

Table of Contents

Welcome to the District of Bergstraße	6
About Integreat	6
Welcome	6
Interesting facts about the Bergstraße district	7
Towns and municipalities	7
Abtsteinach	7
Bensheim	8
Biblis	8
Birkenau	8
Bürstadt	9
Einhausen	9
Fürth	9
Gorxheimertal	10
Grasellenbach	10
Groß-Rohrheim	10
Heppenheim	11
Hirschhorn	11
Lampertheim	11
Lautertal	12
Lindenfels	12
Lorsch	12
Mörtenbach	13
Neckarsteinach	13
Rimbach	13
Viernheim	14
Wald-Michelbach	14
Zwingenberg	14
Anleitung	15
Note on online applications under immigration law	15
Reading time now online!	15
School enrolment for pupils with a non-German language of origin	16
The Babbeltreff in Bensheim	17
Voluntary language centre "German" in Lampertheim!	18
Intercultural women's café of the town of Lampertheim	18
Wald-Michelbach meeting centre	18
Zwingenberg: Farm café without borders - experience more together	18
Daily Life	19
Payment card	19
Living	20
Housing search	20
Rent, housing assistance and damage deposits	22
House Rules	23
Waste disposal and waste separation	24
Broadcasting fees	26
Mobility and transport	26
Travel by bus and train	26
Driving a vehicle	28
On foot and by bike	28
Money, contracts and insurance	29

Personal liability insurance	29
Current Account (Girokonto)	30
Taxes	31
Contracts and mobile phones	31
Safety in the water	32
Health and Medical	33
General information	33
Information on the health system	33
Medication and pharmacies/chemists	34
Health Insurance	35
Health Care through Asylum Seeker Benefits	35
Protection provided by vaccination	35
Electronic patient file (ePA)	36
Doctors	37
How to find a doctor	37
Specialists	38
Body and Health Vocabulary	38
Daycare, school and education	39
Day-care (Kita)	39
Types of childcare	39
Kindergarten	40
Children with disabilities	41
School	41
Compulsory schooling	41
School System	42
School enrolment for migrants	43
Education and Participation Package (BuT; Bildungs- und Teilhabepaket)	44
Help for children and young people to learn German	44
Preliminary courses	45
Language courses for deferred children	45
Intensive classes and intensive courses at general education schools	45
Intensive classes at vocational schools: InteA - Integration through connection and graduation	46
German language support for former lateral entrants	46
German remedial courses to improve language skills	47
Financing and Scholarships	47
Further education	47
Libraries	49
Einhausen	49
Children, young people and family	49
Family planning, pregnancy and birth	49
Sexuality, contraception and health	50
Pregnancy and Childbirth	51
After Giving Birth	52
Birth certificate and custody	53
Children and health	54
Preventative check-ups	54
Healthy Nutrition	55
Child benefit and supplementary child allowance	55
Meeting places for families and young people	56
Information	56

Bensheim	56
Biblis	57
Bürstadt	58
Einhausen	59
Fürth	59
Heppenheim	60
Lampertheim	60
Lorsch	62
Viernheim	63
Wald-Michelbach	64
Zwingenberg	64
Learn German	65
Level of language ability and certificates	65
Integration courses - BAMF	66
Voluntary language courses	67
Vocational language support (DeuFöV)	67
Online offers	69
Level A1 - for beginners	69
Level A2 - Basic knowledge	70
Level B1 - Advanced Language Use	71
Level B2 - Independent use of language	72
Level C1 and C2 - Expert and near-native language skills	73
German at work	73
Grammar	74
Offers for Children	74
Literacy	75
Education, work and qualifications	76
General information	76
Vocational training	76
Education (dual training and full-time school)	76
Vocational schools	78
Training and Work	79
Welcomecenter Hessen	79
Internships	80
Employment contract	80
Access to the Job Market	82
Job applications and interviews	83
Recognition of foreign qualifications	85
Official authentication of certificates/credentials	85
Recognition of foreign educational and professional qualifications	85
Studies	86
Studies at a university	86
Financing and Scholarships	86
Immigration of Skilled Workers	88
For professionals	88
For training and studies	89
EU Blue Card	89
Important offices	90
Foreigners' and Migration Office (Ausländer- und Migrationsamt)	90
Employment Agency (Agentur für Arbeit)	91
Residents' Offices (Bürgerbüro) of the cities and municipalities	93

Residents' Office (Bürgerbüro) of the Bergstraße District	93
Public health department	93
Youth Welfare Office (Jugendamt)	94
Neue Wege Kreis Bergstraße -Municipal Jobcenter-	94
Integration Commissioner's Office	97
Register Office (Standesamt) of the cities and municipalities	97
Social Welfare Office (Sozialamt)	97
Advice and help	98
Parenting Counselling Centre	98
Bensheim	98
Fürth	98
Heppenheim	99
Lampertheim	99
Viernheim	99
Wald-Michelbach	100
Refugee and Integration Counselling (Flüchtlings- und Integrationsberatung)	100
Youth Migration Service (JMD)	100
Bensheim	100
Rimbach	101
Lampertheim	101
Viernheim	101
Migrant counselling for adults (MBE)	102
Bensheim	102
Bürstadt	103
Heppenheim	103
Lampertheim	103
Viernheim	104
Refugee counselling (for asylum seekers)	104
Women's and equal opportunities commissioner	105
District of Bergstraße	105
Bensheim	106
Heppenheim	106
Lampertheim	106
Lorsch	106
Viernheim	107
Health and Aid	107
Family planning, pregnancy and birth	107
District of Bergstraße - Early Help (Frühe Hilfen)	107
Bensheim	108
Heppenheim	108
Lampertheim	109
Rimbach	109
Viernheim	109
People with disabilities	110
Care advice	110
Pregnancy counselling for unwanted pregnancies	111
Social psychiatric service	111
Drug and addiction counselling	112
Support Groups	113
Refugee support groups	114
Help with domestic violence for women, men, children and young people	115

Tafel	116
Bensheim	116
Bürstadt	116
Lampertheim	117
Rimbach	117
Viernheim	118
Integration guides of the cities and municipalities	118
Bensheim	118
Bürstadt, Biblis and Groß-Rohrheim	119
Heppenheim	119
Lampertheim	119
Lorsch	120
Viernheim	120
Repatriation advice centre for your home country	120
Debt Counselling Service	121
Help in an Emergency	122
On-call medical services, pharmacy emergency service	122
Support for Women and Children	122
Police, fire brigade, ambulance	124
Mental Health Support Hotline (for Mental Health Crises)	124

Welcome to the District of Bergstraße

About Integreat

Integreat is an app that supports you in your everyday life and in arriving in Germany. Here you will find important addresses, contact persons, general information as well as current campaigns and events.

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

Welcome



Dear newly immigrated fellow residents,

welcome to the beautiful District of Bergstraße!

Starting a new life in a foreign country requires a lot of courage. At the same time, arriving holds many challenges. Therefore, it is a great concern of mine to support you in your everyday orientation on site so that you can lead a self-determined life in our society and cope well with the challenges.

Thanks to modern possibilities and the ever-advancing digitalisation in our district, we provide you with the Integreat app to facilitate your everyday life. The application supports you in your new start and helps you to get to know the District of Bergstraße with its numerous offers for immigrants as a new home.

With the free Integreat app, you can quickly find the wide range of local offers and current events to make it easier for you to participate in our society. In addition to the current offers, the app contains multilingual information tailored specifically for the district on the different areas of life, including everyday life, education, counselling, health, daycare, culture, school and language.

The contents are continuously updated, adapted and expanded by the Integration Officer's Office of the District of Bergstraße. Using the Integreat app is user-friendly and also guaranteed offline.

I wish you much joy and above all curiosity in getting to know your new home and all the best for the future.

Yours
Christian Engelhardt
District Administrator of the District of Bergstrasse

Interesting facts about the Bergstraße district

The Bergstraße district is named after the "Bergstraße" road. This road is 68 kilometres long. It lies between the towns of Wiesloch and Darmstadt. People used this road a very long time ago - in the 11th century. It was an important road for traders and soldiers.

Today, the Bergstrasse is a strong economic region. It lies at the centre of two large regions: Rhine-Main and Rhine-Neckar. The Bergstrasse has many advantages.

There are also many things you can do in your free time.
You can go hiking in the countryside, go cycling or visit events and interesting places.

The people in the Bergstrasse district

There are 22 towns and municipalities in the Bergstrasse district.
There are 274,169 people living here (as of 31/12/2024).

Of these, around 85% have German citizenship. That is 231,738 people.
Around 15% of people do not have German citizenship. That is 42,431 people.

Source: Hessian State Statistical Office, Wiesbaden, 2025

Current information:

[Kreis Bergstraße](#)

[Facebook](#)

[Instagram](#)

Towns and municipalities

Abtsteinach

Address

Gemeindeverwaltung

[Kirchstraße 2](#)

[69518 Abtsteinach](#)

Contact

Telefonnummer: [06207 9407-0](tel:0620794070)

E-Mail: gemeinde@abtsteinach.de

Homepage: www.abtsteinach.de

Clubs

[Abtsteinach - Vereinsverzeichnis](#)

Bensheim

Address

Stadtverwaltung Bensheim

[Kirchbergstraße 18](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 14-0](tel:06251140)

E-Mail: info@bensheim.de

Homepage: www.bensheim.de

Clubs

[Bensheim - Vereinsverzeichnis](#)

Lesezeit - www.lesezeit-bensheim.de

Biblis

Address

Allgemeine Verwaltung / Bürgerbüro

[Darmstädter Straße 25](#)

[68647 Biblis](#)

Contact

Telefonnummer: [06245 280](tel:06245280)

E-Mail: service@biblis.eu

Homepage: www.biblis.eu

Clubs

[Biblis - Vereinsverzeichnis](#)

Birkenau

Address

Gemeinde Birkenau

[Hauptstraße 119](#)

[69488 Birkenau](#)

Contact

Telefonnummer: [06201 397-0](tel:062013970)

E-Mail: info@gemeinde-birkenau.de

Homepage: www.birkenau.de

Clubs

[Birkenau - Vereinsverzeichnis](#)

Bürstadt**Address**

Stadt Bürstadt

[Rathausstraße 2](#)

[68642 Bürstadt](#)

Contact

Telefonnummer: [06206 701-0](tel:062067010)

E-Mail: online-service@buerstadt.de

Homepage: www.buerstadt.de

Clubs

[Bürstadt - Vereinsverzeichnis](#)

Einhausen**Address**

Gemeinde Einhausen

[Marktplatz 5](#)

[64683 Einhausen](#)

Contact

Telefonnummer: [06251 9602-0](tel:0625196020)

E-Mail: post@einhausen.de

Homepage: www.einhausen.de

Clubs

[Einhausen - Vereinsverzeichnis](#)

Fürth**Address**

Gemeindeverwaltung Fürth / Odenwald

[Hauptstraße 19](#)

[64658 Fürth](#)

Contact

Telefonnummer: [06253 2001-0](tel:0625320010)

E-Mail: info@gemeinde-fuerth.de

Homepage: www.gemeinde-fuerth.de

Clubs

[Fürth - Vereinsverzeichnis](#)

[Ortsteile - Vereinsverzeichnis](#)

Gorxheimertal**Address**

Gemeinde Gorxheimertal

[Siedlungsstraße 35](#)

[69517 Gorxheimertal](#)

Contact

Telefonnummer: [06201 2949-0](tel:0620129490)

E-Mail: rathaus@gorxheimertal.de

Homepage: www.gorxheimertal.de

Clubs

[Gorxheimertal - Vereinsverzeichnis](#)

Grasellenbach**Address**

Gemeinde Grasellenbach

[Schulstraße 1](#)

[64689 Grasellenbach](#)

Contact

Telefonnummer: [06253 9494-0](tel:0625394940)

E-Mail: sekretariat@gemeinde-grasellenbach.de

Homepage: www.gemeinde-grasellenbach.de

Clubs

[Grasellenbach - Vereinsverzeichnis](#)

Groß-Rohrheim**Address**

Gemeindeverwaltung Groß-Rohrheim

[Rheinstraße 14](#)

[68649 Groß-Rohrheim](#)

Contact

Telefonnummer: [06245 90777-0](tel:06245907770)

E-Mail: info@gross-rohrheim.de

Homepage: www.gross-rohrheim.de

Clubs

[Groß-Rohrheim - Vereinsverzeichnis](#)

Heppenheim**Address**

Stadtverwaltung Heppenheim

[Großer Markt 1](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 13-0](tel:06252130)

E-Mail: info@stadt.heppenheim.de

Homepage: www.heppenheim.de

Soziales Netzwerk Heppenheim: [Kontaktordner Soziales Netzwerk Heppenheim \(PDF\)](#)

Clubs

[Heppenheim - Vereinsverzeichnis](#)

Hirschhorn**Address**

Magistrat der Stadt Hirschhorn

[Hauptstraße 17](#)

[69434 Hirschhorn \(Neckar\)](#)

Contact

Telefonnummer: [06272 923-0](tel:062729230)

E-Mail: info@hirschhorn.de

Homepage: www.hirschhorn.de

Clubs

[Hirschhorn - Vereinsverzeichnis](#)

Lampertheim**Address**

Rathaus-Service Lampertheim

[Domgasse 2](#)

[68623 Lampertheim](#)

Contact

Telefonnummer: [06206 935-100](tel:06206935100)

E-Mail: rathaus-service@lampertheim.de

Homepage: www.lampertheim.de

Clubs

[Lampertheim - Vereinsverzeichnis](#)

Lautertal

Address

Gemeinde Lautertal

[Nibelungenstraße 280](#)

[64686 Lautertal \(Odenwald\)](#)

Contact

Telefonnummer: [06254 307-0](tel:062543070)

E-Mail: info@lautertal.de

Homepage: www.lautertal.de

Clubs

[Lautertal - Vereinsverzeichnis](#)

Lindenfels

Address

Magistrat der Stadt Lindenfels

[Burgstraße 39](#)

[64678 Lindenfels](#)

Contact

Telefonnummer: [06255 306-0](tel:062553060)

E-Mail: rathaus@lindenfels.de

Homepage: www.lindenfels.de

Clubs

[Lindenfels - Vereinsverzeichnis](#)

Lorsch

Address

Magistrat der Stadt Lorsch

[Kaiser-Wilhelm-Platz 1](#)

[64653 Lorsch](#)

Contact

Telefonnummer: [06251 5967-0](#)

E-Mail: info@lorsch.de

Homepage: www.lorsch.de

Clubs

[Lorsch - Vereinsverzeichnis](#)

Mörtenbach

Address

Gemeindeverwaltung

[Rathausplatz 1](#)

[69509 Mörtenbach](#)

Contact

Telefonnummer: [115](#)

E-Mail: info@moerlenbach.de

Homepage: www.moerlenbach.de

Clubs

[Mörtenbach - Vereinsverzeichnis](#)

Neckarsteinach

Address

Magistrat der Stadt Neckarsteinach

[Hauptstraße 7](#)

[69239 Neckarsteinach](#)

Contact

Telefonnummer: [06229 9200-0](#)

E-Mail: info@neckarsteinach.de

Homepage: www.neckarsteinach.com

Clubs

[Neckarsteinach - Vereinsverzeichnis](#)

Rimbach

Address

Gemeinde Rimbach

[Rathausstraße 1](#)

[64668 Rimbach](#)

Contact

Telefonnummer: [06253 809-0](tel:062538090)

E-Mail: info@rimbach-odw.de

Homepage: www.rimbach-odw.de

Clubs

[Rimbach - Vereinsverzeichnis](#)

Viernheim

Address

Stadtverwaltung Viernheim

[Kettelerstraße 3](#)

[68519 Viernheim](#)

Contact

Telefonnummer: [06204 988-0](tel:062049880)

E-Mail: stadtverwaltung@viernheim.de

Homepage: www.viernheim.de

Clubs

[Viernheim - Vereinsverzeichnis](#)

Wald-Michelbach

Address

Gemeindeverwaltung

[In der Gass 17](#)

[69483 Wald-Michelbach](#)

Contact

Telefonnummer: [06207 9470](tel:062079470)

E-Mail: rathaus@gemeinde-wald-michelbach.de

Homepage: www.wald-michelbach.de

Clubs

[Wald-Michelbach - Vereinsverzeichnis](#)

Zwingenberg

Address

Stadtverwaltung Zwingenberg

[Untergasse 16](#)

[64673 Zwingenberg](#)

Contact

Telefonnummer: [06251 7003-0](tel:0625170030)

E-Mail: kontakt@zwingenberg.de

Homepage: www.zwingenberg.de

Clubs

[Zwingenberg - Vereinsverzeichnis](#)

Anleitung

If you need help using Integreat, you can find step-by-step instructions on the Youtube channel of the Bergstraße district:

[German](#) · [Arabic](#) · [English](#) · [Farsi](#) · [Turkish](#) · [Ukrainian](#)

Note on online applications under immigration law

The [Foreigners and Migration Office](#) offers a new option: you can now complete some applications online: [Online application | Kreis Bergstraße](#).

