) helps skilled workers with foreign professional qualifications. They can find out whether they need official recognition.

The ["BQ-Portal"](#) is aimed at chambers and companies. It helps to correctly assess foreign professional qualifications.

Information on training, work and study

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

[Access to the labour market](#)

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

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

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

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

Vocational training

Vocational training in Germany

Requirements for vocational training in Germany

If you are not an EU citizen and would like to do vocational training, you will need a visa and a residence permit.

How do you get a visa for vocational training?

You need a training place

You must conclude a training contract with a school or company. You must present this training contract to the German embassy. In order to do an apprenticeship, you need to have a very good knowledge of German. In most cases, you need language skills at level B1.

Your livelihood must be secured for the duration of your stay.

You need at least 992 euros per month (year 2024). You must prove that you have this amount of money or that you are earning this amount during your training.

The following applies to **school education**: You deposit the necessary money in a [blocked account](#). A blocked account is a bank account that you can only access to a limited extent. Another option is a declaration of commitment.

In the case of **company-based vocational training**, you will receive a salary. If the salary is sufficient to finance your life, this can be sufficient proof. If your salary is not sufficient, you can also set up a blocked account or submit a declaration of commitment.

How long are you allowed to stay in Germany for vocational training?

Vocational training in Germany lasts at least two years. Your stay will be authorised for the duration of your training.

You may work up to ten additional hours per week. This is independent of your vocational training.

Note for refugees on the 3+2 rule:

The 3+2 regulation is of interest to rejected asylum seekers. A refugee who has started training in Germany may complete the training. They are then allowed to pursue a two-year subsequent employment. The prerequisite for this is a training contract. The 3+2 rule is not necessary if the asylum decision is positive.

Where can you find information on the topics?

Information on the exact visa and entry process in German, English, French and Spanish can be found [at](#) .

Information on completing vocational training in Germany is available in German, English,

French and Spanish  [here](#).

Have you successfully completed your vocational training?

After completing your vocational training, you have twelve months to find work. The job must match your vocational training! A "residence permit to look for a job in accordance with § 20 Para. 3 No. 3 AufenthG" is required for the search. You can apply for this at the [immigration office](#) responsible for you.

While you are looking for a job, you are allowed to work in any occupation in order to secure your livelihood. As soon as you have a job for which you are qualified, apply for a "residence permit for qualified employment (§ 18a AufenthG)". You do not have to leave Germany.

Note for refugees on the 3+2 rule:

If you are a refugee and have a "Ausbildungsduldung", the 3+2 rule applies to you. If you have successfully completed your training, you are entitled to a residence permit for 2 years. During this time, you must work in the profession you have learnt.

Where can you find information on the topics?

Information on your options after completing vocational training is available in German, English, French and Spanish  [here](#).

Information on the 3+2 rule is available in German  [here](#) and in German, English and French  [here](#).

These counselling centres will help you if you need further information:

 [General advice centres](#)

Vocational school

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

People in Germany must attend school until the age of 18 (compulsory schooling)!

The following school types are available at vocational schools:

Berufseinstiegsjahr (BEJ) and Berufsvorbereitungsjahr (BVJ):

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

Vocational school:

This is where training takes place in a dual system. You learn part of your training at school. The other part you learn in a company.

Vocational school:

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

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

Technical college:

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

- Technology
- economics
- Social work
- Agriculture
- Design

Vocational colleges:

You need an intermediate level of education for the vocational college. You can improve your vocational qualifications here. You can also obtain the entrance qualification for universities of applied sciences. This means that you can then go on to university. Vocational colleges are available in the following areas:

- Technology
- Business and administration
- Social pedagogy
- Health and care
- Home economics

Vocational secondary school:

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

- Technical secondary school

- Secondary business school
- Secondary school for social work

Vocational grammar school:

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

- Technical specialisation
- Economics specialisation
- Social and healthcare sciences
- Agricultural science specialisation
- Biotechnological direction
- Nutritional sciences

Vocational training (dual and full-time)

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

Dual training

Dual vocational training is a speciality in Germany. You work in a company. At the same time, you go to school. This way you learn theory and practice. You spend two thirds of your time working. You spend one third of your time at school. An apprenticeship lasts 3 years. Depending on the profession, it may take a little longer. If you have an Abitur, you can complete the apprenticeship more quickly.

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

Chamber of Crafts (HWK)

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

[Insert: Address, phone number etc. in the region]

Chamber of Industry and Commerce (IHK)

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

[Insert: address, telephone number etc. in the region]

Full-time training at a vocational school

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

[Insert if necessary: Links to overviews of suitable vocational schools in the region]

Study

Study in Germany

Studying in Germany: Information for foreign students (non-EU citizens) and refugees

Which universities are there in Germany?

Germany has various universities. They differ in their specialisations:

- **Universities:** Scientists conduct research here. Universities offer many subjects, for example natural sciences, humanities or technology.
- **Universities of Applied Sciences:** Here you mainly learn for practical work. Universities of applied sciences are good if you want to work in a specific profession, for example as an engineer or social worker.
- **Dual universities:** Here you learn theory and do practical work at the same time. You study and work in a company.
- **Art, film and music colleges:** This is about artistic subjects such as art, drama, dance, design, graphics, music or modern media.
- **Distance learning universities:** Here you learn online. This is good if you want to be flexible.

What degree programmes are there?

- **At universities:** Medicine, law, computer science
- **At universities of applied sciences:** Mechanical engineering, business administration, social pedagogy
- **At dual universities:** e.g. electrical engineering with training in a company

What types of study programmes and degrees are there?

- **Bachelor:** The first degree at a university, lasts 6 to 8 semesters.
- **Master's degree:** A postgraduate programme after the Bachelor's degree, lasts 2 to 4 semesters.

- **State examination (Staatsexamen):** In subjects such as medicine, law, pharmacy or teaching, there is a state examination.
- **Doctorate (Ph.D.):** After your Master's degree, you can do a doctorate and obtain a doctorate. This is often necessary for an academic career at university.

Where can I find the right university?

- [University compass](#)
- [Study in Germany](#)
- [Studis Online](#)
- [Employment Agency - Study](#)
- [BAMF - Studying in Germany](#)
- www.hochschule-dual.de/

Who is allowed to study?

Anyone who fulfils the rules can study in Germany. Refugees and foreign students can also apply.

Important information for people from other countries

If you are not from the EU, you often need a visa or residence permit. This depends on your country.

The university where you would like to study will inform you about the rules.

What do I need to study?

The rules are different for every degree programme and every university. In most cases you will need

- **A school-leaving qualification** that is recognised in Germany. The university will check this.
- **Good knowledge of German** ([level C1](#)). You will often need the [TestDaF](#) language test.
- **Recognition of your qualifications.** Have your [qualifications checked](#). This often costs money.

What documents do I need?

- Certificates and translations
- Results of language tests
- Documents about your studies from your country

Important websites for students:

- [TestAS](#): Test for aptitude for university studies
- [TestDaF](#): Test for German language skills

- [DAAD](#): Information and scholarships for foreign students
- [Anabin](#): Information on the recognition of qualifications
- [Uni-Assist](#): Help with applying to universities

💡 Plan enough time! It often takes a long time for all documents to be checked.

Counselling and help

The Educational Counselling Guarantee Fund University helps foreign students and refugees. It answers all questions about studying.

Address:

Olgastraße 62
70182 Stuttgart

 [Educational counselling GFH](#)

Costs and money



You must be able to support yourself for the duration of your stay.

You need at least 992 euros per month (year 2024). You must prove that you have this amount of money or that you earn this amount during your training.

The following applies to studying: You deposit the necessary money in a [blocked account](#).

A blocked account is a bank account that you can only access to a limited extent. Another option is a declaration of commitment. Proof of funding is one of the most important requirements for a student visa and a residence permit for the purpose of studying in Germany.

Studying at state universities is often cheap or free of charge. But you still need to budget money:

- Tuition fees: They are different in every federal state. Private universities are often more expensive.
- Living costs: You will need money for accommodation, food, books and leisure time.
- Financial aid: There are scholarships and grants such as BAföG. You can find more information at www.bafög.de.

Language courses to get you started

- [Employment Agency](#): Information about cheap language courses
- [Job centre](#): Cover the costs of language courses (if you fulfil certain requirements)
- Language schools: Many private providers
- Universities: Often language courses at universities
- [University guarantee fund](#): Financial help for language courses

💡 Tip for everyday life: Use language courses to get to know people and learn more about life in Germany!

- You are a graduate of a German university: You can apply for a settlement permit after just two years of working in Germany ([§ 18c Para. 1 S. 2 AufenthG](#)).

Further information

 [Make it in Germany](#)

 [DAAD - Study in Germany - The first steps](#)

 [Study in Germany - Testimonials from international students in Germany](#)

 [Visa Navigator](#)

 [DAAD registration information for international students in Germany](#)

Further information:  [here](#).

For further information you can contact these counselling centres:

 [General Advice Centres](#)

Study at a university

General information

There are many different degree programmes in Germany. There are also different types of higher education institutions:

- Universities (academically orientated)
- Universities of Applied Sciences (practice-orientated)
- Dual universities (very practice-orientated)
- Art, film and music colleges (for artistic subjects)

There are state universities and private universities. The quality of private universities is not always better. However, you have to pay high tuition fees.

Helpful websites:

 [University Compass](#) (all degree programmes and universities in Germany)

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

 [Employment Agency](#) (study orientation)

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

Prerequisites

Would you like to study in Germany? Then you need a university entrance qualification. This can be an Abitur. It can also be an entrance qualification for universities of applied sciences. Have you passed the Abitur in your home country? You may be able to use it to study in Germany. You can have this checked.

You can find more information on the [Anabin](#) website. Go to the information portal "Recognition in Germany". You can also contact the [German Academic Exchange Service DAAD](#).

You must also provide proof that you have a good command of German (language level C1). This can be the "German as a foreign language" test. Or the German language test for university entrance. Or telc Deutsch C1 Hochschule.

There is also the possibility of funding from the Bildungsberatung Garantiefonds Hochschule. Some universities also offer preparatory semesters. You will also learn German there.

💡 Find out more at the university where you would like to study. Most universities offer counselling services. There are deadlines for applying to a university. These are known as application deadlines. Observe these deadlines. Universities will not accept late applications.

No university entrance qualification

You can study in your home country with your school-leaving certificate? But not in Germany? You can catch up on your university entrance qualification at a preparatory college. Studienkollegs are specially designed for foreign applicants. They prepare you for studying in Germany.

Funding and scholarship

As a student in Germany, you can receive financial support. This is possible via the Federal Training Assistance Act (BAföG for short). The BAföG is paid out monthly by the authorities. In the best case scenario, you will receive money for the entire duration of your studies. The monthly amount of BAföG can be between 399 and 735 euros. You have to pay back half of the BAföG amount after your studies. The exact conditions for BAföG change regularly. You can find detailed information under the following link:

🌐 [Website BAföG for refugees and migrants](#)

As an alternative to BAföG, you can apply for a scholarship. As a rule, you do not have to pay back a scholarship. Good grades are important in order to receive a scholarship. Scholarship donors also assess your voluntary work. You will normally receive the same amount of money as BAföG. In addition, there is a so-called "book allowance". This is a monthly payment of up to €300.

Certain organisations award scholarships. Scholarships are awarded to people with great potential. That is why these organisations are called Begabten-Förderungs-Werke. The following Begabten-Förderungs-Werke offer programmes specifically for refugees, among others. You can find out how to apply on their websites. They also tell you what the organisations require of you.

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

🌐 [Böckler-Aktion Bildung of the Hans Böckler Foundation](#)

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

🌐 [Villigst - Our scholarship for refugees](#)

[Bread for the World - Refugee Scholarship Programme](#)

The Otto Benecke Foundation's Guarantee Fund is an exception to this rule. The programme is aimed at young new immigrants. Do you want to gain your higher education entrance qualification in Germany? Do you want to study in Germany? Do you want to work in the academic field? Then you can apply for the scholarship programme. There is also the Germany Scholarship. It provides financial support of €300 per month. The Germany Scholarships are awarded by the respective universities.

[University Guarantee Fund of the Otto Benecke Foundation in Bonn](#)

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

For employers

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

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

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

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

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

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

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

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

EU Blue Card Germany

The EU Blue Card is a residence permit for university graduates.

It is intended to facilitate and promote the immigration of highly qualified people from non-EU countries to Germany.

It also allows simplified immigration to all other EU countries.

You need a visa to work in Germany:

- You apply for this visa at the German embassy or the German consulate general.
- You can enter Germany with this visa.

You can apply for an EU Blue Card at the Foreigners' Registration Office in Germany.

There are several requirements for obtaining an EU Blue Card:

- You must have a completed university degree.
- The university degree must be recognised in Germany.
- You need an employment contract. Or you need a binding job confirmation.
- Your minimum annual gross salary must be **58,400** euros.
- There are exceptions in the professional fields of mathematics, computer science, natural sciences, engineering and human medicine.
- These must have a minimum annual gross salary of **45,552 euros**.
- The salary limits are adjusted annually.
- The employment must correspond to the university qualification.
- The EU Blue Card is a temporary residence permit.
 - It is issued for a maximum of four years.
 - If the employment relationship lasts less than four years, the EU Blue Card is issued for the duration of the employment contract plus three months.

💡 The status of the information is from **2023**.

💡 **An EU Blue Card can be applied for in all EU member states with the exception of Denmark and Ireland. There are slight differences in terms of the requirements.**

You must apply for an EU Blue Card at the immigration authority.

💡 You can find more information in German about applying for the EU Blue Card in Ingolstadt  [here](#).

💡 You can find more information in German and English about the EU Blue Card  [here](#) or  [here](#).

Working in Ingolstadt

There are many ways to find a job. You can find many job adverts in major newspapers and on the Internet.

Nowadays, the search often takes place on the internet. There are local platforms, such as the website of the major local newspaper  [DONAUKURIER](#), or local providers such as  [Ingolstadtjobs.de](#). There are also Germany-wide searches, such as the  [job exchange of the](#)

[Federal Employment Agency.](#)

Ukrainian-Bavarian initiative - Finding jobs

Integration: Next step

You have acquired your first language skills. Now we will help you to find suitable employment. The process consists of several steps, which we will explain to you.

We have summarised the key information on taking up employment in Bavaria in a flyer. The flyer is available in Ukrainian and German. You can find it under "[Welcome to Bavaria!](#)".

The Federal Employment Agency also provides further [useful information](#). These will help you to better orientate yourself on the labour market and find suitable jobs.

Unemployment

You are unemployed if you do not earn enough money to live on. As Germany is a welfare state, it helps people who cannot or can only partially support themselves.

But: in principle, everyone should earn their own living by working.

The Federal Employment Agency decides whether you receive unemployment benefit.

Entitlement to unemployment benefit I (ALG I, SGBIII) from the employment agency
You will receive unemployment benefit I if you lose your job that is subject to social insurance contributions. To do so, you must have worked in Germany for at least 12 months in the last 30 months and be subject to social insurance contributions. There are other conditions under certain circumstances. The amount of unemployment benefit I is generally 60 % (67 % if you have children) of your average net income over the last 12 months.

You must use every opportunity to find a job.

💡 Please note: If it is likely that you will lose your job, you must register as a jobseeker at least 3 months before the end of your employment. If you only find out about your dismissal later, you must register as a jobseeker no later than 3 days afterwards. This is important in case you have to apply for unemployment benefit afterwards. If you have not found a new job, register as unemployed - at the latest on the first day of unemployment.

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

Entitlement to unemployment benefit (formerly known as ALG II, SGBII, Hartz IV) from the job centre

You will receive unemployment benefit II if you:

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

You receive

- a standard rate
- Housing and heating costs
- Costs of health and nursing care insurance.

Contact the job centre.

You must use every opportunity to find a job.

Please note: The citizen's allowance is subordinate to all other financial support.

You can find more information here.

Questions about citizen's income - basic income support

Questions and answers on basic income support

Who can apply for Citizen's Income?

Anyone without sufficient means of subsistence can apply for Citizen's Income. This applies regardless of whether they are unemployed, on short-time work or self-employed. Self-employed people who can only work to a limited extent due to the pandemic are also entitled.

Prerequisites:

- Age: 15 to 65 years or up to the standard retirement age
- Residence in Germany
- Ability to work: At least three hours of work per day possible under normal conditions

What benefits are available?

Basic income support covers personal living expenses. Single people receive 449 euros. Children receive between 285 and 376 euros, depending on their age. The amount also depends on whether a partner in need of assistance lives in the household. Rental costs (net rent, ancillary costs, heating costs) can be covered. As a rule, the allowance is granted for at least six months.

How to submit an application?

People living in Ingolstadt can submit an informal application:

Jobcenter | Bürgergeld, Leistungen zu Bildung und Teilhabe

📍 [Adolf-Kolping-Str. 10, 85049 Ingolstadt](#)

@ jobcenter@ingolstadt.de

☎ [+49 \(0\) 84130545112](tel:+49(0)84130545112)

🌐 <https://www.ingolstadt.de/Leben/Arbeit-Jobcenter/...>

Forms and further information can be found on the website.

Do assets have to be used up first?

Anyone applying for basic income support between 1 March 2020 and 31 December 2022 does not have to use up their assets in the first six months. Prerequisite: The person does not have any significant realisable assets.

Realisable assets are deemed to be

- Cash, savings, call money, securities

- There is no entitlement if the first member of the benefit community owns more than 60,000 euros. A limit of 30,000 euros applies to other members.
- Owner-occupied residential property does not generally count as significant assets. Pension assets are also not taken into account.

Is the partner's income taken into account?

Yes, if both live in the same household. They then form a [joint household](#) and live together.

Are rental costs covered?

Net rent, ancillary costs and heating costs are reimbursed. In the first six months, the actual costs are covered without limitation if the application was submitted between 1 March 2020 and 31 December 2022.

Are there additional benefits for children?

Yes, depending on their age, the [standard requirement](#) is 285 to 376 euros. Child benefit counts as income and is taken into account when calculating basic income support.

How long does the processing take?

The length of time depends on how quickly all the documents are submitted. As soon as the application has been approved, payment is always made one calendar day before the month of entitlement. Example: The claim for May will be paid out at the end of April.

What additional benefits are available?

Possible additional social benefits include

- [Child benefit](#)
- [housing benefit](#)
- [Child supplement](#)

Some of these benefits cannot be received at the same time as basic income support.

Right of residence

Residence Act

The Residence Act (AufenthG) regulates issues for people from countries that do not belong to the European Union (EU).

For example

- entry,
- residence,
- gainful employment.

It therefore serves to control and limit the influx of foreigners into the Federal Republic of Germany. EU citizens may move freely within the EU, enter any EU country and live there.

You can also find information here:

[Information Network Asylum & Migration - Residence Act](#)

[Federal Ministry of the Interior and for Home Affairs - Entry and residence](#)

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

Office for Foreigners and Migration

Office for Immigration and Migration

The Office for Immigration and Migration is responsible for measures relating to residence and passport law.

What can be done?

- Issuing or extending a residence permit
- Work permit
- Issuing or extending a residence permit or tolerated stay permit
- Cancellation of residence restrictions
- Integration course measures

You can find all the important information [here](#).

Do you have any questions? Give us a call. Please bear in mind that many people call. Be patient if you do not reach a member of staff immediately.

You can also write to us. Please state your name, date of birth and your enquiry. Please bear in mind that many people write and it may take a few days before you receive a reply.

Amt für Ausländerwesen und Migration | Ausländische Mitbürger, Geflüchtete, Menschen mit Schutzstatus

 [Rathausplatz 4, 85049 Ingolstadt](#)

 [+49 \(0\) 8413051529](#)

 <https://www.ingolstadt.de/Ausl%C3%A4ndische-Mitb...>

Information on residence permits from the IHK

You need a residence permit if you want to work in Germany. There are residence permits for academic and non-academic professions. We also explain the special rules. We will show you examples from everyday life on the subject.

 [Chamber of Industry and Commerce for Munich and Upper Bavaria, Securing skilled labour](#)

You can find our homepage here:  <https://www.ihk-muenchen.de/migration/>.

Do you need help? You can also come to us or give us a call. You can find us here:

IHK for Munich and Upper Bavaria

Head of department for securing skilled labour, labour migration, IHK Business Women

IHK Campus D,

 [Orleansstraße 10-12](#)

81669 Munich

 [089/51161786](tel:08951161786)

@k erschl@munichen.ihk.de

You can find more information on the internet:

Facebook:  <https://www.facebook.com/ihk.muenchen.oberbayern>

Information on immigration and recognition of foreign professional qualifications from the IHK

Working in Germany: Information from the IHK Oberbayern

The IHK Oberbayern helps people from abroad who want to work or train in Germany. It also provides information on how foreign professional qualifications are recognised.

Important topics:

- Entering Germany: Who can come as a skilled worker with vocational training?
- Finding skilled labour: Tips for companies looking for skilled workers from abroad.
- Accelerated procedure for skilled workers: How long does it take? What does it cost? What documents are required?
- Recognition of qualifications: What conditions must be met?
- Recognition procedure: What steps are necessary?
- Partial recognition or equivalence: What does this mean?
- Adaptation of qualifications: How can you make up for missing knowledge?

 If you have any questions, you can contact the IHK Oberbayern directly.

IHK Campus | Mitarbeiter finden und binden

 [Orleansstraße 10-12, 81669 München](#)

@info@munichen.ihk.de

 [+49 \(0\) 8951160](tel:+495118951160)

 <https://www.ihk-muenchen.de/de/service-beratung/f...>

IHK Campus | Anerkennung ausländischer Berufsabschlüsse

 [Orleansstraße 10-12, 81669 München](#)

@berufsanerkennung@muenchen.ihk.de

+49 (0) 8951160

<https://www.ihk-muenchen.de/de/service-beratung/a...>

Labour exchange

Employees from the Employment Agency (=Arbeits-Amt) and the Job Centre will help you:

- You are unemployed.
- You are looking for work or training.
- You are looking for work or training in the Ingolstadt region.
- You want to gain a professional qualification or further training (= learn more about a profession).

Job Centre City of Ingolstadt

What does the job centre do?

The job centre helps people who are looking for work with financial support and advice. It offers the so-called citizen's allowance and helps people to find a new job.

Who can get help?

- People who have a positive decision from the BAMF and a residence permit.
- EU citizens under special regulations. You can find information [here](#).
- People whose income is not sufficient to cover their living costs.

Who does not receive help?

- People in the asylum procedure or with a tolerated stay permit do not receive any benefits. They should contact the [social counselling](#) service in their accommodation.

How can you get help?

- You can apply for citizen's allowance by telephone, in writing or in person.
- The easiest way is online on the [website of the Ingolstadt Job Centre](#).

Services of the job centre:

- Job search
- Help with job applications
- Advice on further training
- Information about citizen's allowance
- Help with education and participation

Who receives benefits for education and participation?

Children and young people under the age of 25 if

- they receive benefits according to SGB II, SGB XII or the Asylum Seekers Benefits Act,
- their parents receive housing benefit or child supplement.

Contact the Ingolstadt job centre:

Address: Adolf-Kolping-Straße 10, 85049 Ingolstadt

☎ [084130545112](tel:084130545112)

@j obcentr@ingolstadt.de

Arbeitsvermittlung: [084130545201](tel:084130545201)

Employer team: [084130545101](tel:084130545101)

Official fax: [0841305-45111](tel:0841305-45111)

Appointments [can be made online](#)

Opening hours:

Monday: 08:00 - 12:30, 13:30 - 16:00

Tuesday: 08:00 - 12:30

Wednesday: 08:00 - 12:30

Thursday: 08:00 - 12:30, 13:30 - 17:30

Friday: 08:00 - 12:30

💡 Employees do not pass on any information about customers.

💡 A power of attorney is required if an accompanying volunteer is present.

Ingolstadt Employment Agency

Employment Agency

The Federal Employment Agency is responsible for everything to do with employment.

The Employment Agency is your point of contact:

- If you are looking for a job,
- If you need help choosing a career in Germany,
- If you need your qualifications recognised or similar.
- If your asylum procedure is still ongoing (Aufenthaltsgestattung) or if you are tolerated (Duldung).

The Employment Agency is your point of contact if you have any questions:

- on the transition from school to work (career counselling),
- job placement,
- counselling on further vocational training,
- for employer counselling (employer service).

Are you a refugee or receive citizen's allowance?

Then the [job centre](#) is your contact for advice and placement in the labour market.

Interested new immigrants with access to the labour market can contact the Employment Agency. Your personal data will be recorded. You will then be given a counselling appointment with the relevant specialist.

You can find most job vacancies in Germany on the Federal Employment Agency's job exchange. You can, for example

- search for jobs in Germany and abroad,
- create and maintain a personal profile,
- apply for jobs online and
- receive suitable job offers by e-mail on request.

We can also support you on your way to a job in Germany with various measures, such as covering application costs, coaching and training courses.

Ingolstadt Employment Agency



[Heydeckplatz 1](#)

85049 Ingolstadt

@ ingolstadt@arbeitsagentur.de



<https://www.arbeitsagentur.de/vor-ort/ingolstadt>

www.arbeitsagentur.de/ukraine

 [0800/4555500](tel:08004555500) (employees)

 [0800/4555520](tel:08004555520) (employer)

 [0841/9338555](tel:08419338555) (local number)

 Calls are free of charge for you.

Give us a call:

 Mon - Fri from 08:00 - 18:00

 Opening hours for personal unemployment registration:

Monday to Friday: 09:00 - 12:00

 We are also available all day by prior appointment.

