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Welcome to

Welcome to Kaiserslautern

Interesting facts about Kaiserslautern



Kaiserslautern is beautiful

There are many cultural attractions such as theatres, cinemas, museums and libraries. The Palatinate Forest, the gardens and the parks in the city are good places to walk, play and relax.

Kaiserslautern is lively

There are leisure, sports and shopping facilities here. Many people from different countries live together. People in Kaiserslautern like to celebrate. At the many festivals in the city, you quickly feel part of the community. Kaiserslautern loves football. The club 1. FC Kaiserslautern plays football on the Betzenberg. 1. FC Kaiserslautern has many fans.

Kaiserslautern is attractive

Kaiserslautern is home to the Technical University, the university and research institutions. This makes the city an important centre for science and IT, where many people can work.

It is easy to travel by car, bus or train.

"Welcome to Kaiserslautern" contains important addresses and information. It will help you during your first days and weeks in the city. It answers questions that may arise in everyday life.

City map of Kaiserslautern

Are you looking for a specific address or an interesting place in Kaiserslautern? Then click on this [link](#).

The geoportal is free and can be used offline. It offers a navigation function.


[Here you will find](#) a map with all the important places in the city. You can navigate there using Google Maps.


Registration

When Germans and EU foreigners move to Kaiserslautern, they must register at the Citizens' Centre within two weeks. Children aged 15 and over must come with you. You will need the following documents for registration:



- Identity card or passport or national passport with residence permit or visa
- For children: Children's passport, child ID card or birth certificate
- [Confirmation from the landlord](#)

Citizens' centre

 [Willy-Brandt-Platz 1, 67657 Kaiserslautern](#)

 [06313652538](tel:06313652538)

 @buergercenter@kaiserslautern.de

 www.kaiserslautern.de  Monday - Wednesday: 8:00 - 16:00

Thursday: 9:00 - 18:00


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


Foreigners from a non-EU country and asylum seekers must register at the Foreigners' Registration Office.

Foreigners' Registration Office

Town Hall North


 [Benzinoring 1 - Entrance Morlauterer Straße, 67655 Kaiserslautern](#)

 [06313652727](tel:06313652727), [06313652828](tel:06313652828)

 Monday - Friday: 7:30 am - 12:00 pm
otherwise by appointment

Branch office at the university

 By appointment

 [06313653123](tel:06313653123)

Please bring all documents, proof of identity, passports and certificates from your home country. Important: Please bring an interpreter with you if you do not yet speak German well.

Once you have submitted your asylum application to the Federal Office for Migration (BAMF) (1st interview), you will receive an identity card (Aufenthaltsgestattung) from the immigration office. You must always carry this identity card with you.

Do you have children? Children between the ages of 6 and 15 must go to [school](#). You must register the children at the Foreigners' Registration Office. Then register the children at school.

About Integreat

This guide will support you in your everyday life in Kaiserslautern. You will find important addresses, contacts and tips and tricks to help you find your way around.

Your everyday guide has several chapters. Each chapter deals with a different topic. For example, 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. We update 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 also use this app offline if you don't have internet access. When you are online again, the app will update itself.

We very much hope that we can make your stay in Kaiserslautern easier with this app. We look forward to welcoming you here in Kaiserslautern, with the motto "KL is colourful".



Gefördert im Rahmen des Bundesprogramms
Demokratie leben!

Integreat in sign language (Video)




[Sign language](#)

"Integreat" can also be shown in **sign language**. This means that people who cannot speak, for example because they are deaf, can still understand everything. They can see the signs and learn everything they need to know. In short: "Integreat" is a great app that helps people to find their way around a new city, even in sign language.

Important offices


Employment Agency

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

 Is your asylum procedure still ongoing? Or are you tolerated? Then the Employment Agency is your point of contact. They will help you with questions about the transition between school and work (careers advice). They will place you in work. And they will advise you on further vocational training.


Employment Agency

 [Augustastr. 6, 67655 Kaiserslautern](#)

 [08004555500](#)


 [Kaiserslautern-Pirmasens@arbeitsagentur.de](mailto:autern-Pirmasens@arbeitsagentur.de)

 [Website hours](#)

 Monday - Friday: 08:00 - 12:00

Telephone consultation hours:


Monday - Thursday: 8:00 - 18:00 Friday: 08:00 - 14:00

 Please use only the **postal address** for your letters to the Employment Agency.

Postal address:

Kaiserslautern-Pirmasens Employment Agency

67650 Kaiserslautern

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

Child benefit

Families receive child benefit for children. This must be applied for at the [Family Benefits Office](#) at the Employment Agency.

Immigration office

Would you like to live in Germany as a foreign national? Then you need a [residence permit](#). This can be a visa. Or a residence permit. As an EU citizen, you will receive the EU Blue Card. You may also have a settlement permit or a permanent residence permit. Go to the immigration office. You can apply for a residence permit there.

What else you can do at the immigration office:

- Extend proof of arrival
- Issue and extend a residence permit
- Apply for a work permit
- Apply for a residence permit and special permits for travelling

Note Ukraine:

In accordance with the Ukraine Residence Permit Continued Validity Ordinance (UkraineAufenthFGV), residence permits pursuant to Section 24 (1) of the Residence Act that are valid on 1 February 2024, including their conditions and ancillary provisions, are valid until 4 March 2025 without extension in individual cases. If you therefore have a residence permit within the meaning of Section 24 AufenthG that is valid until at least 1 February 2024, you do not need to apply for an extension. It is therefore not necessary to go to the immigration office.

Steps for asylum seekers after a positive decision from the BAMF

Apply for an electronic residence permit (eAT)

(1) Submitting the application

- You can submit the application online. To do this, use the "Online application". You can also fill out the "Application for a residence permit" form. You send this by post to the Foreigners' Registration Office. You can download the form online. Or you can obtain it at the information desk of the Foreigners' Registration Office. Please bring an interpreter with you when you apply. They can translate your request (the reason for the visit).

(2) Appointment

- The form has been received by the Immigration Office. It has been processed. You will then receive an appointment by post. You will also receive a list of all the documents you need to bring with you.
- Important: Have a fictitious certificate issued as a temporary replacement document. You will need this for the [job centre](#).


(3) Collection


- You will receive the collection notification by post

Foreigners' Registration Office

Town Hall North


 [Benzinoring 1 - Entrance Morlauterer Str., 67655 Kaiserslautern](#)

 [06313652727](#), 06313652828

 Monday - Friday: 7:30 am - 12:00 pm
otherwise by appointment


Branch office at the Technical University of Kaiserslautern

 Tuesday and Thursday: By appointment

 0 [6313653](#) 123

Citizens' centre (residents' registration office)

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

 This registration has nothing to do with registering as an asylum seeker or registering with the [foreigners authority](#). You must do this in addition. 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 move within Germany must register or re-register at the Residents' Registration Office (known as the Citizens' Centre in Kaiserslautern). 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 registration confirmation". Keep this document in a safe place. You can use it to prove - even without your ID - that you are registered in a

municipality or city in Germany. This means that you are resident there.

What do I need to bring with me to register?

You must register in person at the Citizens' Centre. You will find the address at the bottom of this page.

You must bring your ID (identity card, residence permit, residence document, etc.) with you to the registration centre. 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.

To register, you will also need a so-called "landlord's confirmation of moving in". This is a document in which your landlord confirms that you are a tenant in 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.

Citizens' Centre 📍 Willy-Brandt-Platz 1, 67657 Kaiserslautern

☎ 0 [6313652](tel:6313652) 538

@buergercenter@kaiserslautern.de 🌐 www.kaiserslautern.de 🕒 Monday - Wednesday:

08:00 - 16:00

Thursday: 09:00 - 18:00

Friday: 08:00 - 12:00

Health department

The public health department is part of the healthcare system in Germany. It helps to protect people from infectious diseases. It also makes sure that various businesses are clean. These include hospitals, nursing homes, restaurants and cafés. If you want to work in a restaurant, you must undergo training in infection control. The public health department also has other tasks. It provides information about AIDS and looks after the medical service. In schools, they explain how to prevent diseases. The public health department also informs people about health risks.

Kaiserslautern Health Department

📍 [Pfaffstraße 40-42, 67655 Kaiserslautern](#)

☎ 0 [6317105](tel:6317105) 520

@k ontaktg_a@kaiserslautern-kreis.de

🌐 [https:// www.kaiserslautern-kreis.de/verwaltung/gesundheitsamt/](https://www.kaiserslautern-kreis.de/verwaltung/gesundheitsamt/)

Job centre

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

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

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

👥 Steps after a positive decision

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

1. personal interview

- You must go to the job centre during opening hours
- You will be registered as a customer there
- You will be registered as a jobseeker
- Your employment history will be recorded
- An appointment will be made with the job centre

2. benefits department

Important: There is no counselling without an appointment.

- You can apply for benefits. You need an appointment for this. Your case worker will then help you. They will check whether you are entitled to benefits. Your application documents will be compiled individually for you.

3. job centre

Important: There is no counselling without an appointment.

- Have you already attended an integration course? Bring your certificate with you. If not, please bring your commitment to the course.
- Do you have documents relating to school attendance, training or studies? Do you have job references? Have your foreign qualifications been recognised? Please bring these with you.
- Tell us about any special skills you have (crafts, language skills, etc.).
- Think about which area of work you are interested in before the appointment.

Job Centre Kaiserslautern

📍 [Guimaraes-Platz 3, 67655 Kaiserslautern](#)

☎️ 0 6313709 10

🌐 [https:// www.jobcenterkaiserslautern.de/](https://www.jobcenterkaiserslautern.de/)

Department of Youth and Sport (Youth Welfare Office)

Children's rights are important. Every child deserves to be respected and loved. Do you have a child? Then make sure you bring them up in accordance with their rights as a child. This is important for your child's wellbeing. For more information, see the chapter on [children's rights](#).

The Youth Welfare Office (Jugendamt) supports parents in raising children and youth. Everyone can contact the Youth Welfare Office free of charge. Are you a child or young person? Do you have any problems? Then you can contact the Youth Welfare Office.


Responsibilities of the Youth Welfare Office (Jugendamt):


- Supporting young people in their individual and social development
- Giving parents advice and support on bringing up children
- Protecting children and young people
- Creating a positive environment for young people and families
- Avoiding and dismantling barriers

Have you had a baby? Then the Youth Welfare Office will contact you after a few weeks. They will want to visit you at home. You can familiarise yourself with the Youth Welfare Office. You will be given a whole folder with information and services. These are important for your child and your family.

Unaccompanied minor refugees are also subject to the Youth Welfare Act. This means the Youth Welfare Office is responsible for them.

Department of Youth and Sport (Youth Welfare Office) Kaiserslautern

 [Willy-Brandt-Platz 1, 67657 Kaiserslautern](#)

 [0631-365 1510](tel:0631-3651510)

 jugend@kaiserslautern.de

Opening hours:

Monday-Thursday: 8:00 a.m. - 12:30 p.m.; 1:30 p.m. - 4:00 p.m.

Friday: 8:00 a.m. - 1:00 p.m.

Social Affairs Department (Social Welfare Office)

The Social Welfare Department (Sozialamt) helps people who are struggling. If someone does not have enough money to live well, the Social Welfare Office can see if that person can get help.

Here are some of the types of help offered by the Social Welfare Office:

- Basic income support in old age and in the event of reduced earning capacity
- Care assistance
- Help with living expenses
- Integration assistance for disabled people
- Help to overcome particular social difficulties
- Assistance with health
- Assistance in other life situations

The social welfare office is there to advise and help people if they have questions on these topics. If someone needs help, he or she can go to the social welfare office and ask.

The social welfare office will ask you about your financial circumstances. You will therefore have to show whether you have any valuables such as jewellery or money. You will sign some documents and declarations. Please bring all your papers with you. All persons who are registered on your residence permit must accompany you to the appointment.

You will also receive the cheque for your living expenses here. You can exchange the cheque for cash (euros) at the bank. Please note that this money must last until your next appointment with the social welfare office (approx. 1 month). You will not receive any money until your next appointment with the Social Welfare Office.

The Social Welfare Office is your contact for the following issues:

- Vouchers for initial baby equipment and for your child's school supplies
- Money for train tickets to interview appointments
- Sickness certificates, authorisation for operations and other medical measures
- Education and participation package (BuT)
- Activity and employment programme
- Applications for redistribution, exemption from compulsory housing

Department of Social Affairs (Social Welfare Office) Kaiserslautern

📍 [Maxstraße 17 + 19, 67659 Kaiserslautern](#)

☎ [06313651500](tel:06313651500)

@s [oziales](mailto:oziales@kaiserslautern.de) @kaiserslautern.de

People in need who are unable to work receive social assistance from the Social Welfare Office. All those able to work (under 65 years of age) receive subsistence assistance (citizen's allowance) from the [job centre](#).

Housing benefit

Households that have a low income and do not receive any other benefits (basic income support or citizen's allowance) can apply for [housing benefit](#) from the social welfare office. The money is a subsidy for rent.

Education and participation

If you receive benefits (social assistance, citizen's allowance or housing benefit) and have children, you can apply for benefits for your children from the [education and participation](#) package. Children and young people receive financial support for school supplies, sport, culture and leisure, for example music school or sports clubs. There is also a subsidy for communal lunches in schools, after-school care centres or daycare centres. If your children need additional learning support to achieve their learning goals, you can also apply for support for this. You can find the application for benefits for education and participation [here](#).

Registry office


The registry office has several tasks. When your child is born, you register it there. The registry office documents the birth. If you want to get married, the registry office will register the marriage.

The tasks at a glance


- Births and deaths
- Concluding marriages and partnerships
- Leaving the church
- Changing names
- Issuing certificates (birth certificate, death certificate, marriage certificate)

Kaiserslautern registry office

 Monday, Tuesday and Thursday: 8:00 - 12:00 and 14:00 - 16:00

Wednesday: 8:00 am - 12:00 pm Friday: 8:00 am - 1:00 pm  [Willy-Brandt-Platz 1, 67657](#)

[Kaiserslautern](#)

 [06313650](tel:06313650)

@standesamt@kaiserslautern.de  [Registry office](#)

Social life

Financial matters and contracts

Basic information on contracts

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

Insurances

Social insurances

In Germany, there are five important social insurances that everyone must have. These insurances help you if, for example, you are unemployed, fall ill, need nursing care, have an accident at work or get older. Pension, accident, long-term care and unemployment insurance are automatically there for you. When it comes to health insurance, you can choose one of various health insurance companies.

Supplementary insurance

There are also many other types of insurance that you can take out in addition. These insurances are useful to protect you from financial problems. The [consumer advice centre](#) can give you more information about these insurances.

Liability insurance

Liability insurance is particularly important. If you accidentally cause damage to someone, you have to pay for it, for example if someone is injured or something is broken. Liability insurance helps you and your family to cover such costs. It is up to you to decide whether you want to take out this insurance, but it is highly recommended that you do so.

Mobile phone

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 deadline.

💡 Do not sign any [contracts](#) if you do not understand them.

Do you want to sign a contract? Check the conditions carefully beforehand. Ask yourself whether a prepaid contract might suit you better.

With both a fixed-term contract and a prepaid contract, 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.

💡 Your [Helferkreis](#) will help you choose and take out a good contract.

Current account

Would you like to pay money via a bank? Then you need a current account. Your money is always available in your current account. Would you like to withdraw money from your account? Or would you like to make cashless payments? Then you need to have enough money in your account. Otherwise you will have to pay interest to the bank.

With a current account you can:

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


Opening an account


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

- You have opened the account. You will then receive an EC card with a four-digit PIN code by post. Sign the back of the EC card and memorise the PIN code. You will need the PIN code for cashless payments. You will need the PIN code for cash withdrawals at ATMs.

Always keep your card and PIN code separate!

- Withdraw money from your bank's ATMs. Then the withdrawal costs nothing. If you enter the PIN code incorrectly three times, the bank will withdraw your card and block it. In this case, you must ask your bank.
- Have you lost your EC card? Has your EC card been stolen? Then have the EC card blocked immediately. Tell them your sort code and account number. Then ask your bank for a new EC card.

 [116116](tel:116116)

 Around the clock.

💡 Different banks offer current accounts with different conditions. Find out exactly how much a current account costs each month. Compare the services offered by the bank.

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

💡 If you need help using your debit card correctly, ask your [helper organisation](#).

Taxes and tax returns

Taxes are important. They help the state to function. They provide the state with money for public spending. It can be used to build roads. It is used to pay teachers and police officers. It finances many important things.

You pay taxes everywhere. When you go shopping, when you eat out, when you fill up with petrol. That'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.

Internet and free hotspots

Mobile internet

You have mobile internet on your phone. This is very useful. It means you can look things up online while you are out and about. For example, you can find an address. The internet costs money. The best option is to get a contract. This could be a fixed-term contract or a prepaid contract. You can find more information [here](#).

💡 You don't need the internet to use Integreat. You only need internet to download and update the data.

Wi-Fi at home

If you want to use the internet at home, you will need a router. There are various companies that can sell you a router and a contract. The best way to find out about this is from your local [support network](#).

Public, free WLAN hotspots in Kaiserslautern

Free Wi-Fi is available at several locations (hotspots) in Kaiserslautern. In these places, you can surf the internet with your own device.

Public hotspots:

- [Ice Rink Kaiserslautern, Lauterstraße 51](#)
- [City Council Kaiserslautern, Willy-Brandt-Platz 1](#)
- [Business Development Kaiserslautern, Fruchthallstraße 14](#)
- [Schneiderstraße 10](#)
- [Steinstraße](#)
- [Eisenbahnstraße](#)
- [BIC KL - Business + Innovation Center, Trippstadter Str. 110](#)
- for more hotspots click [here](#).

💡 As an asylum seeker in Germany, you have no legal right to internet access (Wi-Fi) in your accommodation. So there is normally no Wi-Fi in the accommodation facilities. If there is a telephone connection in the accommodation, you have the option to sign up for a Wi-Fi contract yourself. Ask your [support network](#) to help you choose a good contract. Talk to the other people living in the accommodation about the cost. Consider whether a contract that

you can terminate at any time is better than one that lasts for a long time (for example, 2 years). Before agreeing a contract, ask your accommodation facility support staff whether Wi-Fi is technically possible and how you can give the technician access the building.

Mobility

Public transport

You can reach many places in your neighbourhood by public transport, such as buses and trains. You can also [cycle](#). Exercise is healthy. Cycling doesn't cost a lot of money. Cycling is also good for the environment.

Public transport

Um in Kaiserslautern ans Ziel zu kommen, stehen Ihnen öffentliche Verkehrsmittel zur Verfügung. Innerhalb der Stadt fährt der Stadtbus. Sie wollen in Nachbarstädte? Dann gibt es gegebenenfalls auch die Bahn

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



Timetable information in and around Kaiserslautern

All local public transport lies within the fare zone of the Verkehrsverbund Rhein-Neckar (VRN). The VRN [timetable information](#) therefore covers all bus routes in and around Kaiserslautern. You can find an overview of the various tickets [here](#).

City buses

The [city bus route network map](#) gives you an overview of all 14 city bus routes in Kaiserslautern.

Night bus

Every night from Friday to Saturday and Saturday to Sunday, Kaiserslautern's night buses usually run every hour from midnight to all parts of the city.

🌐 [Further information about the night bus](#)

Cycling

Bicycle

Are you going to be living in Kaiserslautern 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

Hire bikes

You can hire a bike in Kaiserslautern via [VRNnextbike](#), in Vogelwoogstraße via the [VELO](#) project and at the railway station via the Deutsche Bahn [Call-a-Bike](#) system.

Buying bikes

You can buy a new bike. You can also buy a second-hand bike. Search for used bikes on [Ebay classifieds](#). The best place to buy a new bike is a bike shop.

There are various shops in Kaiserslautern:

Con Rad der Fahrradladen in Kaiserslautern

📍 Glockenstraße 4, 67655 Kaiserslautern

☎ 0 [6318914](#) 89

🕒 Monday - Friday: 10:00 - 18:00, Saturday: 10:00 - 15:00

🌐 [Appointment booking](#) or [website](#)

Meister-Rad.de

📍 Bismarckstraße 41, 67655 Kaiserslautern

☎ 0 [6313613](#) 9773

🕒 Monday, Tuesday, Thursday, Friday: 13:00 - 18:00, Saturday: 10:00 - 13:00

🌐 [Website](#)

Kaufmann bike shop

📍 Königstraße 37, 67655 Kaiserslautern

☎ 0 6312168 3

🕒 Monday - Friday: 10:00 - 18:00, Saturday: 10:00 - 14:00

🌐 [Website](#)

You can find more shops at 🗺 [Google Maps](#).

Repair service

Repair Café

If your bike needs to be repaired, you can go to the **Repair Café**, where they will help you repair your bike. The Repair Café takes place every 2nd Tuesday of the month. More information [here](#).

Bicycle workshop

Malteser Hilfsdienst, in cooperation with the Arbeits- und sozialpädagogisches Zentrum (ASZ), also offers a monthly [bicycle workshop for refugees](#) in the Colosseum and, if required, in Asternweg.

Contact for donors:

Arbeits- und sozialpädagogisches Zentrum (ASZ)

☎ [06313163610](#)

Contact for helpers:

Michelle Sturgis-Kratz

Malteser Relief Service Kaiserslautern

☎ [06313418212](#)

@Michelle.Sturgis-Kratz@malteser.org

Driving licence and driving

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

Is my driving licence valid in Germany?

Do you want to drive in Germany yourself? Then you need a driving licence from Germany or another EU country. Driving licences from non-EU countries are only valid for six months in Germany. You may only drive in Germany with a driving licence from your home country for the first six months. The six months start when you first register with the police 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.

Do you still want to drive yourself after six months? Then have your driving licence rewritten.

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

💡 During your asylum procedure, all your documents remain with the BAMF. You will usually only get them back when your asylum procedure is finished. As long as your driving licence is at the BAMF, you are not allowed to drive yourself.

How do I change my driving licence?

Report to your local driving licence authority or driving licence office. It can sometimes take a while before you get an answer. The authority sometimes gets a lot of applications at once. Contact the relevant office before your six-month driving licence expires. You have to go to the driving licence office in person. There you will have to show various documents:

- Identity card or passport
- Confirmation of registration (police registration)
- Biometric passport photo
- Certificate of an eye test (from an optician or an 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.
- The original of your 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 transferred without an examination. Otherwise, you must first take the theory and practical test. This depends on the country in which you obtained your driving licence.