You can submit the following applications online:

- **Applying for a residence permit:** You can apply for your residence permit online.
- **Change ancillary provisions:** Ancillary provisions are additional rules to your residence permit. For example, whether you are allowed to work in Germany. If your situation has changed, you can have these changed.
- **VISA relevant applications:** You can submit applications online for the skilled worker procedure if you want to work as a skilled worker in Germany. You can also apply online for a declaration of commitment (Verpflichtungserklärung, VE) if you want to vouch for someone who needs a visa.
- **Ukraine:** Refugees from Ukraine can apply for their residence permit online here.

Do you have any questions? Write an e-mail to: aufenthaltsrecht@kreis-bergstrasse.de .

Please note that you must make appointments in advance.

Reading time now online!

The Lesezeit is now online!

You can read the Lesezeit online at www.lesezeit-bensheim.de.
Lesezeit is a newspaper by migrants for migrants in Bensheim and the surrounding area.
It contains simple texts on everyday life, language and events.

Every month there is a new issue with:

- Proverb of the month
- Explanation of an idiom ("I only understand the station")
- Joke of the month
- Birthday greetings

You will also find

- Dates and events in Bensheim, Heppenheim and the surrounding area
- Information about the reading time team. Anyone can take part - even without perfect German.

School enrolment for pupils with a non-German language of origin

Children aged 6 to 17 must go to school in Germany.
Parents must register their children for school themselves.

How to enrol your child:

To enrol your child (up to the age of 17) at a school in the Bergstraße district, please complete the form on the website of the education authority: [Link to the form](#).

You will need the following documents for school enrolment:

- Certificate of registration from your city or municipal administration and
- Passports (of the children and one legal guardian).

You can add the documents as an upload when registering on the website.

The current flyer for school enrolment: [Flyer ABZ 2024.pdf](#)

Young adults over the age of 18 should send an email to

abz.ssa.heppenheim@kultus.hessen.de

If you have any questions, please contact the Admission and Counselling Centre (ABZ) of the State Education Authority.

The Reception and Counselling Centre in Heppenheim is a contact point for immigrant and refugee children, young people and their families.

They receive counselling and information about school attendance.

The reception and advice centre also helps to determine the language and learning level of children and young people and to find a suitable school place.

Further information on the topic of "School" in the Integreat app under [Daycare centre, school and education](#).

Reception and advice centre | Heppenheim

Homepage: <https://schulaemter.hessen.de>

Address

Staatliches Schulamt für den Landkreis Bergstraße und den Odenwaldkreis

[Weiherhausstr. 8c](#)
[64646 Heppenheim](#)

Contact

Telephone availability :

Monday to Friday from 8:30 am - 12:00 pm

Telefonnummer: [06252 9964-322](tel:06252-9964-322)

E-Mail: abz.ssa.heppenheim@kultus.hessen.de

The Babbeltreff in Bensheim

"Babbeln" is a verb from the Hessian dialect.
It means "to talk a lot" or "to tell".

In our Babbeltreff groups, we meet to talk to each other.
We don't do any lessons.
We don't learn grammar.
But we have a lot of fun together.
And everyone has the opportunity to get to know new people.

There are currently seven groups.
On different days at different times.
Always 90 minutes.
The language levels are always mixed.

Only in one group, on Wednesdays, should language skills be at least B1.
It is our "media babble meeting".
There we talk about media such as books, music, podcasts, films etc.

The conditions are:

- Wanting to talk, even if it's not right.
- Arrive on time.
- Come regularly (every week).

If you are interested, please write to Karin Bormann,

e-mail: lesezeit.bensheim@t-online.de

Please include your first and last name and contact details for WhatsApp

Voluntary language centre "German" in Lampertheim!

Would you like to improve your German language skills and meet new people?
Then you are cordially invited to take part in the volunteer-led Sprachtreff in Lampertheim!

It takes place every **Wednesday from 6.30 to 7.30 pm** in [Dieselstraße 2 \(retirement home\)](#) .

Just drop by or contact Kristina Delceva: 06206-935357.

Intercultural women's café of the town of Lampertheim

Would you like to improve your German language skills and get to know other women?
Then you are cordially invited to take part in the Intercultural Women's Café organised by the town of Lampertheim!

It takes place every Friday from 13:00 to 16:00 in the [meeting centre \(basement rooms\), Wilhelmstraße 56a, 68623 Lampertheim](#).

Just drop by or contact Kristina Delceva: 06206-935357.

Wald-Michelbach meeting centre

Everyone is welcome at the Wald-Michelbach meeting centre.
Children, young people and adults - no matter what country they come from.

People from many countries meet there.
They spend time together.
They play, cook, paint, dance and make music.

There are many programmes:
Language courses, music meetings (jam sessions), billiard training, games afternoons, a chess club and creative courses.

There are also often lectures and events.
The programme covers many different topics.

The current programme is available on [Facebook](#), [Instagram](#) or via newsletter.

Meeting centre:

[Ludwigstraße 162](#)
[69483 Wald-Michelbach](#)

Opening hours: Monday, Tuesday, Thursday and Friday at 14:00 - 20:00

E-mail: Begegnungszentrum@Wald-Michelbach.de

Telephone: [06207 3155](tel:062073155)

Zwingenberg: Farm café without borders - experience more together

The Sonnenkinder Elterninitiative Handicap e.V. in Zwingenberg cordially invites you to the Hofcafé ohne Grenzen on their meeting farm.

Families with children who have a refugee and/or migrant background and would like to meet new people are invited.

The focus is on the children: there are games, discussions as well as coffee and cake.

All dates and information can be found in the flyer: [Hofcafé ohne Grenzen](#)

Daily Life

Payment card

The payment card is a new form of benefit provision for those entitled to benefits under the Asylum Seekers Benefits Act.

It is issued directly to newly assigned persons. Subsequently, it will also be gradually issued to asylum seekers who are already in reception centres. The payment card can continue to be used there even after distribution to the local authorities.

The use of the payment card is different in each federal state. This is because the individual federal states decide how the card works locally.

What is the payment card?

- The payment card is like a bank card.
- Benefits under the Asylum Seekers' Benefits Act (AsylbLG) are transferred to the payment card as a credit balance.
- You can use the payment card to pay in shops and withdraw cash.
- You can only spend as much money as is on the card.

Who gets the payment card?

- All adults who receive benefits under the Asylum Seekers' Benefits Act (AsylbLG) receive a payment card. However, minors can also receive a card if the local authority needs one (e.g. young people without parents).

Where can I get my payment card?

- When and where you receive the payment card is regulated differently in Hesse.
- New arrivals receive the card at the initial reception centre; those who receive an AsylbLG decision later may still receive cash and the card later.
- There may be differences depending on where you live. Ask at your local authority.

Where can I shop with the payment card?

- You can pay with the payment card in most shops.

Are there any problems with certain transactions?

- Yes, certain transactions are not possible.
- For example, you cannot use the payment card with money transfer services such as Western Union, MoneyGram or PayPal.

- In special cases, contributions (e.g. for mobile phone contracts, VAG or Deutsche Bahn) can be transferred or collected. You must then provide the necessary proof in good time.

Can I withdraw cash with the payment card?

- Yes, you can withdraw cash.
- In Hesse, you may withdraw a maximum of €50 cash per person per month.
- You can withdraw the money from cash machines.
- The first two withdrawals per month are free of charge.
- Each additional withdrawal costs €0.65 per transaction.

Living

Housing search

If you want to move and are looking for a flat, look for advertisements in a newspaper or on the internet. For example, you can search for a flat on the following websites:

- [ImmobilienScout24](#)
- [Wohnungsbörse](#)
- [Immowelt](#)
- [Immonet](#)
- [eBay-Kleinanzeigen](#)
- [WG-Gesucht](#)

In the advertisement you will see the contact details (e-mail or telephone number) through which you can reach the landlord. Write an e-mail or call. Introduce yourself briefly and ask if the flat is still available. Then make an appointment to view the flat.

You have an appointment?

Go to the appointment and have a good look at the flat. If you are not yet able to speak German very well and are unsure, take a person with you who can help you. Ask about the rental costs (base rent and additional costs). Make sure that the size of the flat matches the rent. You can prepare for the appointment and bring the following documents with you:

- Cover letter
 - Who are you?
 - What do you do for a living?
 - Do you have children?
 - Why do you want to rent the flat?
- A copy of your identity card or residence permit (Aufenthaltserlaubnis)
- **When you work:** The salary slips for the last three months

- **When you are not working:** A copy of your decision from the [Jobcenter](#) or [Social Welfare Office \(Sozialamt\)](#)

After the appointment you will get an answer whether you get the flat or not.

You may move into the flat

Once you have received an acceptance for the flat, you may sign a tenancy agreement. The lease contract is very important for you. Therefore, read this very carefully!

Do you receive benefits from an institution?

Before you sign the tenancy agreement, you must first submit it to your benefit provider (such as [Jobcenter](#) or [Social Welfare Office \(Sozialamt\)](#)). The service provider will then decide whether the flat is suitable and you are allowed to move in. It is important that you take care of everything quickly.

So that all letters reach you:

If you have moved, then you should immediately change your name on the letterbox of the new flat. You receive important letters.

Not all people will know that you have moved.

You can place a [forwarding order](#) with the post office.

A forwarding order means that your letters will be forwarded to your new address.

Do not forget to inform the institutions of your new address:

- [Jobcenter](#)
- [Registry Office \(Einwohnermeldeamt\)](#) of the new place of residence (ask at the Residents' Office (Bürgerbüro))
- [Foreigners' and Migration Office \(Ausländer- und Migrationsamt\)](#) of the new place of residence
- Bank
- Health insurance
- Retirement pension institution
- If you have children: School and kindergarten
- Familienkasse (The Family Benefits Office)
- Other institutions and companies

More information on this topic:

Broschüre | Living and housing in the District of Bergstraße | DRK Kreisverband Bergstraße e.V.

[Link to the brochure](#)

The most important abbreviations when looking for a flat:

- 1. OG = "Erstes Obergeschoss". English: first floor.
- App. = Apartment
- DB/Dbad = "Duschbad". English: shower bath
- EG = "Erdgeschoss". English: ground floor
- EBK = "Einbauküche". English: fitted kitchen
- HK = "Heizkosten". English: heating costs.
- inkl. = "inklusive". English: including
- Kaut. = "Kaution". English: deposit
- MM = "Miete pro Monat". English: monthly rent.
- NK = "Nebenkosten". English: service and utility costs
- sof. frei = "sofort frei". English: ready for occupation straight away.
- teilmb. = "teilmöbliert". English: partially furnished.
- WG = "Wohngemeinschaft". English: a flat or house or apartment shared by several people who are not all part of the same family
- Whg. = "Wohnung". English: flat, apartment, home, house
- Wohnfl. = "Wohnfläche" English: living area.
- Zi. = "Zimmer". English: room
- ZKB = "Zimmer-Küche-Bad". English: room-kitchen-bathroom

Rent, housing assistance and damage deposits

Rent

Rent is a price you have to pay for the flat every month.
How much rent the flat costs is written in the tenancy agreement.
The total rent is the amount you have to pay each month.

The total rent is a sum of:

$$\begin{aligned} & \textbf{Base rent} \\ & \text{(basic amount)} \\ & + \\ & \textbf{Heating costs} \\ & + \\ & \textbf{Warm water} \\ & + \\ & \textbf{Service and utility costs} \\ & \text{(For example: rubbish, caretaker, TV connection)} \\ & = \\ & \textbf{Total rent} \\ & \text{(The price you have to pay every month)} \end{aligned}$$

Rental contract

The tenancy agreement is a contract that the landlord concludes with you. It is written in the tenancy agreement what you and the landlord are **allowed** or **obliged to** do.

Also make sure that the tenancy agreement contains this information:

-
- Name and address of the landlord
 - Flat address
 - Size of the living space
 - Number of rooms
 - Price of the base rent
 - Price of heating costs
 - Total rent
 - Amount of damage deposit

The tenancy agreement states when you have to pay the rent. If you often pay late, then your tenancy agreement can be terminated. You will then have to move out and look for a new flat.

Deposit

The deposit is a sum of money that you pay when you move in. It is a security for the landlord. The sum is as high as three months' base rent.

If you move out of the flat and something is broken, then the repair will be paid for with the deposit. If you move out and leave no damage behind, then you will get the full deposit back.

You work and don't earn much money?

Accommodation entitlement certificate (Wohnberechtigungsschein)

If you and the people in your household do not earn much money, then you can apply for a housing entitlement certificate (Wohnberechtigungsschein) . The certificate entitles you to apply for low-cost social housing.

You can apply for this at your [city or municipal administration](#) .

Housing assistance

In some cases, you can apply for housing benefit. You can find out when and how to apply for housing assistance at the [housing assistance office](#).

House Rules

Where many people live together, clear rules are needed. Therefore, every shared accommodation or flat has house rules. House rules contain important rules that all residents must abide by. The rules ensure that there are no conflicts and that everyone feels comfortable at home. The most important rules include:

Noise and quiet times

Loud noises caused by the neighbourhood can be very disturbing or annoying. This includes, for example, loud music or DIY work in the home.

That is why there are **quiet hours** (Ruhezeiten) to protect against neighbourhood noise:

- On Sundays and public holidays: All day
- Weekdays (Monday to Saturday): 8:00 p.m. - 7:00 a.m.

These rest periods apply to all residents. Keep to the quiet times and make sure that you do not make any loud noise during these times .

Ventilation

A poorly ventilated flat not only smells bad, mould can also form. That is why it is important to ventilate your home regularly. To do this, open all windows for a few minutes so that plenty of fresh air enters the flat. If you ventilate properly, mould will not form in the flat.

More information on this topic:

Broschüre | Checklist. How can you save energy and avoid mould? | Verbraucherzentrale Bundesverband e.V.

[German](#) · [English](#) · [Arabic](#) · [Russian](#) · [Farsi](#)

Waste disposal

In Germany, waste is separated. Please make sure that you do not throw everything together in one dustbin. You can find out how to separate your waste properly under the item [Waste disposal and waste separation](#).

Waste disposal and waste separation

To protect our environment, waste is separated in Germany. Recyclable raw materials can be obtained from waste. Some of these raw materials are processed into a new product.

Which waste goes in which bin?

Paper waste bin

This is where paper and cardboard go.

Anleitung | Sorting instructions Paper waste bin | Zweckverband Abfallwirtschaft Kreis Bergstraße (ZAKB)

[German](#) · [Arabic](#) · [Bulgarian](#) · [English](#) · [French](#) · [Italian](#) · [Polish](#) · [Romanian](#) · [Russian](#) · [Spanish](#) · [Turkish](#)

Yellow bag

This is where packaging made of plastic, metal and aluminium goes.
For example: Tins, milk cartons, plastic cups.

You can get the yellow sacks free of charge at from the Residents' Office (Bürgerbüro) or at the town hall.

Anleitung | Sorting instructions for yellow sack - How to separate correctly! | Zweckverband Abfallwirtschaft Kreis Bergstraße (ZAKB)

[German](#) · [Arabic](#) · [Bulgarian](#) · [English](#) · [French](#) · [Italian](#) · [Polish](#) · [Romanian](#) · [Russian](#) · [Spanish](#) · [Turkish](#)

Residual waste bin

This is where nappies, cigarette butts and all other waste goes, that does not belong in another bin.

Anleitung | Sorting instructions for residual waste container | Zweckverband Abfallwirtschaft Kreis Bergstraße (ZAKB)

[German](#) · [Arabic](#) · [Bulgarian](#) · [English](#) · [French](#) · [Italian](#) · [Polish](#) · [Romanian](#) · [Russian](#) · [Spanish](#) · [Turkish](#)

Organic waste bin

Here, for example, come: Add eggshells, fruit and vegetable scraps. Please pack the organic waste in newspaper or organic waste bags and not in plastic.

Anleitung | Sorting instructions organic waste bin | Zweckverband Abfallwirtschaft Kreis Bergstraße (ZAKB)

[German](#) · [Arabic](#) · [Bulgarian](#) · [English](#) · [French](#) · [Italian](#) · [Polish](#) · [Romanian](#) · [Russian](#) · [Spanish](#) · [Turkish](#)

Bottle bank:

You will find the bottle banks scattered around the city. You can dispose of unused glass there. Make sure to separate the glass by colour.

Bulky waste and electronic waste

Bulky waste is where you hand in large and bulky rubbish that does not fit in the normal rubbish bin, such as: furniture, a refrigerator or a television.

You can dispose of your bulky waste or electronic waste at a [recycling centre](#) (Wertstoffhof) or have it collected from your home. Call the recycling centre beforehand and ask.

Batteries

Small batteries and device batteries do not belong in household waste. You can hand them in free of charge at supermarkets, electrical goods stores, drugstores and DIY stores. You will often find these boxes in the entrance area and near the cash desks.

Hazardous waste

Hazardous waste includes, for example, fertilisers, batteries, paint and varnish residues, used oil, spray cans, thinners and toilet cleaners.

You can hand in hazardous waste free of charge at [Umweltmobil](#).