Job search:

h [https:// jobboerse.arbeitsagentur.de](https://jobboerse.arbeitsagentur.de)

Telephone counselling in Ukrainian or Russian

If you have any questions, you can also contact us by telephone. You can reach employees of the Employment Agency who speak Ukrainian and Russian on this number:

 [0911/1787915](tel:0911/1787915)

 Availability:

Monday to Thursday: 08:00 - 16:00

Friday: 08:00 - 13:00

When can I work?

Citizens of the EU, Norway, Liechtenstein, Iceland and Switzerland

Requirements for gainful employment in Germany

Citizens of the EU, Norway, Liechtenstein, Iceland and Switzerland

If you come from a country of the European Union (EU) or from Norway, Liechtenstein, Iceland or Switzerland, you are authorised to work in Germany. You do not need authorisation for employment. You have unrestricted freedom of movement for workers.

Who are EU citizens?

EU citizens are persons who are nationals of one of the 27 EU member states.

Who are EEA citizens?

EEA citizens are persons who are nationals of a country in the European Economic Area (EEA). These countries are not members of the EU.

What about Switzerland?

Switzerland is neither a member of the EU nor the EEA. But Swiss nationals have almost the same freedom of movement rights as EU and EEA citizens. This is due to a special treaty between the EU and Switzerland.

What are free movement rights?

The EU right of free movement means that citizens of an EU country can move freely within the EU countries. As an EU citizen, you can easily travel, work and live within the EU. These rights are particularly important in the EU and the EEA.

Requirements for a longer stay

There are a number of conditions that must be met before you can stay longer in Germany. However, these requirements are few.

Working in Germany

As an EU or EEA citizen, you are allowed to do any kind of work in Germany.

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

Information for refugees: When am I allowed to work?

💡 The foreigners authority decides whether you are allowed to work. You must therefore submit an application for a work permit to the foreigners authority. There are certain rules that you must observe.

What applies to asylum seekers with proof of arrival or permission to stay in AnkER?

- You are not allowed to work for 6 months (work ban).
- After 6 months, you are entitled to a work permit if you fulfil the following criteria:
 - You do not come from a safe country of origin.
 - Your asylum application has not been rejected by the BAMF as manifestly unfounded.
- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

💡 What are [safe countries of origin](#)

💡 As a rule, you can live in the AnkER centre for a maximum of 18 months. An extension of up to 24 months is possible. Families with children may live in the AnkER centre for a maximum of 6 months.

What applies to asylum seekers with proof of arrival or a residence permit outside the AnkER centre?

- You are not allowed to work for 3 months (work ban).
- After 3 months, the foreigners authority will decide whether you can obtain a work permit.
 - This only applies if you do not come from a safe country of origin and have applied for asylum after 31 August 2015.
 - For Georgia and the Republic of Moldova, it applies if you have applied for asylum after 30 August 2023
- You are entitled to a work permit after 6 months if you fulfil the following criteria
 - You do not come from safe countries of origin with asylum application after 31/08/2015 (Georgia and Republic of Moldova with asylum application after 30/08/2023).
 - Your asylum application has not been rejected by the BAMF as manifestly unfounded.
- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

What applies to tolerated persons in AnkER?

- After 6 months of toleration, the immigration authority "should" issue the work permit.
 - This only applies if you do not come from a safe country of origin and have applied for asylum after 31 August 2015.

- It applies to Georgia and the Republic of Moldova if you submitted your asylum application after 30 August 2023
- There is one exception: In the case of specific measures to terminate residence, the immigration authority "may" issue the work permit.
- Persons with a tolerated stay due to unclear identity (§ 60b AufenthG) are always prohibited from working
- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

What applies to tolerated persons outside AnkER?

- You are not allowed to work for 3 months (work ban).
- After 3 months, the foreigners authority "should" issue a work permit.
 - This only applies if you do not come from a safe country of origin and have applied for asylum after 31 August 2015.
 - It applies to Georgia and the Republic of Moldova if you applied for asylum after 30 August 2023
- There is one exception: In the case of specific measures to terminate residence, the immigration authority "may" issue the work permit.
- Persons with a tolerated stay due to unclear identity (§ 60b AufenthG) are always prohibited from working.
- The priority check does not apply. The Federal Employment Agency checks the working conditions beforehand.

What applies to refugees with a residence permit?

- If you have a residence permit, you have full access to the labour market. This means you have no restrictions

Do you have any questions?

There are advice centres in Ingolstadt that can help you.

 [Job Centre City of Ingolstadt](#)

 [Ingolstadt Employment Agency](#)

 [Ingolstadt Immigration and Migration Office](#)

Non-EU nationals - Working in Germany

Citizens of a third country

Regardless of the purpose of your stay, you need a visa to enter Germany. You can obtain a visa from the German diplomatic mission in your home country. You can ask at the German embassy or the German consulate. You can enter Germany with the visa. If you stay beyond the expiry date of your visa, you will need a residence permit. You must apply for this in good time at the immigration office in your place of residence. Read more about this in the [entry requirements](#).

You need a residence permit for permanent residence in Germany. The residence permit states which access to the labour market is possible for you.

There are special regulations for certain groups:

- [Skilled workers](#),
- [academics](#),
- [EU Blue Card holders](#),
- [researchers](#),
- [self-employed persons](#),
- [jobseekers](#),
- Employees who come to Germany as part of an [internal transfer](#).
- [Interns and voluntary service](#)
- [Family reunification](#)

💡 More information on the subject of residence and work on the [BAMF](#) website. Here you will find information in 6 languages.

Inflow of skilled workers with vocational training and people with practical professional expertise

What is the Skilled Labour Immigration Act?

Skilled workers can immigrate to Germany more easily. This applies to skilled workers with

- vocational training lasting at least two years or a university degree.
- a university degree.

The Skilled Immigration Act lays down the rules.

The law has been in force since 1 March 2020 and will be amended from November 2023. You can find out more [here](#).

Criteria for skilled workers

What is a skilled worker? Three criteria are considered:

1) Qualification

A professional qualification is necessary. This is the only way to perform qualified work in Germany. There are also many people without a professional qualification recognised abroad. They must have their professional qualification recognised in Germany. You can seek advice on this.

2) Experience

People with professional experience are allowed to come to Germany. This applies to people who

- have obtained a recognised professional qualification abroad and
- can prove at least 2 years of professional experience.

A salary threshold applies to these people. This means that there is a minimum amount. The salary must be above the minimum amount.

3) Potential

People without a concrete job offer can also work in Germany. The opportunity card was introduced for them. It is based on a points system. These criteria are taken into account:

- Qualifications
- German and English language skills
- work experience
- Relevance to Germany
- Age
- Potential of spouse and partner

An important innovation for asylum seekers

Are you an asylum seeker? And you arrived before 29 March 2023? Then you can apply for a residence permit as a skilled worker. You do not have to leave the country. And you do not have to go through a visa procedure. You must withdraw your application for asylum.

You will need

- a corresponding recognised qualification
- an offer of employment or an existing employment relationship

💡 Seek advice on this first. The [refugee and integration counselling](#) service can help you.

Hotline for individual counselling

Do you have a lot of questions? Then the Federal Government's hotline can help you. It offers individual counselling. They will take a close look at your personal situation. You can get advice in German or English.

Hotline "Working and living in Germany"

☎ [+49 \(0\) 3018151111](tel:+493018151111)

🌐 www.make-it-in-germany.com/de/service/kontakt/hotline

For employers

Fast skilled labour procedure: Employers need an authorisation from the skilled worker. This allows you to initiate a fast-track skilled worker procedure. You do this at the relevant immigration authority. The company concludes an agreement with the authority. All parties involved agree on what the employer, the skilled worker and the authorities may and must do. The agreement shows the procedures, the parties involved and the deadlines.

💡 The **costs** amount to 411 euros and there is a visa fee of 75 euros. The other costs, such as certified copies and translations, must be taken into account.

The foreigners authority advises employers. It provides support to ensure that the foreign qualifications of the skilled worker are recognised. The foreigners authority obtains the approval of the Federal Employment Agency. It checks what is required for the visa to

be issued. The recognition centres only have a certain amount of time before they have to make a decision. So does the Federal Employment Agency.

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

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

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

Information on [applying for the accelerated skilled worker procedure](#) and [here](#).

For professionals

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

Job search

Entering the labour market:

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

Possibilities of employment:

You have a certain qualification. This means that you are qualified for a specific profession. You are authorised to work in this profession. You can also work in related professions. Skilled workers with a qualification from a degree programme can also do other work. For example, skilled workers can work in an occupation that does not require a degree. However, skilled workers may not work in simple jobs. Skilled workers must work in an occupation that requires training. For the EU Blue Card, you need a job that corresponds to your qualifications.

Skilled workers with vocational training:

Skilled workers with vocational training can work in any profession. They only need to be qualified through training. They no longer have to work only in professions where there is a shortage of labour.

Entry rules

Entry for the purpose of seeking employment:

Skilled workers with vocational training can enter Germany. You can enter the country to find a job here. They receive a residence permit for up to six months. Their qualifications must be recognised in Germany. You must be able to support yourself during your stay. You

must already speak German well enough to be able to work in your profession. German language skills at level B1 or better are normally required. Would you like to try out a job first? Then you can work up to 10 hours a week. This way you can find out whether you like the job. Your employer can get to know you. Skilled workers with a recognised academic qualification can also do trial work.

Stay for qualification measures:

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

Settlement permit for skilled workers from abroad:

Foreign skilled workers can obtain a settlement permit in Germany after just four years (previously five years).

EU Blue Card Germany

The EU Blue Card is a residence permit for university graduates.

It is intended to facilitate and promote the immigration of highly qualified people from non-EU countries to Germany.

It also allows simplified immigration to all other EU countries.

You need a visa to work in Germany:

- You apply for this visa at the German embassy or the German consulate general.
- You can enter Germany with this visa.

You can apply for an EU Blue Card at the Foreigners' Registration Office in Germany.

There are several requirements for obtaining an EU Blue Card:

- You must have a completed university degree.
- The university degree must be recognised in Germany.
- You need an employment contract. Or you need a binding job confirmation.
- Your minimum annual gross salary must be **58,400** euros.
- There are exceptions in the professional fields of mathematics, computer science, natural sciences, engineering and human medicine.
- These must have a minimum annual gross salary of **45,552** euros.
- The salary limits are adjusted annually.
- The employment must correspond to the university qualification.
- The EU Blue Card is a temporary residence permit.
 - It is issued for a maximum of four years.

- If the employment relationship lasts less than four years, the EU Blue Card is issued for the duration of the employment contract plus three months.

💡 The status of the information is from **2023**.

💡 **An EU Blue Card can be applied for in all EU member states with the exception of Denmark and Ireland. There are slight differences in terms of the requirements.**

You must apply for an EU Blue Card at the immigration authority.

💡 You can find more information in German about applying for the EU Blue Card in Ingolstadt  [here](#).

💡 You can find more information in German and English about the EU Blue Card  [here](#) or  [here](#).

Permanent residence

Would you like to stay in Germany permanently? Then you need a residence permit. A permanent residence permit gives you almost the same rights as German nationals.

What residence titles are there for permanent residence?

There are two different residence titles for permanent residence. Here we give you an overview.

💡 Please note: If you live outside Germany for a longer period of time, the residence permits are no longer valid. How quickly they end varies depending on the residence title.

1. settlement permit according to § 9 Residence Act

With a settlement permit, you can live and work in Germany. Without any time or place restrictions.

There are a few requirements, for example

- You have been living legally in Germany for **at least 5 years**. Periods of study and training count for half.
- You have a **valid residence permit** that was not issued for a temporary purpose (studies) or for humanitarian reasons.
- You are able to **support yourself**.
- You have a **flat**.
- Proof of **sufficient pension provision**. You need at least 60 months of compulsory or voluntary contributions to the statutory pension insurance scheme in Germany.
- You speak **German well enough**.

You have a **basic knowledge** of the legal and social system and living conditions in Germany. You can prove this by

- Successful **participation in an integration course**
- **Certificates and proof of** having completed training in Germany.
- **Other language certificates**

Sometimes you will need additional documents, the type of which may vary. Seek advice from the [Office for Immigration and Migration](#). Further information on the requirements can be found [here](#).

💡 The settlement permit is only valid for Germany. You cannot move on to other Schengen states. Would you like to emigrate to another EU country? Then EU permanent residence is more suitable.

2. permanent residence EU

EU permanent residence is an unlimited residence permit with almost the same rights as a settlement permit. It allows you to live and work in Germany. Without any time or place restrictions.

One advantage over the settlement permit is that you can live, work or study in other EU countries. A visa is not required for this. EU permanent residence is therefore very popular.

💡 Please note: Special regulations apply to certain other countries. This also applies to Ireland and Denmark.

Would you like to apply for EU permanent residence? Then you must have been in Germany for more than five years and your residence must be legal. You can find information on the requirements [here](#). You can also find further information [here](#).

💡 Did you obtain your EU permanent residence permit in another EU country? Then you need a residence permit in Germany. With this you can work or reside permanently.

Which residence permit is right for you?

Would you like to know which residence permit is right for you? That depends on your individual circumstances. The Office for Immigration and Integration will be happy to advise you.

For expectant parents: Do you have a permanent right of residence and have you been living in Germany for at least eight years? Are you having a baby? If your baby is born in Germany, it will receive [German citizenship](#).

Advice on labour and social law issues

Advice on social and labour law issues

Important help for people with problems at work or in training

Are you being treated unfairly at work or in your training programme? Are you poorly paid or do you have to work too many hours? Do you know what should be in your employment contract? Or are you afraid of being made redundant? Then there is support for you. There are two advice centres in Germany that can help you: "Fair Mobility" and "Fair Integration". These centres will support you if you are being treated unfairly or if you need help to understand and assert your rights.

Our counselling is important because:

- You only know your rights if you are well informed.
- Only those who know their rights can claim them.
- Our counsellors will explain to you what you can do if problems arise.
- You will get help if you are treated unfairly.

Counselling topics

- Employment contracts and training: We will advise you on your employment contract or training contract. We can also help you if you are doing an internship and have questions about your internship contract. We explain what should be in a contract, whether it is fixed-term or open-ended, and what this means.
- Mini-jobs and temporary work: If you only work a few hours or are employed as a temporary worker, we will explain your rights.
- Working hours and pay: We tell you how many hours you are allowed to work and how much pay you are entitled to. We will also show you your options if you want to continue to be paid when you are ill.
- Dismissal and sickness rights: If you are afraid of losing your job or have questions about dismissal, we are here for you.
- Holiday: We explain how much holiday you are legally entitled to and when you can take it.
- Social insurance and cover: We can help you find out about your health insurance, long-term care insurance, pension insurance and unemployment insurance. If you are unemployed, we will also show you what benefits you can receive from the job centre or employment agency.
- Trade unions and rights as an employee: We explain how a trade union can help you and what you should know if you are self-employed.
- The counselling is especially for people with a migration background who have problems in their work, training or internship.
- The counselling is free of charge and confidential. You don't need to be afraid that someone will pass on your questions.
- You do not have to be a member of a trade union.
- The counselling is independent of your residence status.
- The counselling sessions take place in person, by telephone or by e-mail.

💡 Our counsellors will show you various options and help you find a way forward. The decision as to what you do is ultimately up to you.

💡 We only offer out-of-court counselling. This means that we are not lawyers. If you want to go to court, we will help you find a trade union or a specialised lawyer.

Advice for citizens from the EU

If you come from an EU country, especially from Central or Eastern Europe, you can get advice from "Fair Mobility". The aim of "Fair Mobility" is to ensure fair working conditions and fair wages for people from other EU countries. The project is supported by the German Trade Union Confederation (DGB).

Fair Mobility Advice Centre

📍 [Ludwigstraße 46](#), 90402 Nuremberg

✉ uernerber_g@faire-mobilitaet.de

🌐 www.faire-mobilitaet.de and 🌐 www.fair-arbeiten.eu

☎ Telephone consultation hours:

Monday and Tuesday 09:00 - 12:00, Thursday 14:00 - 17:00

Counselling for refugees and people from non-EU countries

The Fair Integration advice centres are aimed at refugees and people from non-EU countries. Here you can get free and anonymous counselling in several languages. The counselling topics are the same: you can find out about labour law and social law.

The advice centres provide free, anonymous advice in various languages on all labour and social law issues. All advice centres provide advice on the same topics. Depending on the counsellor, the only difference is the languages in which the counselling can be offered.

Fair integration advice centre

💡 You can find a counselling centre here:

🌐 www.faire-integration.de

@f fi@iq-c onsult.de

Our counselling centres are always there for you. We help you to understand your rights and know what you are entitled to. So you can protect yourself and get the support you need for your work and future.

How can I look for work?

The best way to search for work is on the Internet. No matter where you are. The job exchange platform of the Federal Employment Agency has jobs all over Germany. You need an internet connection to search: 🌐 www.arbeitsagentur.de/jobsuche/

There you will find a direct search mask:

You search:

- You can choose what kind of job you are looking for. For a position as a specialist or manager, you need a degree. However, a completed apprenticeship and a lot of professional experience are also possible. You often need to have a very good command of the German language.
- You can also find a job as a helper with good German language skills and without a degree.
- You can also look for an internship or apprenticeship here.

Search term(s):

- Enter the profession in which you would like to work. If the first three letters are entered, the website will also suggest occupations.
- **Work location:** Enter the location where you would like to work.
- Finally, click on "Search".

There are many other job platforms on the 🌐 [Internet](#).

The application

If you have found an interesting job, you need to write an application.

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 vacancy. For example, describe what experience you have already gained in your home country. Find out more about the company and describe why you would like to work there. The cover letter should fit on one page. Sign the cover letter.
- **Curriculum vitae:** The CV lists all your experience and is structured like a large table. Write from when to when you worked at which company, where you completed your training or studies. Write where you went to school and what degree you obtained. You don't have to include a photo on your CV, but many companies like it if you do. You can create your CV online at  europass.eu.
- **Certificates:** It is very important that you include copies of your certificates. Certificates are school leaving certificates, university degrees or work references from the past. You should also include a certificate from a German course.

The job advert often states how you should apply.

- **In writing:** Buy a nice application folder and put your cover letter, CV and certificates in it. Then send the application to the address given in the job advert. You can also drop off the application folder in person.
- **E-mail:** Many applications are now sent by e-mail. Combine the covering letter, CV and certificates into a PDF file and send this as an attachment to the e-mail. In the e-mail, write a short message to the person who will receive the application.
- **Online:** Large companies have their own website where you have to apply. You can register there with your own e-mail address and send the application.

Labour contract

Working in Germany

Anyone who starts a job is given an employment contract. This regulates the most important conditions of your work.

It states when you work. How much holiday you get. How much money you will be paid.

Important:

Both sides - employee and employer - must adhere to these agreements.

The contract becomes legally binding when you sign it.



Only sign it once you have fully understood the content.

There are three types of contract:

Permanent employment contract

There is usually a probationary period of three or six months. During this period, an employment relationship can be terminated within two weeks. The employee and employer can terminate the contract.

At the end of the probationary period, a permanent employment relationship begins. This has longer protection against dismissal. Working hours are normally a maximum of 40 hours per week.

Fixed-term employment contract

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

Mini job

The maximum earnings per month are € 556 (2025) and are tax-free. This amount is subject to change; you can find the latest details and information on the Minijob Centre website:

<https://www.minijob-zentrale.de>

Your rights at work:

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

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

Taxes and social security contributions:

Every employee in Germany pays a portion of their wages as taxes and social security contributions.

The federal, state and local governments use taxes to finance their expenditure.

Employers, in turn, are obliged to pay social security contributions for their employees.

These social security contributions finance the social system in Germany.

These are, for example

- Health insurance
- nursing care insurance
- Unemployment insurance: The system guarantees that you will receive money if you are out of work.

Tax identification number:

The tax ID is an 11-digit number and is used for income tax purposes. The number is valid for your entire life. The authorities can always identify you with this number.

Your place of work requires this number. You do not have this number in your documents? You can obtain it in person from the registration office. Or by filling in a form at the [Federal Central Tax Office](#).

National insurance number:

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

Here are the usual places where you can find your national insurance number:

- Social security card:
This is usually sent to you after your first employment subject to social security contributions.
 - Pay stub:
The number is noted on every payslip you receive from your employer, often under the abbreviation "SV number".
 - Pension insurance notification:
The number can also be found on notifications from the German Pension Insurance.
-

Illegal work:

You have a job that is paid. But this work is not registered with the tax office or health insurance fund.

You therefore do not pay taxes and social security contributions. This is **illegal**.



You could face fines and imprisonment!

Do you receive social benefits or unemployment benefit? But you are still working?

You haven't told the social welfare office, the employment agency or the job centre?

That is also **illegal**. You are wrongly receiving state benefits even though you are in paid work.

Recognition of foreign qualifications

Information on professional recognition

Would you like to work in your profession in Germany?

Have your profession recognised! 🌐 [Here](#) you can find out how and where you can have your qualification recognised.

Recognition of foreign educational qualifications

Certificates and their importance in Germany

Certificates are important in Germany. They show what someone has learnt at school, at university or at work. A job reference describes your performance in your job.

A certificate proves what knowledge and skills you have. This helps when looking for a job. You also need a certificate for admission to a school or university.

If you have certificates from abroad, you can have them recognised. An authority will check which qualifications the certificate confirms. This allows you to categorise your achievements correctly.

If certificates are missing, there are alternatives. You can prove your professional experience and skills through tests

Recognising school qualifications from abroad

Anyone who has obtained a school-leaving qualification outside Bavaria should contact the Bavarian State Office for Schools. This authority checks whether the qualification is equivalent to a German school-leaving qualification. The examination is free of charge.

Bayerisches Landesamt für Schule | Bewertung von allgemeinbildenden Schulabschlüssen aus dem Ausland, Prüfung der Gleichwertigkeit von bestimmten ausländischen Berufsabschlüssen

📍 [Stuttgarter Str. 1, 91710 Gunzenhausen](#)

✉ @zast@las.bayern.de

☎ [+49 \(0\) 98315166444](tel:+49(0)98315166444)

🌐 <https://www.las.bayern.de/zeugnisanerkennung/zeug...>

Recognising professional qualifications from abroad

Anyone who has completed a vocational or academic qualification abroad can get support. The bfz (Berufliche Fortbildungszentren der Bayerischen Wirtschaft) helps with recognition.

The bfz offers

- Advice on recognition
- Help with the application
- Support with the costs
- Assistance with the assessment of the decision
- Information on further training

Berufliches Fortbildungszentrum der Bayerischen Wirtschaft (bfz) | Berufliche Aus- und Weiterbildungen, Unterstützung bei der Vermittlung in Job oder Ausbildung und bei der Integration ins Berufsleben

 [Viehmarktplatz 9, 85055 Ingolstadt](#)

 [@info-in@bfz.de](mailto:info-in@bfz.de)

 [+49 \(0\) 84198150](tel:+49(0)84198150)

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

Professional qualifications: Important information

The Bavarian State Office for Schools also examines vocational qualifications from abroad. This examination costs money. However, you can apply for a grant. You can find more information here:

 www.anerkennungszuschuss.de



Three major websites offer information on the recognition of foreign qualifications:

["Anabin"](#) evaluates educational certificates from abroad. Authorities, employers and private individuals use this data.

["Recognition in Germany"](#) helps skilled workers with foreign professional qualifications. They can find out whether they need official recognition.

The ["BQ-Portal"](#) is aimed at chambers and companies. It helps to correctly assess foreign professional qualifications.

Recognition of nursing professions in Bavaria

Do you have a professional qualification as a carer from abroad and would like to work in Bavaria? Then we need to check your qualification. The procedure follows a certain structure.

There are two possible outcomes to the procedure:

- Either your qualification is recognised as equivalent or
- You have to complete an equalisation measure.

The procedure is associated with costs. We answer your questions in our FAQ. The documents for the application and further links to the procedure and counselling services, as well as the legal basis can be found [here](#). Please contact us if you have any further questions.

Bavarian State Office for Care (LfP)

Mildred-Scheel-Str. 4

92224 Amberg

 [+49 9621/9669-0](tel:+49962196690)

 poststelle@lfp.bayern.de

 Telephone service times:

Mon-Fri, 08:00-12:00

Mon & Thu, 13:00-16:00

Recognition of healthcare professions in Bavaria

Recognition of healthcare professions in Bavaria

There are many people in Bavaria who work in healthcare professions. These are professions such as nurse, physiotherapist or paramedic. These people help others to stay healthy or get healthy again. Their work is very important!

Sometimes people have learnt their profession abroad. For example, a doctor or nurse from another country might come to Bavaria and want to work here. For them to be allowed to do so, their profession must be recognised.

What does "recognise" mean?

This means that a check is made to see whether the training that someone has completed abroad is just as good as the training in Bavaria. If so, the person receives a licence to work in their profession in Bavaria. This licence is also called a "permit to use the professional title".

Who helps with this?

In Bavaria, the government of Upper Bavaria takes care of such procedures in healthcare professions. It checks whether someone is authorised. There is a special department for this, the Health Professions Licensing Office.

If you have any questions or would like to apply for a licence, you can contact them at

☎ +498921762075

@e r.laubnj@s.gesundheitsfachberufe@reg-ob.bayern.de

Telephone consultation hours: Monday to Friday, 9:00 am to 11:00 am

Why is this important?

It is important that everyone in the healthcare sector is well trained. This is the only way they can treat people safely and well. Recognition also ensures that everyone is treated fairly, regardless of which country they come from.

How does recognition work?

You have to apply for a licence if you want to practise a healthcare profession in Germany. The documents are checked in the process. Sometimes you also have to take additional courses or pass an exam. If everything is in order, you get the licence.

This means that people from all over the world can work in Bavaria and help us all stay healthy!