💡 Before the test, it is good to visit a driving school. Germany has a lot of traffic rules and signs. However, unlike those who are taking 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, follow these steps:

- Register at a driving school. In large cities, there are driving schools with instructors who speak Arabic and Persian, for example. You can find driving schools near you on drivolino.de or fahrschulen.de.
- Take a first aid course. You can find a course near you at the Arbeiter-Samariter-Bund or the Johanniter.
- Take an eye test at an optician or an ophthalmologist. The eye test costs about 7 euros. Some opticians also offer the eye test free of charge.
- Have a biometric passport photo taken.

Can my driving licence be taken away?

If you disregard important traffic regulations, 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 will have to hand in your driving licence for a few months at the fine office. 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, your driving licence loses its validity. This means that you are no longer allowed to drive yourself and are not allowed to obtain a new driving licence for a certain period of time (suspension period).

Have you endangered road traffic? You have driven a car while drunk? You have accumulated 8 penalty points? These are reasons for withdrawing your driving licence.

You get penalty points for various breaches of the rules, for example if you drive too fast. The 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 violated traffic regulations during your probationary period. Then you have to attend a remedial seminar. You may also need psychological counselling. In addition, your probationary period will be extended by another two years. You don't take part in the remedial seminar and the counselling? Then your driving licence will be taken away. Examples of traffic violations include running red lights, driving without lights at night, and driving drunk. Parking in the wrong place is not a traffic offence. In this case, you only have to pay the fine.

Leisure and exchanges

Open meeting places and encounter cafés

There are many opportunities to talk to other people in Kaiserslautern. Regardless of whether they come from Germany or have had a refugee experience. There are various events such as meeting cafés, Café International, multicultural cookery evenings or language cafés. Everyone is welcome.

There are many opportunities to get to know each other, make new friends and learn more about other cultures. The events are open to anyone who would like to talk to and learn from each other. If you would like to know when and where these meetings take place, you can have a look here:

 [Die Vielfalter e.V.](#)

Parks and barbecue areas

Parks

Kaiserslautern is a city that has a lot of greenery! In addition to the large Palatinate Forest, there are also many beautiful parks. For example, there is the Volkspark in the east of the city, the Stadtpark in the south-west and the Wildpark am Betzenberg. In these parks you can go for a walk, relax, do sports and there are many playgrounds for children. In the wildlife park you can even see animals that live in the woods.

There is also a special Japanese garden on Lauterstrasse. You have to pay admission there, but it looks great because it's just like a real Japanese garden.



The garden show in Kaiserslautern costs admission and is open from March to October. There is a beautiful garden park with lots of different activities. You can explore a dinosaur nature trail, play on the playground, do sports and relax in the beer garden.

You are not allowed to make an open fire or barbecue in the parks and green spaces. If you want to barbecue, you can hire special barbecue areas with covered huts in Kaiserslautern. You can then barbecue there with friends or family.

Barbecue areas



In summer, it often smells deliciously of grilled meat or fresh vegetables sizzling on the barbecue. But you are only allowed to barbecue in certain designated areas. There are three public barbecue areas in Kaiserslautern where you can do this. There you can barbecue with friends or family and enjoy the summertime!

Signposted barbecue areas in Kaiserslautern:

 [Mölschbach barbecue hut](#)

 [Hohenecken barbecue hut](#)

 [Siegelbach barbecue hut](#)

Important: Please take your rubbish with you. You can throw the leftover charcoal into the charcoal containers provided.

Support groups

There are groups that can help you free of charge. They are in your neighbourhood and support you with leisure activities and sports. If you would like to learn German, they can also help you with this. If you have any questions, you can ask the friendly helpers. They can help you with writing letters, shopping, sports and even travelling by bus. Even if you have

questions about your bank account, they are there to help. Many of these groups help you learn German, and you can easily contact them by e-mail.

Here you can find a list of help groups in Kaiserslautern:

Helferkreis Kalkofen e.V.

📍 [Geranienweg 7, 67657 Kaiserslautern](#)

🌐 <http://www.helferkreis-kalkofen.de/>

@i info@helferkreis-kalkofen.de

There is a list of helper groups in Kaiserslautern. There are also people working there who are paid to help the volunteers. They give them tips, start new projects and organise training courses so that the helpers can help even better.

Kaiserslautern City Council Volunteer Coordination

City Hall North,

📍 [Benzinoring 1, 67657 Kaiserslautern](#)

☎ 06313654471

@e hrenamt@kaiserslautern.de

Caritas Centre Kaiserslautern

(support, information and contact centre for refugees and volunteers)

Sigrid Molz

📍 [Engelsgasse 1, 67657 Kaiserslautern](#)

☎ 0631361200

@ caritas-zentrum.kaiserslautern@caritas-speyer.de

@ ulrike.ebert-wenski@caritas-speyer.de

DRK, Volunteer Coordination Alte Post

Erhard Ploch

📍 [Logenstr. 37, 67655 Kaiserslautern](#)

☎ 063180093460

@ e.ploch@kv-cls.drk.de

Malteser Hilfsdienst e.V., Coordinator Integration Guides Kaiserslautern

Michelle Sturgis-Kratz

📍 [Mainzer Str. 25, 67657 Kaiserslautern](#)

☎ 06313418212

@ Michelle.Sturgis-Kratz@malteser.org

Offers for senior citizens

In 2021, there were around 18.4 million people over the age of 65 living in Germany. This number is growing every year. This means that more and more people in Germany are old. Many older people need help - for example with shopping, cooking or washing. The older they are, the more often they need support. Some elderly people also live alone. In this case, they sometimes don't have as many friends or people to talk to. Yet it is very important to talk to other people and spend time together - it makes the soul healthy and happy.

Here are some offers for older people in your area.

Counselling for senior citizens

Kaiserslautern City Council

Mrs Roscher and Mrs Walg-Joyce

📍 Town Hall North, Benzinoring 1, 67657 Kaiserslautern

☎ 06313654611 or 06313654283

✉ @seniorenberatung@kaiserslautern.de

State programme Gemeindeschwesterplus

Kaiserslautern City Council

Mrs Neumann and Mrs Weisenstein

📍 City Hall North, Benzinoring 1, 67657 Kaiserslautern

☎ +49 (0) 6313654087 or +49 (0) 6313652386

Information for older people in Kaiserslautern

🌐 <https://>

www.kaiserslautern.de/sozial_leben_wohnen/soziales_und_gesellschaft/aeltere_mitbuerger/index.html.de

Signpost and guide "Growing older in Kaiserslautern"

🌐 [https:// aelter-werden-in-kaiserslautern.de/](https://aelter-werden-in-kaiserslautern.de/)

Religious practice

There are many different religions in Germany. Many people follow a particular religion. They organise themselves in their own communities. For example, in a church, mosque or synagogue.

Contact with a community is important. Here you can worship together. It makes it easier to interact with your fellow human beings. There are various groups or meetings for this. Find out more on the community websites. You can also call or introduce yourself personally.


Culture


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:

Kaiserslautern City Library

 [Klosterstraße 8, 67655 Kaiserslautern](#)

 [06313652484](tel:06313652484)

@s [tadtbib](mailto:tadtbib@kaiserslautern.de) liothek@kaiserslautern.de

 Monday and Friday: 10:00 - 12:00 and 14:00 - 18:00

Tuesday and Thursday: 10:00 - 18:00

Wednesday: 10:00 - 12:00

Saturday: 9:00 a.m. - 12:00 p.m.





In addition to the city library, there are eight district libraries in Kaiserslautern. You can find out where they are located [here](#).

Music and entertainment

Fruchthalle Kaiserslautern







The Fruchthalle is a very special place! Many different events take place there, such as concerts, performances and important meetings. Such places are important because they make culture colourful and bring people together.

 [Fruchthallstraße 10, 67655 Kaiserslautern](#)
 [06313653450](tel:06313653450)
 [@kultur@kaiserslautern.de](mailto:kultur@kaiserslautern.de)
 [To the Fruchthalle website](#)

Kammgarn



The Kammgarn cultural centre offers a wide range of music and entertainment for everyone, young and old. A special event is the annual "International Jazz Festival", which you should not miss!




 [To the Kammgarn website](#)
 [Schoenstraße 10, 67659 Kaiserslautern](#)
 [06313652607](tel:06313652607)
 [@service@kammgarn.de](mailto:service@kammgarn.de)


Emmerich-Smola Music School and Music Academy

This is for children, teenagers and adults.

If you are looking for a great music programme for yourself or your children, the Emmerich-Smola Music School is just the right place. You can get more information and enrol [here](#) if there are places available.



Give them a call at:


 [06313652263](tel:06313652263)
 Old Town Hall
 [St.-Martins-Platz 3, 67657 Kaiserslautern](#)
 [@e mmerich-smola.musikschule@kaiserslautern.de](mailto:mmerich-smola.musikschule@kaiserslautern.de)

 Monday - Friday: 8:00 a.m. - 12:30 p.m.
 Monday - Thursday: 13:00 - 16:00

Museums

Kaiserslautern City Museum (Theodor Zink Museum | Wadgasserhof)


 [Steinstraße 48, 67657 Kaiserslautern](#)
 [06313652327](tel:06313652327)

 Wednesday - Friday: 10:00 - 17:00
 Saturday, Sunday and public holidays: 11:00 - 18:00

Upcoming events, exhibitions and prices can be found [here](#).

mpk - Museum Pfalzgalerie

 [Museumsplatz 1, 67657 Kaiserslautern](#)

 [06313647201](tel:06313647201)

@ info@mpk.bv-pfalz.de

 Tuesday and Wednesday: 10:00 - 17:00

Thursday: 11:00 - 20:00


Friday to Sunday: 10:00 - 17:00


 [link](#)

Every year just before Christmas, the cultural market takes place in the [Fruchthalle](#) Kaiserslautern. Would you like to visit the cultural market? Then follow this [link](#) for more information.

Theatre, opera and event venues

Pfalztheater Kaiserslautern

 [Willy-Brandt-Platz 4+5, 67657 Kaiserslautern](#)

 [063136750](tel:063136750)

@ vorverkauf@pfalztheater.bv-pfalz.de

The Pfalztheater shows many different plays for all people who enjoy going to the theatre. There are operas, musicals, funny operettas, plays and even modern dance. There are about 400 performances a year. Sometimes they also perform their plays in other places in Germany or even in other countries.

The theatre has three groups that do different types of performances. They also have their own orchestra that makes the music, a choir that sings and extra singers and actors who take part in the plays.



Festivals and events

Everything must go!

The popular theatre and music festival where the motto of the city centre is "Everything must go!".

 [To the website of the "Alles muss raus!" festival](#)

This special festival brings together artists, disabled and non-disabled, from many different countries. Every year, the festival turns Kaiserslautern's city centre into a great place where everyone can meet, celebrate together and experience the diversity of culture.



Other annual events in Kaiserslautern that are well worth a visit:

 [Long Night of Culture](#)

 [Swinging Lautern](#)

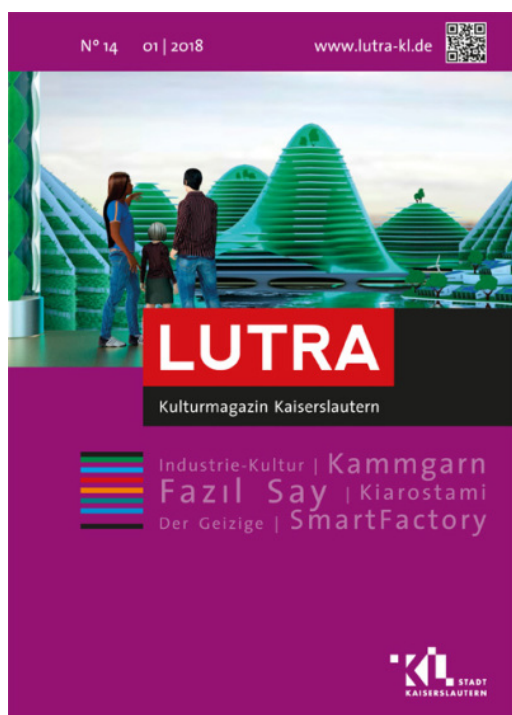
for more concerts click [here](#)

The city of Kaiserslautern has a [calendar of events](#). There you will find other great events, such as the "[Lautrer Kerwe](#)" or the [weekly market](#), where you can buy fresh food or flowers every Tuesday and Saturday.

The programme booklet is published every year. Here you will find numerous events to look up: [Klasse programme](#)

Culture magazine

Culture magazine Lutra



 [To the website of the cultural magazine LUTRA](http://www.lutra-kl.de)

LUTRA is a cultural magazine with articles on art, theatre, music and more. It appears twice a year and is published by the city of Kaiserslautern. Many local institutions work together to produce it.

Independent scene

Kaiserslautern offers a lot of culture. In addition to the public institutions, there are also many private initiatives and associations. They contribute to making life here special and diverse. Openness and diversity are important characteristics of this city.

If you would like to find out more about the "independent scene", you [will find](#) many exciting offers and events [here](#).

Sports offers

General information on sports programmes

Enjoying exercise is one thing. But sport offers you another opportunity: sport makes it easier to settle into a new environment and socialise. The rules of sport recognise no cultural or national boundaries. People usually understand each other even without a common language. Sport offers a good and informal way of socialising with locals through personal contacts.



Sport- und Freizeitangebote für Kinder und Jugendliche finden Sie [hier](#).

Swimming pools

Whether adventure pool, lake or outdoor pool, Kaiserslautern has just the right thing for every water enthusiast.

Outdoor pool Waschmühle

With around 7,200 square metres of water and a lying area of 25,000 square metres, it offers plenty of opportunities for swimming and splashing around.

 [Waschmühle 1, 67659 Kaiserslautern](#)
 [06313704108](#)

Opening hours (during the season):


Monday 8:00 a.m. - 8:00 p.m.
 Tuesday 12:00 p.m. - 8:00 p.m.
 Wednesday 8:00 a.m. - 8:00 p.m.
 Thursday 8:00 a.m. - 8:00 p.m.
 Friday 8:00 a.m. - 8:00 p.m.
 Saturday 8:00 a.m. - 8:00 p.m.
 Sunday 8:00 a.m. - 8:00 p.m.


The till closes at 7:00 p.m.
 Last admission is 7:00 p.m.

Bus connection: Line 112 (Waschmühle, Bad)

Admission prices for the season can be found [here](#).

Gelterswoog lido

In the past, the adventurous did not shy away from the march to  [Gelterswoog](#). The still water with its blooming water lilies and the high fir forest made the 'Hohnegger' an attraction for youth.

 in the season
 daily from 9:00 until 20:00



Admission prices:

Adults (from 12 years): € 4.00
 Children (from 6 years old): € 2.50
 Children (until 6 years): FREE
 Annual pass: 80,00 €

Kaiserslautern Heated outdoor pool

In the immediate vicinity of the Volkspark and in the indirect vicinity of the Wildpark, the recreation seeker can make a stop in the city's heated outdoor pool.

Spacious sunbathing lawns between the pools as well as some other surprises invite you to enjoy a relaxed bathing pleasure.

 [Am Warmfreibad 1, 67657 Kaiserslautern](#)
 [06314146884](#)

Opening hours:



Monday 12:00 p.m. - 8:00 p.m.
Tuesday 8:00 a.m. - 8:00 p.m.
Wednesday 8:00 a.m. - 8:00 p.m.
Thursday 8:00 a.m. - 8:00 p.m.
Friday 8:00 a.m. - 8:00 p.m.
Saturday 8:00 a.m. - 8:00 p.m.
Sunday 8:00 a.m. - 8:00 p.m.

The till closes at 7:00 p.m.
Last admission is 7:00 p.m.

Admission prices for the season can be found [here](#).

monte mare

On the high plateau of the PRE-Park, surrounded by a multitude of attractive shopping and leisure possibilities, you will find the monte mare, a world of experience around water, warmth and wellness.

 [Mailänder Straße 6, 67657 Kaiserslautern](#)
 [063130380](#)

Opening hours (all year round):

Mon - Fri: 10:00 a.m. - 9:00 p.m.
Sa - So: 10:00 - 19:00

For admission prices and more information click [here](#).

Bus connection: Line 4/104 (Direction monte mare)

In all swimming pools you must adhere to the bathing rules.

Become active as a volunteer

Volunteering and civic engagement in Kaiserslautern

In Germany, a great many people do voluntary work. That means they work voluntarily in their free time because they enjoy it. These people do not get paid for it. One also says: to get involved. This means working for other people or for a cause. Everyone can work as much as they want. For almost all voluntary work you have to speak good German. For some activities, speaking German is not so important.

There are very many ways to get involved. For example, you can

- actively participate in the [bicycle workshop](#)
- become a homework helper in the "Läuft bei dir?!" project
- work as a sports coach in a sports club
- Become a climate protection sponsor
- conducting reading summer interviews with children and young people

- Become an integration guide with the Maltesers
- Smartphone coaching by refugees for senior citizens([flyer](#) on the project)
- sort, pack and hand out animal food
- and many other things...

You can get to the different projects via this [link](#).

Free advice

If you would like to volunteer in Kaiserslautern and already speak good German, you can get advice. To do so, please contact:

Volunteer Coordination

📍 Benzinoring 1, 67657 Kaiserslautern

☎ [06313654471](tel:06313654471)

@daniel-helmes@kaiserslautern.de

Language

Basic language skills

Learning German is important for finding work in Germany and for finding your way around. Here you will find options and people you can contact to help you find a German language course. There are different ways to learn German. Your residence status (Aufenthaltsstatus) determines which option you can choose. If you don't speak German very well yet, then you will need support. You can find contact details for the support you need here too.

Level of language ability and certificates

You can attend a German language class. There are six levels of language ability: A1, A2, B1, B2, C1 and C2. You start at level A1. You speak your mother tongue at level C2. The six steps in detail are:

A1: Beginner

You can understand and use simple words and sentences.

You can introduce yourself and others.

You can ask personal questions.

You can answer questions.

Someone is speaking slowly and clearly. You can have a conversation with them.

A2: Basic knowledge

You can understand full sentences and frequently used words.

You can express yourself in simple, everyday situations. You can describe where you come from, what kind of education you have and your surroundings.

B1: Advanced language skills

You can understand a lot. You can speak about topics you are familiar with and your personal interests. You can talk about experiences and events, dreams, hopes and goals. You can provide

brief reasons or explanations for your plans and opinions.

B2: Independent language skills

You can understand the most important parts of complex texts on both specific and abstract topics. You can even understand expert discussions in topics you know well.

You can express yourself orally in a spontaneous and fluent manner. You can justify a position on a current issue by giving the pros and cons.

C1: Expert language skills

You can understand much of longer, complex texts. You can also grasp implicit meaning in the text.

You can articulate your opinion on complex topics clearly, extensively and in a well-structured way.

C2: (Approaching) native speaker proficiency

You can understand practically everything you read or hear without effort.

You can summarise information from a variety of written and oral sources. You can reproduce reasoning and explanations in a cohesive way. You can express yourself in a spontaneous, very fluid, precise and nuanced manner.

Language course provider

There are places where you can learn German. These are schools. They help you. You learn new words and how to speak better. 🌐 You can look for a course [here](#). The teachers explain the words. They practise with the students. So you learn to speak and understand well. So if you want to learn German, you can go to a place that offers language courses. It's fun and you learn a lot of new things.

Akademisches Bildungszentrum e.V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ [06314145337](#)

@info@a-bz.de

BFB e.V. Landstuhl

📍 [Bruchwiesenstr. 10, 66849 Landstuhl](#)

☎ 0 6371918 677

@info@a-bz.de

Caritas Centre Kaiserslautern

📍 [Edith-Stein-Haus, Engelsgasse 1, 67657 Kaiserslautern](#)

☎ [063136120222](#)

@caritas-zentrum.kaiserslautern@caritas-speyer.de

CJD Kaiserslautern

📍 [Richard-Wagner-Str. 20-22, 67655 Kaiserslautern](#)
☎ [063136301719](tel:063136301719)
✉ @cjd.kaiserslautern@cjd.de

DAA Kaiserslautern

📍 [Richard-Wagner-Str. 1, 67655 Kaiserslautern](#)
☎ [0631366430](tel:0631366430)
✉ @info.kaiserslautern@daa.de

Datey Eyrich GmbH

📍 [August-Süssdorf-Str. 12a, 66877 Ramstein-Miesenbach](#)
☎ [0 6313664 30](tel:0631366430)
✉ @info.kaiserslautern@daa.de

DEKRA Academy Kaiserslautern

📍 [Barbarossastr. 60, 67655 Kaiserslautern](#)
☎ [0631341180](tel:0631341180)
✉ @kaiserslautern.akademie@dekra.com

FAW (Advanced Training Academy of the Economy)

📍 [Flickerstal 5, 67657 Kaiserslautern](#)
☎ [06313667417](tel:06313667417)
✉ @kaiserslautern@faw.de

GFU Berufliche Bildung und Beratung GmbH


📍 [Am Vogelgesang 44, 67657 Kaiserslautern](#)
☎ [063141552316](tel:063141552316)
✉ @kaiserslautern@gfu.com

Internationaler Bund - IB

📍 [Kohlenhofstr. 10, 67663 Kaiserslautern](#)
☎ [063168108](tel:063168108)
✉ @JMD-Kaiserslautern@ib.de
✉ @anna.burjakow@ib.de

Kaiserslautern Adult Education Centre - VHS

 [Kanalstr. 3, 67655 Kaiserslautern](#)

 [06313625800](tel:06313625800)

 info@vhs-kaiserslautern.de

Language courses

A language course with other students is fun and motivates you to speak a lot. Exchanging ideas with others helps you to improve. You understand questions more quickly and can answer them better. You also realise more quickly how the language works.


Integration courses

In this course you will learn German. You will learn more than just the basics. At the end of the course you will be able to speak German at level B1. You will also learn about the culture, politics and social customs in Germany. If you are still a minor, you can take part in a special course for young people. The integration courses are free of charge for refugees and other target groups who receive social benefits.

The integration course concludes with the examinations "Deutschtest für Zuwanderer" (DTZ) and "Leben in Deutschland" (LiD).

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

What happens after the integration course?

If you have completed an integration course and would like to further improve your German language skills, you can attend a [job-related language course](#). You can find more information about integration courses on the [website of the Federal Office for Migration and Refugees](#) at .

The integration courses are subsidised by the Federal Office for Migration and Refugees. The Federal Office for Migration and Refugees has a [website](#) BAMF-NAVI. It provides you with information and details about integration courses throughout Germany.

The following courses are currently on offer:


Course type: General integration course (online)

Start: 05.03.2025

Class time: 09:00 - 12:15

Provider: Akademisches Bildungszentrum e.V.