Broadcasting fees

Every home must pay dues for radio, television and the online services of ARD, ZDF and Deutschlandradio. This is called the broadcast licence fee. The contribution costs € 18.36 per month.

Do you have to pay as well?

Some people do not have to pay the broadcast licence fee. For example, if you receive benefits under the Asylum Seekers Benefits Act or other social benefits. For exemption from the broadcast licence fee, you must submit an [application](#).

More information on this topic:

Homepage | ARD ZDF Deutschlandradio Contribution service
[Arabic](#) · [English](#) · [French](#) · [Russian](#) · [Spanish](#)

Mobility and transport

Travel by bus and train

Ticket

Bus and train are called public transport. You can travel to many places by public transport. If you travel by bus or train, you must buy a ticket. For a trip there are [different tickets](#) which you can buy on the bus, at ticket machines, at the station or online. On the bus, you must show and validate the ticket (for example, have the ticket stamped at a machine on the bus). If you drive without a valid ticket, you will be reported and have to pay a heavy fine.

Deutschland-Ticket

From 1 May 2023, there is a new ticket available. The ticket is called "Deutschland-Ticket" (short: "D-Ticket") also known as "49-Euro-Ticket".

With this ticket, you can travel throughout Germany on buses, trams, underground trains, suburban trains and regional trains. The ticket is not valid for long-distance buses, IC trains, EC trains and ICE trains.

The ticket costs 49 euros per month and is only available by subscription. You can cancel the subscription every month.

The ticket is personalized with your name and is only valid when presented with an ID, such as your residence permit, passport, or driver's license. Your ticket may not be used by other individuals. Children up to 6 years of age travel free of charge.

Hessenpass mobil

The government of Hesse offers a special program called the "Hessenpass Mobil." People who live in Hesse and receive assistance can get a discounted subscription for the Deutschland-Ticket. The ticket then costs 31 euros per month.

- The "Hessenpass Mobil" is available to all residents of Hesse who:
- Receive citizen's income
- Receive housing assistance
- Receive social welfare

Are asylum seekers You will automatically receive the "Hessenpass Mobil" from your office. If you wish to purchase the discounted Deutschland-Ticket, you need to present the "Hessenpass Mobil" at the sales point. For more information, visit:

<https://wirtschaft.hessen.de>.

Where can I buy the Deutschland-Ticket?

The D-Ticket must be ordered by the 25th day of the calendar month in order to be valid starting from the following month.

You can buy the D-Ticket here:

- At Deutsche Bahn
 - online via www.bahn.de
 - in person at a DB Travel Centre, or
 - via the DB Navigator app.
- online via [Verkehrsverbund Rhein Neckar](#)
- Via the app [Deutschland-Ticket](#).

Timetable

Every bus and every train has a timetable. The timetables and fares, on the website of the [Verkehrsverbund Rhein Neckar VRN](#) or the [Deutsche Bahn](#). You can also plan your journey or buy tickets online here.

Tariff zones and price levels

The routes are divided into tariff zones ([honeycombs](#)) . Every "honeycomb" has a different ticket price. If you travel through several honeycombs on one journey, your ticket will also be more expensive.

Driving a vehicle

In Germany you need a driving licence, if you want to drive a car or a motorbike. If you do not yet have a driving licence, you must attend a driving school. Ask your driving school how much you have to pay before you sign the contract!

There is a practical and theoretical examination. You can take the theoretical exam in different languages. Ask your driving school about this.

You can find a driving school near you on [gelbeseiten.de](https://www.gelbeseiten.de).

You can find more information, advice and offers from the Bergstrasse district on the website of the [driving licence office](#).

Have a foreign driving licence transcribed

If you have a driving licence from abroad, you can have it transferred at an authority. The requirements that have to be met and the deadlines that apply to you depend on your foreign driving licence.

Therefore, inform yourself at the [driving licence office](#):

- [You have obtained your driving licence in an EU and EEA state](#)
 - [You did **not** obtain your driving licence in an EU and EEA state](#)
-

Buying and registering a vehicle

If you want to buy a car, go to a car dealer or look on the internet. Do not pay money until you have seen the car.

For example, you can search for used cars here: [autoscout24](https://www.autoscout24.de), [mobile.de](https://www.mobile.de) or on [eBay Kleinanzeigen](https://www.eBay Kleinanzeigen.de).

If you have finally bought a car, then you must register it with the [Regulatory Authority \(Zulassungsbehörde\)](#). There you will find further information about the registration of a vehicle.

TÜV

The term TÜV stands for "Technischer Überwachungs-Verein". The TÜV checks in the **TÜV main inspection (TÜV-Hauptuntersuchung)**, whether your car is functioning and safe to drive. You must take your car to the TÜV general inspection every two years. On the sticker (**Plakette**) on the licence plate, you can see when you have to drive to the next TÜV general inspection.

Further information and the locations of the TÜV Service Centres can be found on the [TÜV Hessen](#) website.

On foot and by bike

In Germany, there are road traffic regulations. These determine how people must behave on the road so that accidents do not occur. It doesn't matter whether they are on foot, on a motorbike, in a car or on a bicycle.

Pedestrian sidewalk

On the pedestrian paths (Fußgängerwege) only pedestrians are allowed to walk. Bicycles and vehicles are not allowed to ride here. People are allowed to move freely in the pedestrian zone .

Crosswalks

At a crosswalk (Zebrastreifen) vehicles must stop, if a pedestrian wants to cross the road. Here you may cross a road. However, please only go, if you are sure that the vehicle will stop at the road!

Bicycles

The most important traffic rules when cycling are:

- Always drive on the right side of the road.
- Do not ride next to another cyclist, ride behind them.
- You must ride on the cycle path, if there is one.
- Only children up to the age of 11 are allowed to cycle on the footpath.

Important:

- Make sure you have two lights on your bike, one at the front and one at the back.
- Reflectors at the front, back and on the pedals are important.
- You should have a bell and two brakes on your bike.

Money, contracts and insurance

Personal liability insurance

Even if you do not intentionally cause damage to a person in Germany, you must pay compensation according to the law. This applies to personal injury, property damage and financial losses in the private sector.

For example, if you cause a traffic accident or if your child breaks a window pane with a ball.

In Germany, you can take out a **personal liability insurance policy (Haftpflichtversicherung)** that pays for these damages for you and your family. You have to pay a little money every month for this insurance. You can decide for yourself whether you want to take out this insurance.

More information on this topic:

Checkliste | Insurance | Verbraucherzentrale Bundesverband e.V.
[German](#) · [Russian](#)

Current Account (Girokonto)

A current account (Girokonto) is an account for people who want to make payments via a bank. The money in your current account is always available to you . But you can also use your account for your everyday payments.

Opening an account

There are many banks. The banks have different offers.
Ask what the banks have to offer. Compare different offers. Once you have found a suitable bank, make an appointment to open an account.

For this appointment, you usually need to take a confirmation from the [Social Welfare Office \(Sozialamt\)](#), a certificate of your German residential address and another certificate from these three documents:

- Identity card
- Proof of arrival
- Residence permit

More information on this topic:

Checkliste | Opening an account | Deutscher Verkehrssicherheitsrat e. V.

Before opening an account:

[German](#)

After opening the account:

[German](#)

If you have a current account :

- You can **transfer** money to other accounts.
- Your salary or your social benefits are usually transferred to your current account.
- You can allow others to collect money from your account.
This is called **direct debit (Lastschriftverfahren)**.
- If you want to transfer money to a different account every month, for example for the rent of a flat, you can set up a **standing order (Dauerauftrag)** .
- If you have a current account, you can pay at the cash without cash and withdraw money from a **cash machine**.
- You can also print out your **account statements (Kontoauszüge)** from a machine at your bank. On the bank statements you can see how much money you get and how much money you have transferred to other people.
You can also see how much money you have left.

Your bank card

Once the account has been opened, you will receive an EC card with a four-digit PIN code. Sign the back of the EC card and memorise your PIN code. You need the PIN code if you want to pay at the cash desk without cash or withdraw money from an ATM . You can also withdraw cash from ATMs of other banks. However, extra fees may apply.

If you enter the PIN code incorrectly three times at the ATM, the ATM will confiscate your bank card. Your bank card will be blocked. If this happens to you, ask a member of staff at your bank.

If you lose your bank card or someone steals your bank card, call [116116](tel:116116) and have your bank card blocked immediately!

Taxes

A tax is an amount of money , that each person pays to the state from their income. Among other things, the state uses tax money to finance public institutions such as schools and kindergartens.

Income tax return

The income tax return (Einkommensteuererklärung) shows the tax office your income situation. You have to pay income tax if you have a job where you earn more than 520 euros a month.

Not all people pay the same amount of income tax. The tax office uses the salary to calculate how much everyone has to pay. It can happen that taxpayers have filed too much or too little tax within one year. In order to be able to find out, several details must be reported to the tax office.

You can find out whether you have to file a tax return and what deadlines you should meet by asking the [relevant tax office](#).

The [Lohnsteuerhilfeverein](#) helps you with your tax return.

However, you can also call [Hesse's free service hotline](#) for general tax questions.

Tax ID number

The tax identification number (Steueridentifikationsnummer) is an 11-digit number and serves as your identification for tax returns, notifications and correspondence with tax authorities. It remains the same throughout your life and does not change when you move or get married. If you do not know your tax ID, ask at the registration office.

Contracts and mobile phones

Contracts

Never sign anything you do not understand or cannot read.

If you have signed a contract, then you are bound by the contents of the contract. You may have to pay money every month after that, even though you didn't want to. If you want to terminate a contract, you must always terminate it in writing. Contracts also have deadlines that you must adhere to. Do not let anyone pressure or coerce you into signing anything.

More information on this topic:

Video | Conclude - comply with - terminate contracts | Bayerisches Staatsministerium der Justiz

[German](#) · [Arabic](#) · [Dari](#) · [English](#) · [French](#) · [Pashto](#) · [Tigrinya](#) · [Urdu](#)

Mobile Phone Contracts

In Germany, there are two different types of mobile phone (“Handy”) contract:

- Prepaid Vertrag (no contract period)
- Laufzeitvertrag (with contract period)

Contract period (Vertragslaufzeit) means that you are bound to your contract for a fixed period of time (for example, one or two years) and must pay the fees for that long. The fixed-term contract (Laufzeitvertrag) is usually renewed automatically at the end of the contract period. If you do not want this, you must terminate the contract in writing in good time.

More information on this topic:

Checkliste | Mobile service | Verbraucherzentrale Bundesverband e.V.

[German](#) · [Arabic](#) · [English](#) · [Farsi](#) · [Russian](#)

Safety in the water

Swimming rules in different languages

Water is great fun, whether you're swimming or playing. But it can also be dangerous. You can get into deep water or slip. That's why there are swimming rules to help prevent accidents. If you follow the rules, it is safer and you can enjoy the water better. Children in particular need to pay close attention and be supervised at all times. This keeps the fun in the water safe!

The Deutsche Lebens-Rettungs-Gesellschaft e.V. (DLRG) has published a [poster with bathing rules in various languages](#):

[German](#) - [Arabic](#) - [Bulgarian](#) - [English](#) - [Finnish](#) - [French](#) - [Greek](#) - [Italian](#) - [Kurdish-Kurmanji](#) - [Croatian](#) - [Lithuanian](#) - [Dutch](#) - [Norwegian](#) - [Pashto](#) - [Persian](#) - [Polish](#) - [Portuguese](#) - [Romanian](#) - [Russian](#) - [Serbian](#) - [Spanish](#) - [Somali](#) - [Tigrinya](#) - [Turkish](#) - [Ukrainian](#) - [Hungarian](#)

Further general safety tips

[Safety tips for children in the water](#)

- Children should always be supervised in the water because they often do not recognise dangers.
- Non-swimmers must always stay close to an adult, even if they are wearing buoyancy aids.
- Children can learn to swim from the age of 5, but should know how to behave safely in the water before then.
- Children can also drown in small bodies of water. Therefore, they must be constantly monitored.
- Recognise dangers in the water at an early stage and watch out.
- Even if there is a lifeguard, parents are responsible for supervision.
- Children need to know what they can and cannot do in the water. They must be regularly reminded of the rules.

Safety tips in outdoor and indoor pools

- Follow the pool's house and bathing rules.
- Children should familiarise themselves with the surroundings on their first visit and be informed about dangers and rules.
- Do not swim or play under the diving boards and slides.
- Before jumping into the water, always make sure that nobody is underneath.
- Intake openings are dangerous. Do not play there.
- Pay close attention to the rules on water slides.
- When diving, watch each child individually and explain the dangers.
- Non-swimmers belong in the non-swimmer pool.
- Do not run in the swimming pool as the floors are slippery.
- Do not force children to do anything they are afraid of.
- Children should not submerge others or push them into the water. They should also not jump into the water too close together.

Safety tips in open waters

- Swimming in the sea is more dangerous than in lakes or rivers because the ground, wind and currents can change quickly.
- Only swim in guarded areas.
- Always pay attention to the flags: If there is a red flag, do not enter the water.
- Never leave children unsupervised in or near the water.

Further safety tips can be found on the DLRG website: [General safety tips | DLRG e.V.](#)

Health and Medical

General information

Information on the health system

A collection of general information in different languages on the German health system can be found on the following websites:

Broschüre | Health for all - A guide to the German health system | Bundesministerium für Gesundheit

[German](#) · [Arabic](#) · [English](#) · [Farsi](#) · [French](#) · [Italian](#) · [Kurdish](#) · [Pashto](#) · [Polish](#) · [Romanian](#) · [Russian](#) · [Spanish](#) ·

Broschüre | Health Guide for Asylum Seekers in Germany | Bundesministerium für Gesundheit

[German](#) · [Arabic](#) · [Dari](#) · [English](#) · [Farsi](#) · [Kurdish](#) · [Pashto](#)

Broschüre | Gesundheitswegweiser der Stadt Heppenheim | Stadt Heppenheim

[German](#) · [English](#)

Broschüre | Health Guide Viernheim | Stadt Viernheim

[Arabic](#) · [Bulgarian](#) · [English](#) · [Farsi](#) · [French](#) · [Greek](#) · [Italian](#) · [Croatian](#) · [Polish](#) · [Portuguese](#) · [Romanian](#) · [Russian](#) · [Spanish](#) · [Tigrinya](#) · [Turkish](#)

Video | Our health system | Deutsches Rotes Kreuz Soziale Dienste OWL

[German](#) · [Arabic](#) · [English](#) · [French](#) · [Pashto](#) · [Sorani](#)

Medication and pharmacies/chemists

Medication

If you are ill and need medication, you will get a **prescription** from your doctor's surgery. You hand in the prescription at the chemist and receive your medicine. Even if you have a prescription, some medicines can cost money. In addition, some medicines, such as antibiotics, **require a prescription**. This means you cannot buy them without a doctor's prescription.

More information on this topic:

Flyer | Information for migrants. Medicines in Germany. | ABDA – Bundesvereinigung Deutscher Apothekerverbände e.V.

[German](#) · [Albanian](#) · [English](#) · [Farsi](#) · [French](#) · [Kurdish](#) · [Pashto](#) · [Russian](#) · [Serbian](#) · [Turkish](#) · [Urdu](#)

Pharmacies

Chemist's shops are usually open from Monday to Saturday. If you need medication urgently at night, on weekends or on holidays, then you will find a sign at every chemist's shop with the name and address of the chemist's shop that is available for emergency service. However, you can also find this information on the Internet, on the page of the [pharmacy emergency service](#).

A language directory of the chemist's shops and doctors located in the District of Bergstraße can be found at [Ärzte- und Apothekenverzeichnis](#).

Health Insurance

In Germany, health insurance is compulsory. You will receive an insurance card from this health insurance company. Always take these with you to your appointments at a doctor's office. If you are insured through the health insurance company, then you are entitled to the same benefits as all other legally insured people. Persons in the asylum procedure who do not yet have health insurance need a [medical treatment certificate \(Behandlungsschein\)](#).

Insurance card

With the insurance card of a health insurance fund, you can go to a doctor anywhere in Germany. On the back is the European Health Insurance Card (EHIC). With it you are also covered in all EU states as well as in many other countries.

Health Care through Asylum Seeker Benefits

People in the ongoing asylum procedure receive health care via a **medical treatment certificate** (Behandlungsschein). All doctors need this certificate so that your treatment is paid for. If you do not hand in the note at the doctor's surgery, you will have to pay the costs yourself. You can also use the medical treatment certificate (Behandlungsschein) for emergency medical services. If you have an accident and the medical certificate is not with you, you have ten days to present it.

You can get the medical treatment certificate (Behandlungsschein) from your contact person at [Team Flüchtlinge und Aussiedler](#).

More information on this topic:

Broschüre | Health guide for asylum seekers in Germany | Bundesministerium für Gesundheit
[German](#) · [Arabic](#) · [Dari](#) · [English](#) · [Farsi](#) · [Kurdish](#) · [Pashto](#)

Protection provided by vaccination

Vaccinations have eradicated some diseases in Germany or made them extremely rare. Therefore, vaccinations are very important, especially for children. There are specific vaccinations that are recommended. The insurance provider will cover the costs. The vaccinations given are recorded in a vaccination card.