Granting of a licence to use the professional title in a [healthcare profession](#)

Government of Upper Bavaria - Department 55.3 - Legal issues relating to healthcare professions

Service Professional Licensing Office for Healthcare Professions

 [+49 89 2176-2075](tel:+498921762075)

 rlaubni@reg-ob.bayern.de

 Telephone consultation hours:

Monday to Friday, 9:00 a.m. - 11:00 a.m.

Applying for authorisation to use a professional title in a healthcare profession

You need a licence if you wish to work under one of the protected [professional titles](#) listed in alphabetical order in the Federal Republic of Germany.

Recognition of licensed professions

Licence to practise or professional permit for academic health professions

Would you like to work in an academic medical profession in Germany? Then you need a licence to practise or a professional licence.

- The licence to practise is the unrestricted authorisation for the profession. It authorises you to work permanently and independently.
- A professional licence only allows you to work temporarily under certain conditions.

Who needs which licence?

Have you completed your training in a country of the EU or the European Economic Area? Then you need a licence to practise. You must submit an application for this. A professional licence is not necessary in this case.

How long is a licence to practise valid for?

The professional licence is limited in time:

- Doctors, dentists and pharmacists: a maximum of two years
- Psychotherapists for adults, children and adolescents: maximum three years
- Veterinarians: maximum of four years



An extension is not normally possible - not even for specialist training. If your licence to practise expires, you will need a licence to practise in order to continue working.

Contact for Ingolstadt and Upper Bavaria

Government of Upper Bavaria - Department 55.3 - Legal issues relating to healthcare professions

 0 [8921762](tel:08921762634) 634

 pprobat@reg-ob.bayern.de

Consultation hours:

Monday: 09:00 am - 11:00 am

Tuesday: 09:00 am -11:00 am
Wednesday: 09:00 am -11:00 am
Thursday: 09:00 am -11:00 am
Friday: 09:00 am -11:00 am

Approbation or professional licence for academic health professions

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☎ [0 8921762](tel:08921762634) 634

@approbation.erlaubnis@reg-ob.bayern.de

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Monday: 09:00 am -11:00 am
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Official certification of certificates

What is an official certification?

Sometimes you need to prove that a document is genuine - i.e. not forged or altered. This is what official legalisation is for. This means that an authority or notary checks your document and confirms: "Yes, this really is genuine!"

When do you need this?

Notarisation is often necessary, for example:

- When you enrol at a school or university.
- If you need to submit documents for a job in another country.
- The people or institutions that see your documents want to be sure that they are correct.

What do you need for this?

In order for your document to be notarised, you need to bring the following with you:

- The original document (for example, a certificate).
- A copy of the document.
- A valid form of identification to prove your identity.

💡 In some cases, fees will be charged. The authority will inform you of this.

How does this work?

The authority looks at the original and the copy carefully. If everything is in order, you will receive a stamp or signature on the copy. This confirms: "This paper is just as genuine as the original!"

Why is this important?

Notarisation creates trust. Everyone knows that your documents are genuine and there are no doubts.

Check carefully beforehand whether you really need a certified translation. You can find an [official database for interpreters and translators](#) here.

**Bürgeramt | amtliche Beglaubigung, Wahlen, Einbürgerung,
Meldeamt, Führungszeugnis, Ausweis, Reisepass,**

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

✉ [@buergeramt@ingolstadt.de](mailto:buergeramt@ingolstadt.de)

☎ [+49 \(0\) 8413051500](tel:+4908413051500)

🌐 <https://www.ingolstadt.de/buergeramt>

Labour law

General information on labour law

Do you have problems at work or questions about your current work situation?
Do you have questions about your employment contract? Are you not sure whether everything is going correctly at work? Would you like to change jobs and don't know what to look out for? Are you unsure whether the labour court is the right place to go?

Then you are welcome to contact the regional  [advice centres](#) with these questions.

Have you not been paid your wages? Have you been dismissed and do not agree? Would you like to take legal action against your employer?

Then contact the legal application office of the  [labour court in Ingolstadt](#) directly.

 The labour court does not provide interpreters. Complaints and applications can be made for the record at the legal application centre and the official meetings. Information on the content of laws and collective agreements can be provided in connection with the preparation of complaints.

Legal advice, the provision of general legal information and the clarification of legal and collective bargaining issues may not be provided.

Fair Integration Advice Centre

Fair integration - advice on labour and social law issues

The Fair Integration advice centre helps people who have come to Germany as refugees or from other countries. They explain to them what the rules are for working in Germany and what rights they have as workers. Their aim is to ensure that everyone is treated fairly and has good working conditions. If you know your rights, you can better ensure that they are respected and protect yourself against exploitation.

Target group:

We advise refugees and third-country nationals who are in work (full-time, part-time, mini-job, temporary work, etc.), are doing an apprenticeship or internship, or are about to start working life and would like to find out more.

Counselling principles:

The counselling service is free of charge and confidential.

Focal points of counselling:

- Rights in the employment, training or internship relationship
- Standards on the German labour market
- Questions about pay, for example, if no or too little pay has been paid
- Minimum wage
- Working hours

- holidays
- Health insurance
- Incapacity for work and accidents at work
- Dismissal

Counselling is free and confidential.

You can find **counselling centres** at  [Counselling centre Fair Integration Bavaria](#)

 You can find information at  www.faire-integration.de

Advice on labour and social law issues

Advice on social and labour law issues

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- Working hours and pay: We tell you how many hours you are allowed to work and how much pay you are entitled to. We will also show you your options if you want to continue to be paid when you are ill.
- Dismissal and sickness rights: If you are afraid of losing your job or have questions about dismissal, we are here for you.
- Holiday: We explain how much holiday you are legally entitled to and when you can take it.
- Social insurance and cover: We can help you find out about your health insurance, long-term care insurance, pension insurance and unemployment insurance. If you are

unemployed, we will also show you what benefits you can receive from the job centre or employment agency.

- Trade unions and rights as an employee: We explain how a trade union can help you and what you should know if you are self-employed.
- The counselling is especially for people with a migration background who have problems in their work, training or internship.
- The counselling is free of charge and confidential. You don't need to be afraid that someone will pass on your questions.
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Fair Mobility Advice Centre

📍 [Ludwigstraße 46](#), 90402 Nuremberg

@n uernberg@faire-mobilitaet.de

🌐 www.faire-mobilitaet.de and 🌐 www.fair-arbeiten.eu

📞 Telephone consultation hours:

Monday and Tuesday 09:00 - 12:00, Thursday 14:00 - 17:00

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The advice centres provide free, anonymous advice in various languages on all labour and social law issues. All advice centres provide advice on the same topics. Depending on the counsellor, the only difference is the languages in which the counselling can be offered.

Fair integration advice centre

💡 You can find a counselling centre here:

🌐 www.faire-integration.de

@f fi@iq-c-consult.de

Our counselling centres are always there for you. We help you to understand your rights and know what you are entitled to. So you can protect yourself and get the support you need for your work and future.

Duties and taxes

Tax for employees

When you start work and are paid for it, you have to pay tax.

The tax on labour is called income tax.

You pay income tax to the tax office.

You may work for a company.

The boss is your employer.

The money for your work is called: gross salary.

Your employer pays income tax for you.

You or he pays this income tax from your gross salary.

Employer pays even more for you from your gross salary.

For example:

- Health insurance
- pension insurance
- Unemployment insurance
- nursing care insurance
- Solidarity surcharge
- If you are a member of a Christian church, your employer will also pay church tax for you.

The remaining money for your work is called: Net salary.

The employer transfers the net wage to your current account.

Paying tax yourself

You pay the tax yourself to the tax office.

If you:

- have your own company.
- are self-employed.
- receive money from a pension.
- have a house and you receive rent for it

Tax return

In your tax return, you declare to the tax office how much income you have earned this year and how much tax you have paid.

Sometimes you have paid too much tax in a year, in which case you get money back.

Sometimes you have paid too little tax in the year, in which case you have to pay money back.

This usually applies to self-employed people.

If you have a mini-job and earn no more than 538 euros (as of 2024) per month, you do not have to submit a tax return.

If you are unsure whether you have to file a tax return, ask your tax office.

Ingolstadt tax office

[Esplanade 38](#)

85049 Ingolstadt

 Service centre

Monday - Wednesday: 7.15 a.m. - 12.30 p.m.

Thursday: from 13.00 - 17.30

Friday: 7.15 a.m. - 12.00 p.m.

☎0841 311-0

You can get help with preparing a tax return from the following income tax assistance organisations:

[Lohnsteuerhilfverein Vereinigte Lohnsteuerhilfe e.V.](#)

[Lohnsteuerhilfe Bayern e. V.](#)

Pension and retirement provision

People who no longer have to work for reasons of age are called "pensioners".

How does the statutory pension work?

If you work in Germany and earn more than 538 euros (as of 2024) per month, part of your gross salary is automatically paid into the pension insurance scheme.

Your employer also pays their own contribution to the pension insurance scheme.

And the state adds tax subsidies.

This money is paid out to all people who are pensioners now.

So when you yourself become a pensioner later on, your pension will be paid by the people who are then working.

This is called the pay-as-you-go system.

Who pays contributions into the statutory pension insurance scheme?

All people who are employed by a company and earn more than 520 euros a month automatically pay part of their income into the pension insurance scheme. These people are compulsorily insured in the pension insurance scheme.

Civil servants and the self-employed are not compulsorily insured. However, they can voluntarily pay into the statutory pension insurance scheme until they retire. This can be worthwhile for short interruptions or if you have not yet reached the minimum number of years of insurance.

When will I receive a pension in Germany?

You will receive a pension in Germany if you:

- have reached the minimum age for a pension, which depends on the year in which you were born.
- have reached the minimum insurance period, i.e. you must have paid money into the pension insurance scheme for at least five years.

What happens if I do not receive a pension or my pension is not enough to live on?

If you do not receive a pension or your pension is not enough to live on, you can apply for "basic security".

You will receive "basic income support" from the social [welfare office](#).

The social welfare office pays you money so that you can pay your rent, your ancillary costs, your health and care insurance as well as food and clothing.

You must renew your application for basic income support once a year.

💡 You will only receive basic income support from the month in which you submit your application!

You are entitled to basic income support if:

- You have reached the minimum age for the pension.
- You have no assets (assets are, for example, your own house or an expensive car).
- Your monthly income is less than 838 euros.
- You live in Germany.
- You have a residence permit or German citizenship.

What other pension options are there?

In addition to the statutory pension, there is the company pension and the Riester or Rürup pension. It is also possible to make private provision. Which pension option is best for you depends on

- how old you are,
- how high your income is,
- what financial resources you have
- and whether you have a family.

The company **pension** scheme ("Betriebsrente") is an additional type of pension scheme for employees. With a company pension, you save an amount of your income in a special account. Your employer also contributes an amount. Ask your employer whether this option is available in your company.

The **Riester and Rürup pensions** are savings options that are subsidised by the state.

With the Riester pension, the state pays a fixed amount of money into your pension account each month. At the same time, you must also pay in a fixed amount yourself each month. The Riester pension can be taken out by anyone who is subject to pension insurance. The Riester pension is particularly worthwhile for people who have a low income and many children.

You can find more information on the Riester pension [here](#).

The Rürup pension is for the self-employed and freelancers.

The advantage of the Rürup pension is that you can deduct the contributions from your tax bill. Ask your tax advisor whether the Rürup pension makes sense for you.

With a **private pension**, you invest your money yourself as profitably as possible, e.g. in equity funds or property. When you retire, you live off this money or these earnings.

The type of retirement provision that makes the most sense for you depends on your age, your income, your financial means, your family situation and, of course, your willingness to take risks. For most people, a combination of different options is best. You can get advice on this topic here:

 [VerbraucherService Bayern im KDFB e.V.](#)

Advice centre Ingolstadt

[Kupferstraße 24](#)

85049 Ingolstadt

 [0841 / 95 15 99 90](tel:0841_95_15_99_90)



[0841 / 95 15 99 95](mailto:0841_95_15_99_95)

@i ngolsta dt@verbraucherservice-bayern.de

 [Verbraucherzentrale Bayern e.V. Munich for Bavaria](#)

Labour contract

Working in Germany

Anyone who starts a job is given an employment contract. This regulates the most important conditions of your work.

It states when you work. How much holiday you get. How much money you will be paid.

Important:

Both sides - employee and employer - must adhere to these agreements.

The contract becomes legally binding when you sign it.



Only sign it once you have fully understood the content.

There are three types of contract:

Permanent employment contract

There is usually a probationary period of three or six months. During this period, an employment relationship can be terminated within two weeks. The employee and employer can terminate the contract.

At the end of the probationary period, a permanent employment relationship begins. This has longer protection against dismissal. Working hours are normally a maximum of 40 hours per week.

Fixed-term employment contract

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

Mini job

The maximum earnings per month are € 556 (2025) and are tax-free. This amount is subject to change; you can find the latest details and information on the Minijob Centre website:

<https://www.minijob-zentrale.de>

Your rights at work:

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

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

Taxes and social security contributions:

Every employee in Germany pays a portion of their wages as taxes and social security contributions.

The federal, state and local governments use taxes to finance their expenditure.

Employers, in turn, are obliged to pay social security contributions for their employees.

These social security contributions finance the social system in Germany.

These are, for example

- Health insurance
- nursing care insurance
- Unemployment insurance: The system guarantees that you will receive money if you are out of work.

Tax identification number:

The tax ID is an 11-digit number and is used for income tax purposes. The number is valid for your entire life. The authorities can always identify you with this number.

Your place of work requires this number. You do not have this number in your documents? You can obtain it in person from the registration office. Or by filling in a form at the [Federal Central Tax Office](#).

National insurance number:

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

Here are the usual places where you can find your national insurance number:

- Social security card:
This is usually sent to you after your first employment subject to social security contributions.

- Pay stub:
The number is noted on every payslip you receive from your employer, often under the abbreviation "SV number".
- Pension insurance notification:
The number can also be found on notifications from the German Pension Insurance.

Illegal work:

You have a job that is paid. But this work is not registered with the tax office or health insurance fund.

You therefore do not pay taxes and social security contributions. This is **illegal**.



You could face fines and imprisonment!

Do you receive social benefits or unemployment benefit? But you are still working?

You haven't told the social welfare office, the employment agency or the job centre?

That is also **illegal**. You are wrongly receiving state benefits even though you are in paid work.

Applications and job interviews

Would you like to work or do an apprenticeship in Germany?

Then you need a written application.

Many companies are looking for new employees. They place an advert - often in the newspaper or on the Internet.

The advert states:

- What work or training is on offer
- What tasks are involved
- What skills the company expects
- How and where you should apply

Have you been invited to an interview?

That's a good sign. The company is interested in you.
Now you can introduce yourself in person.

Important: Plan enough time for the journey.
Be on time for the interview.

This will help you prepare well:

- Look for information about the company

- Visit the website
- Read what the company manufactures or offers
- Memorise important points

💡 Tip:

Ask your own questions during the interview.

For example:

- What exactly do I do in this job?
- What does a normal working day look like?
- How many colleagues work there?

This will show you:

- I have done my research.
- I am interested and motivated.

An application usually consists of three parts:

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

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

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

The job advert will tell you how to apply.

💡 Please read it carefully.

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

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

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

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

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

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

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

Language exercises

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

Finding work - counselling and help

There are many ways to find a job

There are many adverts in local newspapers or on the internet. There are also platforms where you can find a suitable job, such as the websites of major local newspapers.

Job search on the Internet

For example, you can search online job boards according to the following criteria

- Type of employment (full-time, part-time, mini-job and so on)
- Profession/activity (enter the profession or industry in which you would like to work. If the first three letters are entered, the website will suggest occupations)
- Location (enter your desired location)
- Vicinity (enter the maximum distance from your place of residence)

Finally, click on the "Search" button. Your filtered results will now be displayed.

- [Job exchange employment agency](#)
- [Kimeta.de](#)
- [Meinestadt.de](#)

- [Stepstone.de](https://www.stepstone.de)
- [Indeed.com](https://www.indeed.com)

further possibilities to find a job:

- Company website
- Job fairs
- social media
- Ask friends and acquaintances
- Ask or call the companies in person
- Diaconia
- Caritas

Counselling and support

In addition to the [Employment Agency](#) and the [Ingolstadt Job Centre](#), the [advice centres](#) or [volunteers](#) in your area can also help you with your search for work or training and with your application.

Children, youth and family

Basic information on children, youth and family

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

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

Childcare

What is a daycare centre?

Day care centre

"Kita" stands for child day care centre. This includes crèches, kindergartens and facilities for after-school care. Daycare centres are places of community. Your child can learn and discover new things at a day care centre. They socialise with other children and make friends. Attending a daycare centre is also good preparation for school.

Day nursery

The crèche is a facility specially designed for children aged 0 to 3 years. It provides child-orientated support in small groups by expert carers.

Kindergarten

The kindergarten is a facility for children from the age of 3 until they start school. In the kindergarten, children can play with other children. They can paint, do handicrafts and learn. In the last year of kindergarten, the children also receive regular pre-school lessons to prepare them for starting school.

After-school care

After-school care is also available for school children aged 6 to 12. [After-school care](#) includes lunchtime care at primary schools, tied all-day school and open all-day school. Here, children are supported in completing their homework. Leisure activities are not neglected either. Lunchtime childcare groups are set up at almost all primary schools in Ingolstadt, depending on demand.

Further childcare and support options

There are also other types of facilities where your child can be looked after and supported.

For example, school kindergartens, pre-school facilities or special education day centres.

You can find information on the facilities and enrolment on our [homepage](#).

Contact the

Office for Childcare and Education

 [Ludwigstr. 24](#)
85049 Ingolstadt

 [+49 \(0\) 84130545601](tel:+49(0)84130545601)

 kinderbetreuung@ingolstadt.de

 www.ingolstadt.de/Kinderbetreuung

Monday 08:00 - 12:30, 13:30 - 16:00

Tuesday 08:00 - 12:30, 13:30 - 16:00

Wednesday closed, appointments by appointment only

Thursday 08:00 - 12:30, 13:30 - 17:30

Friday 08:00 - 12:30

How does a daycare centre work?

1. familiarisation

Once you have found a place in a daycare centre, your child will "settle in" there. This is done as follows: Mum or Dad go to the daycare centre with the child for a while. Together you will get to know the teachers, the rooms, the other children and the daily routine. This allows your

child to get used to the new place. The familiarisation process can take two weeks or longer. The exact procedure will be discussed in advance with the head of your childcare centre.

2. meetings with parents

When you drop off or pick up your child, you can talk to the staff and tell them what is important to you or how your child is doing. As a rule, there are two parent-teacher conferences per kindergarten year. During these meetings, you will find out what your child has learnt at the daycare centre, what they are particularly good at and in which areas they need to develop. A language helper may also come to these meetings to ensure that everyone gets along well. As a parent, you can also ask for a meeting if something is bothering you or if you would like to share something important about your child.

3. parents' evenings

It is good to make use of these meetings. Not only do you learn something about the daycare centre, but you also get to know other parents. The day-care centre staff will let you know the dates of the parents' evenings.

4 Everyday life in the daycare centre

Every daycare centre has a specific daily routine. It usually looks something like this:

- The children are brought to the daycare centre by their parents at a certain time in the morning. Every daycare centre has drop-off and pick-up times that must be adhered to.
- If your child is ill or cannot come, please let us know in good time!

The children have the following options during the morning:

- The children can have breakfast at the daycare centre. Either the daycare centre prepares breakfast or the children bring something from home.
- During "free play time", the children have the opportunity to play with other children, do handicrafts or move around.
- At the joint "morning or children's circle", all children meet to discuss different topics, sing songs or learn new games.
- There are also specific programmes and projects: The children can do handicrafts, play sports, listen to stories, learn numbers or receive targeted support.
- Most days, the children can go out into the garden and experience nature.
- At lunchtime there is a communal lunch. The children are given drinks at their daycare centre, and fruit is often also offered in the afternoon.
- Depending on the age of the children, they then have a nap or a quiet playtime. Then it's time to play again.
- Finally, you pick up your child at the agreed time.

How do I find a place for my child in a daycare centre?

Registration in a day care centre (Kita)

If your child is to be looked after in a day care centre, you must first register your child there. You can register for a daycare centre via the "[Kita-Finder Ingolstadt](#)" portal. In the Kita-Finder

you will find a complete list of all daycare centres in Ingolstadt.

Contact us

Daycare centre place coordination

📍 [Harderstr. 17](#), 2nd floor
85049 Ingolstadt

☎️ [+49 \(0\) 84130545603](tel:+49(0)84130545603) , ☎️ [+49 \(0\) 84130545608](tel:+49(0)84130545608)

@k ita-pla tzkoordination@ingolstadt.de

Applying for a care licence for day care for children

Would you like to work as a childminder?

If you want to look after children, you need a course. The course will help you to understand the work involved in childminding. You will learn everything you need to know about childcare.

You will also need a licence. This permit is called [a care licence](#). Without it, you are not allowed to look after children.

💡 You can find all the information about applying for a care licence [here](#).

Financial support: payment of fees and parental contributions

Assumption of fees or parental contributions

It is possible for the fees for childcare to be paid by the City of Ingolstadt.

You must submit an [application](#) to have the fees paid.

Information can be found here: [Where can I apply to have the fees paid?](#)

Contact the

Office for Childcare and Education

Fee transfer

📍 [Harderstr. 17](#), 3rd floor
85049 Ingolstadt

☎️ [+49 \(0\) 84130545637](tel:+49(0)84130545637)

@k ita-geb uehren@ingolstadt.de

School for children from 6 to 18 years

School attendance is compulsory in Germany. The duration of compulsory schooling is twelve years. Children must attend school full-time for nine years. Afterwards, they can also attend school part-time for three years. Would your child like to attend school full-time for the whole time? Then they can do so for 12 years.

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

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

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

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

Further information can be found at:

 [School & School Administration](#)

Counselling for parents, families, children and young people

Help for single parents in Ingolstadt

NINA - Network for single parents

NINA wants to make things better for single mothers and fathers and their children in Ingolstadt. The office is at [Rathausplatz 4](#). You can call the number [+49 \(0\) 8413051166](#) or send an e-mail to gleichstellungsstelle@ingolstadt.de.

Counselling for single parents

Caritas in Ingolstadt helps single mums and dads. The office is at [Jesuitenstraße 1](#). You can call the numbers [+49 \(0\) 841309133](#) and [+49 \(0\) 841309137](#) or send an e-mail to kreisstelle@caritas-ingolstadt.de.

Help with school problems

There are school psychologists and counselling teachers who can help you with school problems. They are friendly and will help you free of charge. You can call them on the number [+49 \(0\) 84130542650](#) or send an e-mail to beraterzentrum@ingolstadt.de.

Youth Welfare Office

The Youth Welfare Office helps children and young people. They can advise you on problems at home or at school. The office is at [Adolf-Kolping-Straße 10](#). You can call the number [+49 \(0\) 84130545717](#) or send an e-mail to sozialdienste@ingolstadt.de.

Youth social work at schools

There are social workers at schools who support pupils and parents. The office is at [Adolf-Kolping-Straße 10](#). You can call the number [+49 \(0\) 84130545403](#) or send an e-mail to jugendhilfeplanung@ingolstadt.de.

Counselling for expectant parents and families with young children

The Early Help Coordination Centre helps expectant parents and families with babies and small children. The office is located at [Adolf-Kolping-Straße 10](#). You can call the number [+49 \(0\) 84130545815](#) or send an e-mail to koki@ingolstadt.de.

Youth Employment Agency

The Youth Employment Agency helps young people aged between 15 and 25 to find a job or an apprenticeship. The office is at [Heydeckplatz 1](#). You can call the number [+49 \(0\) 84130545230](#) or send an e-mail to jubag@ingolstadt.de.

Family portal

The family portal offers a lot of information for families. You can call the number [+49 \(0\) 84130545810](#) or send an e-mail to familienbeauftragte@ingolstadt.de.

Counselling for families and couples

The counselling centre helps families and couples with problems. The office is located at [Kanalstraße 16-18](#). You can call the number [+49 \(0\) 84193151811](#) or send an e-mail to efl.ingolstadt@bistum-eichstaett.de.

Inclusion counselling

The inclusion counselling service helps pupils with special needs. You can call the number [+49 \(0\) 8413052708](#) or send an e-mail to inklusionsberatung@ingolstadt.de.

Number against grief

If you have problems and want to talk to someone, you can call the "Nummer gegen Kummer". Children and young people can call [116111](#). Parents can call the number [+49 \(0\) 8001110550](#) or call.

Educational counselling

The educational counselling service helps children, young people and parents with problems. The office is located at [Gabelsbergerstraße 46](#). You can call the number [+49 \(0\) 8419935440](#) or send an e-mail to erziehungsberatung@caritas-ingolstadt.de.

Family counselling

The family counselling service helps parents, children, young people and single people. The office is at [Schrannenstraße 1 a](#). You can call the number [+49 \(0\) 841937550](#) or send an e-mail to info@skf-ingolstadt.de.