 [Rummelstr. 15, 67655 Kaiserslautern](#)

 [0 6314145](tel:06314145) 337


Course type: General integration course

Start: 10.03.2025

Lesson times: Monday - Friday, 08:15 - 12:30

Organisation: Datey Eyrich GmbH

 [August-Süßdorf-Str. 12a, 66877 Ramstein-Miesenbach](#)

 [0 6371964](tel:06371964) 215


Course type: General integration course

Start: 24.03.2025

Lesson times: Monday - Friday, 08:15 - 12:30

Organisation: Datey Eyrich GmbH

 [August-Süßdorf-Str. 12a, 66877 Ramstein-Miesenbach](#)

 [0 6371964](tel:06371964) 215


Course type: General integration course (online)

Start: 07.04.2025

Lesson time: 17:00 - 20:15

Provider: Akademisches Bildungszentrum e.V.

 [Rummelstr. 15, 67655 Kaiserslautern](#)

 [0 6314145](tel:06314145) 337

Course type: General integration course

Start: 12.05.2025

Lesson time: 08:45 am - 12:45 pm

Provider: Akademisches Bildungszentrum e.V.

 [Rummelstr. 15, 67655 Kaiserslautern](#)

 [0 6314145](tel:06314145) 337

Course type: General integration course

Start: 16.06.2025

Lesson times: Monday - Friday, 08:15 - 12:30

Organisation: Internationaler Bund - IB Südwest gGmbH

📍 Kohlenhofstr. 10, 67663 Kaiserslautern

☎ [063168108](tel:063168108)

Course type: General integration course

Start: 26.06.2025

Lesson times: Monday - Friday, 08:30 - 12:45

Course location: Landstuhler Str. 8a, 66877 Ramstein-Miesenbach

Organisation: Internationaler Bund - IB Südwest gGmbH

📍 Kohlenhofstr. 10, 67663 Kaiserslautern

☎ [0 6316810](tel:063168108) 8

Course type: General integration course

Start: 14.07.2025

Lesson times: Monday - Friday, 09:00 - 12:15

Provider: Akademisches Bildungszentrum e.V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ [06314145337](tel:06314145337)

Course type: General integration course

Start: 11.08.2025

Lesson times: Monday - Friday, 13:30 - 16:45

Provider: Akademisches Bildungszentrum e.V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ [06314145337](tel:06314145337)

Course type: General integration course

Start: 18.08.2025

Lesson times: Monday - Friday, 08:45 - 12:45

Provider: Akademisches Bildungszentrum e.V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ [0 6314145](tel:06314145337) 337

Literacy courses

Course type: Literacy course

Start: 10.03.2025

Lesson times: Monday - Friday, 08:30 - 11:45

Organisation: FAW

📍 [Flickerstal 5, 67657 Kaiserslautern](#)

☎ [0 6313667](#) 425

Course type: Literacy course

Start: June 2025

Organisation: CJD Kaiserslautern

📍 [Richard-Wagner-Str. 20-22, 67655 Kaiserslautern](#)

☎ [063136301719](#)

Course type: Second language learning course

Start: 17.03.2025

Lesson times: Monday - Friday, 08:15 - 12:30

Organisation: DAA Kaiserlautern

📍 [Richard-Wagner-Str. 1, 67655 Kaiserslautern](#)

☎ [06313664328](#)

Course type: Second language learner course

Start: 26.05.2025

Lesson times: Monday - Friday, 08:45 - 12:45

Provider: Akademisches Bildungszentrum e. V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ [0 6314145](#) 337

Course type: Second language learner course

Start: 13.10.2025

Lesson times: Monday - Friday, 13:30 - 16:45

Provider: Akademisches Bildungszentrum e. V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ [0 6314145](#) 337

Vocational language courses (DeuFöV)

In this course you can improve your German. You will learn lots of new words that will help you at work. Are you already in work? Are you doing an apprenticeship? Or do you want to start a job soon? Then this course is just right for you! It would be good if you have already completed an integration course.

At the end of the course you will be able to speak German very well, almost like a professional! Each course ends with an exam and you will receive a certificate. There are also special courses that focus on specific professions, for example for medical professions.

If you need help finding the right course, you can go to the [Migration Counselling Centre](#) or the [Asylum Social Counselling Centre](#).

To take part in a German course for work, you need a permit. You can get this from the [job centre](#), the [employment agency](#) or you can apply for it at the Federal Office for Migration and Refugees (BAMF).

Language courses for job-related German language support (DeuFöV)

Course type: Target level C1 early education

Start: 03.03.2025

Organisation: Datey Eyrich GmbH

📍 [August- Süßdorf- Str. 12a, 66877 Ramstein- Miesenbach](#)
☎ [06371964215](#)

Course type: Target level B2 (500UE)

Start: 12.03.2025

Organiser: VHS Kaiserslautern e.V.

📍 [Kanalstr. 3, 67655 Kaiserslautern](#)
☎ [0 6313625](#) 800

Course type: Target level C1 Medical (500UE)

Start: 17.03.2025

Organisation: ProfeS Gesellschaft für Bildung und Kommunikation mbH

📍 Adolph-Kolping-Platz 11, 67655 Kaiserslautern
☎ [0 6313437](#) 6090

Course type: Target level C1 Academic healthcare professions (600UE)

Start: 31.03.2025

Organiser: VHS Kaiserslautern e.V.

📍 [Kanalstr. 3, 67655 Kaiserslautern](#)
☎ [0 6313625](#) 800

Course type: Target level C1 Academic Healthcare Professions Dentistry (600UE)

Start: 31.03.2025

Organisation: integra - The training provider

📍 Europaallee 16, 67657 Kaiserslautern
☎ [0 6218720](#) 4770

Course type: Target level B2 (400UE)

Start: 05.05.2025

Lesson time: afternoons

Organisation: CJD Kaiserslautern

📍 [Richard-Wagner-Str. 20 - 22, 67655 Kaiserslautern](#)



[063136301719](tel:063136301719)

Youth language courses

Current language courses:

Course type: Youth course

Start: 19.02.2024

Lesson times: Monday - Friday 13:30 - 17:45

Organisation: Internationaler Bund - IB Südwest gGmbH

📍 [Kohlenhofstr.10, 67663 Kaiserslautern](#)

📞 [063168108](tel:063168108)

✉ [@anna.burjakow@ib.de](mailto:anna.burjakow@ib.de)

Course type: Youth course

Start: Beginning of April 2024

Teaching time: Monday - Friday 09:00 - 13:15

Organisation: Internationaler Bund - IB Südwest gGmbH

📍 [Kohlenhofstr.10, 67663 Kaiserslautern](#)

📞 [0 6316810 8](tel:063168108)

Course location: Schernauer Str. 31, Ramstein- Miesenbach

Voluntary language courses

In addition to the official German courses, there are many opportunities to practise German in Kaiserslautern.

The groups are led by volunteers. These are usually people whose native language is German. Sometimes they are teachers who no longer work. Anyone can come to these groups, regardless of their residence status.

Vielfalter KL e.V.

"Teach and Talk": every Wednesday from 18:00 - 20:00

Support with language acquisition, homework or tutoring for various subjects, job applications and individual questions.

or

"World Café": every Monday from 17:00 - 19:00

The World Café is a central meeting point and a meeting place for a wide variety of people and cultures, where you can enjoy an informal get-together over coffee and tea. It also serves as a help point for personal questions.

or

"Intercultural games evening": 2nd and 4th Friday of the month from 18:00 - 20:00

You can visit all the programmes here:

Vielfalter KL e.V.

 [Pirmasenser Straße 20A, 67655 Kaiserslautern](#)

 @vielfalter.kl@posteo.de

 [Vielfalter on Facebook](#)


Course type: Mentor meetings (German training in small groups)

Start: ongoing offer

Lesson times: Monday - Friday between 13:00 and 17:00 by arrangement

Provider: Caritas Centre Kaiserslautern Multigenerational House

 [Kennelstr. 7, 67659 Kaiserslautern](#)

 [+49 \(0\) 63136120285](tel:+49(0)63136120285)


Contact: Elisabeth Schmutzler,  [+49 \(0\) 63136120280](tel:+49(0)63136120280)


(Tuesday - Friday: 13:00 - 17:00)


Online Language Courses and Online Studies

Online language courses


You can learn German on your smartphone or on your computer (also free of charge). Take advantage of some great offers to learn German quickly and make the best use of the time you have to wait before your language course begins. These offers can also be helpful while you are taking your language course. More information on the language levels (A1-C2) can be found [here](#).

 [Lunes App](#): This app can help you at school. And in training. And at work. The app features lots of information about words used in different professions. There is a picture for each word. This way, you will 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 app for learning to read, either as self-study or as a supplement to a language course. This app has been approved for use in integration courses.


 [Mein Deutschbuch](#) (My German Book): An extensive resource for learning the German language. This website is designed for learners and teachers, levels A1-B2.

 [Deutsch-Uni Online \(DUO\)](#) (German University Online): Language-learning programme for A1 to C2.

 [Basic language course from Deutsche Welle](#): This online language course contains modules covering literacy and job-related language skills. There is also a placement test.

 ["Die Stadt der Wörter"](#): An app and website for fun vocabulary learning for those without previous knowledge – in German, English, French and other languages.

 [VHS-Lernportal](#): Free German language courses. You can also learn to read, write and do arithmetic. There are also resources to help you prepare for the school-leaving exams in German, maths and English.

 [Einstufungstest Sprache \(Language Assessment Test\)](#): onSET-online language assessment test for refugees and for officials and volunteers to assess language ability.

Online studies

Many refugees and asylum seekers want to go to university. But it's hard for them, because it's expensive to study at a university, and they often need good certificates and documents. Kiron Higher Education has a good solution: Tuition fees aren't important for refugees and asylum seekers, and they don't need good certificates or documents. The university offers places to everyone. The first 2 years at the university are online. You can view the courses in English. You can also see subtitles in any language. The third year involves on-site study at the university. You can learn German while you study. You can also get further help and advice.

 [Kiron website](#)

Language support programmes and special courses

Many adults need help to speak better. That's why there are special courses called language support programmes. In these courses, participants learn to pronounce words correctly and form sentences. This makes speaking easier and fun. There are also special courses. These are for people who need special support. For example, for adults who want to learn a new language. These courses provide individualised practice so that everyone can speak better. Language support programmes and special courses are important so that everyone can speak well. This enables you to participate better at school, at work and in everyday life.

Language support programmes and special courses

Course type: Language partnerships


Start: ongoing offer

Lesson times: by arrangement (at least once a week)

Organisation: DRK Kreisverband Kaiserslautern-Land e.V.

 [Am Feuerwehrturm 6, 66849 Landstuhl](#)

Contact: Heide Güldenfuß

 [06371921533](tel:06371921533)

@h.gueldenfuss@kv-kl-land.drk.de

Course type: International women's get-together

Start: ongoing offer

Class time: Monday: 13:00 - 15:00

Sponsor: Caritas Centre Kaiserslautern Multigenerational House

📍 [Kennelstr. 7, 67659 Kaiserslautern](#)

☎ [063136120285](tel:063136120285)

Contact: Elisabeth Schmutzler, ☎ [063136120280](tel:063136120280)

(Tuesday - Friday: 13:00 - 17:00)

Course type: Language and communication training for beginners

For young migrants between the ages of 12 and 26

Start: ongoing offer (except school holidays)

Lesson times: Monday and Wednesday: 15:30 - 17:00

Organised by: Internationaler Bund - IB Südwest gGmbH

📍 [Kohlenhofstr.10, 67663 Kaiserslautern](#)

☎ [063168108](tel:063168108)

Course type: Language and communication training for advanced learners

For young migrants between the ages of 12 and 26

Start: ongoing offer (except school holidays)

Lesson times: Monday and Wednesday: 14:00 - 15:30

Organised by: Internationaler Bund - IB Südwest gGmbH

📍 [Kohlenhofstr.10, 67663 Kaiserslautern](#)

☎ [063168108](tel:063168108)

Course type: Sprachtreff

Language and communication training in a relaxed atmosphere

Start: Ongoing programme

Lesson time: Tuesday from 17:00

Provider: Akademisches Bildungszentrum e.V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ [06314145337](tel:06314145337)

Course type: German language target A1 (state-funded)

Start: March 2025

Lesson time: 09:00 - 12:15

Provider: Akademisches Bildungszentrum e.V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ 0 6314145 337

Course type: German language target B1 (state-funded)

Start: March 2025

Lesson time: 13:30 - 16:45

Provider: Akademisches Bildungszentrum e.V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ 0 6314145 337

Course type: German language target C1 (state-funded)

Start: March 2025

Lesson time: 13:30 - 16:45

Provider: Akademisches Bildungszentrum e.V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ 0 6314145 337

Learn German without a course

You can also learn German on your own without attending a course. Or you can practise German independently in addition to a language course.

Your [helper group](#) will support you.

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.


You can find language cafés in Kaiserslautern [here](#).

Tandem partner

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.

💡 Ask a [counselling centre for migrants](#) or the [youth migration service](#) for help in finding tandem partners.

Libraries

You can find many dictionaries and learning materials for learning German in public [libraries](#). You can also study there in peace and quiet and usually also use the WLAN. You can search for a public library near you on the  [website of the German Library Statistics](#). Use is either free or very cheap.

💡 Search instructions: To search, click on "Circle" (Kreis) and then on "Set filter" (Filter einstellen). Then selectn Kaiserslautern aus. The municipalities are sorted by federal state. You must search under Rhineland-Palatinate. Then click on "Set filter" again (Filter einstellen). Then click on "Show hit list" (Trefferliste anzeigen). Under "Name" (Name) you will see the name of the library and under "City" (Ort) the city where the library is located. Have you found a suitable library? Click on the arrow on the far left to see the address.

You can find the library in Kaiserslautern [here](#).

Interpreter

Finding an interpreter

Do you not yet speak German very well? If you need to go to an authority, then you need an interpreter. An interpreter is also helpful when you go to see a [doctor](#) . Or for parent-teacher conferences at school. Or kindergarten. Then you will better understand what people are trying to tell you.

💡 Some authorities and institutions have their own interpreters. They can use them in their consultations. When you arrange an appointment, Please always ask whether an interpreter can be provided free of charge.

💡 In Germany, official documents, such as certificates and marriage or birth certificates, may only be translated by certified translators . These translations can be very expensive. Please check beforehand whether you really need a certified translation and compare the translation prices.

The country courses Language objective: German

The map "Sprachziel: Deutsch" is a helpful tool to find out where German courses are offered in your area. It shows the locations of courses supported by the state and provides all the information you need to get in touch directly with the organisations offering these courses. The state courses are specifically designed to help adult migrants learn German quickly. This enables them to integrate better in their place of residence and gives them better chances on the training and labour market. If you are interested, take a look at the map and find the right course for you!

<https://mffki.rlp.de/themen/integration/sprachbil...> [German](#)

Education, Work und University Studies

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.

Looking for work

Access to the Job Market

Regulations on access to the job market

👤 Do you come from an EU country? Do you now live in Germany? And would you like to work? Then it's easy for you to do so. Any EU citizen can work in Germany. Without any restrictions.

👤 Are you a refugee in Germany? Then your residence status is important. It decides whether you are allowed to work. The following explains what to expect. You will also find information on related advice centres below.

👤 Asylum seekers with proof of arrival or residence permit:

Are you living in an Initial Reception Centre (EAE)? Or in an AnKER centre? Then you are not allowed to work at all for 9 months. After 9 months, you will normally be allowed to work. However, the decision is always made by the Immigration Office (Ausländerbehörde). So you must submit an application to the Immigration Office. There are certain rules you must follow.

In order for the Immigration Office to decide, you must meet the following requirements:

👤 Asylum seekers with proof of arrival or residence permit in AnKER or EAE:

- 9-month ban on working
- After 9 months, you are entitled to work. That is if you do not come from a safe country of origin. Or your asylum application must have been rejected by the Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge – BAMF) as obviously without reason.

- The priority check is not applicable. However, the Federal Employment Agency (Bundesagentur für Arbeit) will check the working conditions.

Asylum seeker: r with proof of arrival or residence permit outside AnKER or EAE:

- 3-month ban on working
- Do you not come from a safe country of origin? Did you make your asylum application after 31 August 2015? Then the Immigration Office will decide.
- Do you not come from a safe country of origin? Did you make your asylum application after 31 August 2015? Or has your asylum application been rejected as being without reason? Then you have the right to work after 9 months.
- The priority check is not applicable. However, the Federal Employment Agency (Bundesagentur für Arbeit) will check the working conditions.

Tolerated persons:

It is always the [Immigration Office \(Ausländerbehörde\)](#) that decides whether you are allowed to work or not. So you must submit an application to the Immigration Office. The Bureau for Foreigners (Ausländerbehörde) can impose a general work ban on you. There are certain rules you must follow.

Tolerated persons in AnKER:


- Do you not come from a safe country of origin? Did you make your asylum application after 31 August 2015? Does your exceptional leave to remain (Duldung) last for 6 months? Then the Immigration Office will decide if you are allowed to work.
- Persons with an exceptional leave to remain (Duldung) because of unclear identity (§ 60b AufenthG) are always prohibited from working.
- The priority check is not applicable. However, the Federal Employment Agency (Bundesagentur für Arbeit) will check the working conditions.

Tolerated persons outside AnKER:

- 3-month ban on working
- Do you not come from a safe country of origin? Did you make your asylum application after 31 August 2015? Does your exceptional leave to remain (Duldung) last for 3 months? Then the Immigration Office will decide if you are allowed to work.
- Persons with an exceptional leave to remain (Duldung) because of unclear identity (§ 60b AufenthG) are always prohibited from working
- The priority check is not applicable. However, the Federal Employment Agency (Bundesagentur für Arbeit) will check the working conditions.

Refugees with residence permits (Aufenthaltserlaubnis):

If you have been recognised by the BAMF as a person entitled to asylum, a refugee or a person entitled to subsidiary protection, the [Foreigners' Registration Office](#) will grant you a residence permit. This entitles you to do any kind of job and therefore also gives you full access to the job market.

 There are different rules for [self-employment](#)! A prerequisite for the above applications is ALWAYS a definitive job offer.

Advice centres

There following contact persons are specifically for refugees in need of counselling or employment opportunities - here, too, there are differences depending on whether your asylum procedure is still ongoing or whether you are recognised or tolerated.

Where 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:

 jobboerse.arbeitsagentur.de

There you will find a search mask directly:

Search:

- There you can choose what kind of job you are looking for. For a job as a specialist or manager, you need a degree. However, a completed apprenticeship and a lot of work experience will also do. Often you need to have a very good command of the German language.
- As a helper, you can also find a job with a good knowledge of German and without a degree.
- Again, you can look for a **traineeship** or **apprenticeship**.

Search term(s):

- Enter the occupation in which you would like to work. If the first three letters are entered, the website also suggests occupations.

Place of work:

- Enter the place where you would like to work.
Finally, click on "Search".

There are many more job platforms on the internet:

 https://www.monster.de/?intcid=swoop_TopNav_Logo

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

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

 <https://jobs.meinestadt.de/kaiserslautern>

Job applications and interviews

Would you like to start professional training or get a job in Germany? Then you need to make a written application.

Many companies place job advertisements. Either in newspapers or online. The company is therefore looking for new employees. The job advertisement describes what type of work or professional training it involves. It also states what the company expects from its employees. It includes information about where and how to apply.

Have you been invited to a job interview? Then the company is interested in you. The job interview is a chance for you to get to know each other. Please give yourself enough time to get to the interview. It's crucial that you arrive on time. It's best to prepare for the interview in detail beforehand. This might include finding out important information about the company. Visit the website and read through the company's history. Find out about their products or services. Do you want to show that you're interested in the job? Then you should ask questions during the interview. This will show that you are familiar with the company. And it will show that you are motivated.

An application usually consists of three parts:

Cover letter: Your personal cover letter briefly introduces yourself. You should say why you're suitable for the vacant position. For example, describe what previous experience you have gained in your home country. Find out about the company and explain why you want to work there. Your covering letter should fit on one page. Sign your covering letter. There are many templates and guides online. It is important not simply to copy something you find. Your cover letter needs to be unique to you and suitable for the position.

Curriculum vitae (CV): The CV lists all your experience. It is structured in the form of a large table. Write when you started and stopped working at each company. Include where you undertook training or a course of studies. Specify where you went to school and what type of qualification you left with. You do not have to include a photo in your CV, but many companies prefer it if you do. The [Europass website](#) can help you create a CV. The website is available in lots of languages. You enter your details. You add your experience. Then it will create a CV for you. CVs look different in each country. It's important to use the format used in Germany. You can choose this in Europass.

Credentials and references: It is very important that you include copies of your credentials and references in the application (do not send the original documents!). They include your school- leaving certificate, your university degree and any job references from the past. They should be in German or English – if they are not, you should have them translated. You should also send certificates from any internships, work-relevant professional development courses, or German courses you have taken.

💡 The job advert provides information about how to apply. Please read it carefully.

Written (hard copy) applications: Buy a nice application folder and insert your cover letter, CV, and credentials and references. Then mail the application to the address mentioned in the job advertisement.

E-mail: These days, many applications are sent by email. Bring your covering letter, your CV and your certificates and references together into a single PDF file. Add the PDF file as an attachment to the email. Write a short text in the email to the person who will receive your application.

Online: Large companies have their own website through which you have to apply. You need to register with your email address before you can send your application through the website.

🌐 You can find some more helpful tips for your application at [Planet Beruf \("Planet Career"\)](#).

🌐 [Europass](#) is a multilingual (more than 20 languages) online platform that helps migrants make their skills and expertise obvious to others. It offers a free online tool for creating a "language passport" or CV (see above). You can also find important tips on writing good

applications on Europass.

🔗 You can have a free CV and cover letter created here: [Bewerbung.net](https://bewerbung.net) or [Lebenslauf2go](https://lebenslauf2go.de). You may also be able to import your data from Xing or LinkedIn. It is also possible to write your own text within the template or import files.

🔗 You can find more information and templates for cover letters and CVs here: [Bewerbung2go](https://bewerbung2go.de), [Bewerbungswissen](https://bewerbungswissen.de), [Karrierebibel](https://karrierebibel.de)

Language practice

🔗 You can find exercises for practising job applications and general aspects of starting a career on the [VHS learning portal "I want to learn German"](https://www.vhs.de) and on the [Goethe-Institut's website "German for you"](https://www.goethe-institut.de). You can learn more about the professional world and improve your German language skills.

Labour contract

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

Types of contract:

Open-ended employment contract

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

Fixed-term employment contract

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

Mini job

The maximum earnings per month are € 556 and are tax-free.

Labour law:

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

- Regulation of working hours
- minimum wage
- holiday entitlement
- Protection against dismissal
- Company representation of interests (works council)

- Regulation of the work of trade unions
- and some more

Taxes and social security contributions:

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

Tax identification number:

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

National insurance number:

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




Illegal work:

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




Finding work - counselling and help

There are many places that can help you if you have questions about your profession. They will show you what careers there are and what you need to know and be able to do. They also offer support with practising for applications and help you to find internships or apprenticeships.