More information on this topic:

Kalender | Vaccination calendar | Robert Koch Institut
[German](#) · [Arabic](#) · [English](#) · [Farsi](#) · [French](#) · [Russian](#) · [Serbian](#) · [Spanish](#) · Turkish ·

Broschüre | Vaccinations. Multilingual guide | Ethno-Medizinisches Zentrum e.V.
[German](#) · [Albanian](#) · [Arabic](#) · [Bulgarian](#) · [English](#) · [French](#) · [Greek](#) · [Italian](#) · [Kurdish](#) · [Persian](#) · [Polish](#) · [Romanian](#) · [Russian](#) · [Spanish](#) · [Turkish](#)

Video | Vaccination education video in different languages | Verein zur medizinischen Versorgung von Flüchtlingen, Asylsuchenden und deren Kindern e.V.

[German](#) · [Amharic](#) · [Arabic](#) · [Dari](#) · [English](#) · [French](#) · [Kurmanji](#) · [Somali](#) · [Tigrinya](#) · [Urdu](#)

Electronic patient file (ePA)

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

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

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

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

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

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

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

Contents of the EPC:

- All important information from your visits to the doctor is automatically included in the EPR if it is available in digital form. This means, for example, that findings or diagnoses that the doctor writes down are transferred to the EPR.
- You can also upload information such as vital signs (e.g. your height or weight) or older medical documents to the ePA yourself.
- Since 15 January 2025, there has been a digital list of medications you are taking in the ePA. This will be supplemented by a special medication plan in the course of 2026.
- The medication plan will not only show which medication you have been prescribed. It will also explain how you should take the medication and at what time.

Access rights:

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

Use and accessibility:

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

Legal regulations:

- The ePA for all was first launched in some regions on 15 January 2025. These include Hamburg and parts of North Rhine-Westphalia, for example. From 29 April 2025, the ePA was gradually introduced throughout Germany. Since 1 October 2025, doctors' surgeries, hospitals and pharmacies, for example, have been required to use the ePA.
- Privately insured persons can also use an ePA. Whether this is possible depends on the private health insurance provider.

Advantages:

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


Challenges:

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

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

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

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

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

Doctors

How to find a doctor

In Germany, there are **hospitals**, **general** and **specialist practices**.

If you are ill or in pain, you usually go to a **general practitioner** first. They are often also called family doctors. They will give you a general check-up and is your first point of contact when you are ill. They also decide what medication ([prescription](#)) you need and whether you need to see a specialist. If necessary you will be further referred to a [specialist practice](#). If you are ill and the doctor's surgery is closed, then call the **medical on-call service** (ärztlichen Bereitschaftsdienst) (**telephone number [116117](#)**).

If you have bad pain on the weekend, on public holidays or at night when the doctors' surgeries are closed, go to the **hospital** (Krankenhaus).

If you fear for your life and health and are life-threateningly ill, call an **ambulance** (Krankenwagen) **immediately (telephone number [112](#))!**

Doctors with foreign language skills

You can find a directory of foreign-language doctors and pharmacies of the (specialist) medical practices located in the Bergstraße district in the "[Foreign-language doctors and pharmacies directory for the Bergstraße district](#)".

Specialists

If you need a special doctor, a general practitioner (Allgemeinarzt) will refer you to a specialist. These can carry out special examinations.

You can find a foreign language doctor and pharmacy directory of the specialist practices located here in the "[Foreign language doctor and pharmacy directory for the District of Bergstraße](#)".

Children's health

Children are usually examined by paediatricians. Regular [check-ups](#) and [vaccinations](#) are important for the health of your child. In this way, health problems or abnormalities in development can be recognised and treated at an early stage.

More information on this topic:

Broschüre | Childhood diseases in day care centres and schools | DRK Soziale Dienste OWL St.Pauli e.V.

[German](#) · [Arabic](#) · [English](#) · [Turkish](#) · [Farsi](#)

Women's health (gynaecologists)

It is important for women to be regularly examined by a gynaecologist. The examinations should take place at regular intervals. You can also bring up other topics there, such as contraception, pregnancy or sexually transmitted infections.

More information on this topic:

Video | Good to know - Visit to the gynaecologist | Medienzentrum der GWA St.Pauli e.V.

[German](#) · [Arabic](#) · [English](#) · [Farsi](#) · [Turkish](#)

Men's Health

You can find specialists in men's health at andrologists or urologists. Urologists deal with urinary and urinary-diverting organs. Andrologists focus on the male sex organ.

Body and Health Vocabulary

The vocabulary for body and health helps you to make yourself understood quickly in emergencies and to get help .

Picture dictionary for refugees | Apotheken Umschau

[German](#) · [English](#) · [Ukrainian](#) · [Russian](#)

[German](#) · [Arabic](#) · [English](#) · [French](#)

[German](#) · [English](#) · [Farsi](#) · [Urdu](#)

Website | Zanzu - My body in words and pictures | Bundeszentrale für gesundheitliche Aufklärung (BZgA)

[German](#) · [Albanian](#) · [Arabic](#) · [Bulgarian](#) · [English](#) · [Farsi](#) · [French](#) · [Dutch](#) · [Polish](#) · [Romanian](#) · [Russian](#) · [Turkish](#)

Vokabeln | Emergency vocabulary | notfall-wortschatz.de

[Albanian](#) · [Bulgarian](#) · [Danish](#) · [English](#) · [French](#) · [Greek](#) · [Indonesian](#) · [Italian](#) · [Polish](#) ·

[Romanian](#) · [Russian](#) · [Spanish](#) · [Czech](#) · [Turkish](#) · [Hungarian](#) · [Vietnamese](#)

Wortfächer | Healthcare Language Guide for Migrants | Take care projekt

[Word subjects in 17 languages](#)

Daycare, school and education

Day-care (Kita)

Types of childcare

Day-care (Kita)

Kita (Kita) is a general term for day-care centres for children (Kindertageseinrichtungen). Before your child starts school and between the ages of 1 and 12 years old, they can attend a day-care centre. Your child will be supervised by nursery school teachers. There are different types of day-care centres for different age groups (called a “**Krippe**”, “**Kindergarten**” or “**Hort**”).

For more information on the child care, visit the website of the [District of Bergstraße](#).

More information on this topic:

Flyer | Information on day care for children | Bundesministerium für Familie, Senioren, Frauen und Jugend

[German](#) · [English](#)

Video | Childcare for children from 1 year: Child day care | Bundesverband für Kindertagespflege e.V.

[German](#) · [Arabic](#) · [Dari](#) · [English](#) · [Farsi](#) · [French](#) · [Kurmanji](#) · [Russian](#) · [Tigrinya](#) · [Turkish](#)

Video | Child day care in Germany | Hessisches Ministerium für Soziales und Integration

[German](#) · [Arabic](#) · [English](#) · [Farsi](#) · [French](#)

Children's day care

Child's age: 0 to 3 years old

Children's day care (Kindertagespflege) is primarily aimed at children under 3 years of age. In children's day care, day nannies look after children on an hourly or full-time basis. The care of the children takes place in the home of the day care parents, the family or other suitable rooms.

For more information on the topic of [children's day care](#), please contact the [Youth Welfare Office \(Jugendamt\)](#). The Youth Welfare Office (Jugendamt) is also responsible for issuing the care permit.

“Krippe”

Child's age: 1 to 3 years old

A Krippe (Krippe) is a day-care centre for children between the ages of 1 and 3. In the Krippe, the children are cared for in small groups. It is particularly important for these employees to be attentive and caring.

Kindergarten

Child's age: 3 years until school enrolment

Children from the age of 3-6 years old, who do not yet have to go to school, are cared for in kindergartens (Kindergarten) . In the kindergarten, the children can play with other children and thus strengthen their social skills. You can find detailed information under [Kindergarten](#).

Student care

Schoolchildren from 6 to 12 years

There are also after-school care options for school children aged 6 to 12, such as after-school care, lunchtime care or all-day school. For more information on the childcare models in your town or municipality, please contact your primary school or visit the [district's](#) website.

Kindergarten

A kindergarten is a day-care centre for children over the age of 3. There are both private and public kindergartens. In the last year of kindergarten, there are additional pre-school lessons. This prepares the children for school enrolment. Registration is done via the respective institution and/or at the administration of the [city or municipality](#).

Kindergarten costs

The costs for kindergarten depend on where you live. Under certain circumstances, the cost can be covered, for example, if you do not have work and are receiving benefits from the

[Social Welfare Office \(Sozialamt\)](#) or the [Jobcenter](#). To do this, you must submit an [application](#).

Children with disabilities

Children with developmental delays or disabilities also have the right to attend a regular kindergarten.

If parents want their child to grow up together with children without disabilities, they are entitled to a place in a day care centre, provided that the framework conditions are suitable.

For more information on the care of children with disabilities, visit the [website of the District of Bergstraße](#).

School

Compulsory schooling

In Germany, attending school is compulsory (Schulpflicht). This means that all children aged between 6 and 16 are legally required to go to school. The duration of compulsory schooling (including vocational school) is twelve years. Compulsory education ends when the child reaches age 18 if they are not enrolled in vocational training. The parents have a duty to ensure that their children attend school regularly. Attending state and municipal schools is free.

Registration at a primary school

To register at a primary school, you will be contacted by the relevant school. You will be informed about the start of your child's compulsory education and invited to register. Registration is compulsory.

More information on the [district's page](#).

School health check

After you have registered your child at a school, you will receive an invitation from the **Health Department (Gesundheitsamt)** to the school entrance examination (Schuleingangsuntersuchung).

All children must be examined by a school doctor before starting school.

The examination covers hearing and vision, mental development, motor skills and speech.

Gesundheitsamt Kreis Bergstraße

Homepage: www.kreis-bergstrasse.de

Address

Gesundheitsamt
Kinder- und Jugendärztlicher Dienst
[Kettelerstraße 29](#)
[64646 Heppenheim](#)

Contact

E-Mail: gesundheit@kreis-bergstrasse.de

School System

In Germany, there [are different types of schools](#). The school your child goes to depends on age and school performance.

You can get an overview of the different schools in the Bergstraße district on the [website of the school guide](#).

For more information on the different schools in the District of Bergstraße, please visit the [district's website](#).

More information on this topic:

Broschüre | School system graphics of the federal states | Bundesagentur für Arbeit
[The school system in Hesse](#)

Video | The Hessian school system | Hessisches Kultusministerium
[German](#) · [Arabic](#) · [English](#) · [French](#)

Video | Educational pathways in Hesse | Hessisches Kultusministerium
[German](#) · [Arabic](#) · [English](#) · [French](#) · [Turkish](#)

Grundschule (primary school)

Grundschule attendance usually lasts 4 years. When your child has reached school age (6 years), register them at a primary school (Grundschule) near your home.

After attending Grundschule, school pupils change to one of the following schools depending on their level of achievement and the desires of their parents:

Hauptschule

The aim of the Hauptschule (Hauptschule) is to promote practical talents and prepare the children for an apprenticeship. The Hauptschulabschluss (Hauptschule graduation certificate) is obtained at the end of grade 9.

Realschule

At the Realschule (Realschule) pupils acquire practical skills, but also learn to understand theoretical contexts. The Realschule leads to a general extended education and simplifies the start into an apprenticeship. The intermediate education certificate is obtained with the Realschulabschluss (Realschule graduation certificate) at the end of the 10th grade.

Gymnasium

In the Gymnasium (Gymnasium) pupils acquire a broad and in-depth general knowledge. The Gymnasium will primarily prepare pupils for a Studium (University studies). At a Gymnasium, pupils obtain the Abitur after the 12th or 13th grade.

Gemeinschaftsschule

At a Gemeinschaftsschule (Gemeinschaftsschule) children with different backgrounds learn together. At Gemeinschaftsschulen, it is possible to aim for all final examinations (Hauptschulabschluss (Hauptschule graduation certificate) after grade 9, intermediate education certificate after grade 10, Abitur after grade 12 or 13). The final examinations are identical to the examinations at the other types of schools.

Information

A change of school types is possible if your child develops differently. Thus, once a child has completed one type of school, further avenues of further schooling are open to them. After graduating from a Realschule, for example, it is possible to attend a vocational Gymnasium and obtain the Abitur.

School enrolment for migrants

Children aged 6 to 17 must go to school in Germany.
Parents must register their children for school themselves.

How to enrol your child:

To enrol your child (up to the age of 17) at a school in the Bergstraße district, please complete the form on the website of the education authority: [Link to the form](#).

You will need the following documents for school enrolment:

- Certificate of registration from your city or municipal administration and
- Passports (of the children and one legal guardian).

Please add the documents as an upload when registering on the website.

Young adults over the age of 18 should send an email to

abz.ssa.heppenheim@kultus.hessen.de

If you have any questions, please contact the Admission and Counselling Centre (ABZ) of the State Education Authority.

The reception and advice centre in Heppenheim is a contact point for immigrant and refugee children, young people and their families.

They receive counselling and information about school attendance.

The reception and advice centre also helps to determine the language and learning level of children and young people and to find a suitable school place.

Further information on the topic of "School" in the Integreat app under [Daycare centre, school and education](#).

Reception and advice centre | Heppenheim

Homepage: <https://schulaemter.hessen.de>

Centre address

Staatliches Schulamt für den Landkreis Bergstraße und den Odenwaldkreis

[Weiherhausstr. 8c](#)
[64646 Heppenheim](#)

Contact Centre

Telefonnummer: [06252 9964-322](tel:06252-9964-322)

E-Mail: abz.ssa.heppenheim@kultus.hessen.de

Education and Participation Package (BuT; Bildungs- und Teilhabepaket)

Families with low incomes can apply for benefits under the **education and participation package** (Bildungs- und Teilhabepaket). This may enable them to receive financial support for school lunches, membership fees for cultural and sports clubs or money for participation in school excursions.

For detailed information on the district's education package, contact [Neue Wege Kreis Bergstraße](#).

More information on this topic:

Flyer | The educational package in the District of Bergstraße | Neue Wege Kreis Bergstraße

[German](#) · [Arabic](#) · [English](#) · [French](#) · [Russian](#) · [Tigrinya](#)

Video | Day trips and class excursions | Neue Wege Kreis Bergstraße
[German](#)

Video | Learning support | Neue Wege Kreis Bergstraße
[German](#)

Video | Participation in sports and culture | Neue Wege Kreis Bergstraße
[German](#)

Help for children and young people to learn German

The support concept for children and young people with a migration background in Hesse helps pupils to learn German better. Language learning begins in the year before school enrolment with preparatory courses. This is followed by German remedial courses and intensive support at general and vocational schools. German is also promoted in dual training programmes.

Parts of the concept:

- Preliminary courses

- Language courses in the event of deferral
- Intensive classes and intensive courses at general schools
- Intensive classes at vocational schools: InteA - Integration through connection and graduation
- German language support in dual training for former lateral entrants
- German support courses to improve language skills

Further information on this topic can be found on the homepage of the [Hessian Ministry of Education and Cultural Affairs](#).

Preliminary courses

Primary schools offer preparatory courses. These courses are for children who do not speak enough German when they start school. Primary schools and kindergartens work together.

The courses

- are compulsory,
- help the children to learn German well before they start school,
- take place in primary schools and/or kindergartens,
- start one year before school enrolment.

Parents enrol their children in March or April of the year before they start school. During enrolment, it is checked whether the children speak German well enough. If they need help, this is recognised early on. Parents also receive counselling on how to support their children when they register.

Language courses for deferred children

Sometimes children have not learnt enough German by the time they start school. In this case, they can be deferred from starting school. These children must then attend a German language course to improve their German language skills.

The courses

- are compulsory,
- take place in preparatory classes or special language courses at primary schools,
- help all children to speak German better after one year,
- enable the children to be accepted into the first class later if their German language skills are good enough.

In the year of deferral, all parents receive detailed counselling on how they can support their children so that they are successful at school later on.

Intensive classes and intensive courses at general education schools

Intensive classes

When many new pupils (lateral entrants) arrive at a school and are not yet able to speak German well, the school offers compulsory intensive classes. These classes help pupils to acquire basic German language skills.

The intensive classes:

- are compulsory for all new pupils who are required to attend school,
- can be organised regionally or nationally,
- teach basic German language skills,
- They usually last one year and prepare pupils for the transition to regular classes.

The pupils take part in the art and sports lessons of the normal classes. This is intended to help them integrate better. The school also organises afternoon activities. The aim is for them to also take part in normal school lessons.

Intensive courses

During normal lessons, the school offers compulsory intensive courses. These courses are intended for children and young people who have little or no knowledge of German and cannot attend an intensive class.

The courses

- teach basic German language skills,
- last up to two years.

Literacy courses

Literacy courses are for pupils who have never attended school and/or have yet to learn the Latin alphabet. These courses take place during school hours, either in the intensive classes, intensive courses or as part of InteA at vocational schools.

Intensive classes at vocational schools: InteA - Integration through connection and graduation

Vocational schools have special classes for new pupils who come from abroad and do not yet speak German very well. These classes are called InteA. They help young people to learn the German they need for vocational training or other school qualifications.