Family support centres

Family support centres are contact points for families. They offer help and counselling:

- **familienSchwinge:** [Gerhart-Hauptmann-Straße 1 c](#), Phone: [+49 \(0\) 84114900794](#) , e-mail: familienchwinge@buergerhilfe-ingolstadt.de
- **ELISA:** [Stinnesstraße 6](#), phone: [+49 \(0\) 84193896550](#) , e-mail: familienstuetzpunkt@elisa-familiennachsorge.de
- **Süd im Stadtteiltreff Augustinviertel:** [Stollstraße 2](#), Phone: [+49 \(0\) 84130545823](#) , e-mail: familienstuetzpunkt-sued@ingolstadt.de
- **Am Haslangpark:** [Johann-Michael-Sailer-Straße 7](#), Phone: [+49 \(0\) 17630366742](#) , e-mail: buero@familienstuetzpunkt.in
- **family life:** [Frueaufstraße 5](#) (1st floor), phone: [+49 \(0\) 8419815414](#) , e-mail: fsp-in@die-gfi.de
- **familienBlüte:** [Kreuzäckerstraße 8](#), Phone: [+49 \(0\) 84114900794](#) , e-mail: familienbluete@buergerhilfe-ingolstadt.de

Family benefits

You can find a list of all family benefits in Ingolstadt at  [here](#).

Living expenses for children, childcare and many services for children cost money. For families with little money, there are various forms of financial support available on application:

Maternity benefit

Maternity benefit secures an expectant mother's income for 6 weeks before and 8 weeks after the birth. You must apply to your respective [health insurance fund](#)  for this.

Parental allowance / Parental allowance plus

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

Bavarian Family and Social Centre, Upper Bavaria region

[Bayerstraße 32](#), 80335 Munich

 [0931 32090929](tel:0931 32090929)



[089 18966-1499](tel:089 18966-1499)



www.zbfs.bayern.de

 **Contact form:**  www.zbfs.bayern.de/kontakt

 **Opening hours**

Monday and Thursday from 08:00 to 12:00 and from 13:00 to 15:00

Tuesday, Wednesday and Friday from 08:00 to 12:00

 [Online appointment booking](#)

Child benefit / child benefit supplement

Families receive child benefit for the basic care of their children. The entitlement lasts up to the age of 25. The child benefit supplement supports families with a low income. The child supplement is an additional benefit to child benefit.

All parents with a settlement or residence permit in Germany are entitled to child benefit. You must apply for child benefit yourself at  [Bundesagentur für Arbeit - Familienkasse](#). You can find more detailed information in German, English, Turkish and Russian [here](#).

Family Benefits Office Bavaria South

Visitor address



[Heydeckplatz 1](#), 85049 Ingolstadt

Contact details

@F amilien.kasse-Bayern-Sued@arbeitsagentur.de

 [0800 4 5555-30](tel:08004555530) (questions about child benefit and child supplement)*

 [0800 4 5555-33](tel:08004555533) (payment dates)*

*This call is free of charge for you.

 **Opening hours**

Mon: 08:00 - 12:00

Tue: 08:00 - 12:00

Wed: 08:00 - 12:00

Thu: 08:00 - 12:00

Fri: 08:00 - 12:00

Family allowance

Family allowance is for all families, regardless of income or employment. Parents in Bavaria can also receive family allowance if their child attends a crèche. You can find more information [here](#).

Bavarian Family and Social Centre, Upper Bavaria region

[Bayerstraße 32](#), 80335 Munich

 [0931 32090929](tel:093132090929)



[089 18966-1499](tel:089189661499)



www.zbfs.bayern.de



Contact form:  www.zbfs.bayern.de/kontakt



Opening hours

Monday and Thursday from 08:00 to 12:00 and from 13:00 to 15:00

Tuesday, Wednesday and Friday from 08:00 to 12:00



Online appointment booking

Advance on maintenance payments

The maintenance advance is granted to children who live with a single parent and receive no or no regular maintenance.

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

Child benefit and supplementary child allowance

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

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

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

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

You can apply for child benefit if...

- your child is under the age of 18 (under certain conditions, you can also apply for and receive child benefit for children of full age),
- you look after your child regularly and they live in your household (this also applies to stepchildren, grandchildren or foster children) and
- your place of residence is in Germany, another EU country, Norway, Liechtenstein, Iceland or Switzerland. You can find out more on the page [Child benefit for people living in or from abroad](#).

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

You can receive child supplement if...

- Your child lives in your household, is under 25 years old and is not married or in a registered civil partnership,
- you receive child benefit (or a comparable benefit) for your child,

- Your family's gross income is at least 900 euros (couples) or 600 euros (single parents),
- you would have enough money to support your family if you received child supplement and possibly housing benefit in addition to your income.

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

Family planning fund

Family planning fund

Everyone has the right to family planning, no matter how much money they have. The city of Ingolstadt offers a family planning fund. Women and men can use this fund to obtain free contraceptives.

Who can use the service?

The service is available to

- People who have their primary residence in Ingolstadt and are at least 22 years old.
- People who have an [IngolstadtPass](#) or receive state support.

State support

Here are some examples of state support:

- Assistance with living expenses: support in accordance with the third chapter of SGB XII.
- Basic income support in old age and in the event of reduced earning capacity: Benefits in accordance with the fourth chapter of SGB XII.
- Citizen's allowance: Ongoing benefits to secure subsistence in accordance with SGB II.
- Benefits for asylum seekers: Benefits in accordance with the Asylum Seekers Benefits Act (AsylbLG).
- Housing benefit: Support in accordance with the Housing Benefit Act (WoGG).
- Child allowance: Benefits according to § 6a of the Federal Child Allowance Act (BKGG).
- Support for child day care centres: Benefits according to § 90 para. 3 and 4 SGB VIII.
- BAföG: Support for students.
- Vocational training allowance: Assistance for trainees.
- Benefits for trainees: Support according to § 27 SGB II.
- Voluntary social or ecological year: Support for people doing a voluntary year.
- Federal Voluntary Service: Support for people doing this service.
- Unmarried children under the age of 25 who live with a person entitled to SGB II benefits and are not entitled to SGB II benefits due to child benefit can also use the benefit.

Application and further information

[Click here for more information.](#)

 [Family planning fund \(ingolstadt.de\)](https://www.ingolstadt.de/familie/familienplanung/)

Leisure activities for children and young people

Ingolstadt offers many free leisure activities for young people. Here is an overview of various offers in the city districts:

Youth centres

[City youth centre](#)

- Halle Neun youth sports centre
- Fronte 79 youth culture centre
- AuT53 youth centre - for the Augustinviertel and Monikaviertel districts
- Underground youth centre - in the Konrad district
- Paradise 55 youth centre - in the Nordostviertel

[District centres](#) and their programmes

Stadtteiltreff im Augustinviertel | Sozialer Treffpunkt für Bewohnerinnen und Bewohner aus dem Augustin- und Monikaviertel , Sie sind herzlich willkommen

 [Stollstrasse 2, 85053 Ingolstadt](#)

 [@stadtteiltreff-augustinviertel@ingolstadt.de](mailto:stadtteiltreff-augustinviertel@ingolstadt.de)

 [+49 \(0\) 84130545820](tel:+49(0)84130545820)

 <https://www.ingolstadt.de/Leben/Soziales-Wohnen/S...>

Stadtteiltreff im Konradviertel | Sozialer Treffpunkt für Bewohnerinnen und Bewohner aus dem Konradviertel , Sie sind herzlich willkommen

 [Oberer Taubentalweg 65, 85055 Ingolstadt](#)

 [@stadtteiltreff-konradviertel@ingolstadt.de](mailto:stadtteiltreff-konradviertel@ingolstadt.de)

 [+49 \(0\) 84130545830](tel:+49(0)84130545830)

 <https://www.ingolstadt.de/Konradviertel>

* **Educational workshop:** Homework help for children - registration is required.

* **Children's club:** Every Friday from 15:30 to 17:00 - no registration required.

* **Parent-child playgroup:** On Tuesday and Friday from 09:00 to 10:30 - registration is required.

* **Holiday programme:** During the Easter holidays, Whitsun holidays and summer holidays - registration is required.

Stadtteiltreff Piusviertel | Sozialer Treffpunkt für Bewohnerinnen und Bewohner aus dem Piusviertel , Sie sind herzlich willkommen

📍 [Pfitznerstr. 19a, 85057 Ingolstadt](#)

@stadtteiltreff-piusviertel@ingolstadt.de

☎ [+49 \(0\) 84130545840](tel:+49(0)84130545840)

🌐 https://www.ingolstadt.de/Stadtteiltreff_Piusvier...

- * **Educational workshop:** Monday and Wednesday from 14:00 to 16:00.
- * **Children's club:** Every Friday from 15:00 to 17:00.
- * **Reading club:** Every Wednesday from 13:30 to 15:00.
- * **Creative Kids and Family:** Saturdays from 10:00 to 12:00.
- * **EIKi - Fit for Kindergarten:** Monday to Wednesday from 09:00 to 11:00.
- * **Hip-hop for children:** Every Friday from 17:00 to 19:00.
- * **Hip-hop for teenagers:** Tuesday and Wednesday from 17:00 to 19:00.
- * **Creative children's dance:** Every Tuesday from 15:00 to 17:00.

Other leisure activities

- * Book factory & book bus - organised by Diakonie Ingolstadt
- * Family support centres - places for families to meet with counselling services
- * Play and exercise centres - exercise parks, playgrounds, skate parks or football pitches
- * Sports facilities - running tracks, beach volleyball, climbing hall or a disc golf course
- * Swimming - in [swimming pools](#) or [bathing lakes](#)
- * Ice skating and ice hockey - in [ice stadiums](#)
- * [Wildlife park - experience nature](#)
- * GKO Pico Cello & museum education
- * Young theatre, young VHS & children's & youth library
- * Kidnetting children's portal - online offers for children

Additional information

- [Offers of the Social Service of Catholic Women: Counselling as well as leisure programmes.](#)
- [Bürgerhilfe Ingolstadt: Places for family meetings.](#)
- [Offers of the Diakonie Ingolstadt](#)
- [Offers of the family support centres](#)

Special events

- * Piustreff - for young people in Furtwängler Straße
- * Kolumbus Kindertreff - at the Christoph-Kolumbus primary school

More information about the city-wide offers of the city of Ingolstadt for [leisure](#) and for [children / young people](#).

Meeting places for families

Open family get-together in the community centre July 2025

Open family get-together in the community centre

Do you have children up to pre-school age?
Then you are cordially invited.

In July there are two open family get-togethers in the Neuburger Kasten community centre.
The meetings are on:

- Friday, 11 July
- Friday, 25 July
- Time: Always from 14:30 to 17:00
- Place: Cafeteria in the Neuburger Kasten community centre

What happens at the family get-together?

- You can get to know other families.
- You drink coffee or cold drinks together.
- They talk to each other.
- The children can play together.

Theme on 11 July: Our senses

On this day, the theme is "senses".
Your children can feel, smell, hear, see or taste things.
They discover lots of new things.

Theme on 25 July: Jigsaw puzzles

On this day, the children do puzzles together.
Jigsaw puzzles are fun.
The children learn patience and improve their movements with their hands.

Parent talk - discussion group for parents

There is also a parents' talk at the family get-together.
This is a discussion group for mums and dads.
A trained person leads the session.
The Nefas e. V. association organises the parent talk.

Topics include, for example

- How children grow up healthily

- How families deal with mobile phones, tablets and television
- What children want to buy
- How to avoid problems with alcohol or other addictive substances
- You can also bring in your own questions.

Summer break in August

There will be no family meeting in August.
This is the summer holidays.

Information at a glance

The family get-together is free of charge.
You do not need to register.
The meetings take place every fortnight on Friday.
The time is always from 14:30 to 17:00.

Contact us

Do you have any questions?
Then get in touch at the community centre:

Bürgerhaus Neuburger Kasten | Familienbildung

 [Fechtgasse 6, 85049 Ingolstadt](#)

 @buergerhaus@ingolstadt.de

 [+4984130550053](tel:+4984130550053)

 <http://www.buergerhaus-ingolstadt.de/Organizer.as...>

IngolstadtPass

What advantages does the IngolstadtPass offer me?

The IngolstadtPass has been available since the end of 2019 so that everyone can take advantage of the city's offers.

If you show the IngolstadtPass, you pay less for admission to various leisure activities.

The  [offer](#) is getting bigger and bigger. Do you have any questions? Then the staff at the Job Centre, the Office for Social Affairs, the Housing Office or the Office for Childcare and Education can help you.

Who can receive the IngolstadtPass?

If you live in Ingolstadt and receive one of these benefits, you can apply for the pass:

- Citizen's allowance
- social benefit
- Basic income support in old age and in the event of reduced earning capacity
- Assistance with living expenses
- Housing benefit
- Benefits under the Asylum Seekers Benefits Act, provided you are not accommodated in the
 - ANKER centre or one of its branches.
- War victims' welfare
- Payment of contributions to day care centres or waiver of fees
- Child allowance
- Participants in a voluntary social or ecological year.
- Participants in the Federal Voluntary Service
- You do not receive any of the benefits listed above? But you receive an old-age pension.
Please ask about the income limits.

A separate IngolstadtPass is issued for each eligible person, including children.

Where can I get the IngolstadtPass?

You can obtain the IngolstadtPass on application from the municipal office from which you also receive your social benefit:

-  [Job Centre](#),
-  [Office for Social Affairs](#),
-  [Housing Office](#) or
-  [Office for Childcare and Education](#).
- If you receive a child supplement, please contact the  [job centre](#).

 [You can submit an online application here.](#)

What documents do I need to present?

- Please bring your identity card, residence permit or passport with you.
- You receive a child supplement. Please present the benefit notification from the family benefits office.
- If you are renewing your IngolstadtPass, please bring your IngolstadtPass with you.

 You do not need a written application to extend your IngolstadtPass.

 You do not need to make an appointment in advance to apply for or extend your IngolstadtPass.

How long is my IngolstadtPass valid for?

Your IngolstadtPass is valid until the end of the year printed on it. An extension for the following year is possible in November at the earliest.

Further information on the IngolstadtPass

General information

- Please always present your ID with the IngolstadtPass.
- The IngolstadtPass is not transferable to third parties. As a rule, we do not replace lost passes.
- Please return the IngolstadtPass if you move away from Ingolstadt.
- We can confiscate the IngolstadtPass if it is misused.

The IngolstadtPass as a social pass

The [IngolstadtPass](#) entitles you to discounts from several providers.

Education and participation

If you have a low income, you will receive money with which you can pay for school materials (195 euros per school year), tutoring, lunch and excursions to daycare centres and schools for your children. You will receive a subsidy (15 euros per month) for sports, dance, music and other courses that your children attend. You must submit an application for this. The application must always be submitted in advance (e.g. for a school trip). You will need a benefit certificate for the application. Unfortunately, this is very complicated. But it is also worthwhile.

 **Important:** You must always submit the application before you pay anything yourself. If you have already paid for something, you will not get the money back.

 [Apply online](#)

For people who receive housing benefit, child supplement, citizen's allowance (unemployment benefit II - Alg II) or social benefit (SGB II):

Job Centre of the City of Ingolstadt - Benefits for education and participation

 [Online appointment Job Centre](#)

 [Here](#) you [will](#) find the current application form, explanations and all contacts.

For people who receive social assistance (SGB XII) and asylum seeker benefits:

Office for Social Affairs - Social Assistance and Basic Security SGB XII

Auf der Schanz 39

85049 Ingolstadt

 [Contact the Social Welfare Office](#)

Application forms can be obtained locally from your respective contact person or on the website of the contact point where you are applying for benefits.

Unaccompanied refugee minors

Office for Youth and Family - Youth Welfare Office

Is a refugee under the age of 18? Have they travelled to Germany unaccompanied? Then they are classed as an unaccompanied minor foreigner = umA. These young people are reported to the Youth and Family Welfare Office. The Youth Welfare Office talks to the young person and establishes their age.

- The person is under 18 years old. Then the person is a minor. The Youth Welfare Office takes care of this person. The office takes the person to a youth centre.
- The person is over 18 years old. Then the person is of legal age. They receive a rejection notice. Alternatively, they are treated as an adult.

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

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

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

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

Office for Youth and Family - General Social Services (ASD)

Town Hall for Social Affairs

[Adolf-Kolping-Straße 10](#)

85049 Ingolstadt

☎ 0841 305-45717



0841 305-45719

@s [ozialed](#) ienste@ingolstadt.de

Mon., Tue.: 08:00 - 12:30 13:30 - 16:00

Wed. by arrangement

Thu. 08:00 - 12:30 13:30 - 17:30

Fri. 08:00 - 12:30

💡 Despite the stated office hours, it is advisable to make [an appointment](#) at 🗓.

Family and educational counselling

Help for families and parents

Anyone who has problems with children or in the family will find support here. Discussions help to find solutions. Specialists can also provide support over a longer period of time if required.

Parents, children, siblings and grandparents can get answers to their questions here.

Family and educational counselling

Specialists help in various situations:

- Parents experience challenges in parenting, partnership problems or after a separation.
- Families get into conflicts and look for a way out.
- Young people struggle with fears, self-doubt or arguments within the family.
- Pupils and trainees encounter difficulties at school or at work.
- People suffer from violence, abuse or neglect and need help.
- Families are facing financial difficulties and don't know what to do.
- People with disabilities need support in special life situations.
- Teenagers and young adults are facing criminal proceedings and need advice.

The educational counselling service in Ingolstadt offers personal consultations: [Educational counselling Ingolstadt](#)

Early Childhood Coordination Centre (KoKi)

This specialist centre helps expectant parents and families with babies or toddlers up to the age of three.

Many topics are important:

- Children are developing and need support.
- Parents look for suitable programmes for themselves and their child.
- Babies cry a lot, drink badly or don't eat.
- Everyday family life demands a lot of energy and brings with it uncertainties.
- Money worries make life difficult.
- Applications and visits to the authorities often lead to stress.

Some situations bring special challenges:

- Pregnancy comes unexpectedly.
- The time before the birth is stressful.
- The mother feels weak after the birth.
- Everyday life becomes overwhelming.
- A baby is more stressful than expected.
- Parents struggle with psychological stress.
- Nobody helps - neither partners, family nor friends.
- Illnesses, separations or a teenage pregnancy turn life upside down.

Authorities demand documents and nobody knows where to start.

Contact the Early Childhood Coordination Centre

[Office for Youth and Family - Town Hall for Social Affairs](#)

 [Adolf-Kolping-Straße 10/I](#)

85049 Ingolstadt

 [0841305-45815](tel:0841305-45815) or [0841305-45409](tel:0841305-45409)

 oki@ingolstadt.de

 Consultations take place by [appointment](#).

 A video on YouTube explains "[What is early help](#)" in several languages. The song "[Rettungsboot](#)" (publisher: KoKi Landkreis Neustadt a. d. Waldnaab) also provides information about the counselling work. gives an insight into the work.

Accepting help means showing strength.

Anyone can get in touch. The counselling service is free, confidential and anonymous.

If you feel that you need help, please do not hesitate to contact us.

Getting help is a STRENGTH!

The counselling services offered by KoKi are non-binding, free of charge and always confidential. Anonymous counselling is also possible!

Parent and family education - Family support centres

Ingolstadt has many programmes for parents and families

These services help parents to better understand and support their children. Here are some important points:

Parent and family education:

[Here](#) parents can learn how to bring up their children well. There are courses and workshops on various topics, for example healthy eating, parenting tips or how to cope with stress in everyday family life.

Family support centres:

These are places where families can get help and counselling. They can find out about various services and receive support with problems. You can find the family support centres [here](#).

Coordination centre:

This [office](#) helps to organise all offers for families in Ingolstadt. It ensures that parents know where to find help and what courses are available.

Mothers' and fathers' centres or groups:

This is where mums and dads can meet, exchange ideas and support each other. There are often playgroups for children and counselling services for parents. There are groups for Ingolstadt on Facebook.

Letters for parents:

These letters contain important information and tips for parents. They are sent out regularly and help parents to guide their children well.

💡 In Ingolstadt there are many opportunities to find support and help for families. These services make family life easier and more enjoyable.

Registry office - contact point for certificates and documents

The registry office helps you with important events in your life.

💡 Have you had a child? Are you getting married? Or is there a death in the family? Then you can go to the registry office.

The tasks at a glance

- It confirms when
 - you have given birth to a baby or
 - someone dies.
- It helps couples to establish a partnership or marriage.
- If someone no longer wants to be in the church, the registry office can write this down.
- If you want to change your name, the registry office can help you with this.
- It gives you important documents such as birth certificates, death certificates and marriage certificates.

Standes- und Bestattungsamt | Geburtenbeurkundungen

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

✉️ @geburten@ingolstadt.de

☎️ [+49 \(0\) 8413051585](tel:+49(0)8413051585)

☎️ [+49 \(0\) 8413051586](tel:+49(0)8413051586)

🌐 <https://www.ingolstadt.de/Schwangerschaft-Geburt>

Standes- und Bestattungsamt | Eheschließungen

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

✉️ @heiraten@ingolstadt.de

☎️ [+49 \(0\) 8413051582](tel:+49(0)8413051582)

 [+49 \(0\) 8413051583](tel:+4908413051583)

 <https://www.ingolstadt.de/Heiraten-in-Ingolstadt>

Standes- und Bestattungsamt | Bestattungswesen

 [Rathausplatz 4, 85049 Ingolstadt](#)

 [@bestattungsamt@ingolstadt.de](mailto:bestattungsamt@ingolstadt.de)

 [+49 \(0\) 8413051593](tel:+4908413051593)

 <https://www.ingolstadt.de/Tod-Sterbefall>

Parent-child programmes

Ingolstadt community centre

There are many programmes where parents and their children can do something together. This can be a course or an open meeting or a longer accompaniment of families.

The topics and contents vary, for example exercise, nutrition, education, language, art, music. There are programmes for parents with newborns and for older children.

Further information and offers can be found on the [website](#).

Family representative

The Family Officer of the City of Ingolstadt helps families. She stands up for their needs. She listens when families have concerns. She works closely with schools, daycare centres and clubs. Her goal is to make life better for families in Ingolstadt.

The family representative plans projects and activities. She provides tips and information. She helps with questions about parenting, childcare and leisure activities. Families can also turn to her if they are experiencing difficulties.

Every family in Ingolstadt can turn to the family representative. She is there for everyone. Her office is in the town hall. Families can call, write an e-mail or make an appointment.

Familienbeauftragte | Hilfe und Unterstützung für Familien

 [Adolf-Kolping-Str. 10, 85049 IngolstadtIngolstadt](#)

 [@familienbeauftragte@ingolstadt.de](mailto:familienbeauftragte@ingolstadt.de)

 [+49 \(0\) 84130545810](tel:+49084130545810)

 <https://www.ingolstadt.de/Familienbeauftragte/>

More time for families - holidays and leisure

More time for families - holidays and leisure that do you good

A family holiday brings wonderful shared experiences. Parents and children leave everyday life behind them. They discover new places and get to know each other better.

Every family should be able to go on holiday. Non-profit family holiday centres help with this. They have been supporting families for over 50 years. There are simple holiday homes, campsites, castles and hotels. Families spend their holidays by the sea, in the mountains or at lakes.

Leisure for young and old

The family holiday centres focus on joint activities. Parents and children play together and explore nature. Children try out new hobbies. They take part in sports courses and go on exciting excursions. Teachers run courses on education, health and exercise. Parents can relax and recharge their batteries during this time. Single parents particularly benefit from these programmes.

Help for families with little money

Families on low incomes can find affordable holiday offers. Many federal states help with the costs. The family portals of the federal states or www.urlaub-mit-der-familie.de provide all the information and advice on grants.

Recreation in Bavaria and throughout the country

Families receive financial support in Bavaria. This applies to stays in non-profit family holiday centres. Further information can be found at www.zbfs.bayern.de.

Cures for mums and dads with children

Parents who feel exhausted can find help. The Müttergenesungswerk offers counselling in over 1,400 centres in Germany. The counsellors help with the preparation of health cures. These cures strengthen body and soul. Parents gain new strength for their everyday family life.

💡 They can find support from Caritas, Arbeiterwohlfahrt or [Diakonisches Werk](http://DiakonischesWerk).



Living in Ingolstadt

General information on the topic of "Finding a flat"

Finding a flat is difficult. Unfortunately, this is the case everywhere. You need patience and will probably have to search for a long time. You can find general information about finding accommodation and housing in several languages in the [handbook Germany](#) and at the [EU Equal Treatment Centre](#).

Rent and rental agreement

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

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

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

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

Do you want to give notice?

Germany protects tenants and landlords. You can't simply give notice overnight. You must give your landlord or landlady at least three months' notice. Always give notice of cancellation in writing. Have your cancellation confirmed. Do you need help? Then go to your [help centre](#). The tenants' association can also help. But you will have to pay money.

House rules

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

Waste disposal, recycling, waste separation and deposits

Why is waste separation important?

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

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

What goes in which bin?

Put your waste in the correct bin or yellow bag. We only empty correctly filled waste bins. Only then can the waste be disposed of correctly. In the meantime, store the waste in your garage or cellar, for example. You can find out when which waste is collected in the "[waste calendar](#)", which you can find in your letterbox every year or collect from the town hall.

💡 Only certain rubbish may be thrown into each bin! Here you can find out which rubbish belongs in which bin in Ingolstadt:

[Separate waste correctly](#)

Packaging and plastic in the yellow bag

Recyclable packaging goes in the yellow bag. This must be made of plastic, metal or wood. Not for paper, cardboard or glass.

Glass

This belongs in the bottle bank:

Emptied white and coloured glass, e.g. disposable bottles and jars. Please separate by colour.

This does not belong:

Anything that is not made of pure glass, including ceramics or porcelain (both belong in the residual waste bin).

Broken electrical appliances and hazardous waste to the recycling centre

Must go to the recycling centre:

- Waste that does not fit in the rubbish bin
- All broken electrical appliances
- Hazardous materials such as old batteries, energy-saving light bulbs or chemicals

Disposal at the 10 recycling centres is **free of charge**. You have to pay to drop off green waste. You can find out which recycling centre accepts which items on the linked page: [Recycling centres](#)

Used items in good condition

- can be bought and sold in second-hand shops or at flea markets.
- You can also take them to the [Caritas market](#) in the Ingolstadt/Gaimersheim industrial estate free of charge.