Employment Agency


 [Augustastr. 6, 67655 Kaiserslautern](#)
 [08004555500](tel:08004555500)
 www.arbeitsagentur.de

Vocational Information Centre (BiZ) Kaiserslautern

 [Augustastr. 6, 67655 Kaiserslautern](#)
 [06313641220](tel:06313641220)
 [@kaiserslautern-pirmasens.BIZ@arbeitsagentur.de](mailto:kaiserslautern-pirmasens.BIZ@arbeitsagentur.de)


Job Centre City of Kaiserslautern


 [Guimaraes-Platz 3, 67655 Kaiserslautern](#)

 [0631370910](#)

 @jobcenter-Stadt-Kaiserslautern.Vermittlung-723@jo...

Youth Employment Agency

 [Karl-Marx-Straße 13, 67655 Kaiserslautern](#)

 [063137091310](#)

 @jobcenter-Stadt-Kaiserslautern.Vermittlung-731@jo...

Immigration of Skilled Workers

The basics of skilled labour immigration


There is a law in Germany. The law is intended to make it easier for skilled workers to come to Germany. In this case, the skilled workers have vocational training. They are not academics. There are already rules for immigration to Germany for these people.

 You can also find this and further information on the [Make it in Germany](#) page


 You can also take a [quick test](#) on your options here!

For employers


Accelerated skilled labour procedure: Employers need an authorisation from the skilled worker. You can use this to initiate an accelerated skilled worker procedure. You do this at the responsible immigration authority. The company then has an agreement with the authority. Everyone agrees on what the employer, the skilled worker and the authorities may and must do. The procedures and deadlines are described in detail.

 The **fees** cost 411 euros. There is also a visa fee of 75 euros. There are also all other fees (certified copies, translations).

The foreigners authority advises the employer. 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 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.

For skilled workers

💡 Definition of skilled worker: Do you have a university degree? Or have you completed professional training? Did this training last at least two years? Does it mean you are qualified for a profession? Then you are a skilled worker. Do you want to be officially recognised as a skilled worker? Then you need to make an application. Your qualifications must be recognised by the relevant body in Germany.

The procedure depends on which profession is to be exercised in Germany (so-called reference profession). Among other things, this determines the body responsible for recognising the qualification.

Central Immigration Office for Skilled Workers Rhineland-Palatinate

📍 City Hall North, Building B
Petrol ring 1
67657 Kaiserslautern

Looking for Work

Entering the labour market:

Entry into the labour market will be made easier: As a skilled worker, you need to demonstrate three things. You need an employment contract. You must have a concrete job offer. And you need a qualification which is recognised in Germany. We no longer check whether there is a German available for the job. But the Federal Employment Agency still checks the working conditions.

Employment options:

You have a particular qualification. That means you are qualified for a specific profession. You are permitted to work in this profession. You can also work in related professions. Skilled workers with training from university studies can also do other work. For example, skilled workers can work in a profession where no university studies are required.

But skilled workers are not permitted to perform menial labour. Skilled workers must work in a profession which requires vocational training. For the EU Blue Card, you will need work which corresponds to your qualifications.

Skilled workers with vocational training:

Skilled workers with vocational training can work in any profession. The only requirement is that their training must qualify them for that profession. They no longer have to work only in jobs where there is a shortage of workers.

Rules for entering the country

Entering the country to find a job:

Skilled workers with vocational training can enter Germany. You can enter Germany in order to find work here. You will receive a residence permit (Aufenthaltserlaubnis) for up to six months. Your qualification(s) must be recognised in Germany. You must have a secure livelihood for the duration of your stay. You must already speak German well enough to work in your profession. Normally, German language skills level B1 or better are required. Would you like to try out a job first? Then you can work for up to 10 hours a week. This helps you find out whether you like the job. Your employer can get to know you. Skilled workers with

recognised academic qualifications can also try out jobs.

Residence for qualification purposes:

You get more opportunities to obtain qualifications in Germany. Have you tried to get your qualifications recognised? Have the authorities identified problems? Do your qualifications not correspond to German qualifications? Then you need sufficient German language skills. That means German level A2. Then you can apply for a visa. This visa allows you to come to Germany for 18 months. During this time, you can get qualifications. The authorities can extend your visa for 6 months. After that, you can apply for another visa. For example, in order to complete professional training. Or to study at a university. Or to work.

Settlement permit (Niederlassungserlaubnis) for skilled workers from abroad:


Foreign skilled workers can obtain a settlement permit (Niederlassungserlaubnis) in Germany after only four years (previously five years).

For training and studies

Entering the country to find a training placement: Would you like to do a vocational training course? Then you can enter the country to look for a training placement. You need German language skills level B2. You also need a school-leaving qualification which entitles you to study at a university. You must be no more than 25 years old. You must be able to pay your own living costs in Germany.

Expanded transfer possibilities for international students in Germany: International students can get a new residence permit (Aufenthaltserlaubnis) before they complete their studies. For example: You want to train for a professional after studying. To do this, you get a residence permit. The new law for skilled workers makes this transfer easier: Are you a student? And do you want to get a job? Then you can accept a job. You must meet specific conditions for this. These conditions are set by the Federal Employment Agency (Bundesagentur für Arbeit). Once everything has been checked, you will get a new residence permit.

Settlement permit for graduates of a training programme in Germany: Under the new law, foreign graduates of vocational training programmes in Germany, like university graduates, can obtain a settlement permit after only two years.

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

Independence

Who can become self-employed in Germany?

In Germany, many people can have their own business. This means they open a shop, a restaurant or something else that they do themselves. But not everyone is allowed to start a business straight away. You have to be able to do certain things and follow certain rules. For example, you need to be adults who have an idea and want to work hard. It's also important to know how to handle money.

There are also situations in which you are not allowed to open your own business. This is, for example, if:

- You are still waiting for a decision on your asylum application
- Your asylum application has been rejected
- You have a tolerated stay

Further information

- [Online guide "GründerZeiten"](#) (German and Arabic)
- [Business start-up portal](#) (German, French, Italian, Russian and Turkish)
- [Homepage of the IQ Centre for Migrant Economy](#) (German, English, French, Polish, Spanish, Pashto, Bosnian, Russian, Chinese, Ukrainian, Turkish, Tigrinya, Vietnamese, Arabic)

Training

Berufsschule

Are you over 15 years old? Are you no longer in a general-education school (Allgemeinbildende Schule)? Then you have lots of opportunities at vocational schools. You can prepare for your future career. You can get a general school-leaving qualification. In Germany, everyone under the age of 18 must attend school!

The following types of schooling exist at vocational schools:

career-entry (Berufseinstiegsjahr - BEJ) year or career-preparatory year (Berufsvorbereitungsjahr - BVJ)

Vocational schools offer courses for pupils with or without a secondary school leaving certificate. Have you not yet confirmed a place on a training course? Do you not yet have a clear idea of where you want to work? This will give you insights into various professional fields. You can build on your Hauptschule qualification. Or you can get your Hauptschule qualification.

Vocational school (Berufsschule):

At these schools, training is through a dual-track system. Part of your training happens at the school. The other part happens at a company.

Vocational schools for specific professions (Berufsfachschule):

Vocational schools for specific professions can prepare you for your future career. The courses last between 1 and 3 years. You will get basic professional training. Or preparation for a profession. Or even a professional qualification. If you already have a school-leaving qualification, then you can get your next qualification here. Vocational schools are usually split into the following professional fields:

- commercial/business professions
- home economics/socio-educational care or nursing
- business/technical professions

Preparatory training school (Fachschule):

You can continue your professional training at a Fachschule. The courses usually last 1 or 2 years. Do you already have professional training? Have you worked before? These courses will expand your knowledge. Their aim is to go into more depth on what you know. Once you have completed these courses, you can work in middle management. Or you can become self-employed. These schools are likewise split up into the following subject areas:

- Engineering
- Economics
- Social work
- Agricultural economics
- Design

Vocational college (Berufskolleg):

You need an intermediate school-leaving certificate (mittlerer Bildungsabschluss) in order to attend a vocational college. A vocational college is a place where you can get more professional qualifications. You can also get an advanced technical college certificate. That means you can study at a university. There are vocational colleges for the following fields:

- Engineering
- Economics and administration
- Social education
- Health and nursing
- Home economics

Upper secondary vocational school (Berufsoberschule):

Have you already completed training? Do you have an intermediate school-leaving qualification? Then you can attend an upper secondary vocational school (Berufsoberschule). You will spend two years there. This school prepares you for the general university entrance certificate. To do this, you must learn a second foreign language. If you don't learn a second foreign language, you will get a subject-specific university entrance certificate. That means you can only study certain subjects. The following types of upper secondary vocational schools exist:

- Technical upper secondary school (Technische Oberschule)
- Upper secondary school for economics (Wirtschaftsoberschule)
- Upper secondary school for social work (Oberschule für Sozialwesen)

Vocational grammar school (Berufliches Gymnasium):

Would you like to study at a university? Then you will need an Abitur, the general qualification for university entrance. You can earn your Abitur at a vocational Gymnasium (grammar school). To do so, you need an intermediate school-leaving certificate. Your grades must be 3.0 or better on average. Then you can attend a vocational Gymnasium for three years. After the three years, you will get your Abitur. This type of school is likewise split up into corresponding subject areas:

- Technical subjects
- Economics

- Social work and healthcare
- Agricultural sciences
- Biotechnological subjects
- Nutritional science

Education (dual training and full-time school)

Would you like to start working? Then having a **professional qualification** will give you a big advantage. People with professional qualifications earn more money on average over their career. They are less likely to become unemployed. They are less likely to get fixed, short-term contracts.

Dual training

A special feature in Germany is the dual training system. You can work at a business. At the same time, you can go to a school or college. That way, you learn both theory and practice. You spend two thirds of your time working. You spend one third of your time in school or college. Training takes 3 years. Depending on the profession, it may take longer. If you have the general qualification for university entrance (Abitur), you can complete your training more quickly.

Depending on the type of profession you would like to learn in dual training, you should contact the right place:

Chamber of Crafts (HWK; Handwerkskammer)

The Chamber of Crafts (HWK) is responsible for craft professions. This includes professions such as bakers, bricklayers or painters.

📍 [Am Altenhof 15, 67655 Kaiserslautern](#)

☎ [063136770](tel:063136770)

@ info@hwk-pfalz.de

Chamber of Industry and Commerce (IHK Industrie- und Handelskammer)

The Chamber of Industry and Commerce (IHK) is responsible for professions in industrial manufacturing, trade and services. Here, for example, we are talking about plant mechanics or wholesale and foreign trade clerks.

📍 [Europaallee 14, 67657 Kaiserslautern](#)

☎ [0631414480](tel:0631414480)

@ service.kl@pfalz.ihk24.de

Preschool education at the vocational school

In Germany, however, there is also full-time education at a Berufsfachschule (vocational college). This type of training provides a completed vocational training in theory and practice outside of the dual training system (without an apprenticeship at a company). It usually lasts two to three and a half years. Classes are full-time. They include general education subjects

as well as subjects related to the specific profession. Vocational schools vary greatly in terms of their training courses, admission requirements, duration of training and further education opportunities. So you should talk to the school you're interested in.

BBS - I Engineering Kaiserslautern

📍 [Kaiserberggring 29, 67657 Kaiserslautern](#)

☎ [06313727-0](#)

BBS - II Economy and Social Affairs Kaiserslautern

📍 [Martin-Luther-Straße 20, 67657 Kaiserslautern](#)

☎ [0631 - 3649930](#)

Support during training

There is something called [training-related assistance \(abH\)](#). This is help for people who are having difficulties with their training or learning. If you are having problems with your grades at school or something else is bothering you, you can go to the employment agency or job centre. They can help you and make a plan on how you can learn better. For example, you can get tutoring in subjects such as German or help to prepare for exams. If you also have problems with your training place, you can get support there. The best thing is that this help is free of charge and will help you to graduate.

Supportive funding - vocational training allowance (BAB)

If you don't earn enough money during your training, you can also ask the employment agency or job centre if they can give you money. This is called "Berufsausbildungsbeihilfe" (BAB).

You can find out what you need for this on the [Employment Agency's website](#).

Counselling and help with training

There are many places and people who can help you in your search for a career. They support you in finding a career, provide information about different job profiles and their requirements. They also offer application training to help you with your applications. If you are looking for internships or apprenticeships, they can also help you with this. They can also provide you with important addresses that you need for your professional orientation.

Important addresses

KAUSA Rhineland-Palatinate regional office

📍 [Karlsbader Straße 2, 67065 Ludwigshafen](#)

Contact: Mr Mesut Acar

☎ [062153824442](#)

@macar@hwk-pfalz.de



Employment Agency

📍 [Augustastr. 6, 67655 Kaiserslautern](#)

☎ [08004555500](#)

@ [www.arbeitsagentur.de](#)

Job Centre Kaiserslautern-City

📍 [Guimarães-Platz 3, 67655 Kaiserslautern](#)

☎ [0631370910](#)

IQ Network - Recognition and qualification counselling



VerAplus initiative - improving training success

VerA helps with

- Problems at the vocational school
- Conflicts in the training company
- Lack of motivation to learn
- the search for additional support programmes

Goals

- Successful completion of the training programme
- Strengthening social skills
- Coping with exam stress
- Improving self-organisation
- Promoting personal development

Preventing students from dropping out of training: The VerAplus initiative of the Senior Expert Service (SES) has been working for over 10 years to prevent people dropping out of training. It is regrettable that around 25 per cent of all training contracts in Germany are terminated prematurely. This shows how challenging the start of a career can be for many young people. The VerAplus mentoring programme offers support to those who are struggling and helps them to overcome their challenges. It is encouraging to know that there are programmes aimed at increasing the chances of successfully completing training and helping those affected to find a new training occupation or company.

Success thanks to the tandem model

VerAplus helps young people who are doing an apprenticeship and need support. They bring these young people together with friendly, experienced people who are already retired. It always happens on a one-to-one basis, so everyone gets their own helper. It's great because it works so well! Over 75 out of 100 young people achieve their goal with this help. More than 20,000 young people have already benefited from VerAplus since it was launched.

For the skilled workers of tomorrow

VerAplus helps young people who are doing an apprenticeship, whether at school or in a company. This also applies to young people who are preparing for a career, such as refugees

who are looking for a job. It is particularly important that VerAplus also helps in rural areas and for professions in the health and care sector. VerAplus support initially lasts one year, but can be extended if more time is needed. If someone would like help, they can register via a registration form on the website vera.ses-bonn.de.

Training counsellors

The VerAplus helpers are experts from SES who help young people with their training. Before they start, they have completed a two-day training course to ensure they are well prepared. They also meet regularly to learn more and share their experiences. To provide them with some support for their work, they receive a small amount of money each month.

Costs and support

The help provided by VerAplus is free of charge for the young people undergoing training, as well as for the companies and schools. VerAplus works together with various important groups, such as the Federal Association of Liberal Professions, the Chamber of Industry and Commerce and the German Confederation of Skilled Crafts. VerAplus also receives support from the Federal Ministry of Education and Research because it is part of a project designed to help young people successfully complete their training.

About the SES

SES is the largest organisation in Germany dedicated to helping volunteer professionals and managers who are retired or taking a career break. Since 1983, SES has been helping to pass on knowledge and experience in development co-operation. In Germany, SES focuses in particular on supporting young people in schools and training programmes. In total, SES has more than 12,000 experts, 5,000 of whom are willing to accompany young people during their training.


Contact VerAplus

Senior Expert Service (SES) gGmbH
VerAplus initiative
Kaiserstrasse 185, 53113 Bonn
[+49 \(0\) 2282609040](tel:+4902282609040)

Apprenticeship mentors wanted!

Would you also like to get involved with VerAplus? Then register with SES. We look forward to hearing from you! You can find all information at: www.ses-bonn.de

Contact in Kaiserslautern:

Klaus Zimmermann
Regional Coordinator Initiative VerAplus
 [01607878755](tel:01607878755)
@pfalz@vera.ses-bonn.de

Studies

German university system

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 study 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 do not accept late applications.

No university entrance qualification

You can study in your home country with your school-leaving certificate? But not in Germany? You can catch up on your university entrance qualification at a preparatory college. Preparatory colleges are specially designed for foreign applicants. They prepare you for studying in Germany.

Funding and scholarship

State support and scholarships


As a student, you can receive financial support in Germany. This is possible via the Federal Training Assistance Act (BAföG for short). The BAföG is paid out monthly by the government. 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](#)

Working alongside your studies

Many students work alongside their studies. It is important that you do not neglect your studies as a result. It is regulated by the state that you are not allowed to work more than 20 hours per week during the lecture period (semester). If you exceed this maximum number of hours, you may be excluded from the university. You must also note that there is a maximum number of semesters until you complete your Bachelor's or Master's degree, which you may not exceed.

Working student

You can become a working student in your first semester or later.

Many degree programmes also offer the opportunity to be employed by a company as a working student. There you can gain initial experience and earn money on the side. Companies usually offer contracts on a 10-20 hour per week basis. Another advantage is that working students who perform well are often taken on after their studies and you could secure a job. Find out about companies in your area. The concept of working students is widespread.

Dual study programme

This combines an apprenticeship with a degree programme. As a rule, you work in the company during the semester break. The company finances you during your studies, even if you do not work during this time.

Student assistant

These are advertised positions at universities. Many of them can be found on notice boards or you can enquire in person at the university. As a student assistant, you work a fixed hourly rate per week (max. 20 hours). This involves carrying out tasks that help a lecturer, a department or a university organisation, for example. You are usually paid the minimum wage.

Mini job/556€ basis

Many students work part-time in the catering trade (as bartenders, waiters and the like), give private tuition or help with childcare.

There are always lots of job adverts on the university notice boards.

Most students work in a mini-job (556€ basis). The advantage is that you are classed as marginally employed - and therefore do not have to pay taxes or social security contributions (unemployment, health and long-term care insurance). This can be easily combined with your studies. You can find more information at www.minijob-zentrale.de (available in plain language and German).

Kaiserslautern University of Technology (TUK)

The Technical University of Kaiserslautern was founded in 1970. It is the only university in Rhineland-Palatinate that specialises in technology and natural sciences. The university is located on one campus. It has around 14,900 students. There are twelve faculties with many [degree programmes](#). Many degree programmes have an interdisciplinary approach and therefore combine different subject areas.

Do you have questions about German-language degree programmes? Then ask Mrs [Susanne Jacob](#). If you have any questions about German courses, please contact the [VKB e.V. office: the office](#). If you are interested in coordinating activities for refugees at TU Kaiserslautern, please contact [ISGS: Dr Parya Memar](#).

Kaiserslautern University of Applied Sciences

Kaiserslautern University of Applied Sciences (HAW) is a university of applied sciences. You can study engineering, business, design, health and computer science there. It has 6200 students. They come from over 80 countries. There are 150 professors teaching there. There are five faculties. You can study in Kaiserslautern, Pirmasens and Zweibrücken.

There are 60 degree programmes. You can do these as a Bachelor's, Master's or further education programme. Students and professors can collaborate with more than 100 other universities around the world. This helps them to gain international experience.

Do you have any questions? Click [here](#).

Kaiserslautern University of Applied Sciences

📍 [Schoenstr. 11, 67659 Kaiserslautern](#)

☎ [063137240](#)

@ [resse@h](#) s-kl.de

Links to the topic

Information on the degree programme in German and English:

🌐 www.study-in.de

Information on studying for refugees:

🌐 www.study-in-germany.de/fluechtlinge/

Free online university for refugees:

🌐 Kiron Open Higher Education

Recognition of school and university degrees:

🌐 www.aner.kennung-in-deutschland.de/html/de/schulabschluesse_studienabschluesse.php

Further helpful links:

🌐 <https://www.telc.net/ueber-telc/aktuelles/detail/...>

🌐 <https://www.goethe.de/de/index.html>

Integration Campus

Ingolstadt University of Applied Sciences (THI) has a special programme for people who have had to flee their home countries. These people should already have a good education. If they want to live in Germany, they can come to Ingolstadt and live there. In this programme, they can prepare to study at a university. The aim is to help them so that they can find a job later on. The programme lasts about 2 years.

You can find more information here:

🌐 <http://www.integration-campus.de>

Recognition of certificates

Recognition of foreign educational qualifications

Certificates are very important in Germany. You get them at school. Or at university. Or at work. At work, they are called a work certificate. Certificates are proof of what you have already learnt and achieved. Certificates are the decisive prerequisite for getting a job. You also need a certificate to be admitted to a school or university. Have you already obtained certificates

abroad? Have these certificates recognised in Germany. They will check what you are qualified for in Germany based on your certificates. Your achievements will be translated, so to speak. It may be that you no longer have your certificates. In this case, you can try to have your work experience and professional skills recognised through tests.

The [federal government has an information portal](#). It will help you with your search.

You can find more information on the recognition of foreign professional qualifications on the [website of the BAMF](#) (Federal Office for Migration and Refugees).

Recognition of foreign educational qualifications

Certificates are very important in Germany. These are documents that show what you have learnt and what you are good at. You get them at school, at university and also at work. If you are looking for a job later on, your certificates will help you so that people can see what you can do. You also need a certificate for school or university. If you already have certificates from another country, you can have them **recognised** in Germany. This means that they will look at what your certificates mean in Germany. They translate what you have learnt. Sometimes you may no longer have your certificates. In this case, you can try to have your skills and experience recognised through tests.

Specialist advice centre for recognition

💡 If you want to study or work as a scientist later on, you can find out from the universities how you can have your certificates recognised.

RPTU Kaiserslautern:

Student Service Centre Kaiserslautern

📍 Gottlieb-Daimler-Straße, 67663 Kaiserslautern
Building 47

☎ 0 6312055 252

@s sc-kl@rptu.de

University of Applied Sciences KL:

Kaiserslautern University of Applied Sciences

University of Applied Sciences

📍 Schoenstraße 11, 67659 Kaiserslautern

@p resse@hs-kl.de

☎ 0 6313724 0

Here you can find further information and counselling services:

[Recognition portal](#)

[IHK Chamber of Industry and Commerce for the Palatinate](#)

[IQ Recognition and qualification counselling](#)

[Palatinate Chamber of Crafts](#)

[ADD RLP](#)

[Job Centre City of Kaiserslautern](#)

[Federal Employment Agency](#)

[anabin" database](#)

[ZAB RLP](#)

[Rhineland-Palatinate Chamber of Agriculture](#)

[Rhineland-Palatinate Medical Association](#)

Official certification of certificates

If you have an important document, such as a certificate, the authorities must ensure that it is genuine. To do this, it must be notarised. This is particularly important if you want to enrol at a university. All copies of your certificate must be notarised.