In these intensive classes

- young people between the ages of 16 and 18 can take part,
- They not only learn German, but also specialised vocabulary for various professions,
- The courses last up to two years,
- the young people can transfer to other schools or training programmes after the course,
- - prepare them for working life.

German language support for former lateral entrants

Young people who come from abroad and are now doing a dual vocational training programme receive extra support in German lessons. This support helps them to successfully complete their training.

German language support in the dual training programme:

- helps the young people in a targeted way,
- takes four additional hours of German lessons per week,
- starts in the initial phase of training and is then expanded further.

German remedial courses to improve language skills

Schools offer German remedial courses to help pupils who already speak some German but still need to improve.

The German remedial courses

- help children to understand and speak German better,
- support the children so that they can achieve a good school-leaving qualification,
- offer up to two hours of additional German lessons per week at primary school,
- offer up to four hours of additional German lessons per week in secondary schools.

These courses are designed to help the children become more confident and better at German so that they can be successful at school.

Financing and Scholarships

Bursary

There are many grants for which you can apply. The offers and requirements are sometimes very different. In some cases, value is placed on social commitment, grades or personal circumstances:

[SABA – Bildungsstipendien für MigrantInnen](#)

Further education

In Germany, there are many ways to continue your education – through “non-traditional education” – after completing your schooling. You can get general and school qualifications. There are daytime and evening courses, and even at-home options.

Evening school

The evening school (Abendschule) is a school for adults. Here, people can take the middle secondary school certificate (mittlere Reife) or the higher secondary school certificate (Abitur). This is also possible if you are at work. The lessons are in the evening or at the weekend.

Abendschule Heppenheim

Homepage: www.abendschule-heppenheim.de

Address

Abendschule Heppenheim
[Gerhart-Hauptmann-Straße 21](#)
[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 794616](tel:06252794616)
E-Mail: sekretariat@abendschule-heppenheim.de

Kreisvolkshochschule

The Kreisvolkshochschule (Kreisvolkshochschule) offers continuing education and lifelong learning. The programme consists of lectures, courses, weekend seminars and workshops on various topics.

Kreisvolkshochschule Bergstraße

Homepage: www.kvhs-bergstrasse.de

Address

Kreisvolkshochschule Bergstraße
[Marktplatz 1](#)
[64653 Lorsch](#)

Contact

Telefonnummer: [06251 17296-0](tel:06251172960)
E-Mail: info@kvhs-bergstrasse.de

Bildungswerk der Hessischen Wirtschaft (BWHW)

The Bildungswerk der Hessische Wirtschaft offers you the opportunity to increase your chances on the job market through job-oriented qualifications. BWHW offers a wide range of courses. For more information, go to the homepage or visit the "[Partial qualification program TQ and TQplus salesperson directly](#)".

Bildungswerk der Hessischen Wirtschaft (BWHW)

Homepage: www.bwhw.de

Adresse

Bildungswerk der Hessischen Wirtschaft (BWHW)
[Lilienthalstraße 39 - 45](#)
[64625 Bensheim](#)

Kontakt

Telefonnummer: [06251 1749-60](tel:06251174960)

E-Mail: bensheim@bwhw.de

Libraries

You can borrow books, magazines, CDs and DVDs in libraries. You can then keep the books and media for a few weeks (loan period). Most of it is in German.

Sometimes there are also books in other languages. If you want to borrow something, you need a card. You can get this card in the library.

Most of the time you have to pay something for it. If you do not return the books and media on time, you will have to pay additional fees (=money).

Einhausen

Öffentliche Bücherei Einhausen

Homepage: <https://bistummainz.de>

Address

Öffentliche Bücherei Einhausen

[Marktplatz 1](#)

[64683 Einhausen](#)

Contact

Telefonnummer: [06251 589500](tel:06251589500)

E-Mail: buecherei@einhausen.info

Children, young people and family

Family planning, pregnancy and birth

Sexuality, contraception and health

Family planning and sexuality

You have the right to family planning and sexual self-determination.
You decide for yourself with whom and how you live your sexuality.

Sexual Counselling

In sexual counselling you can talk about your sexuality in a safe setting. It can be about many topics - questions about the body, sexual orientation, and also experiences of sexual violence.

Further information on this topic:

Broschüre | Your sexuality - Your rights | pro familia Bundesverband
[German](#) · [Arabic](#) · [Dari](#)

profamilia

Homepage: www.profamilia.de

Address

profamilia Beratungsstelle Bensheim
[Promenadenstraße 14 \(2. Stock\)](#)
[64625 Bensheim](#)

Contact

Telefon: [06251 82675-30](tel:062518267530)
E-Mail: bensheim@profamilia.de

Contraception

For most people in Germany, contraception is a natural part of family planning. There are various methods of contraception to protect against pregnancy or sexually transmitted diseases. [Ask your gynaecologist](#) about the contraceptive methods that are suitable for you.

More information on this topic:

Broschüre | Contraception | pro familia Bundesverband
[Arabic](#) · [Bulgarian](#) · [Dari](#) · [English](#) · [Croatian](#) · [Kurmanji](#) · [Polish](#) · [Romanian](#) · [Tigrinya](#) · [Turkish](#)

Unwanted pregnancy

If you are unintentionally pregnant and do not want to have the baby, you can end the pregnancy with an **abortion** (Schwangerschaftsabbruch) . The decision whether to end a pregnancy is, of course, always yours and yours alone. Neither partners, family, doctors nor government authorities may influence your decision with pressure, intimidation, paternalism or even threats of punishment. Before you terminate a pregnancy, you must have a counselling session at a [pregnancy counselling for unwanted pregnancies centre](#). The

counsellors will talk to you about your various options and answer all legal and medical questions.

More information on this topic:

If you are unintentionally pregnant, you can also find information and advice on the homepage of the Federal Ministry for Family Affairs, Senior Citizens, Women and Youth:

[German](#) · [English](#)

Faltblatt | Brief info on abortion | pro familia Bundesverband

[German](#) · [Albanian](#) · [Arabic](#) · [Bulgarian](#) · [Dari](#) · [English](#) · [French](#) · [Kurmanji](#) · [Polish](#) · [Romanian](#) · [Russian](#) · [Serbian](#) · [Somali](#) · [Sorani](#) · [Tigrinya](#) · [Czech](#) · [Vietnamese](#)

Pregnancy and Childbirth

Pregnancy and childbirth can raise many questions. You can ask your [gynaecologist](#) about this or contact a [pregnancy counselling centre](#) .

The "[Early Help \(Frühe Hilfen\)](#)" office of the Youth Welfare Office (Jugendamt) in the District of Bergstraße has compiled a list of the current services for pregnant women, parents-to-be and parents with children from 0 to 3 years in the municipalities in the Bergstraße district . Here you will find, among other things, an up-to-date list of midwives, gynaecological and paediatric practices as well as other counselling centres.

If you would like anonymous counselling, you can contact the multilingual and [anonymous pregnancy counselling service](#) .

More information on this topic:

Broschüre | "Maternal Health" | Ethno-Medizinisches Zentrum e.V.

[German](#) · [Arabic](#) · [English](#) · [Kurdish](#) · [Russian](#) · [Turkish](#)

Video | What is [Early Help \(Frühe Hilfen\)](#)? | Nationales Zentrum - Frühe Hilfen

[German](#) · [Arabic](#) · [English](#) · [French](#) · [Russian](#) · [Turkish](#)

During pregnancy

If you are pregnant, the first step is to visit a gynaecologist (women's doctor). The doctor 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, your health, and your child's health. Always take your maternity card with you in case of emergencies.

You can get help and free advice on family planning, pregnancy and birth at the [pregnancy counselling centres](#) .

More information on this topic:

Checkliste | Checklist for pregnant migrants | pro familia Bundesverband

[German](#) · [Arabic](#) · [English](#) · [Tigrinya](#)

Broschüre | Eating, drinking and moving during pregnancy - booklet without words |
Bundesanstalt für Landwirtschaft und Ernährung
[Messages for the booklet Without words](#)

Video | Pregnancy and birth | DRK Soziale Dienste OWL
[German](#) · [Arabic](#) · [English](#) · [French](#) · [Pashto](#) · [Sorani](#)

Midwife

You should also look for a midwife (Hebamme) who can support you alongside your gynaecologist. Any pregnant woman, woman in labour, woman who has recently given birth or breastfeeding woman can make use of midwifery help. The midwife's services include counselling, care, preventive care and assistance during pregnancy, birth, the postpartum period and breastfeeding.

Antenatal classes

In antenatal classes you can prepare for birth during pregnancy. There you will find information about pregnancy and birth. The birth preparation course also offers the opportunity to exchange with other expectant mothers and fathers. Antenatal classes are recommended from the 25th week of pregnancy. For more information, ask your midwife, a [pregnancy counselling centre](#) or your [gynaecologist](#).

Birth

Your gynaecologist's office will refer you to a maternity clinic for the birth. You should go to the hospital in person to register for the upcoming birth - this is usually possible starting in the 34th week of pregnancy (from the 8th month). Hospitals also offer informational events, which include [tours of the delivery room](#) where you will give birth.

After Giving Birth

Newborn children are registered by the maternity clinic at the Register Office (Standesamt) in your city. You can obtain the birth certificate for your child at the [Register Office \(Standesamt\)](#). You can also find more information in the chapter [Birth certificate and custody](#).

Postnatal classes

In postnatal classes, the pelvic floor is specifically strengthened and the spinal muscles are trained. This is important to avoid pain later on. Midwives often offer rehabilitation courses. You can start a course around 6-8 weeks after giving birth. Ask your midwife, gynaecologist's office or a counselling centre to help you find a course.

Financial support

Child benefits (Kindergeld)

All children in Germany are entitled to a child benefit from birth until the age of 18. (Kindergeld). Child benefits are intended to ensure that children are provided for, for example with food, clothing or toys.

All applications for child benefits are processed by the [Family Benefits Office \(Familienkasse\) of the Federal Employment Agency \(Bundesagentur für Arbeit\)](#).

Parental allowance

Parental allowance (Elterngeld) is a benefit for parents. Mothers and fathers receive parental allowance if they stay at home with their young child after the birth and take care of it. In return, they do not work for a certain period of time or they work less than in a full-time position, i.e. part-time. This means that the family has less income. The parental allowance is a financial support during this period. As a rule, you get parental allowance for 14 months.

Asylum seekers do not receive parental allowance during the asylum procedure. You can only receive parental allowance if you have a positive decision from the BAMF and have worked before the birth of the child.

The application and application processing for all parental allowance claims is carried out by the [parental allowance offices of the Hessian Ämter für Versorgung und Soziales](#).

Birth certificate and custody

Birth certificate

Every child receives a birth certificate (Geburtsurkunde) at the [Register Office \(Standesamt\)](#) after birth.

The birth certificate shows the first name and surname, the names of the parents, the sex of the child, the date of birth, if applicable the religious affiliation and the place of birth. Your children need their birth certificate, for example, to apply for their children's passport or their first identity card. You also need them to apply for social benefits such as child benefit or parental allowance.

More information on this topic:

Information | To register your newborn child. Information for refugees | Deutsches Institut für Menschenrechte

[German](#) · [Arabic](#) · [English](#) · [Farsi](#)

Paternity declaration

If the parents are not married to each other at the time of the child's birth, a legal acknowledgement of paternity is important (Vaterschaftsanerkennung) . However, this is only possible if the mother of the child agrees to the acknowledgement of paternity. You can have paternity acknowledged at the [Youth Welfare Office \(Jugendamt\)](#), at the [Register Office \(Standesamt\)](#) or notary.

You can find all other important information on acknowledging paternity on the Bergstraße district homepage: [Paternity declaration](#).

Child support

Parents are obliged to support their children. The obligation to pay maintenance (Unterhaltspflicht) applies to both parents, even if they live separately. If a parent who does not care for the child cannot pay maintenance, then financial support can be applied for from the [Youth Welfare Office \(Jugendamt\)](#).

You can find all important information on child support on the Bergstraße district homepage: [Advance Maintenance Payments](#).

Children and health

Preventative check-ups

Early detection examinations U1-U9

Your child must attend regular early detection examinations (Früherkennungsuntersuchungen). There are 9 examinations (U1, U2, U3...) from birth until the child turns six. The U1 (examination after birth) and U2 examinations usually take place in the clinic. You must make an appointment with your paediatrician for further examinations. The doctor's visits are free of charge and important for your child's healthy development.

More information on this topic:

Video | Healthy Children | DRK Soziale Dienste OWL gGmbH
[German](#) · [Arabic](#) · [English](#) · [French](#) · [Pashto](#) · [Sorani](#)

Video | U-examination | Deutsche Liga für das Kind in Familie und Gesellschaft e.V.
[German](#) · [Arabic](#) · [English](#) · [French](#) · [Russian](#) · [Turkish](#)

Dental Health

If your child has a toothache, you should go to a dentist.

This will help you keep your child's teeth healthy:

- Brush your teeth twice a day, in the morning and in the evening.
- Avoid sweet, sour and sticky food and drink.
- Drink water to protect the teeth.
- Regular check-ups (twice a year at a dental practice).

You can find a foreign language doctor and pharmacy directory of the specialist practices located here in the "[Foreign language doctor and pharmacy directory for the District of Bergstraße](#)".

Healthy Nutrition

A balanced diet is very important for good health. If you and your family eat a balanced diet, low in sugar and high in vegetables and fruit, you will also feel better in everyday life.

More information on this topic:

Information | 10 rules for healthy eating and drinking | Deutsche Gesellschaft für Ernährung e. V.

[German](#) · [Arabic](#) · [English](#) · [Farsi](#) · [French](#) · [Polish](#) · [Russian](#) · [Turkish](#)

Broschüre | Infant and young child feeding | Schweizerisches Rotes Kreuz

[German](#) · [English](#)

Child benefit and supplementary child allowance

Child benefit in Germany is money from the state and part of the family benefit equalisation system. The [Family Benefits Office of the Federal Employment Agency](#) supports you with child benefit, child supplement and other financial assistance.

You can receive child supplement if your income is sufficient to cover your own living expenses, but not enough or only just enough to cover all your family's needs.

In 2026, child benefit amounts to 259 euros per month for each child. Since 1 January 2025, the child supplement has been up to 297 euros per month per child. However, it depends on your family's situation. This includes the immediate supplement of 25 euros per month per child.

You can apply for child supplement and child benefit directly [online!](#)

You can apply for child benefit if...

- your child is under the age of 18 (under certain conditions, you can also apply for and receive child benefit for children of full age),
- you look after your child regularly and they live in your household (this also applies to stepchildren, grandchildren or foster children) and
- your place of residence is in Germany, another EU country, Norway, Liechtenstein, Iceland or Switzerland. You can find out more on the page [Child benefit for people living in or from abroad](#).

The payment of child benefit is not dependent on your income!

You can receive child supplement if...

- Your child lives in your household, is under 25 years old and is not married or in a registered civil partnership,
- you receive child benefit (or a comparable benefit) for your child,
- Your family's gross income is at least 900 euros (couples) or 600 euros (single parents),

- you would have enough money to support your family if you received child supplement and possibly housing benefit in addition to your income.

Tip! If you want to find out quickly whether you can receive child supplement: Simply enter your personal details in the [interactive video tool "KiZ-Lotse"](#) and find out your entitlement!

Meeting places for families and young people

Information

It is important that you get to know people in your new environment.

If you have local friends, you will feel more comfortable in your new home.

Here you will find the youth and family meeting places listed by towns and municipalities that you can visit in the District of Bergstraße.

Family meeting points

Family meetings (Familientreffs) are meeting places and contact points for (expectant) parents and children up to the age of three of the youngest child.

The meetings are feel-good places to socialise and exchange ideas.

Another goal is to support you in the upbringing of your children and to accompany you in word and deed.

Youth Clubs

If your child is looking for friends and wants to meet other local young adults, they are welcome to go to youth clubs (Jugendtreffs) .

Youth clubs are opportunities for young people to exchange ideas and network.

Bensheim

Family meeting points

Karl Kübel Stiftung für Kind und Familie

Homepage: www.kkstiftung.de

Address

Karl Kübel Stiftung für Kind und Familie

[Darmstädter Straße 100](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 700519](tel:06251700519)

E-Mail: i.kuusela@kkstiftung.de

Familienzentrum Bensheim e.V.

Homepage: www.familienzentrum-bensheim.de

Address

Familienzentrum Bensheim e. V.