Bulky waste

Items that are too large to be disposed of with residual waste are sent to bulky waste:

- Furniture such as sofas, chairs, cupboards, tables, wooden shelves, bed frames,
- mattresses, slatted frames, duvets,
- floor coverings, carpets,
- garden furniture,
- large toys,
- camping furniture,
- pushchairs,
- bobby cars,
- inflatable boats,
- plastic buckets,

- small animal pens,
- individual car seats etc.

We collect your bulky waste up to twice a year free of charge. Please make an appointment with us by telephone. However, please allow for a waiting time of at least 6 weeks.

If you live in a block of flats, only the property management can order a bulky waste collection.

💡 Find out how it works [here](#).

[In the flyer](#) you will find a detailed overview of the waste that belongs to bulky waste. You can also see which waste does not belong in the bulky waste.

Do I have to separate the waste?

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

What do I need to know about "deposits"?

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



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

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

💡 Beverage cartons are deposit-free. Empty cartons belong in the yellow bag.

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

Energy and environment

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

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

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

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

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

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

Buying new appliances

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

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

Broadcasting fees

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

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

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

submitted for exemption from the licence fee.

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

Housing benefit

What is housing benefit?

Housing benefit is a state subsidy towards housing costs for low-income households. It can be applied for by tenants and owners.

- **Tenants** can apply for a **rent subsidy**, even if they are subletting or living in a care home.
- Owners of owner-occupied flats or owner-occupied homes receive **aburden subsidy** as assistance.

💡 You can calculate your possible entitlement here without obligation: [Ingolstadt housing benefit calculator](#)

How can I apply for housing benefit?

- Online: [Housing benefit application online](#)
- By post: to the address of the housing benefit authority (see under Contact).
- House letterbox: drop it in the authority's letterbox (see under Contact).
- E-mail: wohngeld@ingolstadt.de

Do I need an appointment?

💡 An appointment is not necessary, but you can make an appointment [online](#) if required.

What do I need for the application?

- **Basic data:** Copy of ID card or passport, residence permit, school certificate (for children aged 15 and over), certificate of severe disability, negative certificate (for new arrivals).
- **Proof of income:** Certificate of earnings, pension certificate, certificates of unemployment benefit or sickness benefit, proof of child benefit, alimony, parental benefit, and other income.
- **For rent subsidy:** Tenancy agreement, bank statements of rent payments.
- **For encumbrance allowance:** purchase contract, loan agreement, property tax assessment notice, extract from the land register.

Who can receive housing benefit?

- **Eligible:** Tenants, owners of residential property, residents of retirement and nursing homes, pensioners, students (without BAföG), recipients of unemployment benefit and short-time working allowance. Trainees without vocational training allowance (BAB).

Not eligible:

- People who already receive other social benefits. For example: If you and your family receive citizen's allowance or basic income support. The costs of accommodation are

already taken into account here. As a rule, you do not need to apply for housing benefit.

- Students and trainees: You receive BAföG or vocational training allowance (BAB)
- Whether you are entitled to housing benefit and if so, how much, depends on the number of household members, the amount of household income and the amount of rent/burden.
- Household members include spouses, partners, children, parents or siblings if they live in the same household.

Housing benefit plus

Since 1 January 2023, the Housing Benefit Plus Act has made more people eligible. Housing benefit now includes a heating and air conditioning component.

When and what do I have to report to the housing benefit authority in the event of changes?

Notification obligations of the applicant: If

- the total income increases by more than 15 per cent or decreases by more than 10 per cent
- the rent is reduced by 15 per cent
- the number of household members to be taken into account is reduced or increased
- there is a move to another dwelling
- the receipt of transfer benefits by individual household members (citizen's allowance, basic income support, social assistance) changes.
- the rent increases by more than 10 per cent
- or the burden increases by more than 10 per cent minus the total amount for relief on heating costs

The housing benefit is recalculated. This can also lead to a reduction or cancellation of the housing benefit entitlement (§ 27 Para. 2 WoGG).

The reassessment usually takes effect at the beginning of the following month.

💡 For further information, please visit the [website](#) of the City of Ingolstadt or contact the Housing Benefit Office.

Contact

Office for Social Affairs - Housing - Housing Benefit Office

📍 [Auf der Schanz 39](#)

85049 Ingolstadt

☎ [+49 \(0\) 84130550165](#)

@w [ohngeld](#) @ingolstadt.de

🌐 www.ingolstadt.de/Wohngeld

💡 A personal appointment is NOT required for an application.

🕒 Opening hours

Monday 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 4:00 p.m.
Tuesday 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 4:00 p.m.
Wednesday 08:00 a.m. - 12:30 p.m.
Thursday 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 5:30 p.m.
Friday 08:00 a.m. - 12:30 p.m.

Available by telephone

Monday 08:00 a.m. - 11:00 a.m.
Tuesday 08:00 a.m. - 11:00 a.m.
Wednesday: 08:00 a.m. - 11:00 a.m.
Thursday: 14:00 - 17:30
Friday: 08:00 am - 11:00 am

Housing entitlement certificate and notice of reservation

There is subsidised social housing in Ingolstadt. These flats are often cheaper and intended for people with low incomes.

Information and documents can be [found here](#).

A certificate of eligibility for subsidised housing (WBS)

is a document that shows that you are entitled to live in subsidised housing. You will receive the WBS from the housing office if your income does not exceed certain limits. All income in the household counts.

The housing entitlement certificate is valid in the respective federal state.

A notice of reservation

is different. It means that you are on a waiting list for a flat. This means that you will not get the flat immediately, but you will be notified when a suitable flat becomes available. The Vormerkbescheid does not give you a right to a flat, but only the prospect that you could be put forward for a flat in the future.

To summarise:

- Housing entitlement certificate (WBS): Entitles you to apply for a subsidised flat.
- Vormerkbescheid: Puts you on a waiting list for a flat for which you could be put forward at a later date.

Foreigners, refugees and migrants can also obtain a Wohnberechtigungsschein (WBS).

They must fulfil certain conditions for this:

- **Residence status:** you need a permit valid for at least one more year to be in Germany. This can be a residence permit or a settlement permit. Asylum seekers with a tolerated stay permit often cannot obtain a WBS.

- **Income limits:** Your income must not exceed certain limits. These limits are different in each federal state.
- **Residence:** You must live in the city or federal state in which you are applying for the WBS. Recognised refugees with a residence permit often have the same rights as German citizens and can also obtain subsidised housing. However, there may be different rules in each federal state.

To summarise:

- You need a residence permit valid for at least one year.
- Your income must be below certain limits.
- You must have a permanent residence in the city or federal state where you are applying.

💡 A Vormerkbescheid can also be issued to foreigners, refugees and migrants if they fulfil these conditions and wish to be on the waiting list for a flat.

Office for Social Affairs - Housing - Housing Entitlement Certificate

📍 [Auf der Schanz 39](#)

85049 Ingolstadt

☎ [+49 \(0\) 84130550160](tel:+49084130550160)

🌐 www.ingolstadt.de/Wohnberechtigungsschein

💡 It is NOT necessary to make an appointment in person to apply.

🕒 Opening hours

Monday 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 4:00 p.m.

Tuesday 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 4:00 p.m.

Wednesday 08:00 a.m. - 12:30 p.m.

Thursday 08:00 a.m. - 12:30 p.m., 1:30 p.m. - 5:30 p.m.

Friday 08:00 a.m. - 12:30 p.m.

The application can be submitted in the following ways

- by post to the address shown opposite
- by dropping it in the house letterbox
- by e-mail to sww@ingolstadt.de or
- [Submit the application online](#)

💡 You can download the form for the WBS/Vormerkschein [here](#).

💡 Further information, for example on costs or deadlines, can be found [here](#).

Help with housing problems, help with imminent homelessness, help for the homeless

Housing problems - time to act

If you have problems with your landlord or are unable to pay the rent or service charges, you could end up in debt or be evicted, and ultimately homeless. Don't wait until it's too late! Seek help quickly while you still have the chance to change things. There are various options for counselling and support.

💡 You can find the [brochure "Keeping your home"](#) here.

Definition of terms

👤 You have no accommodation? Do you have to or will you have to spend the night on the street? Then you are **homeless** and must be provided with accommodation. This accommodation must meet the requirements of humane accommodation. The basic right to physical integrity must be respected.

👤 A person is **homeless** if they do not have a secure tenancy agreement or appropriate residential property. Or who is only institutionally housed.

👤 Anyone at risk of losing their home due to a landlord's notice to quit or an eviction action is **at risk of homelessness**.

Help from the local authority

The local authority can provide you with various forms of assistance:

- If you are threatened with losing your home
- and you are unable to find new accommodation on your own,
- or you have become homeless due to a sudden event.

📄 [Keep your flat brochure.PDF](#)

What do I have to do?

People living or staying in the Ingolstadt area who are threatened with homelessness

- should contact the City of Ingolstadt's specialist centre for the prevention of homelessness as soon as possible
- You must do everything you can to keep your current home or find a new one
- should contact the housing office of the city of Ingolstadt to apply [for a housing entitlement certificate](#) and/or [housing benefit](#).

City of Ingolstadt - Specialist centre for the prevention of homelessness and homelessness

📍 [Auf der Schanz 39](#)
85049 Ingolstadt

☎ [0841-305 50 205](#), [-305 50 206](#), [-305 50 207](#)



[0841-305 50 239](tel:0841-30550239)

@ [bdachlo](mailto:bdachlo@ingolstadt.de) senhilfe@ingolstadt.de

 www.ingolstadt.de/wohnungslosigkeit

- Have you just lost your flat?
- Do you have problems with your landlord?
- You owe rent or energy bills or have received an eviction notice from the court (yellow letter)?
- Have you been homeless for a long time and need a place to sleep?

 Contact the City of Ingolstadt's specialist centre for the prevention of homelessness.

The specialist centre will help you clarify the problems with your home. If you are currently homeless, the city of Ingolstadt will provide you with a place to sleep.

 **Important: The specialist centre does not arrange housing.**

 You can come to these consultation hours without making an appointment:

Monday 08:00 - 09:00, 14:00 - 15:00

Tuesday 08:00 a.m. - 09:00 a.m., 2:00 p.m. - 3:00 p.m.

Wednesday 08:00 a.m. - 09:00 a.m.

Thursday 08:00 a.m. - 09:00 a.m., 2:00 p.m. - 3:00 p.m.

Friday 08:00 am - 09:00 am, 11:00 am - 12:00 pm

 Bring a valid ID and all your documents relating to your current housing situation.

 You can also arrange a separate consultation appointment outside of office hours.

 If you do not speak German or English, please bring a translator with you.

Important contact persons

Ingolstadt and surrounding area tenants' association

 [Mauthstrasse 2](#)

85049 Ingolstadt

 [0841 17744](tel:084117744)



[0841 17734](tel:084117734)

@ nfo@mie terverein-ingolstadt.de

 www.mieterverein-ingolstadt.de

You must be or become a member and pay a fee.

Who can become a member?

Any tenant can become a member. A tenant is anyone who has concluded or signed a tenancy agreement. Only one person can become a member. You can view the membership fees on the homepage.

How do I become a member?

The easiest way is to join online. Or you can come to our office at Mauthstraße 2 during office hours and fill in the membership application form.

What do I get in return?

Our experienced legal advisors and lawyers will advise you free of charge on all matters relating to tenancy law:

- Operating cost statements
- Housing defects
- rent increase
- Tenancy agreement
- Landlord cancellation
- Rent deposit
- Cosmetic repairs
- Tenant newsletter: You can also receive the tenant newsletter as an online edition or in traditional paper form.
- Legal expenses insurance for tenants: A strong legal expenses insurance policy will help you if you have to go to court.
- Information and public relations work: We give presentations. We influence politics through our state and federal association.

There are also opportunities for further support:

St Francis Street Ambulance

 [Moritzstr. 2](#)

85049 Ingolstadt

 [0841 14 28 784](tel:0841_14_28_784)

 artin-ambulanz@web.de

 www.stra.ssenambulanz-ingolstadt.de

 Opening hours:

Monday to Friday 09.00 - 17.00

At the street outpatient clinic you can get cheap food, take a shower and do your laundry. They receive medical and nursing care and are supported in many areas.

Villa Johannes - Caritas district centre Ingolstadt

 [Gaimersheimer Street 15 ½](#)

85057 Ingolstadt

 [0841 309-177](tel:0841 309-177)



[0841 309-179](tel:0841 309-179)

@v [illa-jo](mailto:hannes@caritas-ingolstadt.de) hannes@caritas-ingolstadt.de

 [http://w](http://www.villa-johannes.de) www.villa-johannes.de

 Opening and consultation hours:

Monday 08:00 - 16:00

Tuesday 08:00 - 16:00

Wednesday 08:00 - 16:00

Thursday 08:00 - 16:00

Friday 08:00 a.m. - 13:30 p.m.

Villa Johannes is a day centre for people suffering from addiction. The centre offers a low-cost breakfast and lunch, activities and practical help such as the use of washing machines. You will also receive counselling and support on all aspects of addiction.

Café NeuHaus - SkF Ingolstadt e.V.

 [Schrannenstr. 1a](#)

85049 Ingolstadt

 0841 93755-0

@c afe.neu haus@skf-ingolstadt.de

 www.skf-ingolstadt.de/cafe-neuhaus

 Opening hours

Monday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Tuesday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Wednesday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Thursday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Friday 09:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Café NeuHaus offers all women who are about to lose their home or are acutely homeless and living on the street a safe place.

Here you will find counselling, exchange, peace and support. From women for women.

You can not only drink coffee and eat cake, but also do laundry, receive mail or get counselling.

The café staff can also help you with administrative matters.

[Women's café flyer](#)

Railway station mission Ingolstadt main station

 [Station street 8](#)

Central Station / Platform 1

85051 Ingolstadt

 [0841 309-500](tel:0841 309-500)



[0841 309-509](tel:0841309509)

@b ahnhofs_mission@caritas-ingolstadt.de

 www.bahnhofsmission.de

Opening hours:

Monday 09.00 a.m. - 5.00 p.m.

Tuesday 09.00 a.m. - 17.00 p.m.

Wednesday 09.00 a.m. - 5.00 p.m.

Thursday 09.00 a.m. - 5.00 p.m.

Friday 09.00 a.m. - 5.00 p.m.

Saturday and Sunday **closed**.

Also **closed** on public holidays and on 24 and 31 December.

The station mission helps if you

- are exhausted.
- are hungry or thirsty.
- are injured, ill or weak.
- something is bothering you and you are looking for support or advice.
- need a moment of reflection, with yourself or with your faith.
- you can't find a place to change or breastfeed your child.
- have damaged your clothes due to a mishap.
- urgently need to make a phone call.
- have no place to sleep.
- have been robbed.

 The station mission also offers travel assistance on regional routes within Bavaria.

Financial assistance for housing from the job centre

Who receives financial assistance for housing from the Job Centre?

You can find out who can generally receive financial assistance from the Job Centre and how you can apply for benefits here: [jobcentre](#)

An additional application is required for some benefits. Please contact the Job Centre by phone or e-mail first to find out about your specific request.

Costs for accommodation

The job centre will cover the cost of your rent as well as the running costs and heating costs for your home.

In Ingolstadt, there are fixed upper limits for rental costs that can be covered by the job centre. The permitted amount of rental costs varies from place to place and depends on various factors. You can find out how high the rental costs may be in Ingolstadt here: [Rent limits in Ingolstadt](#). The amounts stated refer to the basic rent. Costs for heating and hot water as well as ancillary costs are taken into account separately and paid in the actual amount.

💡 Costs for electricity, internet and television are not taken into account separately by the job centre. You must pay these costs yourself from the general Job Centre benefits.

💡 If you receive financial benefits from the Jobcentre, you can be exempted from the licence fee. You can find out more here: [Broadcasting licence fee](#)

Relocation

If you need support when moving and renting a new flat, you must first check whether the rent for the new flat is reasonable. If the flat is not in Ingolstadt, you must ask the job centre that is responsible for the location of the new flat. It is best to enquire before you want to view a new flat.

💡 Important: You should not sign a tenancy agreement if you have not yet spoken to the relevant job centre.

💡 Always speak to your current job centre before planning a move. The staff will advise you on the exact procedure.

How can I get the rental costs approved by the job centre?

It is best if you present the unsigned rental agreement to the job centre. This can be done by e-mail or in person during opening hours. You will be informed of the Job Centre's decision as soon as possible. At least the following information is required for the assessment:

- Basic rent,
- ancillary costs,
- heating costs,
- Address of the accommodation,
- living space in square metres and number of rooms,
- Name of the landlord or landlady
- Name of the tenant
- Security deposit

Security deposit

The security deposit is a guarantee for the landlord or landlady. The maximum amount for the deposit is 3 basic rents (basic rent without utilities and heating costs). The Job Centre can grant the deposit as a loan on application. A loan means that the Job Centre lends you the money. The Job Centre pays the deposit directly to the landlord or landlady. You will then automatically receive fewer benefits each month until the deposit has been paid. If you move out of the flat

and leave no damage behind, you will get the money back.

Initial furnishings

You have the option of applying for initial furnishings and household items. Initial furnishings include furniture, curtains, mattresses, cooking utensils, crockery and, if not available in the flat, a cooker, sink, fridge and washing machine. The amount you receive for the initial equipment is calculated individually. It may therefore take a little longer to process.

💡 Important: It is essential that you submit the application for initial furnishings before you purchase any furnishings.

💡 Please note that it may take some time before the money is paid out. The job centre also has the right to inspect the home to check the amount of initial equipment required.

Everyday life and life organisation

Are you new to Germany? Moving to a foreign country brings with it many questions and a lot of work. Everyday life and some German ways of life must seem strange to many refugees and migrants. Here are a few practical tips to make everyday life easier.

Consumer protection Advice centres

Consumer advice centres in Ingolstadt

There are several advice centres in Ingolstadt that can help you with consumer protection. These advice centres offer you support and information on various topics such as

- Consumer rights,
- insurance,
- finances, construction financing
- old-age provision,
- nutrition,
- home economics and energy.

ConsumerService Bavaria

One of the most important advice centres in Ingolstadt is VerbraucherService Bayern. They offer neutral and personalised advice. You can also get advice over the phone or make an appointment.

Opening hours

The advice centre is open from Monday to Friday. The opening hours are

Monday: 9:00 am - 12:00 pm and 2:00 pm - 4:00 pm

Tuesday: 9:00 am - 12:00 pm and 2:00 pm - 4:00 pm

Wednesday: 9:00 am - 1:00 pm

Thursday: 9:00 a.m. - 12:00 p.m. and 2:00 p.m. - 4:00 p.m.

Friday: 9:00 am - 12:00 pm

Contact us

This counselling centre is located at [Kupferstraße 24](#), 85049 Ingolstadt.

 [+49 \(0\) 84195159990](tel:+49(0)84195159990)



[+49 \(0\) 84195159995](tel:+49(0)84195159995)

@i ngolsta dt@verbraucherservice-bayern.de

Further information

Further information on the advice centres and their services can be found

- on the websites of [VerbraucherService Bayern](#)
- and the [Bavarian Consumer Advice Centre](#).

 These websites provide you with comprehensive information and resources to protect your rights as a consumer.

Basic information on contracts

Important: Did you not understand something? Can you not read a text?

Then don't sign anything! When you sign something, you are entering into a contract.

A contract means that you have to honour the agreement.

It often involves payments. It is very difficult to cancel this later.

 Always check several offers. Think carefully before you make a decision.

 Take your time. Nobody should pressure you into signing anything.

 You can also obtain information from the [VerbraucherService Bayern in Ingolstadt](#) or the [Verbraucherzentrale Deutschland](#).

Current account

A current account is an account for people who want to make payments via the bank. Your money is available in your current account at all times. Make sure that you have enough money in your account for all withdrawals and payments.

With a current account you can

- Make transfers
- Receive cashless payments (payments from public offices / authorities / social benefits are often made cashless, i.e. transferred to a personal current account)
- Set up standing orders

- Participate in direct debits
- Cashing cheques, making cashless payments with the EC/Maestro card
- Withdraw cash at the bank counter or at an ATM
- Print out your account statements

Opening an account

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

- Once the account has been opened, you will receive an EC card with a four-digit PIN code. Sign the back of the EC card and memorise the PIN code. You will need the PIN code for cashless payments and for withdrawing money from ATMs. **Be sure to keep your card and PIN code separate!**
- If you want to withdraw cash, it is best to use the ATMs of the bank where you have your account. Then the withdrawal costs nothing. If the PIN code is entered incorrectly three times at the ATM, the debit card will be cancelled and blocked. In this case, you must ask your bank.
- If your debit card is lost or stolen, have it blocked immediately. State your sort code and account number. Then ask your bank for a new EC card.

 [116 116](tel:116116)

 Around the clock.

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

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

Opening an account and handling the account

- What do you need to look out for in a bank account?
- And what do you need to open a bank account?

You can read about this at the consumer advice centre in these languages:

- [German](#)
- [Arabic](#)
- [Russian](#)

 www.verbraucherzentrale.de (search term: "multilingual information").

There you will also find [explanatory videos](#) on the topic in [German](#), [English](#), [Arabic](#) and [Dari](#).

Insurances

The social insurance system in Germany

In Germany, there are five important types of insurance that everyone must have. These insurances help if, for example, you fall ill, have an accident, need care or can no longer work in old age. They also protect you if you lose your job.

You are automatically covered by pension, accident, long-term care and unemployment insurance. You cannot choose which provider you are insured with.

With health insurance, however, you can choose a health insurance provider. There are many different health insurance companies that you can register with. You can find out more here.

Additional private insurance

There are many other types of insurance that you can take out in Germany. Whether an insurance policy makes sense for you depends on what you need. These insurances often help if you would lose a lot of money, for example in the event of expensive damage.

The [consumer advice centre](#) will help you to find out more about these insurances. It will also explain to you which insurances are particularly important. One very important insurance is personal liability insurance. You should have this in any case.

On the website www.make-it-in-germany.com you will also find a lot of information about insurance in different languages.

💡 Here you will find information on [motor vehicle liability insurance](#).

Private liability insurance

If you cause damage to a person in Germany without intention, you must pay compensation according to the law. This applies to

- personal injury,
- property damage and
- financial losses
- in the private sphere. For example, if you cause a traffic accident or if your child breaks a window pane with a ball.

In Germany, you can take out private liability insurance to pay for this damage for you and your family. You can decide for yourself whether you want to take out this insurance. However, we strongly recommend it. Often all it takes is one small mishap and you have to pay for expensive damage. How good it is if you have taken out liability insurance.

The cost of good personal liability insurance for a single person is between 40 and 65 euros per year. The insurance covers damages up to a sum insured of ten million euros and more. It is even cheaper if you use special rates for families or students, choose combined packages or increase the excess. Liability insurance is paid

- annually,
- half-yearly,
- quarterly or
- monthly.
- You can often specify this when you take out the policy.

💡 [Finanztip](#) is an independent comparison site that we recommend.

💡 You can also find more information from the [consumer advice centre](#) in various languages.

Taxes and tax returns

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

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

Tax identification number

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

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

Contracts and mobile phones

Contracts for mobile telephony

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

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

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

1. With a flat rate, you can make unlimited calls, send text messages and use the Internet up to a certain data volume
2. With an inclusive package, you have a fixed quota of units for making calls and sending text messages and a fixed data volume for using the Internet, for which you pay a fixed price. When your units are used up, you can book additional units or additional data volume. You will usually have to pay more for this. 💡 **Please note:** With many providers, additional data volume is automatically added when your data volume is used up. This additional data volume can cost a lot of money. It is therefore essential that you switch off the automatic rebooking of data volume (data automatic). You can do this via the online

customer portal or your provider's hotline. Ask for written confirmation that you have switched off the automatic data volume.

3. You can also pay directly for every call, every text message and every use of the Internet. This is usually more expensive than with a flat rate or an inclusive package, but you only pay for what you actually use. And there are no hidden costs.

Especially important:

Never sign anything you don't understand or can't read. Otherwise you may end up signing a contract or agreement under which you have to pay for something. It is sometimes very difficult to undo this. Always check and compare several offers and take your time to decide. Don't let anyone pressure you into signing anything. Do you want to sign a contract? Check the conditions carefully beforehand. Ask yourself whether a prepaid contract might suit you better.

Mobile phone

There are two different mobile phone contracts in Germany: **Prepaid contract** and **fixed-term contract**. The prepaid contract has no fixed contract term. A fixed-term contract has a minimum contract term. This contract is automatically renewed if you do not cancel it. If you do not want the contract to be renewed automatically, you must cancel in writing. Pay attention to the deadline.

10 important questions when concluding a contract:

- How high is the basic fee? Does the fee increase after a certain period of time?
- Is there a minimum monthly turnover (minimum costs per month)?
- How long is the contract for (e.g. 12 or 24 months)?
- If I do not cancel the contract, will it be automatically renewed?
- When do I have to cancel if I don't want to extend the contract?
- How much does it cost to set up, switch and deactivate?
- What is the billing cycle? Do I have to pay for every minute or part thereof?
- How much does a minute cost (external/own network)?
- How much does a mobile phone with a contract cost and how much does a mobile phone without a contract cost?
- How much does Internet cost?
- How much do international calls cost?

Mobility

💡 Online information about [cars, parking & traffic in Ingolstadt](#)

Public transport and bicycle

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

Public transport

To get to your destination in Ingolstadt, you can use public transport. These are buses and the railway.

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



The VGI app is the timetable information service of the Greater Ingolstadt Transport Association for [iPhone](#) and [Android smartphones](#).