Translation of documents

If you want to have documents such as certificates or birth certificates translated, only specialised, certified translators are allowed to do this in Germany. These translations can be expensive, so check carefully beforehand whether you really need a certified translation. Only a translator who is trained to do this can certify the accuracy of the translation.

Notarisation of copies and photocopies

If you would like to have a copy of a document certified, you can go to the Citizens' Centre. You do not need an appointment, but you may have to wait a long time, especially on Mondays when there are a lot of people there. If you want to pick up your identity card or passport, you don't need an appointment either. However, you can also book an appointment online.

General information

An official legalisation shows that the copy of a document is correct. You can have copies certified at the Citizens' Centre if the original comes from a German authority or if you need the certified copy for a German authority. If the document consists of several pages and the order is no longer clear, it cannot be notarised.

For certain documents, only other authorities may issue certified copies. If you wish to have private documents notarised, you must go to a notary.

Necessary documents

- The original document
- The copies you wish to have certified (you can also have these made at the Citizens' Centre)
- Your identity card or passport.

Fees

Notarisation for residents

5,00 Euro

Fee for copy of original / page

0.30 Euro

Legal basis

§ Section 1 LVwVfG in conjunction with Section 33 VwVfG, Section 65 BeurkG

State law on the authorisation of notarisation,

General schedule of fees

Citizens' centre

[Willy-Brandt-Platz 1, 67657 Kaiserslautern](#)

☎06313652538

@buergercenter@kaiserslautern.de

Opening hours:

Monday - Wednesday: 8:00 - 16:00

Thursday: 9:00 - 18:00

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

Please note any information on the homepage.

Digi Scout

Digi Scout

Smartphone, internet and co.

We are happy to help you!

Digi Scouts help people on SGB II benefits to learn digital skills for work. Their aim is to strengthen basic skills and reduce fear of digital media. The "Digi-Scouts" offer individual and group coaching sessions in the job centres to support individual needs. Digital skills are important for participation in working life and in society.

Do you have difficulties using digital media, would you like to expand your existing knowledge or are you new to this area and need help?

Our office is located in the building of the [Job Centre of the City of Kaiserslautern](#):

📍 [Guimarães Platz 3, 67655 Kaiserslautern](#)

Opening hours at the job centre:

Monday - Friday: 8:00 - 12:30

Tuesday and Thursday: 13:30 - 16:00

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.

Health department

The public health department is part of the healthcare system in Germany. It helps to protect people from infectious diseases. It also makes sure that various businesses are clean. These include hospitals, nursing homes, restaurants and cafés. If you want to work in a restaurant, you must undergo training in infection control. The public health department also has other tasks. It provides information about AIDS and looks after the medical service. In schools, they explain how to prevent diseases. The public health department also informs people about health risks.

Kaiserslautern Health Department

📍 [Pfaffstraße 40-42, 67655 Kaiserslautern](#)
 ☎️ 0 [6317105](#) 520
 @k [ontaktg](#) a@kaiserslautern-kreis.de
 🌐 [https:// www.kaiserslautern-kreis.de/verwaltung/gesundheitsamt/](https://www.kaiserslautern-kreis.de/verwaltung/gesundheitsamt/)

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Kaiserslautern Health Department

📍 [Pfaffstraße 40-42, 67655 Kaiserslautern](#)

☎ 0 6317105 520

@kontaktg a@kaiserslautern-kreis.de

🌐 [https:// www.kaiserslautern-kreis.de/verwaltung/gesundheitsamt/](https://www.kaiserslautern-kreis.de/verwaltung/gesundheitsamt/)

Health Insurance

In Germany, insurance is compulsory. Do you have a residence permit? Then you must register with a regular health insurance scheme. An insurance card will be sent to you. Then you will get the same healthcare services as all residents in Germany.

If you have an acute illness in another country, you can also receive basic healthcare in many doctors' practices and hospitals in other countries. You can get information about this from your health insurance provider.

You can choose a general practitioner (family doctor) of your choice. Do you need specialist medical treatment? Then your family doctor will give you a referral.

💡 You are going to a hospital? Do you go to see a therapist? Do you go to the doctors? Then take your insurance card with you.

Insurance card

The insurance card is very important. It means that when you see the doctor, The work of the doctors is paid for by your insurance company. The card also insures you across Europe. It is called the European Health Insurance Card (EHIC). It means you can see a doctor in all EU countries.

💡 Are you travelling to a country outside the EU? Then you should get additional insurance. Insurance for other countries will protect you when you travel. It is called foreign health insurance ("Auslandskrankenversicherung").

Do you want to understand the German healthcare system? This [website](#) will give you information. The information is available in German and English.

You can find all relevant information about health insurance in 40 languages 🌐 [here](#). The website explains the different types of insurance. It will tell you what you need to look out for.

👥 As a refugee and an asylum seeker, you don't yet have health insurance. You need a health insurance certificate. This will allow you to see a doctor. You can get these certificates from the [Social Welfare Office \(Sozialamt\)](#).

Treatment certificate at the Social Welfare Office

📍 [Maxstraße 17 + 19, 67659 Kaiserslautern](#)

☎ [0631365-1500](tel:0631365-1500)

@soziales@kaiserslautern.de

🕒 Monday, Tuesday, Thursday 8:00 - 12:30 and 13:30 - 16:00
Friday 8:00 a.m. - 1:00 p.m.

Visiting a doctor


Family doctors and specialist doctors

Are you sick? Then see your Hausarzt (family doctor). You can choose your own GP. GPs choose their own opening hours. Do you need help from your family doctor? Make an appointment.

GPs carry out important examinations. They are your first point of contact if you are ill. They will decide which medication you need. They will also decide whether you need to see a specialist.

If necessary, your family doctor will refer you to a specialist. These can carry out special examinations.

If the office is closed, the medical on-call service will help you (Tel. [116117](tel:116117)).

 You can find emergency medical practices [here](#). These are doctors who can also help you out-of-hours.

Paediatricians


Paediatricians treat children. There are specific check-ups for children. They are important for your child's health. The aim is to stop them getting ill. Children must also be vaccinated. Vaccinations are important. They stop children getting certain diseases. The required check-ups are called "U-Untersuchungen". They always take place at a certain time. They are free of charge. Please ask a paediatrician for information about the "U-Untersuchungen".


Dentists

If you have toothache, you should go to the dentist.


Gynaecologists

It's important that women get regular check-ups from a gynaecologist. The doctors can detect diseases early enough. This is called screening. You can also discuss contraception there.



 Do you need help finding a suitable doctor? Ask a [support network](#). Or ask the support staff in your accommodation.

 Are you an asylum seeker? Are you sick? Do you need to see a doctor? Then you can get a treatment certificate from the [Social Welfare Office \(Sozialamt\)](#). This means your visit to the doctor will be free of charge.

[Einfügen: z.B. Kontakt für Behandlungsschein in der Region, meist Sozialamt]

 Do you need an operation? Is it not an emergency? Then the [Social Welfare Office](#) must approve your hospital stay. Apply for this approval before you go to hospital. Your doctor will provide you with a medical certificate. The Social Welfare Office will only cover medically necessary operations.

Medical on-call practice in Kaiserslautern/ Central Emergency Ambulance (ZNA)

 [Hellmut-Hartert-Straße 1, 67655 Kaiserslautern](#)
 [0631203-1240](tel:0631203-1240)

🕒 On weekends Friday 16:00 - Monday 7:00,
Wednesday from 2:00 p.m. to 7:00 a.m. the following day,
Holidays from 7:00 a.m. to 7:00 a.m. on the following day

Hospital in Kaiserslautern

The hospital in Kaiserslautern is a big place where people go when they are ill or injured. Many doctors and nurses work there to help people get well again. There are special rooms in the hospital where patients sleep and are treated. Sometimes people also have to have a minor operation so that they are fit again. The hospital is therefore a place where people are cared for and made well again.

Westpfalz-Klinikum Kaiserslautern

📍 [Hellmut-Hartert-Straße 1, 67655 Kaiserslautern](#)
☎ [06312030](#)

Operations

If someone needs an operation but it is not an emergency, the social welfare office must give its prior consent for the costs to be covered. The doctor writes a certificate stating that the operation is necessary. Only operations that are really medically necessary can be paid for. This means that only the treatments that are really needed are paid for by the social welfare office.

Compulsory provider for mental health in the city and district of Kaiserslautern

Pfalzkrlinikum AdöR

Clinic for Psychiatry, Psychosomatics and Psychotherapy
📍 [Albert-Schweitzer-Straße 64, 67655 Kaiserslautern](#)
☎ [063153490](#)
@ [www.pfalzkrlinikum.de](#)

With memory outpatient clinic for the assessment and differential diagnosis of mental performance disorders in old age

☎ [063153492237](#)
@ [www.pfalzkrlinikum.de/ppp-kaiserslautern](#)

Social welfare office Kaiserslautern

📍 [Maxstraße 17+19, 67657 Kaiserslautern](#)
☎ [06313651500](#)

🕒 Monday - Friday: 8:30 am - 12:30 pm

Please make an appointment.

MEDGUIDE Medical phrase book

Imagine MEDGUIDE is like a big, special dictionary for doctors and nurses that helps when people can't communicate in the same language. When someone goes to the doctor and doesn't speak the same language as the doctor, it can be difficult to understand each other. MEDGUIDE then helps so that the doctor can explain to the patient what is happening and so that the patient can ask questions or say what he or she needs. This makes a visit to the doctor much easier and better for everyone!

@www.edition-medguide.de

Picture cards for intercultural communication (BIK) for (geronto-)psychiatry

There are picture cards for (geriatric) psychiatry to communicate with patients who cannot speak German well. The cards show things you do in everyday life, such as washing and dressing, breathing, communicating, being awake and sleeping, eating and drinking, going to the toilet, regulating body temperature, moving and keeping busy. There is also a card that helps to relieve pain.

<https://www.pfalzkrankenhaus.de/gerontopsychiatrie/b...>

iFightDepression

Depression can affect anyone.

Depression is a common illness. It affects many people. It is not just sadness or a bad mood that passes quickly. Social, psychological and biological factors all play a role in depression.

When someone suffers from depression, their feelings, thoughts and even their body can feel different. It is not a temporary mood or weakness. You can't just get rid of it.

Depression can affect anyone, male or female, young or old. Even people who appear happy and carefree on the outside can suffer from depression.

But there is help for depression. If you think you are suffering from it, you should seek support.


<https://ifightdepression.com/de/>

Medication and pharmacies/chemists

Do you need medication? Then go to your doctor. They will give you a prescription. You can get your medication with this prescription at any pharmacy. Chemist's shops are usually open from Monday to Saturday. The opening times vary according to each chemist. Do you urgently need medication at night or at the weekend? Every pharmacy has a sign with the name and address of a pharmacy that is open for emergencies. This information can also be found on the internet.

Search for emergency chemists ("Apotheken-Notdiensten")

 www.aponet.de

 As an asylum seeker, you can get many medicines without having to pay surcharges. Ask your doctor about it. If you do not have a prescription, you will always have to pay for the medication.

Opening hours

Chemist's shops are usually open from Monday to Saturday. The opening hours vary depending on the chemist's shop (often: 9.00 - 18.00).

On-call service

If you need medication urgently at night or on weekends, you will find a sign at every chemist's with the name and address of the chemist's that is available for emergency service. You can also find this information on the [internet](#).

💡 Medicines for which you do not need a prescription can also be bought at the drugstore. They cost less money there.

Emergency numbers - SOS

An emergency is an acute threat to health. Do you have an emergency? Then call an emergency doctor.

Emergency contacts

Police ☎ [110](#)

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

Ambulance, emergency doctor ☎ [112](#)

💡 The emergency numbers on mobile phones always work. Don't have any credit on your mobile phone? The number still works!

Important information for an emergency call

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

Remain calm. Speak slowly and clearly. Then you will be better understood. Do not end the conversation. Has all the important information been communicated? The emergency call centre / police will end the call.

💡 Are you going to hospital? Don't forget your ID card or proof of arrival. Are you registered with a health insurance company? Bring your insurance card with you.

👤 As an asylum seeker, you are only allowed to go to hospital in an emergency without a treatment voucher. You must show your proof of arrival at the hospital. The hospital will then recognise that you are an asylum seeker. The costs are paid by the social welfare office.

Counselling centres and assistance services

Violence against women helpline

Violence against women helpline

☎ [116016](#)

🌐 www.hilfetelefon.de

The violence against women helpline advises women affected throughout Germany. The counsellors on the helpline provide advice on all forms of violence against women. If necessary, they can refer you to suitable local support centres. Online counselling is also possible via the website. The counselling sessions are confidential. Would you like to remain anonymous? That's no problem. You don't have to give any personal details on the phone. This also applies on the website. If you have hearing difficulties, you can book a free interpreting service via the website. The conversation with the counsellors will be translated into German sign language. It can also be translated into written language. Counselling is possible in many languages with the help of interpreters.

The family guide


The family guide

 www.familienratgeber.de

Aktion Mensch has produced a family guide for people. This guide helps people with disabilities and their families. It contains lots of important information and addresses. There is also a website where you can find out more about living with a disability. The information is in simple language so that it is easy to understand. It covers topics such as school, work, leisure, accessibility, rights, housing, counselling and also health and care insurance.

 [Family portal of the federal government](#)

There are many places in Kaiserslautern where you can get free medical help: [Psychosocial guide](#)

Information in 13 languages about the human body and sexual health is available at  www.zanzu.de

breastcare app

Breast cancer is the most common form of cancer worldwide. One in every eight women in Europe contracts breast cancer during the course of their lives. In Germany alone, around 70,000 women get breast cancer every year. The earlier the illness is detected, the higher the chance of recovery in most cases. About 25% of cases could be prevented through a healthy lifestyle. The breastcare app works on a scientific basis. It explains everything you need to know about breast cancer. It also covers early detection. And it will tell you how important it is to lead a healthy lifestyle. The app is currently available in seven languages: Arabic, German, English, Farsi, French, Spanish and Turkish.

The breastcare app

- reminds you to feel your own breasts with a calendar reminder
- explains how to feel by yourself with illustrated step-by-step instructions
- clarifies risk factors and symptoms and provides specific tips on a healthy lifestyle
- answers questions on early detection medical examinations in Germany
- links to numerous points of contact, such as breast centres, integration officers or support services to which women can refer in the event of questions
- tells the stories of women affected that provide encouragement

You can download the app from the Apple and Google app stores. The app is free. You can use the app without providing any personal data. It is free of advertising and set up for the long term. More information is available in seven languages at: www.breastcare.app

Counselling and help with addiction / dependency

Sometimes people can get into trouble because they do too much of something that is not good for them. This is called addiction or dependence. For example, it can be when someone takes certain things like alcohol or drugs. If someone has such problems, it is very important that they get help. In Kaiserslautern, there are special places that support people. These are called counselling centres. There, adults talk to people and help them to recover and deal with their problems better. If you know someone who needs help, you can tell them that there are always people who want to help. It is courageous to ask for help and that is the first step to being happy and healthy again.

Addiction counselling centres in Kaiserslautern:

📍 [Caritas Centre Kaiserslautern, Engelsgasse 1, 67655 Kaiserslautern](#)
 ☎ [063136120222](tel:063136120222)
 @ ulrike.ebert-wenski@caritas-speyer.de



<https://www.caritas-speyer.de/angebote/suchtberatung#c4319>

📍 [Haus der Diakonie, Pirmasenser Straße 82, 67655 Kaiserslautern](#)
 ☎ 063172209
 @ hdd.kl@diakonie-pfalz.de
 🌐 <https://www.diakonie-pfalz.de/diakonie-pfalz/haeu...>

Youth and drug counselling - Release- Kaiserslautern

📍 [Am Gottesacker 13, 67655 Kaiserslautern](#)
 ☎ 063164575
 🌐 <https://www.release-kl.de>
 @ info@release-kl.de

Blaues Kreuz Kaiserslautern e.V.

📍 Pirmasenser Straße 82, 67655 Kaiserslautern
 ☎ 015128730033 (after 4 pm)
 @ KL@blaues-kreuz-pfalz.de

Further helpful links:

🌐 <https://www.sucht-und-flucht.de/>



<https://www.migration-gesundheit.bund.de/de/startseite/>

Addiction outpatient clinic, individual counselling on addiction-specific treatment options

Registration for open consultation hours:

Pfalzkrankenhaus - Clinic for Psychiatry, Psychosomatics and Psychotherapy

 [Albert-Schweitzer-Straße 64, 67655 Kaiserslautern](#)

 [063153492227](tel:063153492227)

 [@www.pfalzkrankenhaus.de](mailto:www.pfalzkrankenhaus.de)

Tuesday - Thursday: 8:30 - 9:00 am


Sexual health

Being healthy doesn't just mean that your body is strong - it also includes things like love, closeness and your own body. Some topics are very personal and not easy to talk about. For example, how you treat your own body or how you feel when you like someone. But that's completely normal and it's important to be able to talk about such things - especially if you have questions or don't understand something. It's okay to be curious. And it's good to have the confidence to talk about it with someone you trust.

AIDS-Hilfe Kaiserslautern helps people who have questions about HIV/AIDS. HIV is a virus that can be contracted through unprotected sex. The organisation explains how you can protect yourself and offers help if someone is worried.

AIDS-Hilfe Kaiserslautern e.V.


 [Pariser Straße 23 / Entrance Bleichstraße, 67655 Kaiserslautern](#)

 [0 6311809](tel:06311809) 9

 <https://www.aidshilfe-rlp.de/kaiserslautern/>

pro familia Kaiserslautern

 [Maxstraße 7, 67659 Kaiserslautern](#)

 [+49 \(0\) 63163619](tel:+49063163619)

Pregnancy counselling

Pregnancy conflict counselling


Sexual counselling

Family planning counselling

Contraception counselling

The **Kaiserslautern Health Department** also offers counselling and support.

The counselling centre for sexually transmitted diseases (STD) and AIDS (HIV) has consultation hours. AIDS tests can be carried out. You can get help and information there.

 [0 6317105](tel:06317105) 538

 <https://www.kaiserslautern-kreis.de/verwaltung/ge...>


Consultations of the House of Diakonia

There are various counselling services to help people at **the Diakonie Kaiserslautern centre**:


- Social and life counselling with pregnancy counselling - People who have problems in life, for example with money or personal difficulties, receive help here. Pregnant women and their partners also receive counselling if they have any questions.
- Debtor and insolvency counselling - If someone no longer knows how to deal with their money, they can get help here. People who have money problems and feel bad about it receive support.
- Addiction counselling - This centre helps people who are addicted, for example to alcohol, tobacco, drugs, gambling, the internet or smartphones. Family members can also find help here.
- Parenting and family counselling, marriage, couple and life counselling - Families with children under the age of 18 can get help here. If there are questions or problems in family life, you will be helped to find solutions.
- Intervention centre against violence in close social relationships and stalking (IST) - This centre helps women who are in a difficult relationship or are being stalked by someone. They receive advice and support so that they can protect themselves.

House of social welfare

 [Diakonisches Werk Pfalz, Pirmasenser Straße 82, 67655 Kaiserslautern](#)

 0 6317220 9

 [@hdd.kl@diakonie-pfalz.de](mailto:hdd.kl@diakonie-pfalz.de)

 <https://www.diakonie-pfalz.de/diakonie-pfalz/haeu...>

Advice from the Caritas Centre

The Caritas Centre Kaiserslautern offers many counselling services:

- Addiction counselling (alcohol, drugs, smoking, etc.) - support for people with addiction problems. Also for their relatives.
- Counselling for pregnant women - help and information about pregnancy and birth. Also for financial worries.

- Hospice and palliative counselling and support - support for seriously ill and dying people. Also for their relatives.
- Parenting, marriage and life counselling - Do you have questions about parenting or are you worried about your child? Do you have problems in your relationship? Do you have feelings such as anxiety or grief? We can help you here.
- Migration and integration counselling - Advice and support for immigrants with all questions and problems related to their migration process.
- Debtor and insolvency counselling - help for people with debts that make life difficult and no way out seems possible.
- General social counselling - Do you need help? Would you like support in a crisis? Are you looking for a way out of your predicament? Then you can get help here.

Caritas Centre Kaiserslautern

📍 Edith Stein House, Engelsgasse 1 , 67657 Kaiserslautern

☎ Phone: [0631361200](tel:0631361200)

@ caritas-zentrum.kaiserslautern@caritas-speyer.de

🌐 <https://www.caritas-speyer.de/caritas-zentren/kai...>

Dementia network for the city and district of Kaiserslautern

Dementia Network Kaiserslautern City and District

The [Kaiserslautern City and District Dementia Network](#) is a group of different people and organisations that work together. They want to help people who suffer from dementia. Dementia is a disease in which you forget many things - for example, names, routes or what you were about to do. The group wants to ensure that these people can continue to participate in normal life. They also want the patients to be well cared for and treated - preferably in the neighbourhood where they live. Their families should also receive help.

Children, youth and family

Basic information about children, young people and families

Children, youth and families are under special protection in Germany. This protection begins during pregnancy and continues until the child is 18 years old (of full age). In Germany, for example, it is forbidden to beat children. Children must be brought up in Germany without using violence. All children must attend school. Special authorities also make sure that children are not harmed by their environment (or even by their family).

Families are also legally protected in Germany. This applies whether the family consists of a mum and dad and their children, if there are two mums or two dads, or if the children are adopted. And single parents with their children are also considered a family.

Family planning and contraception

Family planning

In Germany, it is normal for many people to think about how they can avoid an unwanted pregnancy. They have the opportunity to decide for themselves if and when they want to have a child. There are many different ways to protect yourself from pregnancy.

People in Germany have to pay for most contraceptives themselves. Young people under the age of 20 do not have to pay for all contraceptive methods.

Statutory health insurance companies cover the costs of consultations with a doctor and check-ups to make sure everything is going well. If anyone has any questions, they can contact a doctor or a pregnancy advice centre:

pro familia Kaiserslautern

📍 [Maxstraße 7, 67659 Kaiserslautern](#)

☎ [063163619](tel:063163619)

- Pregnancy counselling
- Pregnancy conflict counselling
- Sexual counselling
- Family planning counselling
- Contraception counselling

House of Diakonie Kaiserslautern Evangelical Community Service

Pregnancy and social counselling

📍 [Schumannstraße 7-9, 67655 Kaiserslautern](#)

☎ [0 6313625](tel:06313625) 0914

@egdkl@evkirchepfalz.de

Caritas Centre Kaiserslautern

Pregnancy and social counselling

Edith Stein House

📍 [Engelsgasse 1, 67657 Kaiserslautern](#)

3rd floor: Pregnancy counselling

☎ [0 6313612](tel:06313612) 0222

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

Contraception

There are various methods to either prevent pregnancy or protect yourself from sexually transmitted infections (STIs). Some methods help to prevent pregnancy, such as the pill, the condom or the IUD. Other methods, such as the condom, also protect against STIs. You can find more information here:

🌐 [www.zanz](http://www.zanz.u.de) u.de

If you would like to find out more about how you can protect yourself, there is a lot of information available, for example from doctors, advice centres or on special websites that deal with the topic of health and contraception. It is important to be well informed so that you can choose the best method for you!