[Hauptstraße 81](#)
[64625 Bensheim](#)

Contact

Telefonnummer: [06251 8053-110](tel:062518053110)

E-Mail: info@familienzentrum-bensheim.de

City of Bensheim Women's Office - Parent-Child Meeting Place

Homepage: www.bensheim.de

Address

[Rodensteinstraße 8](#)
[64625 Bensheim](#)

Contact

Telefonnummer: [06251 8560-03](tel:06251856003)

E-Mail: frauenbuero@bensheim.de

Youth Clubs

Jugendförderung / Jugendzentrum der Stadt Bensheim

Homepage: www.bensheim.de

Address

Jugendförderung/Jugendzentrum
[Rodensteinstraße 19](#)
[64625 Bensheim](#)

Contact

Telefonnummer: [06251 1057-240](tel:062511057240)

E-Mail: info@bensheim.de

Biblis

Family meeting points

Krabbelgruppe in der Kindertagesstätte Pusteblume Biblis

Homepage: www.biblis.eu

Address

Kindertagesstätte Pusteblume Biblis
[Viktoriastraße 6](#)
[68647 Biblis](#)

ContactTelefonnummer: [06245 2979-95](tel:06245297995)E-Mail: pustebume@biblis.eu

Krabbelgruppe in der katholischen Kindertagesstätte SonnenscheinHomepage: www.katholische-kita-sonnenschein-biblis.de**Address**

Katholische Kindertagesstätte Sonnenschein

[Im Helfrichsgärtel 18](#)[68647 Biblis](#)**Contact**Telefonnummer: [06245 5589](tel:062455589)E-Mail: info@katholische-kita-sonnenschein-biblis.de

Bürstadt**Family meeting points****Krabbelkäfer Bürstadt e.V.**Homepage: www.krabbelkaefer-buerstadt.de**Address**

Gemeindezentrum St. Michael

[St. Michael Straße 1](#)[68642 Bürstadt](#)**Contact**Telefonnummer: [01607945998](tel:01607945998)E-Mail: Krabbelkaefer-Buerstadt@web.de

Youth Clubs**Jugendhaus Bürstadt**Homepage: www.buerstadt.de**Address**

Jugendhaus Bürstadt

[Nibelungenstraße 199a](#)[68642 Bürstadt](#)**Contact**Telefonnummer: [06206 9647-976](tel:062069647976)

E-Mail: jugendhaus-buerstadt@gmx.de

Einhausen

Family meeting points

Evangelische Kirchengemeinde Einhausen

Homepage: www.kirche-einhausen.de

Contact

Telefonnummer: [06251 8534931](tel:062518534931)

E-Mail: nina.pobloth@gmx.de

Telefonnummer: [06251 8609005](tel:062518609005)

E-Mail: sschwab@online.de

Youth Clubs

Jugendtreff Einhausen

Homepage: www.einhausen.de

Address

Jugendtreff Einhausen

[Marktplatz 3](#)

[64683 Einhausen](#)

Contact

Telefonnummer: 0151 67794822

E-Mail: Jugendtreff@einhausen.de

Fürth

Family meeting points

Freiraum Fürth

Homepage: www.freiraum-fuerth.de

Address

Freiraum-Fürth

[Erzbergstraße 10](#)

[64658 Fürth](#)

Contact

Telefonnummer: [06209 7967284](tel:062097967284)

E-Mail: info@freiraum-fuerth.de

Heppenheim

Family meeting points

Karl Kübel Stiftung für Kind und Familie

Homepage: www.kkstiftung.de

Address

Kath. Kindertagesstätte Arche Noach

[Dr.-Heinrich-Winter-Str. 13](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 7871-79](tel:06252787179)

E-Mail: info@archenoach-hp.de

Youth Clubs

Jugendzentrum Oase

Homepage: www.heppenheim.de

Address

[Weiherhaustraße 14](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 7425-8](tel:0625274258)

E-Mail: jugendfoerderung@stadt.heppenheim.de

Lampertheim

Family meeting points

Karl Kübel Stiftung für Kind und Familie

Homepage: www.kkstiftung.de

Address

Familienzentrum Bensheim e.V.

[Wormser Straße 10](#)

[68623 Lampertheim](#)

Contact

Telefonnummer: [06251 8053110](tel:062518053110)

E-Mail: info@familienzentrum-bensheim.de

Lampertheim-Hüttenfeld

Homepage: www.kkstiftung.de

Address

Bürgerhaus

[Alfred-Delp-Straße 50](#)

[68623 Lampertheim-Hüttenfeld](#)

Contact

Telefonnummer: [0157 58263434](tel:015758263434)

Lampertheim-Hofheim

Homepage: www.familienzentrum-stmichael-lampertheim.de

Address

Kath. Familienzentrum St. Michael

[Kirchstraße 59](#)

[68623 Lampertheim-Hofheim](#)

Contact

Telefonnummer: [06241 8011-7](tel:0624180117)

E-Mail: kigastmichael@gmx.net

Krabbelgruppe der Stadt Lampertheim

Homepage: www.lampertheim.de

Address

Mutter-Kind-Gruppen der Stadtjugendpflege Lampertheim

[Römerstr. 51](#)

[68623 Lampertheim](#)

Contact

Telefonnummer: [06206 952434](tel:06206952434)

E-Mail: jugendpflege@lampertheim.de

Krabbel- und Spielgruppen der Johannesgemeinde

Homepage: www.lampertheim.de

Address

Evangelische Johannesgemeinde

[Ahornweg 1](#)

[68623 Lampertheim-Neuschloß](#)

Contact

Telefonnummer: [06206 5802878](tel:062065802878)

E-Mail: lauen-gertrud@web.de

Youth Clubs

JUZ - Jugendzentrum der Stadt Lampertheim

Homepage: www.lampertheim.de

Address

Haus am Römer

[Domgasse 2](#)

[68623 Lampertheim](#)

Contact

Telefonnummer: [06206 935-312](tel:06206935312)

E-Mail: susanne.camus@lampertheim.de

Lorsch

Family meeting points

Karl Kübel Stiftung für Kind und Familie

Homepage: www.kkstiftung.de

Address

Giebauer Haus Lorsch

[Schulstraße 16](#)

[64653 Lorsch](#)

Contact

Telefonnummer: [06251 8053-110](tel:062518053110)

E-Mail: info@familienzentrum-bensheim.de

MÜTZE Lorsch e. V.

Homepage: www.muetze-lorsch.de

Address

Mütter- und Familienzentrum

[In der Dieterswiese 6](#)

[64653 Lorsch](#)

Contact

Telefonnummer: [06251 5873-69](tel:06251587369)

E-Mail: info@muetze-lorsch.de

Youth Clubs

Kinder- und Jugendförderung der Stadt Lorsch

Homepage: [Kinder- und Jugendförderung der Stadt Lorsch](#)

Address

Gebäude Stadthaus
[Kaiser-Wilhelm-Platz 1](#)
[64653 Lorsch](#)

Contact

Telefonnummer: 06251-5967104
E-Mail: jugendfoerdung@lorsch.de

Viernheim

Family meeting points

Familienbildungswerk Viernheim

Homepage: www.familienbildungswerk.de

Address

Familienbildungsstätte Viernheim
[Weinheimerstraße 44](#)
[68519 Viernheim](#)

Contact

Telefonnummer: [06204 92962-0](tel:06204929620)
E-Mail: fbw.viernheim@bistum-mainz.de

Youth Clubs

Kinder- und Jugendarbeit im „Treff im Bahnhof“

Homepage: www.viernheim.de

Address

Treff im Bahnhof
[Friedrich-Ebert-Straße 8](#)
[68519 Viernheim](#)

Contact

Telefonnummer: [06204 988-436](tel:06204988436)
E-Mail: Anne.Gess@viernheim.de

Telefonnummer: [06204 988-435](tel:06204988435)
E-Mail: christian.stumpf@viernheim.de

Telefonnummer: [06204 988-430](tel:06204988430)
E-Mail: kcoehler@viernheim.de

Wald-Michelbach

Family meeting points

Mother and Child Group of the Protestant Congregation

Homepage: www.ev-kirchengemeinden-ueberwald.ekhn.de

Contact

Telefonnummer: [06207 6068-70](tel:06207606870)

Youth Clubs

Jugendtreff der Gemeinde Wald-Michelbach

Homepage: [Jugendtreff der Gemeinde Wald-Michelbach](http://jugendtreff.der.gemeinde.wald-michelbach.de)

Address

Ehemaliges Bahnhofsgebäude
[Ludwigstraße 162](#)
[69483 Unter-Wald-Michelbach](#)

Contact

Telefonnummer: 06207-3155

E-Mail: begegnungszentrum@wald-michelbach.de

Zwingenberg

Family meeting points

Famizz - Familienzentrum Zwingenberg

Homepage: www.famizz.de

Address

famizz - Familienzentrum Zwingenberg
[Obertor 1](#)
[64673 Zwingenberg](#)

Contact

Telefonnummer: [06251 8690-494](tel:062518690494)

E-Mail: info@famizz.de

Youth Clubs

Jugendzentrum der Stadt Zwingenberg

Homepage: [Jugendzentrum der Stadt Zwingenberg](#)

Address

Jugendzentrum der Stadt Zwingenberg

[Untergasse 16](#)

[64673 Zwingenberg](#)

Contact

E-Mail: juz@zwingenberg.de

Learn German

Level of language ability and certificates

When you live in Germany, it is important that you learn to speak German. If you speak German, this will help you in everyday life and in your contact with other people. Also, if you want to start working, start an education or course of studies, it is very important to know the language.

In the following, you will learn which knowledge is assigned to which level:

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 use of language

- 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 spontaneously, precisely, very fluently.

Integration courses - BAMF

If you want to live in Germany, you should learn German.

You will need German for work, for filling out applications, for your children's school and to get to know new people. You should also know something about Germany: its history, culture and laws.

The Federal Office for Migration and Refugees (BAMF) offers [integration courses](#) for this purpose. These courses consist of two parts: the language course and the orientation course.

Language course

In the language course you learn German for everyday life.

The duration varies depending on the type of course:

- [General integration course](#): 600 teaching units
- [Special types of course](#) (e.g. alphabetisation): up to 1200 teaching units

The language course ends with the "German Test for Immigrants" (DTZ) at level B1.

Orientation course

The orientation course lasts 100 teaching units.

Here you will learn the basics about Germany: Politics, history, culture and the legal system.

At the end you will take the "Living in Germany" (LiD) test.

Special types of courses

Depending on your previous knowledge, there are also other [special forms of integration course](#):

- [Literacy course](#): for people who cannot read and write or can only do so little. You will learn German and the Latin alphabet at the same time.
- [Second language learning course](#): For people who can already read and write in another script (e.g. Arabic, Cyrillic, Chinese). You will learn the Latin alphabet here.
- [Intensive course](#): For people with a good learning ability who want to learn German in a shorter time.
- [Support course](#): For people who have been living in Germany for some time and would like to improve their German language skills.

Registration and course finder

To attend an integration course, you need an authorisation certificate.

You can apply for this at the [Foreigners and Migration Office](#) of the Bergstraße district. You can find more information about enrolment here: [Apply for admission to an integration course](#).

Course search: You can use the [BAMF-NAVi](#) to search for current [integration courses](#) and [course locations](#) in your area.

Voluntary language courses

In addition to the official German courses, there are many places in the Bergstrasse district where you can practise your German.

Volunteers lead these groups.

Many of them have German as their mother tongue.

Participation is free of charge.

Everyone is welcome - regardless of your status.

Are you looking for a voluntary German group near you?

Then contact the Asylum Volunteer Coordination Centre.

They will tell you whether there are such groups in your area and who can help you locally.

Koordinationsstelle Asyl-Ehrenamt

Homepage: <https://www.caritas-darmstadt.de>

Flyer: [Flyer Koordinations - Stelle Asyl Bergstraße](#)

Address

Caritas Zentrum Franziskushaus

[Klostergasse 5a](#)

[64625 Bensheim](#)

Contact address

Telefon: [06251 85425-151](tel:0625185425151)

E-Mail: d.inal@caritas-darmstadt.de

Vocational language support (DeuFöV)

[Vocational language courses](#) help you to improve your German language skills for your job. The courses build on the integration courses and make you linguistically fit for the labour market. The courses are organised by the course provider or directly by your employer. You can attend full-time or part-time while working.

Vocational language courses with certificate (basic courses)

These courses prepare you for working life. For example, you will learn

- How to conduct job interviews
- What is written in employment contracts
- How to write professional emails and letters

The courses are available for different levels: A2, B1, B2, C1 and C2. At the end you take an exam and receive a recognised certificate.

Courses for specific professions

The Federal Office offers specialised courses for certain professions.

- Medical and nursing professions
 - Technical professions
 - Commercial professions
 - Job-related courses (job courses)
 - Courses to accompany training (trainee courses)
-

Who can take part?

You must have completed an integration course or be able to prove that you have at least level B1 German.

You should also:

- Be registered as a jobseeker or be in receipt of citizen's benefit or unemployment benefit
- Are looking for a training position or are in training
- Be in the process of having your vocational qualification recognised
- Be employed, but your German language skills are not sufficient

The courses are aimed at immigrants from third countries, EU citizens and Germans with a migration background

Enrolment

You need an authorisation to participate.

[Do you receive benefits from Neue Wege Kreis Bergstraße - Municipal Job Centre?](#)
Then contact the [NAVI Bergstraße advice centre](#).

There you will also receive counselling on job-related language support.

Do you receive unemployment benefit or are you registered with the Federal Employment Agency?

Then contact the [Federal Employment Agency](#) directly.

Find courses

You can find current offers for vocational language courses on the website of the [Federal Employment Agency](#).

Further information on this topic:

Website | Vocational language courses | Bundesministerium für Arbeit und Soziales
[German](#) · [Arabic](#) · [English](#) · [French](#) · [Russian](#) · [Turkish](#)

Online offers

Level A1 - for beginners

[Complete A1 course: "Nicos Weg"](#)

In this free and comprehensive course you will learn German at A1 level in 18 chapters. Each chapter begins with a short video - structured in the style of a telenovela - which you use to work through exercises and learn the German language step by step. The website can be set to 9 different languages, including English, Arabic, Russian and Polish.

[Complete A1 course with tutor](#)

In this free course you will learn level A1 German in 12 lessons with videos, audio clips, pictures and suitable tasks. In the learning portal you will find a vocabulary trainer and phrase trainer for each lesson, so that you can practise new vocabulary. The portal can be set to 19 different languages, including English, Arabic, Turkish, Albanian, Serbian, Polish and many more.

[Vocabulary app: "Stadt der Wörter"](#)

With this free video game you will learn your first words in German through audio, pictures and sample sentences. The app can be set to 8 different languages, including English, Arabic, Russian, Spanish and more.

[Miniseries: "Erste Wege in Deutschland"](#)

With this free miniseries you can experience everyday situations with the protagonist Nevin, e.g. on the bus, at the doctor's or looking for a flat. You will watch a short video and then do exercises matching the video.

[Vocabulary trainer](#)

With this free vocabulary trainer you can practise vocabulary, idioms and example sentences for conversational situations arranged by topic. There are over 50 source languages, including English, Arabic, Polish, Albanian, Serbian and many more.

[German forum and online community](#)

If you want to join a Whatsapp study group, chat in German with other people learning from all over the world or are looking for a study partner, you will find what you are looking for in the online community on the Goethe-Institut website. You will also find various German exercises at all levels there, including A1.

[Learn German on the Deutsche Welle website](#)

On the website of Deutsche Welle you will find a variety of programmes for learning German. You can listen to messages that are spoken more slowly for learners, you can learn how Germans live in the Deutschlandlabor, you can meet other learners in the online community, watch videos on various topics, practice your listening comprehension, read up on grammar questions and, above all, do lots of exercises. The site is available in 30 languages, including English, Arabic, Bosnian, Greek, Polish and many more.

Level A2 - Basic knowledge

[Complete A2 course: "Nicos Weg"](#)

In this free and comprehensive course you will learn German at A2 level in 18 chapters. Each chapter begins with a short video - structured in the style of a telenovela - which you use to work through exercises and learn the German language step by step. The website can be set to 9 different languages, including English, Arabic, Russian and Polish.

[Complete A2 course with tutor](#)

In this free course you will learn level A2 German in 12 lessons with videos, audio clips, pictures and suitable tasks. In the learning portal you will find a vocabulary trainer and phrase trainer for each lesson, so that you can practise new vocabulary. The portal can be set to 19 different languages, including English, Arabic, Turkish, Albanian, Serbian, Polish and many more.

[Vocabulary app: "Stadt der Wörter"](#)

With this free video game you will learn your first words in German through audio, pictures and sample sentences. The app can be set to 8 different languages, including English, Arabic, Russian, Spanish and more.

[Miniseries: "Erste Wege in Deutschland"](#)

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[German forum and online community](#)

If you want to join a Whatsapp study group, chat in German with other people learning from all over the world or are looking for a study partner, you will find what you are looking for in the online community on the Goethe-Institut website. You will also find various German exercises at all levels there, including A2.

[Learn German on the Deutsche Welle website](#)

On the website of Deutsche Welle you will find a variety of programmes for learning German. You can listen to messages that are spoken more slowly for learners, you can learn how Germans live in the Deutschlandlabor, you can meet other learners in the online community, watch videos on various topics, practice your listening comprehension, read up on grammar questions and, above all, do lots of exercises. The site is available in 30 languages, including English, Arabic, Bosnian, Greek, Polish and many more.

Level B1 - Advanced Language Use

[Complete B1 course: "Nicos Weg"](#)

In this free and comprehensive course you will learn German at B1 level in 18 chapters. Each chapter begins with a short video - structured in the style of a telenovela - which you use to work through exercises and learn the German language step by step. The website can be set to 9 different languages, including English, Arabic, Russian and Polish.