The DB Navigator app: your travel companion for local and long-distance transport as well as for the underground, tram and bus. You can find videos explaining the functions on the [website](#).

Taxi in Ingolstadt

There is no general app for taxi companies in Ingolstadt. Some taxi journeys can be ordered via the Uber app. Otherwise, only the well-known search engines can help.

Bicycle

Will you be living in Ingolstadt for a while? Then it's worth buying a bike. It's cheaper than travelling by public transport.

💡 Important traffic rules for cyclists (selection):

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

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

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

There are several bike shops in Ingolstadt, including some with a workshop.

Parking - Car sharing - Car hire

Parking in Ingolstadt

Parking information

[Here](#) you will find information on parking in Ingolstadt.

- Public car parks, parking spaces and underground car parks
- Services in the IFG car parks
- Parking on public streets for residents
- Currently free car parks
- Special car parks
- Traffic monitoring service (VÜD)

Traffic monitoring

Information on traffic monitoring can be found [here](#).

Parking guidance system

The parking guidance system in Ingolstadt shows you free spaces in the car parks via signs in the road network. These signs always keep you up to date. So you can see where there are free parking spaces.

SMS service

Send an SMS to [01728275528](tel:01728275528). You will receive an SMS reply on your mobile phone with an overview of free parking spaces in Ingolstadt.

 [Online overview of free car parks](#)

 [PARKING IN INGOLSTADT Information for car drivers](#)

Resident parking permit

There are special parking zones for residents of the city centre. With a resident parking permit, you can park there without a parking ticket.

- **Application:** Resident parking permit
- **Fees:** 30 euros per year for the initial application and renewal, 15 euros for a change of licence plate number. The new vehicle licence must be presented.
- **Replacement in the event of loss:** If you lose your permit, please submit a loss report and apply for a replacement permit. The fee is 15 euros. A personal appearance is required.

You can find more information about the resident parking permit [here](#).

Parking permit for severely disabled people

Certain severely disabled people can use specially marked parking spaces. You can apply for the necessary parking permit from your local authority.

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

Exemptions for certain occupational groups

This option applies to tradespeople, sales representatives and social services. Further information can be found [here](#).

Car sharing

What is car sharing?

Car sharing is the shared use of cars. It is environmentally friendly and saves costs. Car sharing can be combined with other environmentally friendly modes of transport such as bus, train and bicycle.

Sharing a car and protecting the climate

Ingolstadt wants to reduce traffic in the city centre. Fewer cars in the city help to save CO₂ and make Ingolstadt a better place to live. Car sharing is a great alternative for people without their own car or for city centre residents who only need a car occasionally. Students and visitors also benefit from it.

In Ingolstadt there are car sharing stations from companies such as:

- [Flinkster](#)
- [book-n-drive](#)

To use a car from the car sharing scheme, you must first register with a company and obtain a customer card. With the customer card you can rent a car.

Live display of free charging stations via the SWI e-motion app

The SWI e-motion app gives you access to the charging stations of Stadtwerke Ingolstadt.

You can find the nearest suitable charging station on our map.

All charging points accessible to you are displayed.

You can activate a charging station directly in the app.

The app shows you the current availability, the charges and any faults.

The app helps you to find the shortest route to the charging station of your choice.

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

Driving licence and driving a car

Driving licence and driving permit?

A driving licence can be very useful. Especially if you live in a village or a small, remote town. Often there are no public transport connections here. Then a driving licence is helpful.

💡 Driving licence and driving licence - the terms are often confused in everyday life. There is an important difference:

- A **driving licence** is permission to drive;
- The **driving licence** is proof of this permission;
- The **driving ban** affects the driving licence. **Withdrawal** affects the driving licence.

Is my driving licence valid in Germany?

Would you like to drive in Germany yourself? Then you need a driving licence from Germany or another EU country.

You may only drive in Germany with a driving licence from your home country for the first six months. The six months begin with your first police registration in Germany.

You must always have your driving licence with you when you drive. You must also have a translation of your driving licence into German with you.

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

If you are only visiting Germany, you may drive with your foreign or international driving licence.

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

How do I transfer my driving licence?

Contact your [driving licence office](#). Contact the relevant office before your six-month driving licence expires. You must go to the driving licence office in person. You will need to present various documents there:

- ID card or passport
- Confirmation of registration (police registration)
- Biometric passport photo
- Certificate of an eye test (from an optician or ophthalmologist)
- Confirmation of participation in a first aid course. You can find a course in your area, e.g. at the ASB or the Johanniter.
- Your original foreign driving licence (an international driving licence is not sufficient). As a rule, you must also submit a certified German translation.
- a declaration that your foreign driving licence is still valid.

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

the country in which you obtained your driving licence.

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

How can I get a German driving licence?

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

- Register with a driving school. In Ingolstadt there are driving schools with driving instructors who speak Arabic and Persian, for example. You can find driving schools in your area at drivolino.de or fahrschulen.de.
- Take part in a first aid course. You can find a course near you via the Internet search. Enter the words "Ingolstadt learner driver first aid course". Courses are available online and in person.
- Take an eye test at an optician or an ophthalmologist. The eye test costs approx. 7 euros. Some opticians also offer the eye test free of charge.
- Have a biometric passport photo taken.

Can my driving licence be revoked?

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

- If you are banned from driving, you must surrender your driving licence to the fines office for several months. During this time, you are not allowed to drive yourself. After the period has expired, you can collect your driving licence again.
- If your driving licence is revoked, on the other hand, you lose your state licence. You are no longer allowed to drive yourself and cannot obtain a new driving licence. You must apply for a new driving licence. And this is often after a suspension period and a medical-psychological examination (MPU).

When can my driving licence be revoked?

Have you accumulated 8 penalty points? These are reasons to withdraw your driving licence.

You will receive penalty points for various offences, for example if you drive too fast. Have you endangered road traffic? Have you been driving drunk?

💡 Penalty points are also known colloquially as "**points in Flensburg**".

Have you just obtained your driving licence?

Then you are two years into your **probationary** period. You have broken the traffic rules during the probationary period. Then you have to attend an advanced training seminar. You may also have to undergo psychological counselling. Your probationary period will also be extended by a further two years.

You do not take part in the advanced training seminar and the counselling? Then your driving licence will be revoked. Examples of a traffic offence are, for example, driving through red

traffic lights, driving at night without lights, drunk driving.

💡 Wrong parking is not a traffic offence. In this case, you only have to pay the fine.

Special features when cycling

You can even be banned from cycling, even though you do not need a driving licence.

If you are caught drunk on a bicycle, this can lead to a driving ban. With a blood alcohol concentration of 1.6 per mille or more, the driving licence authority can order an MPU. A negative assessment or refusal to undergo an assessment can also lead to a driving ban.

Motor vehicle liability insurance

Motor vehicle liability insurance

Do you have a car? Or a motorbike? Or another motor vehicle (motor vehicle)? Then you need [motor third party liability insurance](#).

"Motor vehicle" means motor vehicle. This includes cars, motorbikes, motorhomes, scooters, mopeds, quads, S-pedelecs and e-scooters.

This insurance is mandatory. No vehicle can be registered without motor vehicle liability insurance. You must present proof of your insurance to the [registration office](#).

💡 **Registration of your vehicle is also mandatory.**

💡 **Incidentally, this obligation applies not only in Germany, but in all EU countries.**

There are many different types of motor vehicle liability insurance. They differ in terms of their benefits and costs.

These factors influence the cost of your insurance:

- Amount of cover (maximum amount the insurance company will pay out in the event of a claim)
- No-claims class (how long you have been driving accident-free)
- Annual mileage (how many kilometres you drive per year)
- Type of vehicle (which model you drive)
- User of the vehicle (who drives it and how old are they?)
- Parking space (whether the vehicle is parked in a garage or outside)
- Do other people also use your vehicle, such as your children? Make sure that they are also covered by your car insurance.

💡 Important: Never drive without insurance cover! If you cause an accident, the consequences can be very financially burdensome. Particularly in the case of personal injury, costs can quickly run into the millions.

The registration of a car or vehicle

The registration of a vehicle

Do you have a **vehicle**? Or are you buying a **vehicle**? This includes cars, motorbikes, motorhomes, scooters, mopeds, quads, S-pedelecs and e-scooters.

And you want to drive the vehicle in Germany.

Then you have to go to the registration office. There you register the vehicle.

You will need these documents at the registration office:

- Your identity card
- Vehicle documents
- Valid HU certificate for the car
- Proof of motor vehicle liability insurance for the car
- Proof of your bank account

You may be bringing your car with you from abroad.

Then you will have to **take the car** to the registration office.

There you register the car in your name. And in your German address.

💡 The staff at the registration office will advise you.

You can register your car here:

[Vehicle registration office](#)

Broadcasting fees

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

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

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

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

Religion

Religious freedom



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



This means, for example:

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



This is not permitted in Germany:

- To place religious rules or traditions above applicable laws. For example, being married to several women at the same time. Or slaughtering an animal without special authorisation.
- Boys may only be circumcised if this does not jeopardise their welfare.

💡 Many people in Germany today are committed to dialogue between religions. The aim is the peaceful coexistence of religious people, believers and people who do not belong to any religion.

💡 The state is committed to ideological neutrality.



As long as the practice of a religion does not jeopardise democracy or the separation of state and religion, it is protected.

Religious practice in Ingolstadt

Ingolstadt offers many opportunities to practise religion.

There are churches, mosques, prayer rooms and initiatives. You can practise your faith and meet other believers. The city supports the diversity of religions and dialogue. This ensures good coexistence.

Here is an overview of religious places and offers for residents and visitors:

Christianity

 Catholic Church: Ingolstadt is Catholic. There are many Catholic churches and parishes. Important churches are:

- * Liebfrauenmünster: A large Gothic church in the city centre. Church services and events are held here.

- * St. Moritz: A historic church in the centre. Masses and religious services are held here.

 Protestant church: The Protestant community is also large. There are churches and facilities:

- * St Matthew's: The largest Protestant church. It offers church services, cultural and social programmes.

- * Christuskirche: Church services and events are organised here.

Islam

Muslims have mosques and prayer rooms. They can practise their religion here:

- * Ditib Mosque: It belongs to the Turkish-Islamic Union. Friday prayers, education and social programmes are held here.

- * Islamic Centre Ingolstadt: Religious and cultural events take place here.

Judaism

The Jewish community is smaller. It has a synagogue for religious services and cultural events. Ask the community for the location.

Buddhism

- * Buddhist Centre Ingolstadt: There is meditation, courses and celebrations for everyone.

Hinduism

Hindus use temples and prayer rooms in neighbouring towns. Groups organise festivals and ceremonies.

Religious events and festivals

There are religious festivals for everyone in Ingolstadt. They show the diversity of religions and you can learn more about faith.

Interreligious dialogue

Ingolstadt promotes dialogue between religions. There are meetings and events that promote understanding.

Clothing, household, food

In addition to department stores and shops, people with little money also have the opportunity to buy cheap or second-hand items.

Clothing and household items

Clothes, crockery, toys and sports and electrical goods for everyday use can be found very cheaply in the clothing stores and second-hand shops. A second-hand shop sells used items in good condition. There are also shops where you can buy new things very cheaply.

Clothes shops

AWO District Association Ingolstadt-Eichstätt e.V.

Clothes store

📍 [Schulstr. 6](#)

85049 Ingolstadt

Opening hours:

Phone: [+49 \(0\) 84193769871](tel:+49(0)84193769871)

Tuesday and Thursday

from 8.30 a.m. to 12.30 p.m.

(closed during holiday periods)

Clothes chamber of the Caritas district centre Ingolstadt

📍 [Jesuitenstraße 1](#)

85049 Ingolstadt

Contact:

Phone: [+49 \(0\) 841309126](tel:+49(0)841309126)

@k reisste1le@caritas-ingolstadt.de

Second hand department stores

For example:

- Electrical appliances, washing machines, refrigerators
- televisions, radios ...
- lamps
- bicycles
- Leisure and sporting goods
- Garden equipment
- DIY supplies
- Books, toys
- Records, cassettes and CDs
- Clothing and textiles
- Household goods

- furniture

Caritas market

Carl-Benz-Ring 14 - 18

85080 Gaimersheim

Phone number [+49 \(0\) 84149018615](tel:+49(0)84149018615)

E-Mail: c [www.cari](mailto:tasmarkt@caritas-ingolstadt.de) tasmarkt@caritas-ingolstadt.de

Second hand market:

Monday to Friday: 09:00 to 12:00 and 13:00 to 18:00

Saturday: 09:00 to 14:00

Clothes and book market:

Monday to Friday: 09:00 to 12:00 and 12:30 to 18:00

Saturday: 09:00 to 14:00



Bus route 50 Ingolstadt-Gaimersheim, bus stop Mittlere Heide, 10 minute walk

Second-hand shop "buy and help"

under the auspices of ejsa Ingolstadt e.V.



[Oberer Grasweg 18](#)

85055 Ingolstadt

Contact:

Phone: [+49 \(0\) 84188563820](tel:+49(0)84188563820)



[Second-hand shop Kaufen-und-helfen](#)

Foodstuffs

Ingolstädter Tafel e.V.



[Proviantstraße 1](#)

85049 Ingolstadt



[0841 33 491](tel:084133491)



[0841 93 19 060](tel:08419319060)



Food distribution: Wednesday from 10:00 am - 1:00 pm



Office hours: Tuesday from 10.00 a.m. - 12.00 p.m.

The food bank distributes food once a week to people in need with an authorisation card. You can apply for this on Tuesdays during the above-mentioned office hours.

Time for the fruit harvest

Now is harvest time for fruit

Fruit trees grow in many parts of the city.
Anyone can pick fruit there - free of charge.

The fruit is **only for personal use**.

What fruit can I pick there?

For example, there are

- Apples
- cherries
- quinces
- pears
- Plums
- Elderberries
- sloes
- Hazelnuts and walnuts

These trees and shrubs grow in parks and along paths.
There are a total of around 30 such places in Ingolstadt.

Some types of fruit are well-known.
Others are rare or good for people with allergies.

Where can I find the fruit?

There is an overview on the Ingolstadt city website:

- Go to the city's geoportal: [City map](#)
- Click on the Environment and Nature section.
- Select the item Fruit in the city.

There you will find a map with apple symbols.
The symbols show where fruit can be picked.
There are also pictures and descriptions of the fruit varieties.

You can also go directly to the website of the garden centre.

[Garden centre](#)



Important:

The orchard at the garden centre is no longer open.
You are no longer allowed to pick fruit there.
The reason is: safety and liability.

Please observe the following rules when picking fruit:

- Only take as much fruit as you need yourself.
- Handle the trees and meadows with care.
- Pick at your own risk.
- 💡 Nobody is liable if you injure yourself.

Have you lost something?

Have you lost something?

Have you lost your keys or wallet or forgotten your bag on the bus?

💡 If you have lost your identity documents or they have been stolen, report this to the police. Replacement documents can only be issued to you if you report the loss.

Lost property office

 Lost property in the municipal area: [lost property report and report of loss](#)

- Have you found a lost item? Then you must report it to the lost property office or return it directly to the owner.
- You can also hand in found items to the police.
- Have you lost a valuable item? Then you can report the loss to the lost property office.

Citizens' office - Lost property office

New Town Hall



[Town hall square 4](#)

85049 Ingolstadt

☎ [0841 305-1502](tel:0841 305-1502)

@f [undamt@](mailto:undamt@ingolstadt.de) ingolstadt.de

💡 If you have lost or forgotten something on the bus or train, you can enquire at the VGI and search online.

VGI Customer Centre Ingolstadt



[Mauthstraße 4](#)

85049 Ingolstadt

🕒 Monday to Friday: 10:00 to 18:00

Saturday: 09:00 to 13:00

☎ [+49 841 97 439 333](tel:+49 841 97 439 333)



[+49 841 97 439 399](tel:+49 841 97 439 399)

🕒 Monday to Friday: 08:00 to 18:00

Saturday: 09:00 to 13:00

@i nfo@vgi.de

 [VGI Service Customer Centre](#)

Civil protection

Siren and loudspeaker warning

Siren tests and their significance in Ingolstadt

There are siren tests in Ingolstadt every month. This means that the sirens are tested.

Sirens are also tested on national warning days. You can find these  [Latest news](#).

What the sirens mean

Sirens warn us of dangers such as fires or other emergencies. They are also important for civil protection.

The siren signals:

Three continuous tones  (🔊 [12 seconds on, 12 second pause, three times](#)):

- This means the fire brigade is being alerted.

Long, rising and falling wailing tone  (🔊 [1 minute](#)):

- There is a great danger.
- Listen to the radio or watch TV for information.
- Depending on the local risk of danger, it also means that all windows and doors must be closed immediately.
- Do not ignite sparks, e.g. on a gas cooker.
- Do not smoke.
- Switch off the air conditioning.
- Do not stay outdoors.
- Leave your children at nursery or school.
- Help other vulnerable passers-by and take them in.
- Only make phone calls in an absolute emergency, as the phone lines will be overloaded.
- Only use the emergency numbers 110 and 112.

All-clear: 

- A steady tone for 1 minute.
- The danger is over.

Test alarms and tests

- There are test alarms throughout Bavaria twice a year.
- Warning apps such as NINA and KATWARN are also tested.
- Warnings are also sent to mobile phones as push notifications.
- The Bavarian Ministry of the Interior announces in advance when the tests will take place.
- These tests are not dangerous.

More information

💡 Dates and further information can be found on the [!\[\]\(2bdfe261b986065ee0ac76460d6528c9_img.jpg\) website of the Bavarian Ministry of the Interior](#).

💡 The Federal Office of Civil Protection has a brochure with tips for emergencies. The brochure is called [!\[\]\(dfbd6b3763a6d1d9afaa974f64e2e4b5_img.jpg\) "Katastrophen Alarm"](#) and is available in German, English and French.

Civil protection apps

Civil protection apps: KATWARN and NINA

The police, fire brigade and authorities use apps to warn the public about rampages, natural hazards or bombs.

Warnings are issued via radio, television or police loudspeakers. Also via sirens or social media. There are also disaster prevention apps. As a rule, warning messages should be disseminated in as many ways as possible. This ensures that as much of the population as possible can be reached.

The NINA app (emergency, information and news app) is operated by the Federal Office of Civil Protection and Disaster Assistance. The app contains

- Information from the civil protection services,
- the German Weather Service,
- the situation centres of the federal states and
- connected fire and rescue control centres of cities and municipalities.

[!\[\]\(dd161862f9164df98f62b726e9846241_img.jpg\) Click here for the app for Android smartphones](#).

[!\[\]\(758ebdf4629c903da74c2e079717ae32_img.jpg\) You can download NINA for iPhones here](#).

The KATWARN app was developed on behalf of the public insurers. In addition to the nationwide warnings from the German Weather Service, the KATWARN app also distributes Bavaria-wide or regional messages. KATWARN also sends messages from the modular warning system of the federal government (MoWaS) and is also used internationally.

[!\[\]\(626ce8ac21792b9405bfddfea8e0c96a_img.jpg\) Click here for the link in the Apple App Store](#).

[!\[\]\(a8f9309f944226d1420f5fed22e2b6e6_img.jpg\) Click here for the link on Google Play](#).

DWD Warn Weather app from the German Weather Service. It provides its users with information on the current weather situation. Throughout Germany or in the regions. You can subscribe to information for selected locations or your own location. This app warns of severe weather such as

1. Thunderstorms, snow and icy conditions,
2. floods, storm surges, avalanches and heat.
3. Of course, the app also includes weather forecasts, precipitation and weather maps.
4. The warnings from this app are also fed into NINA and KATWARN.

[!\[\]\(c1168d6a8b365d11e842ece304635fa7_img.jpg\) Click here for DWD Warn Wetter in the Google Playstore](#).

 Click here for the DWD [Warn Wetter app for Apple devices](#).

Also interesting:  [This is how locating via mobile phone works in an emergency - send location](#).

Safety tips for swimming in the lake and river

Swimming in a lake or river can be great fun, but it's important to be safe. Here are some simple tips to keep in mind:

1. **Don't swim alone:** Always go swimming with friends. If you need help, no one else can help.
2. **Pay attention to the weather:** Don't swim in thunderstorms or strong winds. This is dangerous.
3. **Only swim in safe places:** Only go into the water where it is permitted and where others are swimming. There are often signs showing where you are allowed to swim.
4. **Check the depth of the water:** Never jump into unfamiliar water. It could be too shallow or there could be stones in the water.
5. **Don't swim too far out:** Stay close to the shore. If you get tired, it will be easier to come back.
6. **Watch out for currents:** There are often currents in rivers that can sweep you along. Be careful and do not swim against the current.
7. **Watch out for children:** Children should always be under adult supervision when playing in the water.
8. **Use swimming aids:** If you are not a good swimmer, use a life jacket or water wings.
9. **Listen to your own body:** If you are cold or feeling tired, get out of the water instead. Your body needs a break.
10. **Do not take any glass bottles with you:** Glass can break and cause injury. Use plastic bottles or cans instead.

 With these tips, you can swim safely in the lake or river and enjoy the summer. Stay careful and take good care of yourself!



Stadt Ingolstadt

Vorsicht! • Caution Prudence • الحذر

im Sommer
in summer

en été
في الصيف



Safety tips for ice on the lake and in the river

Lakes and rivers can freeze over in winter. This can look beautiful and be fun, but it's also dangerous. Here are some simple tips to stay safe:

1. **Check the ice:** Only go out on the ice if it is thick enough. It should be at least 10 centimetres thick. Ask someone who knows whether the ice is safe.
2. **Do not go on the ice alone:** Always go on the ice with someone. That way, someone can help you if something happens.
3. **Avoid icy areas:** Don't go near bridges, reeds or places with running water. The ice is often thinner there.
4. **Pay attention to warning signs:** Look out for signs warning you when the ice is unsafe. Do not go onto the ice there.

5. **Wear warm clothing:** Dress warmly so that you don't freeze. Wear several layers of clothing.
6. **Take rescue equipment with you:** Take a rope or pole with you. If someone falls into the ice, you can use them to help.
7. **Watch out for cracks:** If you see cracks in the ice or it cracks, go back to shore **immediately**.
8. **Supervise children:** Children should never go out on the ice without adult supervision.
9. **Avoid icy areas in the dark:** Do not go out on the ice in the dark. It is harder to see and be seen for dangers.
10. **Know first aid:** Do you know what to do if someone falls in on the ice? Call for help **immediately** and try to pull the person out of the water with a rope or stick.

💡 With these tips, you can stay safe on the ice and enjoy the winter. Stay careful and take good care of yourself and others!



Stadt Ingolstadt

Vorsicht! • Caution
Prudence • الحذر

im Winter
In winter

en hiver
في الشتاء



Culture, leisure, sport

"Ingolstadt_live" - The new leisure and experience platform

Welcome to Ingolstadt_live

The new leisure and adventure platform for Ingolstadt

Ingolstadt has a new website: www.ingolstadt.live.

Here, visitors and residents can find lots of ideas for leisure activities and experiences in the city.

What you can discover on the site:

- current events in the city
- Sights and museums
- Guided tours and cultural offers
- Tips for cycling tours and hikes
- Information on hotels and restaurants
- Travel advice

💡 The platform shows everything important at a glance - regardless of whether you are on a day trip or live in the city.

Particularly practical: the content is updated every day.

There are also new functions on an ongoing basis:

- better filters for the events calendar
- Maps for excursions and places of interest
- a digital assistant called Viktor, which helps you to quickly find the right information

For event organisers: How to enter your events

💡 **Ingolstadt_live** is intended to be a platform for everyone - not just for the city administration.

If you are planning an event in Ingolstadt, you can easily publicise it.

This is how it works:

- Visit the page ems.ingolstadt.live
- Register once - it's free of charge
- Enter your event - it's quick and easy
- Anyone can take part: Clubs, cultural organisations, companies, private individuals.

💡 This creates a joint offer for everyone - from sport to music to city festivals.

Your advantage:

Ingolstadt_live allows you to reach more people.

And everyone finds out what's going on in Ingolstadt.

Would you like help registering or do you have questions about the platform?

Then get in touch with the team behind Ingolstadt_live.

You can find contact details directly on the website or at ☎ +49 (0) 8413053004

Libraries

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

Find out more on site.

Library in the Herzogskasten

The library is located in the historic Herzogskasten in the city centre. Here you will find media for all ages and tastes on six floors. Around 100,000 items are available in the Herzogskasten.

The building is also suitable for disabled visitors thanks to an access ramp and a lift.

Ingolstadt City Library - main branch in the Herzogskasten



[Hallstraße 2-4](#)

85049 Ingolstadt

 0841 305-3839



0841 305-3849

@s [tadtblue](#) cherei@ingolstadt.de

 <https://www.ingolstadt.de/Stadtbücherei/>

 Mon - Fri 10:00 - 18:00

Sat. 10:00 - 15:00

The Südwest district library is a family-orientated public library. It is also a school library for the three schools in the school centre. Pupils from the school centre borrow books free of charge.

The school grounds are fenced in. Access to the media return box and the library is only possible on school days

 Mon-Thu 7.00-17.45; Fri 7.00-15.00;

and during school holidays during the opening hours of the district library.

City library - Southwest district library



[Maximilianstraße 25](#)

85051 Ingolstadt

 0841 305-3823



0841 305-3826

@s tadttei@lbuecherei.sw@ingolstadt.de

 <https://www.ingolstadt.de/Stadtteilbücherei-Südwe...>

 Mon - Thurs 10am - 5pm Fri 10am - 2pm

School holidays 10 am - 2 pm

Summer holidays

Mon + Tue 10 a.m. - 2 p.m.