[Kurmanji](#), [Dari](#), [Croatian](#), [Arabic](#), [Bulgarian](#), [Turkish](#), [Polish](#), [Romanian](#), [French](#), [English](#), [Russian](#), [Spanish](#)

Pregnancy and childbirth

Pregnancy and birth

Pregnant women are under special protection in Germany. You can get advice. You will be looked after by a doctor. And the state can help with the things you need to buy for your child. If you are pregnant, you must first go to the gynaecologist. The gynaecologist will carry out a medical check-up. You will then receive a maternity card. The maternity card is a document with important information about your pregnancy. It also includes information about your health. And your child's health. Always have your maternity card with you in case of emergencies.


Unwanted pregnancy

If you are pregnant and do not want to have the baby, you can end the pregnancy with an abortion without penalty under certain conditions. Before you terminate a pregnancy, you must have a consultation. Make an appointment by telephone for advice on pregnancy issues with a state-approved counselling centre. The consultants will talk to you about the different options and answer all legal and medical questions. However, it is up to you to decide whether or not to terminate your pregnancy.

Counselling centres for pregnancy, childbirth and other help and support services:

pro familia Kaiserslautern


 [Maxstraße 7, 67659 Kaiserslautern](#)

 [063163619](#)

House of the deaconry Kaiserslautern

Protestant Church Service

 [Stiftsstraße 2, 67655 Kaiserslautern](#)


 [0631362509-10](#)

Caritas Centre Kaiserslautern

Edith-Stein-Haus

 [Engelsgasse 1, 67657 Kaiserslautern](#)

3. Upper floor: Pregnancy counselling

 [063136120222](#)

Early Help

SOS Children's Village Kaiserslautern

 [Rudolf-Breitscheid-Straße 52, 67655 Kaiserslautern](#)

☎ [063131057520](tel:063131057520)
 @ beate.mundt@sos-kinderdorf.de
 🌐 [Website](#)

Midwife

Midwives are there to support women and their families from the beginning of pregnancy up until the end of breastfeeding. Midwives will give you advice during your pregnancy. They can help you give birth. After the birth, they can help you start breastfeeding. They also focus on your physical and psychological recovery. Every woman is able to get the help of a midwife. Most services are paid for by your health insurance provider.

🌐 [Midwives Association Website](#)

Childbirth and post-natal care

Your gynaecologist will refer you to a maternity clinic. After delivery, ask for a midwife for post-natal care at your accommodation. You will receive a birth confirmation letter from the clinic.

If the clinic does not provide a midwife, contact:

Department for Youth and Sports

☎ [0631/365-1510](tel:06313651510)
 @ jugend@kaiserslautern.de

SOS Children and youth services Kaiserslautern

Early Help

Beate Mundt

📍 [Rudolf-Breitscheid-Straße 52, 67655 Kaiserslautern](#)
 ☎ [063131057520](tel:063131057520)
 @ beate.mundt@sos-kinderdorf.de

Initial outfitting

With your maternity passport, you can apply to the [Social Welfare Office](#) or the [Job Centre](#) before the birth for an allowance for the purchase of baby and pregnancy equipment.

Notification to the registry office

Newborn babies must be registered the Registry Office ([Standesamt](#)). Do you live in a hostel? The you must report the birth to the hostel management. The maternity clinic reports the birth to the Registry Office. They will give you the (temporary) birth certificate for your child. Please bring your ID card with you. You also need the confirmation of birth from the hospital. Are you married? Then bring your marriage certificate too.

💡 Please present only original documents. For documents in a foreign language, an officially certified German translation is required.

👥 Do you live in a shared accommodation facility? Give a copy of the birth certificate to your accommodation facility management. Your child will then be registered.

💡 Please keep your birth certificate safe! It is an important document!

Paediatricians

There are ten screening tests (U1-U9 and J1). Until the age of 6, children are regularly examined. The paediatrician will accompany your child's development. The U1 (examination after birth) and U2 examinations usually take place in the clinic. For further examinations, you must make an appointment with your paediatrician. All children are entitled to preventive medical check-ups. They are covered by the funding agencies. You will receive a yellow checkup booklet. Please keep this booklet safe!

💡 Proof of complete early detection examinations may be required when [applying to the day-care centre](#).

Childcare

Day-care (Kita)

Kita is a German word for a children's day-care centre. Your child can go to a Kita. Your child must be at least 1 year old. Your child can go to a Kita until they are 12 years old. There, your child will be looked after by educators. They will learn lots of important things. Some schools also accept children under the age of one.

The fees for the Kita or day-care centre are paid for by the city or district in many cases. To do this, you must submit an application to the [Youth Welfare Office](#).

There are different types of day-care centres for different age groups (called a "Krippe", "Kindergarten" or "Hort").

💡 Day-care (Kita) is a place for your child to learn German and discover new things. There they also make contact with other children, make friends, and learn about German culture. Take advantage of this opportunity; it is important for your child's future. Attending a Kita is also good preparation for school.

💡 Unfortunately, there are not always enough spaces at a Kita near your home or accommodation. To find a space for your child, ask the Youth Welfare Office or your accommodation support staff.

"Krippe"

A Krippe is a day-care centre for children between the ages of 1 and 3. There, specially trained staff will encourage the children's development in small groups. Attention and care by the caregivers are paramount here.

Kindergarten

A kindergarten is a day-care centre for children over the age of 3 before they reach school age. The kindergarten is a place for kids to play with others, paint, do crafts and learn. During the final year of kindergarten, children regularly attend pre-school lessons preparing them for their transition to primary school. There are both private and public kindergartens. For children under two years of age, the City of Kaiserslautern charges income-related parental fees for the care of

your children. The table for determining the parental contributions can be found on the [page of the City of Kaiserslautern](#) (enter "Satzung Kindertagesstätten" in the search there). In addition, the day-care centres charge a meal fee for all children who participate in lunch, which varies depending on the type of catering and the day-care centre's sponsorship. Some day-care centres procure nappy-changing materials themselves and charge parents a so-called nappy fee. For children from the age of two, no parental contribution is levied for care in day care centres; lunch money continues to be charged.

The registration of a child at a Kita takes place via the [Kita-Portal](#). Information and a FAQ on this topic can be found [here](#).

(Primary) schoolchildren up to age 12

There are also after-school supervision options for school students between the ages of 6 and 12. There are many different supervision models, such as the "Hort", a "Mittagsbetreuung" or a "Ganztagsschule". All of these formats provide homework support for children. And there's plenty of time for fun and games, too. Your child's primary school or the Youth Welfare Office will tell you which supervision model your city or town offers for (primary) schoolchildren.

All primary schools in the city of Kaiserslautern and basic information can be found [here](#).

Child day care

Play and learn with other children in a small group. Safe and regularly cared for by a well qualified day nanny. That is children's day care. Children feel at home here.

Childcare provided by a childminder is called day care.

The main difference is the size of the group: up to 5 children are cared for by one day nanny - in kindergarten the groups are larger. Almost all children over the age of three go to a day-care centre. The younger ones are cared for in a crèche or by a day nanny. For small children, it is good if few children are cared for together.

Day nannies have attended courses to qualify to care for children. They have a permit from the office responsible for the children (Youth Welfare Office) and they are regularly checked and inspected. The premises are also being examined.


Day nannies are happy to accompany the children in their development and give them important motivation. Older children often look after them after school. For the child, the day nanny provides reliability and safety. Each childminder looks after a maximum of 5 children in her small group and pays attention to the wishes of all children and their parents.


Day nannies are provided by the Department for Youth and Sports. That is where you have to report if you are looking for a day nanny:


Department for Youth and Sports

Mrs Käfer

8. Upper Floor / 813.

 [Willy-Brandt-Platz 1, 67657 Kaiserslautern](#)

 [0631365-2625](tel:0631365-2625)

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

What does the care cost?

The amount of money parents have to pay to care for their children can vary from region to region. It depends on how much income they have. When parents have little money, they do not have to pay very much. In Rhineland-Palatinate, care in a day-care centre is free of charge if the child is 2 years old or older.

Please ask the **Department for Youth and Sports** for more information. You can find out more [here](#)!

School for children aged 6 to 18

Basic information about the school

In Germany, attending school is required by law. The duration of compulsory schooling is 12 years. Children must attend school full-time for 9 years. After that, they have the option to attend school part-time for another 3 years. Does your child want to attend school full-time throughout? Then they can do that for 12 years.

💡 After 9 years, is your child not enrolled in any [vocational training](#)? And are they not in any other school? Then they must attend school full-time for another year. Compulsory education ends when your child reaches the age of 18. Unless they are enrolled in vocational training.

Your child must attend school regularly. It is your responsibility to ensure this. Going to state and municipal schools is free of cost.

In Germany, there are different types of schools. The type of school your child should attend depends on many factors, including the child's age and performance at school.

💡 The school often gives children written information to take home with them and give to their parents. It is important that you read this information.

[Nach Region einfügen: Schularten, Schulanmeldung, spezielle Programme für geflüchtete Kinder, Unterstützung für Schulmaterial, Fahrtkostenerstattung, Krankmeldung etc.]

School System

Grundschule:

Grundschule attendance usually lasts 4 years. Children who are 6 years old by 30 September of the coming school year are required to attend school, they must attend Grundschule. Your child will be assigned to a Grundschule. After attending Grundschule, schoolchildren switch to one of the following schools depending on their level of achievement:

Secondary schools:

From grade 5 onwards, children attend a secondary school. In Kaiserslautern there are the following types of secondary schools:

Realschule Plus:

Up to grade 10. At Realschule you can acquire the Berufsreife (after grade 9) or the Realschulabschluss (Mittlere Reife after grade 10).

Gymnasium:

Up to grade 12 (Fachabitur, entitles the holder to study at universities of applied sciences) or grade 13 (entitles the holder to study at all colleges and universities)

Special schools:

In a Förderschule there are fewer children in a class. There are more teachers. This allows teachers to take better care of each child. This gives your child a better chance of getting an apprenticeship later.


Berufsbildende Schulen:

A berufsbildende Schule (BBS) is a type of school that ends with a vocational or occupation-oriented qualification: Berufsschule with dual vocational training ("apprenticeship"), master classes, Berufskollegs, academies, Berufsfachschule, but also types of school leading to the Abitur, e.g. Fachoberschule or vocational Gymnasien with different focuses (for example: WG = economic Gymnasium, TG = technical Gymnasium). The classical "Berufsschule", where apprentices go, is therefore only one part of the vocational school system.

Useful information on:

Grundschule: [here](#) you will find the brochure on the school system in simple language.

Secondary school: In Kaiserslautern, there is also an information brochure which offers help and information to all parents when choosing a school [after Grundschule](#). All secondary schools are listed here and provide information about their specific offers. You can access the information brochure via this [link](#).


 If you are new to Kaiserslautern, you should register your child directly at an appropriate school.

You are unsure which school is the right one for your child? Then make an appointment with the Schools Department.

Kaiserslautern City Council

Schools Department

 [Willy-Brandt-Platz 1, City Hall](#)
[Floor 10, 67657 Kaiserslautern](#)

 [0631365-1400](tel:0631365-1400)

Opening hours

Mo - Th: 7:30 a.m. - 12:30 p.m. and 1:30 p.m. - 4:00 p.m.

Fri: 7:30 a.m. - 1:00 p.m.


Compulsory schooling

In Germany, all children must attend school from the age of 6. Before a child can go to Grundschule, it will be examined at the Medical Authority. This is important to see if the child is mature enough for school.

If you have school-age children, please report them to the **Schools Department**.

Kaiserslautern City Council

Schools Department

 [Willy-Brandt-Platz 1, 67657 Kaiserslautern](#)

Town hall, Floor 10

 [0631365-1400](tel:0631365-1400)

Opening hours

Mo - Th: 7:30 a.m. - 12:30 p.m. and 1:30 p.m. - 4:00 p.m.

Fri: 7:30 a.m. - 1:00 p.m.

Important: Bring **your child** with you! Please also bring an interpreter with you. Also bring the following documents with you:

- Your identity card or proof of arrival
- Registration certificate of the Bureau for Foreigners (Ausländerbehörde)
- All documents concerning your child (certificates, medical certificates, etc.)


Compulsory schooling in Rhineland-Palatinate usually lasts 12 years. Anyone who has obtained the secondary school leaving certificate (Sekundarabschluss I / Realschulabschluss) no longer have to go to school. Whoever finishes school and wants to start an apprenticeship has to attend a Berufsschule during the apprenticeship. Youth who leave school without a qualified Sekundarabschluss I (Realschulabschluss) and do not start any training or attend a secondary school (Gymnasium, Integrierte Gesamtschule, Berufsbildende Schule) go for one year into a vocational preparatory class or Berufsfachschule I.

Notification of sickness to the school


Please call the school before 8:00 am if your child is ill or cannot attend school for important reasons. Otherwise the school will have to look for your child, if necessary with the police. You may then have to pay a fine.


All-day school

All-day school means that your child is also at school in the afternoon. And for four days a week. In Kaiserslautern your child can be looked after all day long at [these schools](#).

 If you enrol your child in the all-day school, this commitment is valid for a whole school year.

School directory

There are various schools in Kaiserslautern. You can search for specific types of schools in Kaiserslautern. Use the  [Bildungsserver](#) Rheinland-Pfalz.

 [Here](#) you will find all schools in Kaiserslautern. You can also find the relevant contact persons there.

Financial aid

Education and participation package

If you do not have very much money, it is possible to get financial support for your child through the "education and participation package". The following grants are included in the education and participation package:


- Children and youth, up to their 18th birthday, receive 10 euros per month in the form of vouchers, for example for lessons, courses or leisure activities in the fields of culture, art, education and sport. The main focus here is on leisure activities.
- Costs (travel, meals, admission) are covered for excursions and trips lasting several days with the school or the daycare centre.
- There is a subsidy for a communal lunch at school or at the daycare centre. €1 per meal is to be paid by parents.
- Schoolchildren receive 100 Euro per school year for school materials, copy fees and other costs of teaching.
- Schoolchildren can receive learning support (tutoring) under certain conditions. The school confirms in which subjects and to what extent learning support is required.
- In rare, exceptional cases, travel costs for the journey to school can be financially supported.


Prerequisites

- Children and young people up to the age of 25 are eligible to apply. The programme is aimed at young people under the age of 18 who cannot cover their educational and participation needs from their own income and assets or from the family's own income and assets and who are therefore entitled to benefits under the Basic Security for Job Seekers or Social Assistance, benefits under the Asylum Seekers' Benefits Act or whose families receive child supplement or housing benefit.
- Age limit for benefits for participation in culture, sport and leisure: 18 years old.

Important: They always have to make the request before they pay anything themselves. If you have already paid something, you will not get the money back.

Kaiserslautern Social Welfare Office

 [Maxstraße 17 + 19, 67659 Kaiserslautern](#)


 [0631365-1500](tel:0631365-1500)

 @soziales@kaiserslautern.de

You will find the following applications via the following links:

 [Application for learning support](#)

 [Participation in social and cultural life](#)

 [School supplies application](#)

Textbook lending:

You will receive confirmation from the school that your child is enrolled in the school. With the confirmation, you can apply to the Office for Schools, Culture and Sport of the Kaiserslautern City Council for freedom of supply of educational aids. General information on textbook lending can be found [here](#).

Important: Make the application before you buy school supplies. If you buy something beforehand and hand in a receipt, you will not get any money.

Kaiserslautern City Council

Schools Department

📍 [Willy-Brandt-Platz 1, 67657 Kaiserslautern](#)

☎ [0631365-4541](#)

☎ [0631365-2541](#)

Travel expenses to school:

You can apply to the Schools Department so that you do not have to pay for the bus and tram yourself. Then your child's monthly ticket will be paid for. However, this is only possible if your child's journey to school is longer than 2 km (first to fourth Year). From grade 5 the distance to school must be longer than 3 km.

School social work

There are school social workers at the schools in Kaiserslautern. These are friendly people who help pupils with problems. If someone has a fight with friends, difficulties in class or at home, the school social workers can help. They are confidants, which means you can tell them anything. Parents and teachers can also ask the school social workers for advice. They make sure that the children and young people are doing well and feel comfortable at school.

Tutoring offers

Sometimes a school subject is difficult and you need a little extra help. This is called tutoring. These are special lessons in which a teacher explains everything you don't understand so well. There are many tutoring programmes in Kaiserslautern. This means you can go to a place where someone will help you learn. It's fun because you can ask questions and understand everything better. This way you can improve at school and feel more confident. So if you have difficulties, you can get support - this is quite normal and will help you to do even better at school.

You can find information about [financial support](#) here.



Pupil support

📍 [Pariser Straße 10, 67655 Kaiserslautern](#)

☎ [0631914640146](#)



Subjects: all

LernstudioBarbarossa



 [Schillerplatz 7, 67655 Kaiserslautern](#)
 [06313606350](tel:06313606350)

Subjects: Maths, German, English, French, Spanish, Latin, Science, Biology, Chemistry



Learning Academy

 [Fackelstraße 3, 67655 Kaiserslautern](#)
 [06318929220](tel:06318929220)
[@info@lern-academy.de](mailto:info@lern-academy.de)

AHA! Tutoring



 [Glockenstraße 66, 67655 Kaiserslautern](#)
 [0 6316250 6869](tel:063162506869)

Studienkreis - Private tuition

 [Fackelstraße 34, 67655 Kaiserslautern](#)
 [063175200](tel:063175200)

Subjects: Maths, German, English, French, Latin, Physics, Chemistry, Biology, Spanish, History

1a private tuition

 [Mühlstraße 2, 67659 Kaiserslautern](#)
 [06314141259](tel:06314141259)

Subjects: Maths, German, English, French, Latin, Physics, Accounting

Family benefits

Parental allowance

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. They can apply for parental allowance if they have a settlement or residence permit in Germany. You can find more detailed information in various languages [here](#) and [here](#).

Child benefit

All parents with a settlement or residence permit in Germany are entitled to child benefit. You must apply for child benefit yourself at the Federal Employment Agency. This agency pays child benefit for every child from birth until at least the age of 18. You can find more detailed information in various languages [here](#) and [here](#).

Leisure activities for children and teenagers

Children enjoy playing. Children enjoy learning. Children enjoy doing sports. There are many places for children in Kaiserslautern. Children and families can spend time together here. You can also meet up with friends here.

And there are lots of services for teenagers as well. Here they can spend time together with friends.

For the children and youth sports programmes click [here](#).

The city of Kaiserslautern has numerous offers. How about a visit to the Fritz-Walter-Stadion, the bouldering gym or even a day in an escape room? Follow this [link](#) for more information.

Youth centres

Children and young people aged 8 to 25 can visit children's and youth centres in their free time. There are open meetings, groups and projects, counselling and sometimes help with schoolwork, help with starting a career. It's also a good place to meet or get to know young people, play pool and table football or chat on the internet.

Important: Children's and youth centres are not suitable for children between the ages of 3 and 7, as the programme is not age-appropriate and supervision is not guaranteed.

Children's and youth centres in Kaiserslautern


 [Creative workshop \(for children up to 15 years\)](#)

 [Youth counselling in the youth centre \(15-25 years\)](#)

 [A Beta Place-HOT \(house of the open door\)](#)

 [Open meeting place in the city youth parish centre](#)

 Youth and programme centre (JUZ)

 [Inclusive youth centre "Puzzles" \(11-18 years, with and without disabilities\)](#)

 ["Triangel" youth centre \(CVJM Kaiserslautern\)](#)

Recreational areas


There are many public [football areas and playgrounds](#) throughout the city. Here your children can play outside in the sand, slide or swing. There is also the possibility for children and youth to play football. Football areas and playgrounds are open to all and free of charge.

Under the following [link](#) you will find all basketball courts in and around Kaiserslautern.

Playgrounds

Forest playground at Vogelwoog

Playground with slide, swing, seesaw and much more. Very nice location directly at the lake

and with a café next door. There is a parking lot on Vogelwoogstraße. It is only a few minutes walk from there.  [Vogelwoog](#)

Forest playground at Bremerhof

Playground with slide (not suitable for very small children), balancing beam and turntable. There is a parking lot directly at Bremerhof. It is only a 5-10 minute walk from there.

 [Bremerhof](#)

Playground in the Volkspark

In the Volkspark you will find swings, climbing equipment, a sandpit, a slide, a seesaw, a water playground and lots of lawn space for playing football - suitable for children of all ages. Little Frederick was particularly taken with the ducks in the swan pond.

 [People's Park](#)

Playground in the Stadtpark

The city park offers climbing equipment, swings, areas to play in the sand, a football field and much more for small and large children.

 [City Park](#)

Playground in the Gartenschau (fee required)

The Gartenschau is a paradise for children of all ages. Here you will find a football field, skate park, adventure golf, slides, climbing equipment, swings, areas to play in the sand, water playground, life-size dinosaurs, a Lego exhibition and much more. You can eat and drink in the park or in the brewery at the Gartenschau directly at the main entrance. Ample parking is available. Open from April to October.

 [Garden show](#)

Holiday programme

Holiday season and nothing planned yet?! With the [summer holiday programme](#) for children between the ages of 6 and 12, there is no chance of boredom during the summer holidays. The holiday program offers various activities on land and water: Climbing, learning magic, jewellery making, introductory fishing, hockey, games, fun and excitement guaranteed.

You cannot afford the holiday program? You will receive financial support through the [education and participation package](#). Read [here](#) for more information.

Join in and have your say!

If you wish, you can have a say and participate in decisions. This means that you can express your opinion and also help with things that affect you. For example, you can tell your school what you like and what you don't like. Perhaps you would like to help at a party or take part in a project. This is great because it shows what you think and what is important to you. It is important that children and young people are allowed to express their opinions. In this way, everyone can work together to ensure that things are nice and fair at school and in the city. So if you would like to join in and have your say, you can easily do so. Your opinion counts.