[Complete B1 course with tutor](#)

In this free course you will learn level B1 German in 12 lessons with videos, audio clips, pictures and suitable tasks. In the learning portal you will find a vocabulary trainer and phrase trainer for each lesson, so that you can practise new vocabulary. The portal can be set to 19 different languages, including English, Arabic, Turkish, Albanian, Serbian, Polish and many more.

[Telenovela: "Jojo sucht das Glück"](#)

During the three seasons of this telenovela you will learn about the life of Jojo, a Brazilian woman who came to Germany, and her friends in Cologne. Each episode of "Jojo sucht das Glück" is accompanied by interactive exercises and vocabulary aids for learning German.

B1 - German at your job

With this free course you can practice German for your job. You can choose from the following occupational areas: Gastronomy, systems engineering, building cleaning, nursing, retail. For each field of work there are seven learning units with videos and subsequent tasks, with which you will primarily learn the vocabulary as well as the idioms and common phrases used in the particular industry.

Learn German on the Deutsche Welle website

On the website of Deutsche Welle you will find a variety of programmes for learning German. You can listen to messages that are spoken more slowly for learners, you can learn how Germans live in the Deutschlandlabor, you can meet other learners in the online community, watch videos on various topics, practice your listening comprehension, read up on grammar questions and, above all, do lots of exercises. The site is available in 30 languages, including English, Arabic, Bosnian, Greek, Polish and many more.

German forum and online community

If you want to join a Whatsapp study group, chat in German with other people learning from all over the world or are looking for a study partner, you will find what you are looking for in the online community on the Goethe-Institut website. You will also find various German exercises at all levels there, including B1.

Level B2 - Independent use of language

Telenovela: "Jojo sucht das Glück"

During the three seasons of this telenovela you will learn about the life of Jojo, a Brazilian woman who came to Germany, and her friends in Cologne. Each episode of "Jojo sucht das Glück" is accompanied by interactive exercises and vocabulary aids for learning German.

Learn German on the Deutsche Welle website

On the website of Deutsche Welle you will find a variety of programmes for learning German. You can listen to messages that are spoken more slowly for learners, you can learn how Germans live in the Deutschlandlabor, you can meet other learners in the online community, watch videos on various topics, practice your listening comprehension, read up on grammar questions and, above all, do lots of exercises. The site is available in 30 languages, including English, Arabic, Bosnian, Greek, Polish and many more.

B2 - German for the workplace

In this free course you will learn level B2 German for the workplace in 20 lessons with videos, audio clips, pictures and suitable tasks. You will be supported by an online tutor who will answer your questions or correct your texts.

[German forum and online community](#)

If you want to join a Whatsapp study group, chat in German with other people learning from all over the world or are looking for a study partner, you will find what you are looking for in the online community on the Goethe-Institut website. You will also find various German exercises at all levels there, including B2.

Level C1 and C2 - Expert and near-native language skills

[Learn German on the Deutsche Welle website](#)

On the website of Deutsche Welle you will find a variety of programmes for learning German. You can listen to the news, learn about German varieties in the dialect atlas, get to know the idioms and subtleties of the German language or listen to audio clips dealing with everyday German and work on exercises relating to it. The site is available in 30 languages, including English, Arabic, Bosnian, Greek, Polish and many more.

[Grammar exercises](#)

You can find exercises on various C1-level grammar issues on this free site.

[All about the German language](#)

You can find various exercises for listening comprehension, vocabulary or reading comprehension on this website. You can learn the best German words, idioms or colloquial expressions.

[German forum and online community](#)

If you want to join a Whatsapp study group, chat in German with other people learning from all over the world or are looking for a study partner, you will find what you are looking for in the online community on the Goethe-Institut website. You will also find various German exercises at all levels there, including C1.

German at work

[German at the workplace](#)

On this site you will find a wide range of exercises for levels A1 to C1 relating to everyday working life in Germany. Get to know different occupations and practise professional situations such as making a phone call, writing a business letter or writing an application. You can use it to practise common language skills and communication situations specific to your occupation and get to know the vocabulary that is important for you.

[Vocabulary for work](#)

The app Lunes can help you at school, in training and at work. The app aids users with technical words and job-specific vocabulary. You will find a variety of vocabulary in different modules with pictures and with a supplementary read-aloud function.

[Vocabulary for work](#)

On this site you will find vocabulary lists to help you learn the most important terms in your everyday professional life. You can visit the site in English, Arabic, Farsi, Russian and Turkish.

[B1 - German at your job](#)

With this free course you can practice German for your job. You can choose from the following occupational areas: Gastronomy, systems engineering, building cleaning, nursing, retail.

[B2 - German for the workplace](#)

In this free course you will learn level B2 German for the workplace in 20 lessons with videos, audio clips, pictures and suitable tasks. You will be supported by an online tutor who will answer your questions or correct your texts.

[App: "Ein Tag Deutsch - in der Pflege"](#)

With this free app, people learning German from level B1 upwards can practise vocabulary, grammar and pronunciation for medical and nursing professions in an entertaining way. Additionally, students will develop communicative skills from conversations with patients, colleagues and superiors.

Grammar

[Questions about grammar?](#)

This page provides an overview of German grammar. It can be used both as a reference work for German grammar and for learning new grammatical structures.

[Questions about grammar?](#)

On this page you will find simple and understandable explanations of various aspects of German grammar.

Offers for Children

[Deutsch mit Socke](#)

Deutsch mit Socke is a film series that helps children between the ages of 5 and 10 take their first steps in the German language.

[Die Sendung mit dem Elefanten](#)

The little blue elephant and his friends offer stories to discover, marvel and laugh along with, for children between the ages of 3 and 6. Each programme lasts about 25 minutes and is also very suitable for language training.

[Kid's channel WDR Maus](#)

Die Seite mit der Maus offers educational programmes – in which, for example, the production or function of an everyday object is explained – as well as audio stories, games or even handicraft tips. Each "Sendung mit der Maus" presents complex issues in an entertaining and understandable way for children between the ages of 6 and 9 and lasts about 30 minutes.

[Lingo für Kids](#)

With Lingo, children between the ages of 8 and 12 can practise German and learn new things. There are exciting texts for reading and listening, experiments and handicraft tips.

[just read it!](#)

Three free read-aloud stories are released each week. One for children from 3, one for children from 5 and one for children from 7. The stories can be read on a tablet, smartphone, desktop computer or printed out.

Literacy

[ABC course](#)

Free literacy course with an online tutor: In this course you will learn to read and write in 12 lessons with videos, audio clips, pictures and suitable tasks.

[ABC course](#)

Free literacy course: In this course you will learn to read and write with videos, audio clips, pictures and suitable exercises.

[Serlo-ABC](#)

With the free Serlo ABC literacy app, you can learn the Latin alphabet and basic language skills independently, intuitively and in a personalised way.

[Playlist "Deutsch schreiben lernen und Grammatik - mit Bildern"](#)

You can learn the alphabet and also how to pronounce German with these YouTube videos. You will also learn to read and write in German and acquire a basic knowledge of German and German grammar.

Education, work and qualifications

General information

The conditions with which you may work in Germany depend on your residence status. For basic information and the relevant contact persons, see [access to the job market](#).

If you have already obtained school or vocational training qualifications abroad, you should see to having these qualifications recognised. For more information, see the section on [recognition of foreign qualifications](#).

In Germany there are about 400 training occupations. If you are looking for vocational training, please find further information in this section: [Vocational training](#) (dual and full-time school-based).

If you would like to study, you can find suitable information and contact persons in this section: [University studies](#).

Vocational training

Education (dual training and full-time school)

Dual training

For many professions in Germany you need vocational training. The duration of a vocational training course depends on the training occupation and usually lasts three years. During the vocational training you learn the practical activities in your at your training work place, and the theoretical aspects of the job at the vocational school. You will also be paid during the training (Ausbildungsvergütung). At the end of the training period you take a final exam. If you pass the exam, you can work in this profession. There is no age limit to start vocational training.

More information on this topic:

Video | Dual training | IHK24
[German](#) · [Arabic](#) · [Dari](#) · [English](#) · [French](#) · [Tigrinya](#)

Video | Dual vocational training - the explanatory film | Netzwerk Unternehmen integrieren Flüchtlinge
[German](#) · [Arabic](#) · [English](#) · [Farsi](#) · [Tigrinya](#)

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 (Handwerkskammer) is responsible for craft professions. This is about professions such as baker, bricklayer or painter.

Kreishandwerkerschaft Bergstraße

Homepage: www.kh-bergstrasse.de

Address

Kreishandwerkerschaft Bergstraße
[Werner-von-Siemens-Straße 30](#)
[64625 Bensheim](#)

Contact

Telefonnummer: [06251 138-0](tel:062511380)
E-Mail: handwerk@kh-bergstrasse.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, it concerns plant mechanics or traders in wholesale and foreign trade.

Industrie- und Handelskammer Darmstadt (IHK)

Homepage: www.darmstadt.ihk.de

Address

IHK Darmstadt
Rhein Main Neckar
[Rheinstraße 89](#)
[64295 Darmstadt](#)

Contact

Telefonnummer: [06151 871-0](tel:061518710)
E-Mail: info@darmstadt.ihk.de

Full school education at the Berufsfachschule

However, you can also do a full-school education at a vocational school. Vocational schools for specific professions (Berufsfachschule) provide full vocational training in theory and practice, outside of the dual education system. It usually lasts two to three and a half years. Classes are held full-time and include general education subjects as well as occupation-related subjects. Since the vocational schools differ greatly in terms of their faculties, admission

requirements, training duration and further education possibilities, it is advisable to make enquiries at the school in question.

You can find the vocational schools in the District of Bergstraße on the [School Guide](#) website.

Bensheim

- [Heinrich Metzendorf Schule](#)
- [Karl Kübel Schule](#)

Lampertheim

- [Elisabeth-Selbert-Schule](#)

Vocational schools

For young people over the age of 15, the vocational schools offer various opportunities to prepare for a profession or to obtain a general graduation certificate.

For more information on vocational schools in the District of Bergstraße, visit the [district's website](#) and the [School Guide website](#).

BÜA (Vocational school for transition to training)

Duration: 1 or 2 years

The **first school year (level 1)** of the Berufsfachschule zum Übergang in Ausbildung (BÜA) (vocational school for transition to training) serves as a vocational orientation, at the end of which it is possible to obtain the Hauptschulabschluss (Hauptschule graduation certificate).

The **second school year (level 2)** offers pupils the opportunity to obtain the Realschulabschluss (Realschule graduation certificate).

For further information, please visit the website of the [Hessian Ministry of Education and Cultural Affairs](#).

PuSch (Practice and School)

Duration: 1 year

PuSch offers the possibility of qualification in areas such as home economics and metal and consists of practical days, internships and school days.

Admission is possible if the child has not yet reached the age of 18.

PuSch ends with an examination that can be used to obtain the Hauptschulabschluss (Hauptschule graduation certificate).

InteA (Integration through connection and completion)

Duration: usually 2 years

InteA is an offer for migrants. They can learn the German language intensively there and transfer to the regular systems of general education and vocational school types or to vocational training.

Fachoberschule (FOS)

The Fachoberschule builds on the Realschulabschluss (Realschule graduation certificate). It leads to the Fachhochschulreife (Fachhochschule entrance qualification) in various subject areas and organisational forms in conjunction with a vocational qualification and qualifies students to take up higher education studies.

Vocational grammar school

A vocational grammar school offers the opportunity to acquire a general Hochschulreife (Hochschule entrance qualification). Pupils with an intermediate graduation certificate (Realschule) can be admitted if they can demonstrate sufficient performance.

Two-year Berufsfachschule

It builds on a qualified Hauptschulabschluss (Hauptschule graduation certificate) and prepares students for vocational training or attendance at the Fachoberschule. Attendance at the two-year Berufsfachschule concludes with the acquisition of the intermediate education certificate (Realschulabschluss (Realschule graduation certificate)) through a written examination and a practical project examination.

Non-student exams

The aim is to enable adults who would like to obtain a higher qualification at the end of their schooling, or migrants who have come to Hesse without educational qualifications, or those people who have left school without a qualification.

Training and Work

Welcomecenter Hessen

Are you new in Hesse? Then you probably have a range of questions about living and working in your new homeland. Would you like to inquire about where German courses are offered in your vicinity or where to look for a job? Do you need assistance in visa related issues, composing your application documents (curriculum vitae, cover letter) or preparing for your job interview?

They also offer counseling to hessian companies interested in employing highly skilled international staff and executives.

They offer free services in German, English, Spanish, Arabic, Moroccan, Kiswahili, Ukrainian and Russian.

You can contact them via e-mail or telephone for appointment bookings. They will thereafter offer you an appointment via video, telephone or e-mail.

Kontakt

Homepage: www.work-in-hessen.de

Telefonnummer: [06997172 122](tel:06997172122) / [0800 6665788](tel:08006665788)

E-Mail: info@welcomecenterhessen.com

Internships

Are you unsure about what profession you want to take up or the workplace that suits you best? An internship can help a lot in making a decision. Additionally an internship allows you to improve your German skills or to prepare for potential vocational training.

What do you need to know?

Your residence permit determines whether you are allowed to pursue an internship or whether you need to get permission from the authorities first. **Before you start**, first talk to your contact person at the [Foreigners' and Migration Office \(Ausländer- und Migrationsamt\)](#), the [Employment Agency \(Agentur für Arbeit\)](#) or the [Jobcenter](#).

How can I find an internship?

In principle you can start an internship at any company or institution. Find out which companies are available and what type of job you would like to gain experience in.

You can also use the online [Employment Agency \(Agentur für Arbeit\) job board](#) to find an internship. Or consult your contact person at the [Employment Agency \(Agentur für Arbeit\)](#) or a [Jobcenter](#).

But you can also find an internship using the [Vocational Training Exchange of the Chamber of Commerce \(Industrie- und Handelskammer - IHK\)](#) or the [Vocational Training Radar \(Lehrstellenradar\) of the Chamber of Trade \(Handwerkskammer - HWK\)](#).

Employment contract

Anyone who starts a job gets an employment contract. This regulates the most important conditions of an employment relationship, such as working hours, holiday entitlement, salary and notice periods. Both sides – workers and employers – must abide by these agreements. Because a contract is legally binding once you have signed it, you should only sign it when you understand its content completely. The same rules apply to women and men.

Types of contracts:

Unbefristeter Arbeitsvertrag

As a general rule, there is a probationary period of three to six months. During this period, an employment relationship can be terminated by either party at short notice within two weeks. At the end of the probationary period, a permanent employment relationship begins with longer protection against dismissal. Working hours are usually up to 40 hours a week.

Befristeter Arbeitsvertrag

The employment relationship ends on the agreed date without the need to give notice.

Minijob

The maximum monthly salary is €538 and is not taxed.

Zeitarbeit/ Leiharbeit

With temporary employment (Zeitarbeit) you conclude an employment contract with a temporary employment agency. However, you do not go to work there, but the company subcontracts your work to another company. That is why this form of work is also called temporary work. You then work in the company for a certain period of time. As a rule, you will receive your salary from the temporary employment agency with which you have concluded the employment contract. Even with temporary employment, you have certain rights regarding working hours and holiday regulations. Make sure that these are also adhered to.

More information on this topic:

Broschüre | Your rights in temporary employment | IQ Netzwerk
[German](#) · [English](#)

Labour law:

There are numerous laws that regulate and ensure the rights of employees in Germany. That includes, for example:

- Regulation of working time
- Minimum wage
- Leave claim
- Dismissal Protection
- Employee representation (works council)
- Trade union labour regulations

Sometimes it happens that your rights are not respected at work. If you need help or advice, you can contact the following:

Betriebsrat/ Personalrat/ Mitarbeitervertretung

Many companies have a works council. The works council represents the interests of the employees and is elected by them. The works council is your first point of contact if you have

problems with other employees or your superiors. It is best to ask colleagues whom you need to address.

Gewerkschaft

The trade unions represent the interests of workers in certain occupational fields (Gewerkschaften). A trade union does not only represent people from one company, but from many companies in the same sector (for example in industry). Ask your colleagues which union you can join. As a rule, union membership costs a monthly fee. In return, you can get advice from the union on questions and problems, get training, etc.

"Faire Integration für Geflüchtete" counselling centres

These [counselling centres help refugees and third-country nationals](#) with labour law issues such as employment contracts, working conditions or payment. Locations are in Kassel, Wiesbaden and Frankfurt. If necessary, mobile counselling is also available.

Counselling centre "Faire Mobilität"

The European Migrant Workers' Association advises EU citizens on labour and social law issues. Locations are [Frankfurt](#) and [Mannheim](#).

Undeclared Work (Schwarzarbeit)

A job that is paid but not registered with the tax office and a health insurer, and for which thus no taxes and social security payments are paid, is illegal and is referred to in Germany as "Schwarzarbeit". It can be punished with fines and prison!