Wed - Fri closed

Ingolstadt book bus - on the road for you

The book bus is the rolling branch of the city library. It currently makes 32 stops every two weeks. The book bus is particularly popular with children and parents who appreciate the proximity to their homes. Reading passes can be issued on the bus itself.

Around 4,000 media items are available on the bus. The range includes

- Non-fiction for leisure and education,
- novels,
- children's and youth books,
- DVDs, music CDs, children's CDs,
- audio books,
- NintendoDS games
- and magazines.

We will be happy to obtain titles from the entire stock of the public library for you or reserve borrowed titles for you.

The book bus can also be used with walking aids or wheelchairs.

City library - book bus



[Maximilianstraße 25](#)

85051 Ingolstadt

 0841 305-3821



0841 305-3826

@b uecherb@us@ingolstadt.de

 www.ingolstadt.de/Bücherbus/

More time for families - holidays and leisure

More time for families - holidays and leisure that do you good

A family holiday brings wonderful shared experiences. Parents and children leave everyday life behind them. They discover new places and get to know each other better.

Every family should be able to go on holiday. Non-profit family holiday centres help with this. They have been supporting families for over 50 years. There are simple holiday homes, campsites, castles and hotels. Families spend their holidays by the sea, in the mountains or at lakes.

Leisure for young and old

The family holiday centres focus on joint activities. Parents and children play together and explore nature. Children try out new hobbies. They take part in sports courses and go on exciting excursions. Teachers run courses on education, health and exercise. Parents can relax and recharge their batteries during this time. Single parents particularly benefit from these programmes.

Help for families with little money

Families on low incomes can find affordable holiday offers. Many federal states help with the costs. The family portals of the federal states or www.urlaub-mit-der-familie.de provide all the information and advice on grants.

Recreation in Bavaria and throughout the country

Families receive financial support in Bavaria. This applies to stays in non-profit family holiday centres. Further information can be found at www.zbfs.bayern.de.

Cures for mums and dads with children

Parents who feel exhausted can find help. The Müttergenesungswerk offers counselling in over 1,400 centres in Germany. The counsellors help with the preparation of health cures. These cures strengthen body and soul. Parents gain new strength for their everyday family life.

💡 They can find support from [Caritas](#), [Arbeiterwohlfahrt](#) or [Diakonisches Werk](#).



Offers for women

IN VIA - Offers for women - Life in Bavaria

IN VIA Bayern e.V.

This association supports girls and women through social programmes and projects. The events are aimed at women and children of all nationalities.

IN VIA Bayern e.V.

Catholic association for girls' and women's social work

Maistraße 5 - 80337 Munich

☎ 0 8951266 1911

🏠 0 8951266 1929

@i nfo@inv ia-bayern.de

🌐 www.invia-bayern.de

The course series is offered by the Bavarian State Ministry of the Interior, Sport and Integration:

- for people with a migration background who are authorised to stay permanently,
- Asylum seekers with good prospects of remaining in Germany
- Persons who are in possession of an "Beschäftigungsduldung" according to § 60d of the Residence Act.

Reality of life in Bavaria

The "Lebenswirklichkeit in Bayern" project is a programme for women and children with a migration background who are entitled to stay in Bavaria.

The aim is to strengthen the women's self-confidence and their own abilities.

Life in their new home is often a challenge for foreign women. They therefore need competent support and guidance in order to familiarise themselves with German culture and values.

The project participants are supported in their integration efforts by means of practical, everyday activities. They learn how to actively organise their everyday lives and participate in social life. Their culture and existing resources are recognised, valued and encouraged.

You can find all information here  [IN VIA BAYERN E.V. - Lebenswirklichkeit in Bayern](#)

 [Flyer LW for March 2025 Ingolstadt.pdf](#)

Life in Bavaria

The aim of the course is to provide participants with practical help for their life in Bavaria and to familiarise them with our way of life.

- How does everyday life work in Bavaria?
- How do we want to live together?
- What are the underlying values?
- What is important for our peaceful coexistence?

 [Flyer LiB Ingolstadt March 2025.pdf](#)

Offers for senior citizens

More and more older people in Germany

-  In 2020, there were around 18.3 million people over the age of 65 living in Germany.
- ➔ That is more than 22% of the population.
-  This figure continues to rise every year.

What does that mean?

Many older people need help in everyday life or care.

The older you are, the more often you need help.

Some live alone - which means they have fewer social contacts.

-  But socialising is important - especially for mental health.

Offers for senior citizens in Ingolstadt

Work for senior citizens in Ingolstadt

-  On the website of the city of Ingolstadt www.ingolstadt.de/Seniorenarbeit you will find

- Contact persons who can help with questions,

- Information about leisure facilities,
- tips and help for everyday life in old age.

Getting older in Ingolstadt

-  Ingolstadt is a young city - many children and young people live here.
-  But many older people also live in Ingolstadt - and the number is growing.

Growing older means:

- new opportunities for a good life,
- but also new tasks and challenges.

What is important in old age?

-  Social contacts
-  Joint activities
-    Encounters with other generations
-  Taking part and belonging
-  Culture and education
-  Learning and continuing your education
-  Helping out in society - for example in clubs and societies
-  There are many opportunities for this.

Network "Growing older in a self-determined way"

-  There is a network in Ingolstadt.
-  Many organisations work together there.
-  Aim: to make services for older people even better.

 www.buergerhaus-ingolstadt.de

Health, education & leisure

On the website of the city of Ingolstadt www.ingolstadt.de/Leben/Senioren/Gesund-fit-aktiv you will find

-  Contact person for questions,
-  Tips for leisure activities,
-  Information and help about getting older.

Exchange and networking

Neighbourhood centres in Ingolstadt

There are several neighbourhood centres in Ingolstadt. They offer various services such as counselling, courses and events. The services are usually free of charge or cost little money for the residents of the neighbourhood.

Do you live in the Piusviertel neighbourhood?

Piusviertel neighbourhood centre

Address: [Pfitznerstraße 19a](#), 85057 Ingolstadt

Telephone: [+49 \(0\) 84130545840](#) or [+49 \(0\) 84130545849](#)

There are various offers for the neighbourhood at the Stadtteiltreff Piusviertel. Whether you have questions or simply want to get to know people from the neighbourhood - you are welcome here. You can find more information about current programmes and opening hours on the [website](#).

Do you live in the Augustinviertel?

Neighbourhood centre Augustinviertel

Address: [Stollstraße 2](#), 85053 Ingolstadt

Telephone: [+49 \(0\) 84130545820](#) or [+49 \(0\) 84130545829](#)

There is also a neighbourhood meeting point in the Augustinviertel. You can take part in events here. You can get advice or simply find a place to socialise. You can find more information online on the meeting point's [website](#).

Do you live in the Konradviertel?

Konradviertel neighbourhood meeting point

Address: [Oberer Taubentalweg 65](#), 85055 Ingolstadt

Telephone: [+49 \(0\) 84130545830](#) or [+49 \(0\) 84130545839](#)

Many events and courses also take place in the Konradviertel neighbourhood. Whether young or old, there is something for everyone. The exact offers and opening times can be found on the district centre's [website](#).

Café International

☞ What is Café International?

☐☐☐☐ Café International is an open meeting place for all people - regardless of their country, language or religion.

☐ People have been meeting there since 2016 to spend time together.

☐ The café is jointly organised by:
the youth migration service ☐☐,
the Office for Social Affairs of the City of Ingolstadt ☐,
the Cantina International ☐,
and volunteers ☐♂☐♀.

☐ When and where?

Please note: The venues change. You can find the times at [Café International](#).

☐ Location: Workshop foyer in the Ingolstadt City Theatre ☐

☐ Days: Monday and Wednesday

☐ Time: 15:00 to 17:30

☐ Place: Neuburger Kasten community centre

☐ Days: Monday and Wednesday

□ Time: 3:00 pm to 5:30 pm

Community centre - multigenerational house of the city of Ingolstadt

- Kreuzstraße 12 (Old Post Office community centre)
 - Fechtgasse 6 (Neuburger Kasten community centre)
- Phone: [+49 \(0\) 8413052800](tel:+4908413052800) or [+49 \(0\) 8413052830](tel:+4908413052830)
E-mail: buergerhaus@ingolstadt.de

People of all ages and cultures meet in the community centre. It is a place where everyone is welcome. Further information can be found on the [website](#).

IN VIA Bayern e.V. - Reality of Life in Bavaria

This association supports girls and women through [social programmes and projects](#). The events are aimed at women and children of all nationalities.

Information can be [found here](#).

Cultural clubs and associations

There are many associations in Ingolstadt that offer cultural and social projects. The city's Integration Officer works closely with the Migration Council and other bodies to coordinate these programmes.

A list of cultural organisations in Ingolstadt can be found on the city's [website](#).

Healthy, fit and active in old age

Healthy, fit and active in old age

Exercise keeps body and mind healthy. No medication can replace this. If you exercise regularly, you stay fit. Exercise strengthens coordination and improves quality of life.

The city of Ingolstadt helps senior citizens to stay active. There are many programmes on offer. You will find support in the areas of health, education and leisure.

Our offers at a glance:

[Senior citizens' office:](#) Here you can get answers to all your questions about getting older. The counselling is friendly and competent.

[Self-help contact centre:](#) This is where those affected, specialists and self-help groups meet. The exchange helps and strengthens.

[Health and sport:](#) There are many health courses and sports programmes. Sitting dancing is particularly popular. This form of exercise is designed for people who can no longer stand. Music, simple steps and small choreographies are fun. They strengthen muscles, coordination and stamina. At the same time, they train the memory.

IngolstadtPass: With the IngolstadtPass you receive discounts. The flyer "IngolstadtPass - Information for senior citizens" shows all the benefits.

Psychosocial counselling: People suffering from illness or addiction can get help here. Relatives can also find support.

Counselling for people with disabilities: This counselling is aimed at older and chronically ill people. It makes everyday life easier.

💡 Exercise provides more satisfaction.

💡 Joint activities such as seated dancing not only promote health. They bring people together.



In this way, life in old age remains active, healthy and full of joy.



Sports programmes

Sport in Ingolstadt

Exercise brings joy. Sport brings even more.

When you do sport, you quickly get to know new people. Sport is an uncomplicated way to socialise. The rules are the same everywhere. People understand each other, even if they don't speak the same language. Sport connects and opens doors.

The [Ingolstadt sports portal](#) shows which sports programmes are available. You can see all the offers on a map. You can find out which clubs there are.

💡 You can search the sports portal. Select your sport. Select the target group and the city district.

💡 You can also visit the ["Sport & leisure"](#) page.

This is what you will find there:

- Current information on sport and leisure
- Events and dates
- Leisure facilities, playgrounds and parks
- Sports clubs, sports and sports facilities in Ingolstadt
- Offers from Ingolstadt's sports clubs
- Help and service for athletes and clubs
- All dates in the calendar of events

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History & Customs

Ingolstadt - the history and customs

History & customs: You are interested in your new home. Then you've come to the right place. Here you will find everything about

- preservation of monuments
- Ingolstadt fortress history: The two apps "[Map App](#)" and "[Story Map](#)" provide you with a comprehensive overview of the history and buildings of the "Ingolstadt Fortress" from 1250 - 1919.
- City Archive
- City history

- City heritage

Which locations, museums, parks and other sights are worth a visit?

Here we reveal what you should see and experience in Ingolstadt:

- erlebe.bayern/listicles/sehenswuerdigkeiten-ingol...
- [City tours](#)
- [museums](#)

Time for the fruit harvest

Now is harvest time for fruit

Fruit trees grow in many parts of the city.
Anyone can pick fruit there - free of charge.
The fruit is **only for personal use**.

What fruit can I pick there?

For example, there are

- Apples
- cherries
- quinces
- pears
- Plums
- Elderberries
- sloes
- Hazelnuts and walnuts

These trees and shrubs grow in parks and along paths.
There are a total of around 30 such places in Ingolstadt.

Some types of fruit are well-known.
Others are rare or good for people with allergies.

Where can I find the fruit?

There is an overview on the Ingolstadt city website:

- Go to the city's geoportal: [City map](#)
- Click on the Environment and Nature section.
- Select the item Fruit in the city.

There you will find a map with apple symbols.
The symbols show where fruit can be picked.
There are also pictures and descriptions of the fruit varieties.

You can also go directly to the website of the garden centre.

[Garden centre](#)



Important:

The orchard at the garden centre is no longer open.
You are no longer allowed to pick fruit there.
The reason is: safety and liability.

Please observe the following rules when picking fruit:

- Only take as much fruit as you need yourself.
- Handle the trees and meadows with care.
- Pick at your own risk.
- 💡 Nobody is liable if you injure yourself.

LGBTQIA+ Lesbian, Gay, Bisexual, Transsexual/Transgender*, Queer, Inter* and Asexual

What does LGBTQIA+ mean? Simply explained

What does LGBTQIA+ mean? Simply explained

"LGBTQIA+" - you've probably heard or read these letters. You've probably asked yourself what it means. These letters stand for different groups of people who express their sexual orientation or gender identity. Here is a simple and understandable explanation.

What is behind LGBTQIA+?

LGBTQIA+ is an abbreviation that encompasses various terms. Each letter stands for something different, and together they represent a diversity of people. Here is a simple explanation:

- **L** is for Lesbian: women who fall in love with other women.
- **G** stands for Gay: Men who fall in love with other men.
- **B** stands for bisexual: people who can fall in love with both men and women.
- **T** is for transgender: people whose gender (i.e. whether they were born a boy or a girl) does not match the gender they feel.
- **Q** stands for Queer: An umbrella term for all people who do not want to be categorised according to traditional ideas of gender and sexuality.
- **I** stands for intersex: people who were born with physical characteristics that cannot be clearly categorised as male or female.
- **A** stands for Asexual: people who have little or no interest in sexual relationships.
- The "+" at the end indicates that there are even more identities, not all of which are listed here. This abbreviation is intended to include all people who feel different from the majority.

Why is this important?

The LGBTQIA+ community often struggles against discrimination and prejudice. It is important to understand that sexual orientation and gender identity are personal aspects that people cannot control. No one should be discriminated against or treated badly because of these

aspects.

Young LGBTQIA+ people in particular often face special challenges. They want to discover themselves and at the same time are confronted with prejudices and insecurities from others. An understanding of LGBTQIA+ can help to create a supportive and inclusive environment in which young people can accept themselves.

LGBTQIA+ rights

Homosexuality / Sexual identity

In Germany, everyone is free to live out their sexual orientation. Homosexuality is permitted. For example, women can be lesbian and men can be gay or people can be bisexual. Lesbians, gays and trans*people can be open and meet each other.

Same-sex couples can live together and have been able to marry since 2017. Some also raise children together; these families are called rainbow families.

The SBGG will make it easier for transgender, intersex and non-binary people to have their gender registration and first names changed. The law will come into force in its entirety on 1 November 2024.

Lesbians and gays must not be discriminated against. There are laws on this. You can find information on this at

 [General Equal Treatment Act \(AGG\)](#) and  [Act on Self-Determination with regard to Gender Registration \(SBGG\)](#))

Transgender, non-binary and intersex people / gender identity

In Germany, all people have equal rights, regardless of their gender. This means that people in Germany can be neither female nor male, they can then state their gender as "diverse" or "unspecified". Trans*people are allowed to live openly in Germany and receive medical treatment, they are allowed to harmonise their gender. None of these people may be discriminated against either. You can find information on this at  [here](#).

Information on many topics relating to LGBTQIA+ can be found at

- [What does LGBTQIA+ mean?](#)
- [Counselling and contacts](#)
- [Reason for fleeing queer](#)

Counselling and contacts for queer people - LGBTQIA+

LGBTIQ*

In Germany, everyone is free to live out their sexual orientation. Same-sex couples have been able to marry since 1 October 2017. This law supports freedom, equal rights and equal treatment of people. Regardless of sexuality or lifestyle.

Women in Germany are allowed to love and marry other women. And men are allowed to love and marry other men.

In addition to the two genders "male" and "female", Germany has recently introduced a third gender entry, "diverse". Transgender people can have their gender entry and name changed in Germany.

Many LGBTIQ* people have come to Germany. They cannot live freely in their home country or are persecuted. Many LGBTIQ organisations in Bavaria support them and offer contacts and information.

You will also find acceptance and support in the city of Ingolstadt. There are organisations here that look after the LGBTIQ* scene.

It's all about:

- Equal rights and equal treatment
- Combating discrimination and misanthropy
- Educating the LGBTIQ* scene

Counselling hotline for gay, bisexual, queer and trans* men

 [089/856 346 42](tel:08985634642)

These organisations offer advice and advocate for the interests of LGBTIQ* people:

pro familia Ingolstadt e.V.

 [Holzmarkt 2](#)

85049 Ingolstadt

 [0841/379 289 0](tel:08413792890)

 ingolstadt@profamilia.de

 www.profamilia.de/angebote-vor-ort/bayern/ingolstadt

QueerUferlos on Radio Lora

 [QueerUferlos.de](#) broadcasts every 1st to 3rd Thursday of the month 9:00 pm - 10:00 pm on Radio Lora Munich on DAB+ and FM 92.4 and online at lora924.de.

Trans-Ident Ingolstadt

Self-help group for people with transgender feelings:

These are people who physically belong to either the male or female gender. However, they perceive themselves as belonging to the opposite sex.

 You can contact  [here](#).

The Caritas LGBTIQ+ advice centre in Upper Bavaria

The LGBTIQ+ Counselling Centre Upper Bavaria is a full-time office in Upper Bavaria that offers psychosocial counselling and networking in the context of sexual and gender diversity.

Everyone is welcome:

- regardless of gender,
- age (from 18 years),
- origin and culture,
- nationality and religion,
- disability
- or sexual and gender identity.

Counselling is free of charge and can be anonymous if desired. The counsellor is generally bound by confidentiality.

The  [LGBTIQ+ Counselling Centre Upper Bavaria](#) can be used by all interested parties in Upper Bavaria. Counselling sessions can therefore take place either online or in person.

For contact via video call: Click on the Online Counselling button. You will be redirected to the Caritas Association's online platform.

In Munich and towns that already have counselling services, please go there.

Here you will find further counselling and support:

 [Queer Network Bavaria Ingolstadt](#)

Reason for fleeing queer: Queer Refugees Germany

The project "Fluchtgrund queer: Queer Refugees Deutschland" helps queer refugees in Germany. It connects people, gives advice and offers support.

The "[Queer Refugees Welcome](#)" website is aimed at lesbian, gay, bisexual, trans*, inter* and queer people. It offers clear information and practical help.

On the website you will find

- Addresses of advice centres in your area,
- information on asylum, health and protection from discrimination,
- contacts for helpers and organisations.
- The website is available in several languages.

You can find everything you need to know organised by topic. Take a look at these links:

 [queerrefugeeswelcome.de](#)

 [queer-refugees.de](#)

 [prideplanet.de](#)

The services strengthen queer refugees and make their everyday life in Germany easier.

What can queer refugees do against violence and bullying?

Contact points

There are numerous  [contact points](#) with various services for LGBTI refugees in Germany.

What can you do as a queer refugee to combat violence and bullying?

Queer people with a history of flight who experience LGBTIQ* hostility are significantly more likely to be affected by depression, stress and a lower level of satisfaction.

Are you or someone close to you experiencing LGBTIQ* hostility, discrimination or violence? You can report the incidents and seek counselling. In dangerous situations, we advise you to call the police.



[Federal Anti-Discrimination Agency](#)

Here you will find information on the subject of discrimination. You can report cases and get legal advice.

We will inform you about your rights and how you can assert them. In cases that are suitable for an amicable settlement, we can endeavour to resolve the conflict.

Our counselling service cannot replace legal advice in individual cases. We are unable to inspect files or provide evidence. However, we can tell you whether there are further possibilities for local support. These may be, for example, counselling centres that work together with lawyers or that can assist you in court.

Material

You can find [information](#) for LGBTI refugees at . Information is also available for people who work with or support them.

Videos

 [Here](#) you will find videos with information on what to look out for in the asylum procedure and accommodation.

[German](#), [English](#), [Français](#), [Русский](#), [Español](#), [Türkçe](#)

[فارسی - Farsi](#), [عربية - Arabic](#), [وردرا - Urdu](#)

More queer websites

Helpful websites for queer topics

There are special websites that support people when they have questions about queer issues.

Queer means that people can love or feel differently than they might expect.

You can find lots of helpful information and tips on these sites. You can also find contacts to groups or experts who can help you.

Important websites:

- LSVD - Queer Diversity Association: www.lsvd.de
- dgti - German Society for Trans- and Intersexuality e.V.: www.dgti.org
- Intersex people e.V.: www.im-ev.de
- Bundesverband Trans e.V. : www.bundesverband-trans.de

For queer senior citizens:

There are also websites specifically for older queer people:

- Dachverband Lesben und Alter e.V. : www.lesbenundalter.de
- BISS - Federal Representation of the Interests [of](#) Gay Seniors: www.schwuleundalter.de

What can you find there?

On these websites you will receive:

- Support and counselling in various areas.
- Answers to your questions.
- Contacts to organisations or experts who can help you.

Ingolstadt Alliance for Democracy, Diversity and Tolerance

Ingolstadt is colourful and open

Over 140,000 people from 140 countries live in Ingolstadt. They live together peacefully.

It doesn't matter where they come from. It doesn't matter what colour their skin is. It doesn't matter what religion they believe in. They all belong to Ingolstadt.

The "[Ingolstadt Alliance for Democracy, Diversity and Tolerance](#)" is committed to this. Many groups are involved: Associations, companies, universities, churches, trade unions, youth groups and political parties.

💡 Every organisation in Ingolstadt can take part. Together they show: Ingolstadt is colourful and open!

💡 It is still possible for clubs, organisations and companies to join. Please send an e-mail to buendnis@ingolstadt.de.



Disability (inclusion), care and pensions

Across Germany, around 9.8% of people have a disability. People with disabilities should be able to live a self-determined life.

Anyone who is physically, mentally or emotionally disabled has a right to help. Or who are at risk of such a disability. It is forbidden by law to discriminate against people because of their disability.

People with disabilities want to have the same opportunities as others. They want to be independent and be able to cope with everyday life without outside help.

The city of Ingolstadt provides advice and support:

- People with disabilities
- Self-help groups
- People with illnesses that last longer than 6 months
- People who need care
- and their families

The  [representative for inclusion](#), the  [health department](#) and the  [multigenerational house](#) of the city of Ingolstadt are there for you. You can find more information at  [here](#).

You need counselling and support for  [senior citizens](#) and [people with health problems](#). You can find out more at  [here](#).

General information about rights and support for people with disabilities can be found here:

 [Handbook Germany](#): The information is available in 9 languages.

 [Equality centre for EU employees](#): Overview of various supports for people with disabilities. The information is available in 11 languages.

 [EUTB](#): Counselling for people with disabilities or chronic illnesses

Counselling centres for disabilities and inclusion

People with health restrictions

Many people have physical or mental problems.
Some are chronically ill.

This means that they are ill for a long time or repeatedly.

Examples:

- Some people cannot see. They are blind.
- Some cannot hear. They are deaf.
- Some people are very small or have other physical characteristics.
- Some cannot walk or can only walk with help.
- Others have difficulties at work.

Right to help

Anyone who is physically, mentally or emotionally disabled has a right to help.

This right also applies if someone could soon develop a disability.

No one may be disadvantaged because of a disability.

This is stated in German law.

What does inclusion mean?

Inclusion means that everyone belongs.

Everyone can participate everywhere - even with a disability.

Examples of inclusion:

- Help at work
- Early support for young children
- Special offers in kindergarten or school

The severely disabled person's pass

People with a degree of disability of 50 or more can obtain a severely disabled person's pass:

www.zbfs.bayern.de/menschen_mit_behinderung/faq/#...

Advantages of the card:

- Pay less tax
- Free or cheaper bus and train travel
- Further assistance - depending on the type of disability

Where do I apply for the ID card?

You can apply for the ID card at the Bavarian Family and Social Centre.

There are many advice centres.

They will help you fill in the application form.

They also provide information about:

- Work
- housing

- rights
- Support from the state

This information is also available in several languages: bvkm.de/unsere-themen

Servicezentrum München | Schwerbehindertenausweis

📍 [Bayerstraße 32, 80335 München](#)

@ poststelle.mfr@zbfs.bayern.de

☎ [+49 \(0\) 89189660](tel:+49(0)89189660)

🌐 https://www.zbfs.bayern.de/menschen_mit_behinderu...

Counselling centres in the city of Ingolstadt can also be found at 🌐 [here](#).