Kaiserslautern City Youth Council

Network of all youth organisations in Kaiserslautern

Chairman: Jürgen Jäger (GpD)
Stadtjugendring Kaiserslautern e.V., c/o Gemeindepädagogischer Dienst (GpD)
📍 Rittersberg 5, 67657 Kaiserslautern
☎ [063112924](tel:063112924)
✉ info@sjr-kl.de
🌐 [Website](#)

Youth Culture Mile Kaiserslautern

Network Children Youth Culture
Address: Youth Art School Kaiserslautern, c/o Adult Education Centre Kaiserslautern e.V.
📍 [Kanalstr. 3, 67655 Kaiserslautern](#)
☎ [06313625800](tel:06313625800)
🌐 [Website](#)

Youth representation Kaiserslautern

Unaccompanied minor refugees

A refugee is under 18 years of age? He or she entered Germany completely unaccompanied? Then they are considered an unaccompanied minor alien = umA. These young people are reported to the Youth Welfare Office. The Youth Welfare Office talks to the young people. The Youth Welfare Office 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 Youth Welfare Office takes the person to a youth shelter.
- The person is over 18 years old. Then the person is of age. He or she receives a rejection decision. Alternatively, the person is 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 refusal notice? Then the Youth Welfare Office must enter a new date of birth on the decision. Only then can you have your documents changed at the Aliens' Registration Office and the Social Welfare Office.

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

💡 The adult relatives can also apply for guardianship themselves at the family court. With guardianship, the relative is given full responsibility for the minor instead of the parents.

Legal matters and rights

Basic rights

The Basic Law (Grundgesetz)

In every country, there are rules that everyone has to follow. The most important law in Germany is the Basic Law. It is a collection of 146 articles. Each article stands for a law, meaning a rule. These rules determine how we live together here 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](#), [Farsi](#), [Polish](#), [Russian](#), [Serbian](#), [Spanish](#), [Turkish](#) and [German](#).

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

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

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

This means, for example:

- If someone believes that another person or the public administration has committed an injustice against them, they can take that person or institution to court. The courts are independent. This means The government is not allowed to tell the courts what to decide.
- State courts decide whether or not someone will be punished for their actions. Penalties include fines, community service or imprisonment. There is no death penalty in Germany.
- The police has the role of ensuring that everyone is able to live in freedom and safety.
- Religion must not violate laws. Laws always take priority over religion.

That is not allowed in Germany:

- Inciting people to hatred or to do violent actions.
- Fighting against the democratic system and its values.

These offences can lead to you being put in prison.

After serving the sentence, non-German nationals may, under certain conditions, lose their right to stay and be expelled.

Universal Declaration of Human Rights

Human rights are important rights that apply to everyone all over the world. Human rights are rights that every person has on the basis of their humanity. They protect the dignity of every human being. They apply to every person equally. No distinction is made between anybody.

There are 30 rights. The most important are:

- All people are of equal value.
- Everyone is allowed to have their own opinion.
- All people have the right to live in peace and safety.

Asylum and refugees

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 permit 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. 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 says 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 get this from the [Foreigners' Registration Office](#). 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 [social welfare office](#)



3. fictitious certificate

Status: Recognised refugees

Background: You have submitted an application to the foreigners authority. 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 [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 [Foreigners' Registration Office](#).
- Would you like to find work? Go to the [employment agency](#)
- Do you need financial help? Go to the [social welfare office](#)



Application for asylum

If you are registered in Germany and live in shared accommodation, here are the next steps you need to take.

1. Personal application for asylum

- You apply for asylum at the **Bundesamt für Migration und Flüchtlinge (BAMF; Federal Office for Migration and Refugees)**.
- Asylum counselling can provide important information on the asylum process. The refugee and integration advice service is responsible for this.
- **Important:** You can only submit your application in person. In other words, you cannot send this application by post.
- You will receive the appointment and the responsible BAMF office with your proof of arrival. If you have not received an appointment, ask your accommodation facility management team
- Further information to be observed when applying, but especially during the personal interview, can be found here in [German](#), [English](#) and [Arabic](#).

2. First interview appointment (asylum application)

If your interview date is not in Trier, go a few days before your 1st interview. Appointment (asylum application, 1. Interview appointment) or your 2. Appointment (hearing, 2. Interview appointment) with your documents to the [Social Welfare Office](#).

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

After your first appointment, you must present yourself at the [Bureau for Foreigners \(Ausländerbehörde\)](#).

3. Personal hearing

The second interview appointment is the actual hearing. The BAMF then decides whether to accept your asylum application. They will send you their decision. This letter will contain a detailed description of the reasons for their decision. The personal interview is important. Therefore you will find further information in [German](#), [English](#) and [Arabic](#).

a) The decision is negative

- If the decision is negative and you wish to challenge it (i.e. you disagree), go immediately to your [Asylum Counselling Service](#). There they will discuss with you what you can do, and you may be referred to specialist lawyers. For example, you can appeal the decision.
- Would you prefer to voluntarily leave Germany? Then you can get financial support to help you make a new start in your home country. You can find support [here](#).

b) The decision is positive, meaning that you are recognised as an asylum seeker. The next steps are:

Probationary certificate (Fiktionsbescheinigung) or electronic residence permit (eAT): You have received a positive decision from the BAMF. You now need to arrange an identity document or equivalent immediately. You will receive this from the [Residents' Registration Office \(Immigration Office\) \(Einwohneramt, Ausländerbehörde\)](#).

Job Centre: You will no longer receive your money from the "Sozialamt" (Social Welfare Office); instead, you have to apply at the ["Jobcenter" \(Job Centre\)](#). **Housing:** You can find helpful tips on finding accommodation under [Housing](#).

Family asylum and international protection for family members

You have been given asylum in Germany. A member of your family also needs asylum. You can apply for asylum for them. Your family member will get the status of a protected asylum seeker.

When it comes to family asylum, family members are:

- Spouses or registered partners,
- any underage, unmarried children,
- the parents of underage, unmarried children
- other adults who are the registered guardians of underage, unmarried children
- the underage, unmarried siblings of minors.

💡 Parents must have custody of their children. That means they must be able to look after their children.

You want to bring your spouse to Germany? You must already be married in your home country. Then your spouse can also seek asylum. Your marriage must be recognised in Germany. His or her asylum application must be submitted before or at the same time as your application. You must have the status of a protected asylum seeker.

Born in Germany:

Have you already applied for asylum? Since then, have you had a child in Germany? You can submit a separate asylum application for your child. You or your partner must still be in the process of completing your application for asylum. Tell the Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge – BAMF) about the birth of your child. Alternatively, the Immigration Office (Ausländerbehörde) can tell the BAMF. The asylum application is then automatically considered submitted. Parents can submit their own reasons for asylum for their child. If this is not done, the same reasons as those of the parents will apply. If your application is rejected by the BAMF, you can still appeal the decision.

In addition, for the protection of the child, under-age children cannot be separated from their parents if an application has been rejected.

You can find more information on this at the BAMF.



 [Family reunification website \(BAMF\)](#)

Asylum counselling



The asylum counselling service helps people seeking protection in Germany. If someone is new here or is allowed to stay, they can also go to the counselling service. The counsellors help with many important issues, such as


- They explain how the asylum procedure works and answer questions about it
- They explain what the laws in Germany say
- If you have questions about the authorities, they will help you
- They show you where you can find help and services nearby
- They provide support with everyday problems
- They give tips on how to settle in better in Germany, for example through language courses
- If someone wants to bring their family to Germany, they also provide advice
- They can help if someone wants to switch to other support services
- They give advice if someone wants to voluntarily return to their home country or move somewhere else
- They are also there for volunteers and answer their questions about the asylum procedure

Caritas Centre Kaiserslautern

 [Engelsgasse 1, 67657 Kaiserslautern](#)
 [0631361200](tel:0631361200)

House of Diakonie Kaiserslautern | Refugee counselling and community diakonia

 [Pirmasenser Straße 82, 67655 Kaiserslautern](#)
 [063172209](tel:063172209)
[@AndreasPhilipp.Breier@diakonie-pfalz.de](mailto:AndreasPhilipp.Breier@diakonie-pfalz.de)

 Do you have a secure right of residence? Then the [migration counselling](#) service [for adult immigrants](#) can help you. It advises adults aged 27 and over. Families can also seek help there.

 Are you under the age of 27? Then the [Youth Migration Service](#) is the right place to go.

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](#)

 [Albrechtstraße 26, 10117 Berlin](#)

Advice and Assistance

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

If you or your family have come to Germany and are over the age of 27, you can obtain free advice from various organisations. These organisations can provide you with information on many important topics that affect you in Germany. This includes, for example, how to deal with authorities, how to submit applications or how to understand notifications.

The counselling service also helps with topics such as right of residence, work permits and financial support. There is also help with the recognition of foreign qualifications, integration and language courses as well as information about the German education system and social security.

Anyone wishing to bring their family to Germany, for example children or spouses, can also seek advice. In order to take advantage of this counselling, you must be allowed to live in Germany, i.e. have a residence permit.

Contact:

Caritas Centre Kaiserslautern

Edith-Stein-Haus

📍 [Engelsgasse 1, 67657 Kaiserslautern](#)

☎ [063136120222](tel:063136120222)

@m [igratio](mailto:igratio@caritas-speyer.de) n.kaiserslautern@caritas-speyer.de

German Red Cross Kaiserslautern City District Association

📍 Barbarossastr. 27, 67655 Kaiserslautern

☎ [063180093140](tel:063180093140) or [063180093456](tel:063180093456)

@b [.steinm](mailto:steinm@kv-cls.drk.de) ann@kv-cls.drk.de

ABZ e.V.- Academic Training Centre e.V.

📍 [Rummelstr. 15, 67655 Kaiserslautern](#)

☎ [017613423141](tel:017613423141)

@m [be@a-bz](mailto:be@a-bz.de).de

💡 Are you between 12 and 27 years old? Then there is a special counselling service for you: [Youth Migration Services](#).

💡 The [asylum counselling](#) service primarily supports you in local shared accommodation.

Youth migration services

The Youth Migration Services (JMD) help young people who have come to Germany. These people are aged between 12 and 27. They help them to settle in Germany as quickly as possible. They support you with the following topics:


The **International Federation (IB)** provides counselling in the areas of:

- Career planning
- Recognition of educational qualifications
- Difficulties with the language
- School career guidance
- Questions on general orientation
- Personal questions
- Financial and legal issues

Counselling is free of charge.

Youth Migration Service (IB) Kaiserslautern

 [Kohlenhofstr. 10, 67663 Kaiserslautern](#)

 [063168108](tel:063168108)

 @JMD-Kaiserslautern@ib.de

Central return counselling

If the Federal Office for Migration and Refugees (BAMF) has not yet decided whether you can stay in Germany and you still want to return to your home country, there is help available. Do you know how to get your passport back? Do you need money for your return journey? The Central Return Counselling Service (ZRB) can tell you how you can return to your home country voluntarily. They will help you. You do not have to make a decision. After the counselling, you can decide for yourself whether you want to travel back or whether you want to stay in Germany.

"Perspektive Heimat" - www.startfinder.de

Who is www.startfinder.de for?

You would like to return to your home country.

You come from Afghanistan, Egypt, Albania, Gambia, Ghana, Iraq, Kosovo, Morocco, Nigeria, Pakistan, Senegal, Serbia or Tunisia.

You are looking for

- Counselling and help because you are considering returning to your home country
- new opportunities in your home country?
- Counselling in your native language?
- Options for regular migration to Germany?

The website www.startfinder.de can help you.

What help can I get from www.startfinder.de?

You will find information on

- Job opportunities, self-employment and training in your home country.
- Social services (e.g. counselling) in your home country.
- Support programmes in Germany before you leave the country (e.g. training courses).

www.startfinder.de offers you direct contact to advice centres in your country of origin. They will advise you in **your** native language.

The website is available in many languages

 www.startfinder.de

Online advice

mbeon - Multilingual advice via chat

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

mbeon makes it easy to find information online. You can also get advice via chat.

mbeon allows for counselling via chat. All counsellors are qualified professionals from the Migration Counselling for Adult Immigrants (MBE). They guarantee to respond within 48 hours. They can help with any questions or problems that may arise when living in a new environment. The counselling is anonymous, secure and free of charge.

The app also contains extensive information on issues such as from work and careers. You will also find information on health and learning German. Other issues include housing, family and residency. In addition, mbeon can help you get in touch with migration counselling centres and other important contact points.

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

The app has many benefits:

- The app is flexible. You can use it anywhere and anytime.
- Counselling is provided in your mother tongue.
- The app is secure. Documents can be sent quickly and securely.
- The app and counselling are free of charge.
- The counselling is anonymous.

You can download the app for free from the Google Play Store and the AppStore.

 [mbeon in the Google Play Store](#)

 [mbeon in the App Store](#)

More information is available on its [multilingual website](#) and [Facebook page](#).

Women's rights

Gender equality

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

This means, for example:

- Girls and boys go to school together and receive the same lessons. They take part in sports education together.
- Both women and men are allowed to study or learn a profession. All professions are fundamentally open to both genders.

- Women assume responsibility in society, for example as policewomen, doctors, teachers or in offices and authorities. Their instructions must be followed.
- Women decide for themselves whether they go to work or not. They can spend their money as they wish.
- Women do not need to ask their husband, parents or other family members for permission when they want to work, open an account or sign a contract.
- Women are allowed to dress as they like
- Women decide for themselves if, when and who they want to marry
- Mothers are given extra help and support. They do not have to (and are not permitted to) work for six weeks before the birth or eight weeks after the birth. They cannot be fired from their jobs because they become mothers.
- The tasks and roles in the family are not prescribed
- Women participate in public life. They attend cultural, political or sports events, restaurants and bars.
- Women can vote and be elected to political office
- Women and men are equal in inheritance law. Daughters as well as sons.
- Sexual contact, comments or solicitations are only allowed if everyone involved consents. A "stop" or "no" must be respected at all costs.

That is not allowed in Germany:

- Any form of violence against women, including in marriage
- No one is allowed to be sexually harassed.
- Rape, even within the marriage, will be punished.
- No one may be forced to marry. The coercion of a marriage by force or threat will be prosecuted.

Work and pay

On average, women earn less than men in Germany. This is partly because they work in sectors where the pay is worse. For example, in social care. But often, women also earn less for the same work than their male colleagues. For many years, politicians have discussed various suggestions for ensuring equal pay. So far, however, not much has changed.

A lot of the work done by women is not considered work. They do housework. They bring up children. Or they look after sick or old family members. This work is unpaid. But it is still work. Often, it is not acknowledged.

In Germany, many people still think it is the man who earns money. And that he therefore does not have to do any housework. But more and more women are working too.

Would you like to find well-paid work in Germany? Then you should first learn German. The Federal Office for Migration and Refugees (Bundesamt für Migration und Flüchtlinge – BAMF) offers courses specially designed for parents and for women. The BAMF also provides information about childcare and the school system. Contact your local [migration advice service](#), [Immigration Office \(Ausländerbehörde\)](#), [employment agency](#) or [Job Centre](#) for more information, or contact the schools that offer integration courses themselves.

FGM_C - female genital mutilation

Female genital mutilation (FGM_C) is prohibited in Germany. Since September 2013, FGM_C 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. Girls and young women can apply for asylum if they are threatened with being circumcised.

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

- Incontinence,
- pain,
- heavy 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_C.

If you are affected or threatened by female genital mutilation, contact the help hotline at [08000116016](tel:08000116016). The help hotline staff are there for you day and night and in various languages.

Specialist counselling centre for FGM_C: [SOLWODI Ludwigshafen](#)

In Germany, it is possible to reconstruct the clitoris. This reconstructive operation 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.

Abortion

In Germany, you have the right to an abortion under certain circumstances. You can only get an abortion in the first twelve weeks of pregnancy, after a consultation on pregnancy options, and under the supervision of a doctor. After the first twelve weeks, you can only get an abortion in exceptional circumstances.

If someone is trying to force you to get an abortion, or if you have questions about a potential abortion, call the helpline for pregnant women in need (Hilfetelefon Schwangere in Not): [08004040020](tel:08004040020).

On the [Family Planning and Contraception](#) page you will also find counselling centres for pregnancy conflict counselling.

If you have become pregnant by rape, you can get an abortion up to twelve weeks after conception. In this case, you do not need to visit an advice centre. However, you can get free

advice from an advice centre in your area. If your physical or mental health is endangered by the pregnancy, you can get an abortion after twelve weeks. The danger must be certified by a doctor.

💡 Are you under 18? Do you want to get an abortion? Then your mum or your dad will usually have to give their consent. Are you over 16 years old? Then the doctor can decide that you no longer need the consent of your parents. Are you under 16? Then you will usually need the consent of your parents. If you can't or don't want to tell your parents about your pregnancy, then you can contact an advice centre. The staff there will help you.

Who pays for an abortion?

If you have become pregnant by rape, or if your pregnancy threatens your health, your health insurance or the Social Welfare Office (Sozialamt) will cover the costs of your abortion. If you wish to terminate your pregnancy for other reasons, you will have to pay some of the costs yourself. In this case, your health insurance will only pay for medical consultation and care, as well as the medication before and after the abortion. You must pay the costs of the actual abortion yourself. It usually costs between €200 and €600. You can find out more about the different options available to you when terminating a pregnancy in many different languages on [zanzu.de](https://www.zanzu.de).

💡 Do you receive state benefits? Or do you only earn a small amount of money? Then you can apply to your [health insurance](#) or the [Social Welfare Office](#) to get your abortion costs covered.

I don't want to keep my baby, but I don't want to get an abortion. What can I do?

If you don't want to keep your baby, you can give them up for adoption after you give birth. In this case, the Youth Welfare Office (Jugendamt) will take responsibility for the baby's welfare for the time being. If you then decide that you definitely don't want to bring up your child, you can give them up for adoption. The Youth Welfare Office will then look for a caring family who can bring up your child.

Even you don't want anyone to know about your pregnancy, you have the option of giving birth to your baby. And you are not alone. You have the option of something called a "confidential birth" ("vertrauliche Geburt"). A "confidential birth" allows you to give birth to your baby in a safe, secure hospital. Apart from one female consultant, no one will know your name. This consultant is not allowed to talk to anyone about you. So you remain anonymous. When your child reaches the age of 16, they have the right in certain circumstances to find out your name. However, only your child has that right – no one else. You don't have to pay the costs for consultation or the birth yourself. If you would like a "confidential birth", call [08004040020](tel:08004040020) at any time, day or night, or visit the online "[Giving birth confidentially](#)" advice service. The advice is free and anonymous. The staff there are female, and speak many languages. Or you can contact any clinic. The staff there know what to do.

You can contact the [hospital in Kaiserslautern](#).

Violence against women

Your family and friends should support and protect you. However, this is not always the case. Sometimes these people can also hurt you. They can inflict violence on you. This violence can take different forms. It can be sexual. Or physical, such as punches or kicks. But it can also be psychological.

Violence against women usually takes place in the home, but it can also happen in other places. Many people think of violence in terms of physical violence, i.e. sexual abuse or beatings. But violence also takes other forms: If you are insulted, abused, threatened or controlled, this is also violence. Stalking, i.e. being followed and watched, can also be a form of violence.

Every form of violence is a criminal offence in Germany. This means that the [police](#) must intervene if they learn about it from you or witnesses.

If you are a victim of violence, you are not alone. Studies show that one in four women in Germany experience violence. Many victims of violence find it difficult to talk to the police or a counselling centre about their experiences. They feel ashamed and hope that the situation will change and that the violent person will calm down and stop being violent. In most cases, however, the severity of the violence tends to increase and the intervals between the individual outbreaks of violence become shorter.

There are numerous contact centres for victims of violence in Germany. Do not be afraid to seek help.

You can contact the [help hotline for violence against women](#) and [women's refuge coordination centres](#).


Children's rights

As a child, you need special protection. That's why you have special rights. These rights are established in the Convention on the Rights of the Child. This Convention was passed by the General Assembly of the United Nations in 1989.

The UN Convention on the Rights of the Child is divided into four sections: the right to life and personal development, equal treatment, their wellbeing, and to be involved. In detail, that means:

- Every child has the right to everything they need to live. This includes food, drink and medical treatment.
- Children also have the right to go to school, and the right to play and have free time.
- 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 in a healthy environment where they are cared for and protected from violence.
- Every child has the right to live with their parents, or, if their parents live separately, to have contact with both parents.
- All girls and boys have the right to form and stand up for their own opinions.

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

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

Are you experiencing violence? Do you feel you are being treated unfairly? Then the [Youth Welfare Office \(Jugendamt\)](#) can give you advice.

Police

Police: 110

Call the number **110**. You can reach the police at this number. The police are responsible if someone does not obey a law (for example, traffic accidents, assault, theft, drugs).

When you call the number, stay on the phone and answer the questions until the contact person tells you that you can hang up.


Stay close to all incidents of harm so that you may be able to give evidence as a witness. It may only be possible to start appropriate measures on site based on the information you provide. This also applies if you are a witness or involved in a traffic accident.

In an emergency, always dial **110** first!

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](tel:09119434343) in several languages.

Rights vis-à-vis the police

What may the police do?

The police are allowed to ask you for your identification. If you are not suspected of any specific crime or you do not have evidence of another suspect with you, the police are not allowed to search you. This also applies to your home: your home may only be searched if you are suspected of a crime or the police suspect that a suspected person is in your home. However, if the police announce that they want to search you or your flat anyway, you must say that you do not agree. If you don't say anything, you will be deemed to have given your consent. You said no? The police search your flat anyway? Then the police are liable to prosecution. In this case, contact a counselling centre or a lawyer. You have the right to make a phone call during a search. You are also allowed to bring someone with you. This person can also be a witness and help you. Normally, the police need a warrant from a judge.

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

If you are travelling in a vehicle, the police are allowed to ask for your ID, driving licence and vehicle registration. 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 through various tests (for example, 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 this or ask for it anyway, you must refuse your consent. If the police force you, they are liable to prosecution.

💡 If you do not say anything, this will be taken 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 for this. Only if it is necessary to react immediately (for example, because you cannot prove the drugs or alcohol later) may the police act without the consent of a judge. However, it is important that there is real evidence of alcohol or drug use. The police are not allowed to carry out these tests arbitrarily. If a police officer wants to do a blood test or urine test without a comprehensible 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 along, you can also refuse your consent here. If you are nevertheless taken along, the police are liable to prosecution. In this case, you should contact a lawyer. If you do not know any lawyers yourself, you can contact the "[Anwaltlichen Notdienst in Strafsachen](#)" ([Emergency Legal Service in Criminal Matters](#)) of the Vereinigung Berliner Strafverteidiger e.V. (Association of Berlin Defence [Lawyers](#)) 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 testify. 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. Make sure you 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 complaint later. It is always helpful to ask passers-by to observe the situation. Then you will also have witnesses. Important: You must file a criminal complaint within three months of the incident. You can do this directly at the public prosecutor's office. You do not have to go to the police.

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

Living

Search for a flat

Search with housing associations

Private landlords and housing associations offer flats. Please visit the housing associations in person during the specified opening hours.

Building co-operative Bahnheim eG

📍 [Bahnheim 22, 67663 Kaiserslautern](#)

☎ [0631371160](tel:0631371160)

@ info@baugenossenschaft-bahnheim.de

🕒 Open to the public:

Monday to Friday: 9.00 - 12.00 a.m.

As well as appointments by arrangement.

By telephone:

Monday to Thursday: 8.00 a.m. - 4.00 p.m.

Friday: 8.00 a.m. to 12.00 p.m.

Gemeinnützige Baugesellschaft Kaiserslautern AG

📍 [Fischerstraße 25, 67655 Kaiserslautern](#)

☎ [063136400](tel:063136400)

@ info@bau-ag-kl.de

🕒 Monday to Thursday, 7.30 am - 5.00 pm

Friday 7.30 a.m. to 12.30 p.m.

Search in the newspaper








Many landlords search for tenants via daily newspapers. The most important newspaper in Kaiserslautern is the **Rheinpfalz**. Every Friday there is a section dealing with property. You can also view the adverts on the Internet.

Another option is the weekly newspaper, which is published free of charge every Wednesday and is available on the [Internet](#).

There are also many online portals where flats are offered for rent or sale.

Search on the Internet

Most rental offers can be found on the Internet on these online portals:

-  [Rheinpfalz](#)
-  [Immobilien Scout 24](#)
-  [WG wanted or student flat share wanted](#)
-  [Zero commission](#)
-  [Cherryflats](#)
-  [Flat exchange](#)
-  [Immowelt](#)
-  [Immonet](#)
-  [Ebay classifieds](#)

Shared flats

Shared flats are a special way of living together. If you are single and looking for a flat, a shared flat can be a good alternative. In a shared flat, you share a flat with mostly young people. Everyone has their own room. You only share the communal areas such as the bathroom, kitchen or living room.

The best place to find available rooms in shared flats is on the ["WG-gesucht"](#) website.

Flat viewing

There are few vacant flats in Kaiserslautern. Many people apply for these flats at the same time. This is why you need to obtain important documents early on, such as SCHUFA information or tenant self-disclosure. This can help you to get a flat.

It is a good idea to compile all documents in an "application folder".

The application folder should contain the following items:

- Cover letter (Who am I/are we? What do I do for a living? How old are my children? Why do I want to rent the flat?)
- [Tenant self-disclosure](#)
- Copy of ID/residence permit (note: copy front and back)
- Copy of the notice from the job centre/social welfare office if you are not working
- Proof of salary for the last three months if you are working
- Copy of the Schufa information
- Copy of proof of no rent arrears
- Proof of liability insurance

Rent and rental agreement

You have found a flat. Congratulations. You are renting this flat from a person. This person is your landlord. 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 has rights and obligations. For example, you have to pay money every month. That is the rent. Your landlord must let you the flat. Your landlord 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.

The following points must be included in the tenancy agreement:

- Name and address of the landlord
- Address of the rental property
- Living space in m²
- Number of rooms
- Amount of the net rent
- Amount of operating costs
- Amount of heating costs
- Total rent
- Amount of the deposit The tenancy agreement stipulates when the rent is to be paid. If the rent is repeatedly paid late, this can lead to the tenancy agreement being terminated.

Only you have a key to your flat. Take good care of the key. Have you lost the key? Then a locksmith will have to come. A locksmith can be expensive. Sometimes the landlord(s) need(s) access to your flat. 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 public utilities or your energy supplier need to read how much water or electricity you have used.

Security deposit

The security deposit is a guarantee for the landlord. The maximum amount for the deposit is 3 basic rents. If you move out of the flat, you will get the money back.

💡 You must not leave any damage behind when you move out of the flat. In the event of damage, the repayment of the deposit will be reduced.

The job centre can grant the deposit on a loan basis upon application. This is usually unproblematic and will be granted if the accommodation costs are reasonable. The deposit is usually paid directly to the landlord by the job centre. The repayment of the loan to the job centre is automatically deducted from the monthly standard benefits (normally a maximum of 10%) and retained.

Do you want to give notice?

Germany protects tenants and landlords. You cannot simply give notice overnight. You must give your landlord or landlady at least three months' notice. Always give notice of termination 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.

Benefits from the job centre

Are you unemployed and receiving benefits from the [job centre](#)? Then the job centre will pay the rent. You must be in need of help for the job centre to pay. The rent must also not be too high. For the city of Kaiserslautern, these [upper rent limits](#) in the form of the gross rent (net rent + cold operating costs without heating and electricity costs) are considered reasonable.

Everyone pays their own electricity costs. The costs are not covered by the job centre or the social welfare office. They are included in the standard benefit.

Costs covered by the job centre - what do I need to bear in mind?

If you have found a flat and the rent is paid by the Jobcentre, you will need the [rental offer](#) form from the Jobcentre. This must be completed and signed by the landlord. The Jobcentre must check and approve the appropriateness of the accommodation costs. The Job Centre's decision on the appropriateness and acceptance of the deposit will be communicated immediately in a written rental confirmation. You may only sign the tenancy agreement once the rental costs have been recognised. If the rent is higher, you will have to pay the difference between the rent and what is considered reasonable.

If you live in a flat that costs more than the appropriate gross rent, you must look for a cheaper flat. If you can prove to the Job Centre that you are looking for accommodation, the higher rent will be paid for up to 6 months. To do this, you must provide the Job Centre with proof of your efforts to find accommodation each month. The form "Proof of efforts to reduce accommodation costs" is helpful for this.

House Rules

In towns and cities, multiple people often live together in one building. Rules are required in order for them to live together without any problems. These rules are laid down in the house rules. Quiet times are particularly important in Germany. Check in your House Rules the time after which you need to be quiet. Often, this is the whole of Sunday. On other days, it's often after 22:00. Make sure you aren't too loud. Are your neighbours too noisy? Then talk to them. Ask them to turn the music or the TV volume down.

Asking nicely doesn't help? You can also call the [police](#) in extreme cases.

Housing benefit and initial equipment

Housing benefit

Do you earn little money? Then you could get a flat with assistance. You will need a certificate of eligibility for housing. Sometimes you can also get housing benefit. If you already receive money from the state for your family, you do not normally need to apply for housing benefit.

You must apply for the housing entitlement certificate in the federal state or city where you are looking for social housing. Refugees with a notice of recognition from the Federal Office for

Migration and Refugees (BAMF) can generally receive a housing entitlement certificate (WBS), even if they have not yet been issued a residence permit.

Weitere Informationen zum Thema Wohnen finden Sie in unserem Kapitel "[Living](#)" und speziell auf der Unterseite "[Housing search](#)".

Erstaussstattung

Bekommen Sie Geld vom [Jobcenter](#)? ? Dann können Sie um Hilfe für die Erstaussattung von Möbeln und anderen Dingen bitten. Je nachdem, wie viele Personen in Ihrem Haushalt leben, wie groß Ihre Wohnung ist und was Sie brauchen, bekommen Sie einen festen Geldbetrag. Zur Erstaussattung gehören Möbel, Vorhänge, Matratzen, Kochutensilien, Geschirr und, wenn diese Dinge in Ihrer Wohnung fehlen, auch Herd, Spüle, Kühlschrank und Waschmaschine.

It is important that the application is submitted before the furniture is purchased.

💡 It may take some time before the money is paid out!

Waste separation and deposit

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

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

What goes in which bin?

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

💡 Only certain types of waste may be thrown into each bin!

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

Blue bin: This is for paper and cardboard.

Used glass container: Used glass separated by colour is a much higher quality raw material than mixed colours. It is therefore important to dispose of glass bottles and screw-top jars in the respective glass containers. Please dispose of red, blue and yellow glass in the green glass

container. Here you will find an overview of the [container locations](#). Click on "Map with all locations". Filter by glass container.

Organic waste bin: eggshells, fruit and vegetable waste, wrapped in newspaper (not plastic).

Cooked food waste must be disposed of in the residual waste bin.

Residual waste bin: nappies, cigarette butts and all other waste that does not belong in one of the other bins.

[Here](#) you will find a summary of what can/must go in which bin.

Old clothes: There are containers for old clothes and shoes at various locations in the city.

The rubbish is collected regularly. You can find the times for your street [here](#). Click on "Collection dates". Enter your street. Click on "Search".

Bulky waste: Large items that are no longer used (furniture, fridge, TV, etc.) can either be collected or taken to a recycling centre. Click [here](#) for more information.

Schadstoffhaltige Abfälle:

Zu den schadstoffhaltigen Abfälle gehören beispielsweise: Altöl, Batterien, Chemikalien, Energiesparlampen, Frostschutzmittel, Holzschutzmittel, Insektizide, Klebstoffe, Lackreste, Laugen, Lösungsmittel, Pflanzenschutzmittel, Säuren, Verdünner

In Kaiserslautern kann man diese Abfälle zu einem Umweltmobil bringen. Die Standorte und Termine finden Sie [hier](#).

Do I have to separate my rubbish?

Yes, waste separation is compulsory in Germany. Everyone must separate their waste correctly and put it in the right bins. If you do not comply with the rules on waste separation, your landlord can give you a warning. If you do not change your behaviour, you may even lose your flat. Your landlord 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.

💡 If you don't have the time or inclination to return your returnable bottles yourself, you can also place them in a clearly visible place next to a rubbish bin on the street. There are many people in Germany who collect these bottles to earn a little extra money.

Energy and the environment

You need gas and electricity for your home. They provide power for the various devices you use. You probably use electricity or gas for cooking. Your washing machine also needs electricity. And so does your phone. Some devices use more power than others. So when you buy a new device, you should always check its energy consumption. Lots of devices use power even when in standby mode, even though they are basically switched off. The best way to stop this is a power strip than can be switched off. All you have to do is flick one switch, and multiple devices are disconnected.

Normally, the new tenants are automatically registered by the landlord with the local utility (i.d.R. SWK Stadtwerke Kaiserslautern). However, the local supplier is often more expensive than a special tariff with another supplier. You can therefore terminate your contract with SWK and switch to a cheaper electricity and gas provider.

The best way to find an overview of providers and price comparisons is via the independent [energy-consumer portal](#). 

Many homes are heated using gas. You will often pay your supplier for this monthly in advance. Then they recalculate your usage once a year. Sometimes you will have to pay more. Sometimes you will get some money back. If electricity and gas are expensive, it's a good idea to save money each month. That means you have enough money if you need to pay more later on.

💡 If you use energy sparingly, you save money. It's also good for the environment.

The main place you need water is in the bathroom. But you also need it in the kitchen, for cooking and washing up. It's a very good idea to save water. It means you pay less for water, sewage and energy for heating the water.

💡 Tips for saving water: Install a low-flow showerhead. Shower rather than having a bath. Repair any leaking taps. Install a flush stop button in the toilet.

Tip: With the following flyers, the Consumer Advice Centre informs you how you can save money by using as little electricity and hot water as possible. To prevent mould from forming in your home, proper heating and ventilation are essential.

[German version](#)

[English version](#)

[Arabic version](#)

[Russian version](#)

[Version in Farsi](#)

The [Consumer Advice Centre](#) can also be used by an expert in your home to analyse your energy consumption and give tips on how to save costs. If you get support from the Social Welfare Office or the Jobcenter, this energy advice is free of charge.

☎ [0800-809802400](tel:0800-809802400)

@energie@vz-rlp.de

Ventilation and proper heating

Make sure you ventilate regularly (open the window fully for 5 minutes at least 3 times a day) and heat properly. This is how you prevent mould from developing.

Detailed information and helpful tips are available from the:

🗎 [Consumer Advice Centre](#).

Broadcast licence fees

Independent news reporting is very important. Germany has independent radio, television and online services. These are provided by ARD, ZDF and Deutschlandradio. They report in a way that is free from economic and political influences. For this, all people pay money together. That is called the broadcasting fee.

According to the law: In Germany, a broadcast licence fee must be paid for each flat. However, only one person in each home has to pay the broadcast licence fee. It costs €18.36 per month. The money must be paid to the Fee Services department of ARD, ZDF and Deutschlandradio. See the following [information sheet](#) for more information. It is available in [simple language](#) here. Or visit the [broadcast licence fee website](#). This website is available in multiple languages.

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

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

Note for asylum seekers

You have no legal right to television (TV) in your asylum accommodation. This means that there does not have to be a TV in the accommodation. If you have TV in your accommodation, you may be sent an invoice for the broadcast licence fee (GEZ). So do not pay the bill, but show the bill to the staff at the social welfare office.

Housing counselling

Housing counselling

It is often very difficult for refugees to find affordable housing in Rhineland-Palatinate and especially in Kaiserslautern. We can help you with your search.

- We support you in creating a good application portfolio for your search for accommodation.
- We advise you on which documents you need.
- We will help you prepare the necessary documents.
- We will show you how to search for accommodation on the "free housing market".
- We will give you tips on how to prepare for viewings.

We cannot arrange flats!

What you need:

- Have existing documents on the subject of housing ready.
- Think about what you want to ask: What do you need help with? Where are there problems?

The service does not cost any money.

Rhineland-Palatinate advice centre

State advice centre for barrier-free building and living

55116 Mainz

📍 Seppel-Glückert-Passage 10

☎ [06131284871](tel:06131284871)

🏠 06131284874

@b [arriere frei-wohnen@vz-rlp.de](mailto:arriere_frei_wohnen@vz-rlp.de)

🌐 www.barrierefrei-rlp.de

Bau AG Kaiserslautern Social Management

67655 Kaiserslautern

📍 Fischerstrasse 25

☎ [06313640118](tel:06313640118)

@ info@bau-ag-kl.de

🌐 [https:// www.bau-ag-kl.de/service/sozialmanagement/](https://www.bau-ag-kl.de/service/sozialmanagement/)

Ecumenical Social Centre Otterberg e.V.

67697 Otterberg

📍 Geißberggring 2

☎ [06301796960](tel:06301796960)

@k [ontakt@ sozialstation-otterberg.de](mailto:ontakt@sozialstation-otterberg.de)

🌐 www.sozialstation-otterbach.de

Register/deregister residence

Register / re-register your place of residence

If you move to Kaiserslautern, you must register quickly. If you move within the city, you must register your new place of residence within two weeks. If you do not do this, you may be fined.

To register or re-register, you can go to the citizens' office in person. You can also send someone else with a completed and signed form. You need an appointment to visit the Citizens' Office. You can make the appointment online.

If you want to know more, you can check here:

Making an appointment at the Citizens' Centre

<https://www.kaiserslautern.de/serviceportal/ols/0...>

Access to subsidised housing

Access to subsidised housing

If you live in Germany and don't have much money, you can get a subsidised flat. To do this, you must apply to the housing benefit office in Kaiserslautern.

Contact:

City of Kaiserslautern
City Hall
Willy-Brandt-Platz 1
67657 Kaiserslautern

Housing benefit office (Social Affairs Department)

Maxstraße 17 + 19
67659 Kaiserslautern

☎ [06313651500](tel:06313651500)

@ sozialamt@kaiserslautern.de

🌐 <https://www.kaiserslautern.de/serviceportal/dl/03...>

Opening hours: Monday, Tuesday, Thursday and Friday: 07:30 - 12:30.

What you need to bring:

- Proof of how much money you earn (e.g. payslips or state benefits)
- Your identity card or passport
- Your tenancy agreement or proof of where you currently live
- If your mum is pregnant, you will need a maternity pass or a doctor's certificate
- A medical certificate, if you have one
- If you and your parents live separately, you will need proof of custody or a declaration

House hunting:

If everything goes well, you will receive a message. It will tell you how much space you need and how urgently you are looking for a flat. Then you can look for flats.

Contact & further information:

You can also go to the website of the housing benefit office to find out more:

🌐 <https://www.kaiserslautern.de/serviceportal/dl/03...>

Fairness - The somewhat different department stores'

The somewhat different department stores' in Kaiserslautern

We give second-hand goods a second chance. Our concept conserves resources and enables us to offer second-hand goods at fair and affordable prices to people on a tighter budget.

What we offer

... includes clothes and shoes in very good condition, household items, decorative items, books, CDs, records, DVDs, Blu-Rays, small items of furniture and much more at fair prices.

Opening hours:

Monday - Thursday:

10:00 - 18:00

Friday + Saturday:

10:00 - 14:00

Shopping

Just pop in and have a look.

You are very welcome!

Address:

📍 Beethovenstraße 56, 67655 Kaiserslautern

☎ +49 (0) 63162402320

Donations in kind

We are happy about

- ✓ Clothing
- ✓ Shoes
- ✓ Household goods
- ✓ Decorative items
- ✓ Clothing
- ✓ Electrical goods
- ✓ Furniture
- ✓ and much more...

On request, we will be happy to let you know what we are currently unable to accept.


Women's shelters and anonymous accommodation

Women's refuges - anonymous accommodation

The women's refuge in Kaiserslautern is a safe place for women and their children who experience violence in a relationship. They can find protection there. They are protected from further violence. They also receive support and counselling to help them overcome their difficult situation. They can stay for as long as they need help.

Who for: Women and their children who are looking for a safe place due to domestic violence

It is important that the women in the women's refuge can remain anonymous, which is why the address is not published. Anyone who needs help can call around the clock to find out more or get support:

- Women's Refuge Kaiserslautern
P.O. Box 1674
67605 Kaiserslautern
 0 [6311700 0](tel:063117000)

Counselling focus:

Domestic violence/violence in (ex-)partnerships
stalking

Additional services

Women's refuge/shelter

Group programmes e.g. guided groups, self-help groups

Pro-active counselling

Who is the service aimed at?

Women of legal age

Counselling is available in the following languages

German, English - English, Russian - Русский - Arabic

Accessibility for people with disabilities

Rooms: are not wheelchair accessible

Outreach services for those affected

Help for homeless people


Help for homeless people


There are places in Kaiserslautern that help people who have no home. These places are the Glockenstubb day care centre and the Caritas St. Christophorus support centre.

Refugees, people in the asylum process and people with tolerated status

There are also people who have fled from other countries or who have applied for asylum. These people cannot simply spend the night in a shelter for the homeless. The Federal Office for Migration and Refugees (BAMF) looks after them. There are special rules that state that these refugees must stay in specific accommodation that is intended for them.

Glockenstubb - day centre for homeless people

 Pariser Str. 23, 67655 Kaiserslautern

 [06313160611](tel:06313160611)

The Glockenstubb is a place for people who have problems. If you would like more information, you can look it up here: homeless-online.de, [Obdachlosenhilfe DIE BRÜCKE e.V.](http://Obdachlosenhilfe.DIE.BRUECKE.e.V.)

 Monday - Thursday: 6:30 to 14:30

Friday: 6.30 am to 12.30 pm

Caritas support centre St. Christophorus

📍 Logenstraße 44, 67655 Kaiserslautern
☎️ [0631316370](tel:0631316370)

(General enquiries/availability/central office)
✉️ @st.christophorus.kaiserslautern@caritas-speyer.de

The St. Christophorus Caritas Support Centre helps people who have no home or are afraid of losing their home. They can get a place to sleep there and support if they need help. They also receive counselling if they are not feeling well or are in a difficult situation.

You can find more information about the various services offered by the Caritas support centre on the website www.st-christophorus-kaiserslautern.de under "Help & advice".

Help with the threat of losing your home

Help if you could lose your home

If you are worried that you might lose your home because you have been given notice to quit or because someone says you have to move out, there are places where you can get help. You can turn to these organisations for support:

Glockenstubb - day centre for homeless people

📍 Pariser Str. 23, 67655 Kaiserslautern
☎️ [06313160611](tel:06313160611)

The Glockenstubb is a meeting place for people who have social problems.

> Details(homeless-online.de, [Obdachlosenhilfe DIE BRÜCKE e.V.](http://Obdachlosenhilfe.DIE.BRUECKE.e.V.))

OPENING HOURS:

Monday - Thursday: 6:30 - 14:30

Friday: 6.30 am - 12.30 pm

Caritas support centre St. Christophorus

📍 Logenstraße 44, 67655 Kaiserslautern
☎️ [0631316370](tel:0631316370)

(General enquiries/availability/central office)
✉️ @st.christophorus.kaiserslautern@caritas-speyer.de

The St. Christophorus Caritas Support Centre helps men and women who have no home or are afraid of losing their home. They can find a place to sleep there, get help and advice if they are having a hard time or are in need.

The [website www.st-christophorus-kaiserslautern.de](http://www.st-christophorus-kaiserslautern.de) has lots of information about the help they offer. You can read more about it there under "Help & counselling".

For further information and questions:

Overall management: Peter Lehmann, ☎️ [06313163715](tel:06313163715)

Customer management: Jasmin Rothe, ☎️ [06313163712](tel:06313163712)

Energy counselling

Energy advice in Kaiserslautern

In Kaiserslautern, the consumer advice centre and the city offer free energy advice. This advice helps you to save electricity, water and heating costs. The experts will give you tips on how you can use less energy. If you don't pay your bills, your electricity or water may be switched off.

Energy advice from the consumer advice centre is free of charge


Energy advice from the consumer advice centre costs nothing. The experts there will help you if you have questions about how you can save energy at home. You can get an appointment in over 60 locations in Rhineland-Palatinate. The advice is free because it is supported by the federal and state governments.

More information is available at: [Verbraucherzentrale Rheinland-Pfalz e.V.](https://www.verbraucherzentrale-rheinland-pfalz.de/)


Contact:

Energy advice at the consumer advice centre in Kaiserslautern:

Wednesday: 09:15 - 13:00

 Fackelstraße 22, 67655 Kaiserslautern

 @energie@vz-rlp.de

 [063192881](tel:063192881)


or free* energy telephone  08006075600

*free of charge from the German landline network and for mobile phone subscribers


Energy counselling at the city administration, Department of Environmental Protection

Every Wednesday from 1.30 - 4.30 pm by telephone appointment

Town Hall North

 Lauterstraße 2, 67657 Kaiserslautern

 @umweltschutz@kaiserslautern.de

 [06313651150](tel:06313651150)

Counselling at home is possible.

Counsellors come when necessary.

There are various topics to choose from.

You can find more information here.

Enquiries via the energy hotline  08006075600, @ @energie@vz-rlp.de

Energy counselling at the Kaiserslautern municipal utilities

📍 Brandenburger Straße 2, 67663 Kaiserslautern

Appointments by appointment at 📞 [063180011602](tel:063180011602)

✉️ @ebz@swk-kl.de

🌐 <https://www.swk-kl.de/produkte-services/service/k...>