Die Inklusionsbeauftragte der Stadt Ingolstadt

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

@ inklusion@ingolstadt.de

☎ [+49 \(0\) 8413051205](tel:+49(0)8413051205)

🌐 <https://www.ingolstadt.de/Inklusion>

Bürgeramt | amtliche Beglaubigung, Wahlen, Einbürgerung, Meldeamt, Führungszeugnis, Ausweis, Reisepass,

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

@ buergeramt@ingolstadt.de

☎ [+498413051500](tel:+498413051500)

🌐 <https://www.ingolstadt.de/buergeramt>

Amt für Verkehrsmanagement und Geoinformation | Parkausweise für Menschen mit Behinderung

📍 [Spitalstraße 3, 85049 Ingolstadt](#)

@ bewohnerparken@ingolstadt.de

☎ [+49 \(0\) 8413052333](tel:+49(0)8413052333)

🌐 <https://www.ingolstadt.de/?object=tx%7c465.1872.1>

EUTB Beratungsstelle IN | Ergänzende unabhängige Teilhabeberatung (EUTB)

📍 [Prinz-Leopold-Str. 7, 85051 Ingolstadt](#)

@ingolstadt_eichstaett@eutb-by.de

☎ [+49 \(0\) 43317700333](tel:+49(0)43317700333)

🌐 <https://eutb-by.de/standorte/#contact-person-sect...>

Versicherungsamt - Angelegenheiten der gesetzlichen Rentenversicherung

📍 [Auf der Schanz 39, 85049 Ingolstadt](#)

@versicherungsamt@ingolstadt.de

☎ [+4984130550245](tel:+4984130550245)

🌐 <https://www.ingolstadt.de/Versicherungsamt>

Autism self-help group Ingolstadt

☎ [08454 914164](tel:08454914164)

☎ [0841 305-1465](tel:08413051465) (self-help contact centre)

@a utismus.shg.ingolstadt@gmx.de

🌐 [Autism self-help group Ingolstadt](#)

autkom - Autismuskompetenzzentrum Oberbayern gemeinnützige GmbH | Autismus-Beratungsstellen

📍 [Zamdorfer Straße 100, 81677 München](#)

@info@autkom-obb.de

☎ [+49 \(0\) 8945225870](tel:+49(0)8945225870)

🌐 <https://www.autkom-obb.de/kontakt>

AWO-Sozialtherapeutischen Einrichtung Ingolstadt | professioneller Dienstleister für Menschen, die aufgrund ihrer psychischer Erkrankung in verschiedenen Lebensbereichen Hilfe und Unterstützung benötigen

📍 [Nürnberger Str. 32b, 85055 Ingolstadt](#)

@el@ste-in.awo-obb.de

☎ [+49 \(0\) 84199332350](tel:+49(0)84199332350)

🌐 <https://awo-obb.de/sozialpsychiatrie/einrichtung/...>

Beratungsstelle Barrierefreiheit der Bayerischen Architektenkammer | Beratung barrierefreies Wohnen

📍 [Spitalstraße 3, 85049 Ingolstadt](#)

✉ info@beratungsstelle-barrierefreiheit.de

☎ [+49 \(0\) 8913988080](tel:+49(0)8913988080)

🌐 <https://www.beratungsstelle-barrierefreiheit.de/s...>

Servicestelle des Bezirks Oberbayern | Beratung zu den sozialen Leistungen des Bezirks Oberbayern

📍 [Prinzregentenstraße 14, 80538 München](#)

✉ servicestelle@bezirk-oberbayern.de

☎ [+49 \(0\) 89219821010](tel:+49(0)89219821010)

🌐 <https://www.bezirk-oberbayern.de/Service/Service-...>

The Inclusion Officer of the City of Ingolstadt

People with disabilities

☐☐ The Disability Officer of the City of Ingolstadt

☐ Advice for the city

The commissioner helps the city of Ingolstadt.

She pays attention to an important law.

The law is called the Bavarian Disability Equality Act.

It protects people with disabilities.

It ensures equal rights for all.

☐♀ Help for people with disabilities

The representative is a contact person.

People with disabilities can talk to her.

She provides information.

She helps with questions.

She provides support with problems.

⚖️ Commitment to justice

Women and men should have the same rights.

Women with disabilities should not be disadvantaged either.

The representative is committed to this.

She prevents disadvantages.

She also helps when disadvantages already exist.

☐☐ **Accessibility is important**

Accessibility means:

Everyone can move around easily.

Even in a wheelchair or with a stick.

Accessibility is important in construction.

It is also important in transport.

The commissioner pays attention to this.

☐ **Participation in the city**

The representative is involved in many issues.

She takes a close look.

Especially when it comes to people with disabilities.

She contributes her own ideas.

She is independent.

Nobody tells her what to do.

☐ **Networking and providing information**

The representative talks to many people.

She publicises her work.

She brings people together.

This is called: Networking.

It's a better way to help.

🗉 Find out more about support for people with disabilities [here](#).

Die Inklusionsbeauftragte der Stadt Ingolstadt

📍 [Rathausplatz 4, 85049 Ingolstadt](#)

✉ @inklusion@ingolstadt.de

☎ [+49 \(0\) 8413051205](tel:+49(0)8413051205)

🌐 <https://www.ingolstadt.de/Inklusion>

Counselling centres for people with disabilities:

⇒ On the website of the city of Ingolstadt there is a [list of counselling centres](#)

⇒ [Counselling, contacts & offers in Ingolstadt](#)

Family guide for people with disabilities

The family guide

 www.familienratgeber.de

Aktion Mensch publishes a family guide. The family guide is aimed at people with disabilities. And their families. It provides information and addresses. There is also a website. There you will find important information about living with a disability.

This information is available in simple and easy-to-understand German:

- Pregnancy and birth,
- from school
- about work,
- leisure time,
- accessibility,
- rights,
- housing,
- counselling,
- health and care insurance and much more.

My child is disabled or chronically ill

If a child has a disability or is chronically ill, parents need support in everyday life.

 [Guide for families with a disabled or chronically ill child](#)

What rights does a child with a disability have? How can the family be relieved in everyday life? Where can I find information on rare diseases?

This website will help you to find your way through the maze of "contact points". Here you will find information on both general and specific questions:

- about a disability,
- about support options
- on family support,
- your rights and much more. You will also find expert advice and help.

Specialist organisations and self-help groups provide support with specific aspects and questions. Parents can find specialised services here that are linked to a child's disability or chronic illness in specific individual cases.

The **brochure "My child is disabled - what help is available"**. From the Bundesverband für körperlich- und mehrfachbehinderte Menschen e.V.:

It is not always easy for disabled people and their families to find the right support and help. This legal guide provides an initial overview of the benefits to which people with disabilities are entitled. If there are also language problems when using social benefits, further barriers arise. The guide has therefore been translated into other languages.

- [German](#),

- [English](#),
- [French](#),
- [Turkish](#),
- [Arabic](#) and
- [Russian](#)

Counselling centres for young children, pupils, trainees and students with disabilities

People with physical, mental or psychological disabilities receive help and support.

This help is also given to people who are threatened with such disabilities. Nobody should be treated less favourably or disadvantaged because of their disability. The laws in Germany protect these rights. Everyone should receive the help they need.

 **Inclusion** means that everyone should belong. Everyone should be able to take part in everything, even if they have limitations due to an illness or disability. There are many different aids for children who need special support. These aids ensure that they are present everywhere and can participate. Children with special needs should not feel excluded. They should have the same opportunities as everyone else.

[ID for the severely disabled:](#)

Also important for children and young people with disabilities: They need an ID card. Only then can they receive certain assistance. You must apply for the ID card at the Bavarian Family and Social Centre. Counselling centres can help with the application. You can also get information and support there. You can also ask them how to apply for other forms of assistance. Information is available in various languages  [here](#).

[Zentrum Bayern Familie und Soziales - Service Centre Munich](#)

 [Bayerstraße 32](#), 80335 Munich

 [089 18966-0](#)

 Monday to Friday 08:00 - 12:00

 [oststel](#) le.mfr@zbfs.bayern.de

Counselling centres in the city of Ingolstadt can be found at  [here](#).

Infants with disabilities (0 - 6 years)

Even small children can receive early support. There are special facilities for children who have a disability. These centres offer special support and care. Children get the help they need there. The professionals working here are very familiar with the needs of children with disabilities. However, you can also enrol your child in a regular day care centre. Seek help from a counselling centre. You can also find information on contact persons at  ["Frühe Förderung"](#).

Office for Youth and Family - Early Childhood Coordination Centre

Town hall for social affairs



[Adolf-Kolping-Straße 10/I.](#)
85049 Ingolstadt

 [0841 305-45815](tel:0841 305-45815)



[0841 305-45409](tel:0841 305-45409)

Educational centre
Support group + Haus Miteinander gGmbH



[Harderstraße 35](#)
85049 Ingolstadt
 [0841 4913 0](tel:0841 4913 0)
 info@pz-in.de

Early intervention centre
Caritas Centre St.Vinzenz



[Friedrich-Ebert-Straße 2 1/2](#)
85055 Ingolstadt
 [0841 953996106](tel:0841 953996106)



[0841 953996111](tel:0841 953996111)
 t.vinzenz@caritas-ingolstadt.de
 www.vinzenz-online.de

You can find further information on the topic of daycare centres at

-  [Search for a childcare centre](#) or
-  [Childcare General information FAQs](#)

School-age children with disabilities

You can find information for pupils with disabilities on the following pages:

 [School, study & education.](#)

Work and training for people with disabilities

Some people are looking for work or training. This is often difficult.

The advice centre can help. Specialists work there. They talk to people. They listen carefully.

They know a lot about work and training.

The experts also know a lot about disability.

They give tips. They say what is important. They help you get started in work or training.

Integra Social Service gGmbH

 [Ottostrasse 3](#)

85080 Gaimersheim

 [08458 60303-0](tel:08458 60303-0)



[08458 60303-099](tel:08458 60303-099)

 info@integra-soziale-dienste.de

 integra-soziale-dienste.de

Integration Specialist Service Munich-Freising gGmbH

Ingolstadt branch office

Training and work



[Haunwöhrer Street 11](#)

85051 Ingolstadt

 [0841 142670-11](tel:0841 142670-11)



[0841 142670-10](tel:0841 142670-10)

 info@ifd-muenchen-freising.de

 www.ifd-muenchen-freising.de

** Students with disabilities or chronic illnesses****Catholic University of Eichstätt Ingolstadt**

[Ostenstraße 26](#)

85072 Eichstätt

 [08421 93-21554](tel:08421 93-21554) (Representative for Inclusion)

 [08421 93-0](tel:08421 93-0)

 [Studying with a disability and chronic illness](#)

Contact for students with disabilities and chronic illnesses (KIS)

Supra-regional counselling for (prospective) students
Building Z5



[Am Hubland 74](#)

97074 Würzburg

☎ [0931 931-84052](tel:0931_931-84052)

@k is@uni-wuerzburg.de

Advice centres for people in need of care and their relatives

Advice centres for people in need of care and their relatives

The advice centres provide information and support on all aspects of ageing. The advice centres are for older people, but also for relatives. Care and dementia are often stressful situations for families. You may not be familiar with this type of support from your country of origin. There are many services in Germany. Seek advice and support free of charge. You will receive help in making a decision. In the end, you decide what you want to do.

You will receive advice and support on topics such as

- Dementia and other age-related illnesses,
- care insurance benefits,
- planning and financing home or residential care,
- Financial assistance,
- Contact with authorities,
- severe disability,
- Care and living wills
 - Care means that someone helps you and makes decisions for you when you are no longer able to do so yourself. This can happen, for example, if you are very ill or can no longer think well.
 - A living will is a document on which you write what you want the doctors to do if you are very ill and can no longer speak. For example, you can say whether or not you want to be given artificial respiration. This helps the doctors and your family to know what you want if you can no longer say what you want.

and much more.

Care support centre Ingolstadt



[Fechtgasse 6](#)

85049 Ingolstadt

☎ [0841 305 500 40](tel:084130550040)

@ flegestuetzpunkt@ingolstadt.de

🌐 www.pfle-gestuetzpunkt-ingolstadt.de

💡 [Care guide second edition.pdf](#)

[Flyer for download](#)

[Care support centre Ingolstadt](#)

[Care support centre Ingolstadt in easy language](#)

[Foreign languages](#)

[Flyer in English](#)

[Flyer in Turkish](#)

[Flyer in Russian](#)

[Flyer in Arabic](#)

Care counselling can also be provided in foreign languages by prior appointment. If no person from your own social environment is available to translate, a person will be organised to interpret.

🕒 Opening hours

Monday 09:00 - 12:00, 14:00 - 16:00

Tuesday 09:00 - 12:00, 14:00 - 16:00

Wednesday closed

Thursday 09:00 - 12:00, 14:00 - 18:00

Friday 09:00 - 12:00

Additional counselling services at the care support centre

- Consultation day on the social benefits of the district of Upper Bavaria is every Thursday from 10 a.m. to 12 noon on the topics of integration assistance for people with disabilities and care assistance for people in need of care.
Please make an appointment: ☎ [089-219821057](tel:089219821057) or via @ beratung-in@bezirk-oberbayern.de
- The specialist centre for caring relatives of the Alzheimer Gesellschaft Ingolstadt e.V. provides advice on the topics of support for caring relatives and dealing with dementia at the care support centre on Tuesdays by appointment between 9 am and 12 noon.
Please make an appointment: ☎ [0841-8817732](tel:08418817732) or via @ info@alzheimer-ingolstadt.de
- The EUTB - Ergänzende unabhängige Teilhabeberatung advises every last Thursday of the month between 2 and 5 p.m. on the premises of the Ingolstadt care support centre.
Please make an appointment: ☎ [0841-99476451](tel:084199476451) or via @ margit.retzer.eutb@ospe-ev.de
- The Bayerischer Blinden- und Sehbehindertenbund e.V. (Bavarian Association for the Blind and Visually Impaired) offers advice every last Tuesday of the month by appointment between 9 a.m. and 4 p.m. on the premises of the Ingolstadt Care Support Centre.
Please make an appointment: ☎ [089-55988116](tel:08955988116) or via @ sabine.ruhstorfer@bbsb.org

💡 Further information and advice centres in the city of Ingolstadt can be found at  [here](#).

The hospice association helps seriously ill and dying people and their relatives on their way out of life. Lectures, seminars and events offer a good opportunity to provide answers to questions about dying, death and mourning. You can also get involved in the hospice association.

Hospice Association Ingolstadt e.V.



[Levelingstr. 102](#)

85049 Ingolstadt

☎ [0841/17111](tel:0841/17111)



[0841/17175](tel:0841/17175)

@i [info@hosp](mailto:info@hospizverein-in.de) pizverein-in.de

🌐w [www.hosp](http://www.hospizverein-in.de) izverein-in.de

🕒 Office hours:

Monday - Friday: 09 am to 12 noon

💡 You can reach us by phone at any time in urgent cases.

You can find explanatory videos on **hospice and palliative care** in several languages at  [here](#).

You can find further information on **advance care directives** at  [here](#).

Specialist Centre for Care and Disability Facilities - Quality Development and Supervision (FQA)

The Specialist Centre for Care and Disability Facilities - Quality Development and Supervision (FQA) in Bavaria has important tasks.

These tasks help to ensure that care and disability facilities work well and that people are well looked after there.

Carry out inspections:

The FQA regularly visits care and disability facilities. During these visits, they check whether everything is going well. For example, they check whether the residents are being well looked after and whether the rules are being adhered to.

Offering advice:

The FQA gives tips and advice to the facilities. This helps the facilities to improve their work. For example, they explain how to organise care better or how to train staff well.

Ensuring quality:

The FQA makes sure that the quality in the facilities remains good or improves. They check whether the carers are well trained and whether the facilities have enough staff.

Dealing with complaints:

If residents or their families are not satisfied, they can complain to the FQA. The FQA then investigates the complaints and helps to find solutions.

Protecting residents:

The FQA ensures that residents are safe in the facilities. They make sure that no one is treated badly and that residents' rights are respected.

The FQA therefore works to ensure that people in care and disability facilities are well. It inspects, advises, ensures quality, deals with complaints and protects residents. The FQA does all of this in Bavaria.

💡 You can find more information about care places in Ingolstadt [here](#).

Fachstelle Pflege- und Behinderteneinrichtungen - Qualitätsentwicklung und Aufsicht (FQA) | Heimaufsicht

📍 [Esplanade 29, 85049 Ingolstadt](#)

✉ @fqa@ingolstadt.de

☎ [+49 \(0\) 8413052507](tel:+49(0)8413052507)

🌐 <https://www.ingolstadt.de/Rathaus/Verwaltung-Bete...>

💡 Appointments by appointment only.

Care support centre Ingolstadt

The Ingolstadt care support centre is a place where you can get free advice. Our counsellors will be happy to help you.

Our work is laid down in the [law](#). We must remain silent if you tell us something.

The care support centre in Ingolstadt is supported by various organisations:

- The health and care insurance funds
- The district of Upper Bavaria
- The city of Ingolstadt

You can also download flyers [here](#). These are available in 4 languages and in plain language.

Pflegestützpunkt Ingolstadt | Pflegeberatung

 [Fechtgassee 6, 85049 Ingolstadt](#)

 [@pflegestuetzpunkt@ingolstadt.de](mailto:pflegestuetzpunkt@ingolstadt.de)

 [+49 \(0\) 84130550040](tel:+49(0)84130550040)

 <https://www.pflegestuetzpunkt-ingolstadt.de/>

Opening hours

Monday and Tuesday: 09:00 to 12:00, 14:00 to 16:00

Wednesday: closed

Thursday: 09:00 to 12:00, 14:00 to 18:00

Friday: 09:00 to 12:00

Additional counselling at the care support centre:

Consultation day on the social benefits of the district of Upper Bavaria:

- When: Every Thursday from 10:00 am to 12:00 pm
- Topics: Integration assistance for people with disabilities and care assistance for people in need of care
- To make an appointment: [089 219 821 057](tel:089219821057) or beratung-in@bezirk-oberbayern.de

Specialist centre for caring relatives of the Alzheimer Gesellschaft Ingolstadt e.V.:

- When: By appointment only. Tuesdays between 09:00 and 12:00
- Topics: Support for family carers and dealing with dementia
- To make an appointment: [0841-8817732](tel:08418817732) or info@alzheimer-ingolstadt.de

Supplementary independent participation counselling (EUTB):

- When: Every last Thursday of the month from 2:00 p.m. to 5:00 p.m.
- Where: At the care support centre in Ingolstadt
- To make an appointment: [0841 994 764 51](tel:084199476451) or margit.retzer.eutb@ospe-ev.de

Bavarian Association for the Blind and Visually Impaired:

When: By appointment only. Every last Tuesday of the month between 09:00 and 16:00

Where: At the care support centre in Ingolstadt

To make an appointment: [089 559 881 16](tel:08955988116) or sabine.pia@bbsb.org

Health department: Counselling for people with disabilities and for the elderly or chronically ill

The health department in Ingolstadt helps people with disabilities, the elderly and the chronically ill.

You can call them or visit them in person to get support. If you wish, you can also remain anonymous. Your information will be kept confidential.

The health department will help you if you are in crisis or need help getting things that might help you. They can also come to your home if you wish.

If you need further help, they can refer you to other places where you can get more support, such as outpatient services, the care authority or care homes.

You can contact the Health Department by phone or email if you have any questions or need help.

Do you need more information or do you have specific questions?

You can find more information at

 [People with disabilities](#)

 [Self-help groups.](#)

The public health department also offers [psychosocial counselling](#) for

- acutely or chronically mentally ill people, including addicts,
- their relatives and
- personal acquaintances.

Gesundheitsamt der Stadt Ingolstadt | Beratung für Menschen mit Behinderung sowie für ältere oder chronisch Kranke

 [Esplanade 29, 85049 Ingolstadt](#)

 @gesundheitsamt@ingolstadt.de

 [+49 \(0\) 8413051461](tel:+49(0)8413051461)

 <https://www.ingolstadt.de/Gesundheitsberatung/ind...>

Apply for a severely disabled person's pass in Ingolstadt

A disability within the meaning of the law ([Section 2 \(1\) SGBIX](#)) exists if the

- physical function,
- mental ability or
- mental health
- for more than six months
- deviates from the condition typical for the person's age and
- his or her participation in society is therefore impaired.

The severity of the disability is characterised by the degree of disability (GdB). Persons are therefore severely disabled if they

- have a GdB of at least 50 and
- are legally resident and ordinarily resident in Germany.

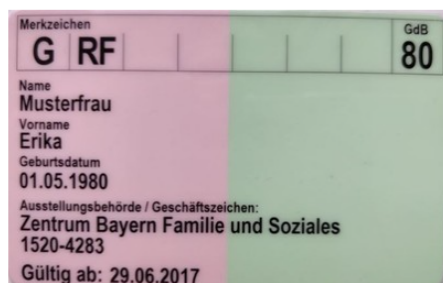
💡 People with a severe disability can apply for a disabled person's pass.

The  [Zentrum Bayern Familie und Soziales \(Versorgungsamt\)](#) determines whether there is a recognisable disability.

You can apply

-  [online](#)
- at  [Bürgeramt of the city of Ingolstadt](#) or
- at  [Zentrum Bayern Familie und Soziales](#) (Bavarian Family and Social Welfare Centre).

You need the ID card to receive certain benefits. Various advice centres can help you with this. You will also find a lot of information about work, housing and rights. The advice centres will also provide information and help you apply for various types of support services. You can find information in several languages [at](#) .



EUTB: Counselling for people with disabilities or chronic illnesses

EUTB: Counselling for people with disabilities or chronic illnesses

Supplementary independent participation counselling ("EUTB" for short)

EUTB counselling is for people with disabilities or chronic illnesses. The service is free of charge. Questions for the counselling can be, for example

- Where and how do I get medical and therapeutic aids?
- Who pays for aids such as a wheelchair or hearing aid?
- Which school or kindergarten can my disabled child attend?
- My child or I need disability-related support (assistance), for example for care or to attend kindergarten or school.
- Where can I get this support?

- What training or profession can I or my child learn or pursue in Germany despite their disability? What help is available?
- What care options are available at home or in a special institution and who pays for them?
- I need technical or personal assistance to work with my disability. Where can I get this?

💡 You can find a counselling centre near you on this page:  [Counselling centres "EUTB"](#)

Inclusion Council of the City of Ingolstadt

People with disabilities also have the right to make decisions? To support these people, a  [inclusion council](#) was set up in Ingolstadt. It consists of representatives from politics, welfare, self-help groups and those affected as experts in their own right Sache.

What is an inclusion council?

This council is committed to ensuring that all people can participate equally in life in the community. It particularly supports people with disabilities. This enables them to have the same opportunities as everyone else. The Council works together with public authorities. And also with other organisations. The aim is to break down barriers and promote inclusion.

Does the council have any questions about disability or inclusion? The Inclusion Council consults. The council consists of representatives from politics. It also includes welfare organisations, self-help groups and those affected as experts on their own behalf.

Do you know the tasks and duties of the Inclusion Council? Here are some of them :

- The Inclusion Council makes suggestions and recommendations in the field of
 - assistance for the disabled,
 - inclusion and
 - equality of those affected.
- The Council supports the City of Ingolstadt and its committees in an advisory capacity.
- The Council supports the Inclusion Officer. It is also the point of contact for those affected.

Activities of the Inclusion Council

People with disabilities must be able to participate in working life with equal rights and self-determination. Work leads to social participation and participation in education. This is the only way to achieve an inclusive society. People with disabilities will receive even more support to enable them to pursue gainful employment in the primary labour market. Attracting people with disabilities to the labour market is an underestimated issue. In view of the shortage of skilled labour, this is a crucial measure. The "Inclusive Job Fair" working group was founded for this purpose.

💡 Do you need more information about rights? Or are you looking for ways to support people with disabilities? The following links can help you:

 [Handbook Germany](#): People with disabilities. The information is available in 9 languages.

 [Equality centre for EU employees](#): Are you looking for information on benefits for people with disabilities? This page will help you with an overview. The information is available in 11 languages.

[EUTB: Counselling for people with disabilities or chronic illnesses](#)

Advice centres on health care proxy / care directive / legal care

Do you need help because you or your relatives can no longer take care of things yourself?

This may be due to an illness or disability. Then you may need a legal carer. A court appoints this carer. This can also be a family member.

You can also make your own plans.

You give a power of attorney to a person you choose. This power of attorney applies if you can no longer make decisions yourself.

The care centres will help you with these questions:

- When do you need a carer?
- How does a carer do their job properly?
- How do you write a health care proxy?
- What should be included in a living will?

The care centres will also confirm your signature on your powers of attorney.

The staff will come to you when you make an appointment. They will come to your home, hospital or care home.

You can find the care centre here:

Office for Social Affairs - Care Centre

 [Auf der Schanz 39](#)

85049 Ingolstadt

Telephone: [+49 \(0\) 84130550220](tel:+49(0)84130550220)

E-mail: betreuungsstelle@ingolstadt.de

Internet: www.ingolstadt.de/Rechtliche-Betreuung

Guardianship associations offer additional help

Guardianship associations provide advice on powers of attorney, guardianship and living wills. They help carers, authorised representatives and those affected. They offer courses for new and experienced carers.

You can find the carers' associations here:

Caritas counselling association

 [Jesuitenstraße 1](#)

85049 Ingolstadt

Telephone: [+49 \(0\) 841309189](tel:+49(0)841309189), [+49 \(0\) 841309124](tel:+49(0)841309124)

E-mail: vereinsbetreuung@caritas-ingolstadt.de

Internet: www.caritas-kreisstellen.de/ingolstadt

Support organisation SKF - Social Service of Catholic Women

📍 [Schrannenstraße 1a](#)

85049 Ingolstadt

Phone: [+49 \(0\) 841937550](tel:+490841937550)

E-mail: info@skf-ingolstadt.de

Internet: www.skf-ingolstadt.de

Healthcare proxy or power of attorney / care directive

Difference between health care proxy and guardianship

- A health care proxy does not require a court. The authorised representative acts on behalf of the person concerned if they can no longer act for themselves. As a rule, the court does not examine the suitability or the decisions of the authorised representative.
- This is different with a power of attorney for care. The court checks the suitability of the carer. The carer needs the court's approval for important decisions. The court can also appoint another carer if necessary.

Advantages and disadvantages of the care directive

Advantages:

- You decide who makes decisions for you.
- You can appoint several people.
- The directive can be revoked at any time.
- The court can appoint a person of your choice.
- The court's control limits abuse.

Disadvantages:

- The court is involved.
- The procedure takes longer to become valid.
- There is control by the court.
- Limited control over your own assets, especially in the case of spouses.

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