Access to the Job Market

If you are looking for work and have moved from the EU, you have full [access to the job market \(uneingeschränkte Arbeitserlaubnis\)](#), because of freedom of movement for workers. Refugees' rights to work vary according to their residence status:

Asylum seeker with proof of arrival (Ankunftsnachweis) or temporary residence permit (Aufenthaltsgestattung)

The [Foreigners' and Migration Office \(Ausländer- und Migrationsamt\)](#) decides whether you are allowed to work.

You must therefore always first apply for permission to work at the Foreigners' and Migration Office (Ausländer- und Migrationsamt).

The following conditions are important for deciding whether you are allowed to work:

- **Three months after your registration** as an asylum seeker in Germany, you have "subordinate" access to the labour market (**eingeschränkte Arbeitserlaubnis**). This

means that the [German Federal Employment Agency \(Bundesagentur für Arbeit\)](#) checks whether there is a worker with preferential rights to the job. Working conditions will also be checked.

- **After 15 months**, no more priority checks will be made. However, the employment terms will still be reviewed.
- **After 48 months** you will have full access to the labour market (**uneingeschränkte Arbeitserlaubnis**). There are no more restrictions. However, you must apply for this access level from the [Foreigners' and Migration Office \(Ausländer- und Migrationsamt\)](#), and it must be included in your temporary residence permit (Aufenthaltsgestattung)

Only the Foreigners' and Migration Office (Ausländer- und Migrationsamt) can decide on the work permit for **in-company training**. There is no priority review and no review of working conditions by the Federal Employment Agency (Bundesagentur für Arbeit).

Exceptional leave to remain (Duldung)

- In the case of an exceptional leave to remain (Duldung) , the [Foreigners' and Migration Office \(Ausländer- und Migrationsamt\)](#) always decides on the work permit. The Foreigners' and Migration Office (Ausländer- und Migrationsamt) can use immigration law to completely ban you from working.
- If you haven't been banned from working, then as a person with temporary postponement of deportation (Geduldete), you have low-priority access to the job market (**eingeschränkte Arbeitserlaubnis**) from the first day of your certificate granting temporary postponement of deportation (Duldung).

Otherwise, the same job market conditions as above apply.

Refugee with residence permit

If you have been recognised by the Federal Office for Migration and Refugees (BAMF) as a person entitled to asylum, refugee or subsidiary protection, the Foreigners' and Migration Office (Ausländer- und Migrationsamt) gives you a residence permit (Aufenthaltserlaubnis). This entitles you to do any kind of job and therefore also gives you full access to the job market (**uneingeschränkte Arbeitserlaubnis**).

There are different rules for self-employment!

Job applications and interviews

If you would like to start a vocational training programme (Ausbildung) or get a job in Germany, you need to submit a written application. Usually, you apply to a company that posted a job vacancy online or in a newspaper. The job advertisement describes what type of work or vocational training it involves and what the company expects of the employee . It is also stated there where and how you have to apply.

If the company is interested in you, you will usually be invited for an interview. Prepare for the interview in detail beforehand and also gather important information about the company. If

you also ask questions during the interview, you show the company your motivation and interest in the training or job.

The application documents

Cover letter

In your personal cover letter (Anschreiben) , introduce yourself briefly and describe why you are suitable for the vacancy. Describe, for example, what experiences you have already had in your home country. Find out more about the company and describe why you would like to work there. The cover letter should fit onto one page. Sign the cover letter.

Curriculum vitae

The CV (Lebenslauf) lists your entire professional experience and is set out in the form of a table. Write the dates during which you worked with each company. Specify where you went to school and what type of qualification you left with. You do not have to include a photo in your CV, but many companies prefer it if you do.

Certificates and proofs

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 (Zeugnisse) , 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.

How do you apply?

In writing

Put your cover letter, CV and certificates in an application folder. Then mail the application to the address mentioned in the job advertisement.

Email

Many applications are now sent via 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.

More information on this topic:

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

[Europass](#) is a multilingual online portal (over 20 languages) that helps you make your skills and knowledge visible. It offers a free online tool for creating a “language passport” or CV. You can also find important tips on writing good applications on Europass.

At [Bewerbung.net](#) and [StepStone](#) you can have a CV and cover letter created for you free of charge.

Information and templates for cover letters can be found at [Bewerbung2go](#), [BewerbungsWissen](#) and [Karrierebibel](#).

You can find exercises for practising job applications and general aspects of starting a career on the VHS learning portal “[Ich will Deutsch lernen](#)” and on the Goethe-Institut’s website “[Deutsch für dich](#)” .

Recognition of foreign qualifications

Official authentication of certificates/credentials

An official certification is a confirmation of the authenticity of a document. To certify a document, you need:

- The original and the copies you wish to have authenticated
- A valid identity card or passport document

In Germany, official documents, such as credentials and marriage or birth certificates, may only be translated by **certified translators** . These translations are usually expensive.

It is best to check in advance whether you really need a certified translation. You can find an [official database of interpreters and translators](#) here.

Recognition of foreign educational and professional qualifications

Certificates and references play an important role in Germany. They are the main prerequisite for getting a job or for being admitted to a school or university. So if you have already acquired certificates abroad at school, in training or in a course of study, you should make every effort to ensure that these certificates get recognised in Germany. If you no longer have any certificates, then you can try to have your work experience and professional skills recognised through tests.

Fachberatungsstelle für Anerkennung ausländischer Qualifikationen

Homepage: www.hessen.netzwerk-iq.de

Contact

Telefonnummer: [015155565548](tel:015155565548)

E-Mail: anerkennungsberatung-bensheim@involas.com

If you want to study or work as a researcher, please contact a university to get your diploma recognised.

For further information on the recognition of foreign qualifications, please contact the [Foreign Office](#) or the [information system on the recognition of foreign educational qualifications](#).

You can also find information on the [recognition of foreign professional qualifications](#) here.

[Multilingual specialist dictionary for recognition advice](#) in German, English, Arabic, Persian and Kurdish (Sorani)

Information on the recognition procedure can be found at:

www.anerkennung-in-deutschland.de

www.netzwerk-ig.de

www.bg-portal.de

www.ihk-fosa.de

www.anabin.kmk.org

Studies

Studies at a university

In general, you can apply for a university programme regardless of your asylum or residency status as long as you fulfil the corresponding pre-requisites of immigration law and educational law. In addition, you must speak and write German very well (usually C1, at least B2). You should get information directly from the university at which you would like to study.

More information on this topic:

Webseite | www.anabin.kmk.org | Kultusministerkonferenz - Zentralstelle für ausländisches Bildungswesen

[German](#)

Webseite | www.daad.de | Deutscher Akademischer Austauschdienst e.V.

[German](#) · [English](#)

Webseite | www.hochschulkompass.de

[German](#) · [English](#)

Webseite | www.study-in-germany.de | Bundesministerium für Bildung und Forschung

[German](#) · [English](#)

Financing and Scholarships

BAföG (student loans)

As a student, it is possible to receive financial support through the Bundesausbildungsförderungsgesetz, a federal act for promoting higher education referred to

as “BAföG” for short. The payments are made monthly and, usually, continue for the duration of your course of study. Half of the BAföG total must be paid back after course of study has been completed. The exact information on the BAföG changes regularly and can be found under the following link: [BAföG für Geflüchtete und Migranten](#)

Bursary

There are many grants for which you can apply. The offers and requirements are sometimes very different. In some cases, value is placed on social commitment or attention is paid to the course of study, grades or personal circumstances:

[Friedrich-Ebert-Stiftung \(FES\) - Scholarships for Refugees](#)

[Böckler-Aktion Bildung der Hans-Böckler-Stiftung](#)

[Konrad-Adenauer-Stiftung \(KAS\) - Scholarships for Refugees](#)

[Villigst - Unser Stipendium für Geflüchtete](#)

[Brot für die Welt - Flüchtlingsstipendienprogramm](#)

[Garantiefond Hochschule der Otto-Benecke-Stiftung in Bonn](#)

[Deutschlandstipendium: Stipendiat werden](#)

Working student activity

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

Student assistant

As a student assistant (studentische Hilfskraft) , you can usually work at a Hochschule up to a maximum of 20 hours per week. The prerequisite is enrolment at a Hochschule as a student. These positions are advertised at the Hochschulen.

Part-time job

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

Education loan

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

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

Immigration of Skilled Workers

For professionals

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

Job search

Entering the labour market:

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

Skilled workers with a university degree:

Skilled workers with a university degree can work in any qualified profession. This means that skilled workers must work in a profession that requires training/studies. For the EU Blue Card, you need a job that corresponds to your qualifications.

Skilled workers with vocational training:

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

Rules for entry

Entry to seek employment:

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

Stay for qualification measures:

You will be given more opportunities so that you can gain qualifications in Germany. Have you tried to have your qualifications recognised? The authorities have identified problems? Your qualifications do not match the German ones? Then you need sufficient knowledge of German.

This is knowledge at level A2. Then you can apply for a visa. With this visa you can come to Germany for 18 months. During this time you can gain qualifications. The authorities can extend the visa once for 6 months. After that, you can apply for another visa. For example, for an apprenticeship. Or for studying. Or for work. You can find more information at [Make-It-In-Germany](#).

Settlement permit for skilled workers from abroad:

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

For training and studies

Entering the country **to look for an apprenticeship**: Would you like to do an apprenticeship? Then you can enter the country to look for a training place. You need German language skills at level B2. You also need a school-leaving certificate that entitles you to enter higher education. You must be no more than 25 years old. You must be able to pay for your own living costs in Germany.

Extended transfer options for international students in Germany: International students can obtain a new residence permit before they have completed their studies. For example: You want to learn a profession after your studies. You will then receive a residence permit for this. The new law for skilled workers makes this change easier: Are you studying? And you want to have a job? Then you can take a job. To do so, you must fulfil special conditions. The Federal Employment Agency sets these conditions. Once everything has been checked, you will receive a new residence permit.

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

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

EU Blue Card

The EU Blue Card is a residence permit for people with a university degree who do not come from the EU and wish to work in Germany. This requires a university degree and an employment contract with a certain minimum salary.

- For bottleneck professions and career starters: at least €45,934.20 per year (2026).
- For all other professions: at least €50,700 per year (2026).

Who can get the EU Blue Card?

Do you have a recognised university degree?

If you studied abroad, the degree must be recognised or equivalent in Germany.

Tip: You can check whether your degree is recognised on the "[anabin](#)" website.

You don't have a university degree?

Then you need to have completed at least three years of training after leaving school. This must correspond to at least level 6 of the German or European education system - for example as a master craftsman/master craftswoman or educator.

Employment contract or binding job offer in Germany:

- The job must last at least six months.
- The work must match your degree.
- The salary must be at least €50,700 per year (2026).

For shortage occupations, a salary of €45,934.20 (2026) is also sufficient if the Federal Employment Agency agrees. You can find a list of these professions [here](#).

Special case for career starters

If your degree is less than three years old, you can obtain the EU Blue Card with a salary of €45,934.20 (2026) - regardless of the profession. Here, too, you need the approval of the Federal Employment Agency.

Special case of IT specialists without training

Are you an IT specialist or IT manager without an official qualification? Then you can still get the EU Blue Card if:

- You have a concrete job offer in IT in Germany (at least 6 months).
- You earn at least €45,934.20 per year (2026).
- you have had at least 3 years of high-level professional experience in IT in the last 7 years.

Prospects with the EU Blue Card

The EU Blue Card is valid for as long as your employment contract plus three months - for a maximum of four years. It can be extended. After 27 months of working in Germany, you can apply for a permanent residence permit. If you speak German at level B1, this is possible after just 21 months. You can leave Germany with your family members for up to 12 months without your EU Blue Card becoming invalid. After one year with the EU Blue Card, you can also move to another EU country (except Ireland and Denmark) and apply for a new EU Blue Card there within one month.

Do you have an EU Blue Card and want to change jobs?

That is possible. You can work for a new employer with your valid Blue Card. Important: If you change jobs in the first year, you must inform the Immigration Office. The authority will then check whether you still fulfil all the conditions for the new job. If not, you may receive a different residence permit.

Important offices

Foreigners' and Migration Office (Ausländer- und Migrationsamt)

The Foreigners' and Migration Office (Ausländer- und Migrationsamt) is responsible for measures relating to residence and passport law. It is also responsible for example for issuing identity cards, applications for work permits, registration certificates (registering and deregistering place of residence), residence permits, special permits, for travel etc.

The [Foreigners and Migration Office](#) offers a new option: you can now complete some applications online: [Online application | Kreis Bergstrasse](#).

You can submit the following applications online:

- **Applying for a residence permit:** You can apply for your residence permit online.
- **Change ancillary provisions:** Ancillary provisions are additional rules to your residence permit. For example, whether you are allowed to work in Germany. If your situation has changed, you can have these changed.
- **VISA relevant applications:** You can submit applications online for the skilled worker procedure if you want to work as a skilled worker in Germany. You can also apply online for a declaration of commitment (Verpflichtungserklärung, VE) if you want to vouch for someone who needs a visa.
- **Ukraine:** Refugees from Ukraine can apply for their residence permit online here.

Do you have any questions? Write an e-mail to: aufenthaltsrecht@kreis-bergstrasse.de.

Please note that you must make appointments in advance.

Ausländer- und Migrationsamt

Homepage: www.kreis-bergstrasse.de

Subject areas of the Foreigners' and Migration Office (Ausländer- und Migrationsamt):

- [Allgemeines Ausländerrecht](#)
- [Ausgabestelle Aufenthaltstitel](#)
- [Einbürgerung](#)
- [Asylrecht](#)
- [Standesamtsaufsicht, Namensänderung, Urkunden und Beglaubigungen](#)
- [Visum, Einreisen und Einladungen](#)
- [Rechtsfragen, Ausweisungen](#)
- [Integrations- und Deutschkurse](#)

Address

Ausländer- und Migrationsamt
[Graben 15](#)
[64646 Heppenheim](#)

Employment Agency (Agentur für Arbeit)

The Employment Agency (Agentur für Arbeit) is your most important point of contact regarding employment. You can contact the Employment Agency (Agentur für Arbeit) if you are unemployed, would like to find a job, want to apply for child benefits or need advice on all matters relating to training and qualifications.

If your asylum procedure is still ongoing (Aufenthaltsgestattung) or if you are a person with an exceptional leave to remain (Duldung) then the Employment Agency (Agentur für Arbeit) is your first point of contact when looking for work.

If you are recognised, contact the [jobcenter](#) for counselling and placement in the labour market.

Agentur für Arbeit Bensheim

Homepage: www.arbeitsagentur.de

Address for visitors

[Kirchbergstr. 13](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [0800 4 5555-00](tel:08004555500)

Agentur für Arbeit Lampertheim

Homepage: www.arbeitsagentur.de

Address for visitors

[Gauss-Str. 19](#)

[68623 Lampertheim](#)

Contact

Telefonnummer: [0800 4 5555-00](tel:08004555500)

Agentur für Arbeit Michelstadt

Homepage: www.arbeitsagentur.de

Address

[Walther-Rathenau-Allee 17c](#)

[64720 Michelstadt](#)

Contact

Telefonnummer: [0800 4 5555-00](tel:08004555500)

Familienkasse Hessen (Kindergeld)

Homepage: www.arbeitsagentur.de

Additional information: [Financial support](#)

Address

[Groß-Gerauer-Weg 7](#)
[64295 Darmstadt](#)

Contact

Telefonnummer: [0800 4 5555-30](#) (Child benefits/child supplement)

Telefonnummer: [0800 4 5555-33](#) (Payment dates for child benefits)

Residents' Offices (Bürgerbüro) of the cities and municipalities

There is a Residents' Office (Bürgerbüro) in every town or municipality. At the Residents' Office (Bürgerbüro) you can clarify many matters such as:

- Registration of residence
- Application for a passport or identity card
- Authentication of documents
- Reregistration when changing residence

You can find the address of your Residents' Office (Bürgerbüro) at: [Städte und Gemeinden](#).

Residents' Office (Bürgerbüro) of the Bergstraße District

Information, orientation and advice for visitors about the responsibilities and services of the administration.

Homepage: www.kreis-bergstrasse.de

Address

Kreis Bergstraße
Bürgerbüro
[Graben 15](#)
[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 15 - 3000](#)

Public health department

The public health department deals with many health-related issues. It helps, advises, monitors, and explains. It provides support for health problems and provides information about vaccinations.

Other areas of activity at a glance (selected examples):

- **Public health:** Help and advice on illnesses and infections
 - **Examinations:** School examinations for children
 - **Advice and support:** For older people, for example on questions of care in cooperation with the care support center
 - **Prevention:** Dental examinations in schools
 - **Infection control:** Advice on topics such as tuberculosis or sexually transmitted diseases
 - **Health literacy:** Events on various health topics and provision of information materials
-

Public health department

Homepage: [Gesundheitsamt \(I-8/1\) | Kreis Bergstraße](#)

Address

Gesundheitsamt Kreis Bergstraße
[Kettelerstraße 29](#)
[64646 Heppenheim](#)

Contact

Telephone: [06252-155396](tel:06252-155396)
E-Mail: gesundheitsamt@kreis-bergstrasse.de

Youth Welfare Office (Jugendamt)

The Youth Welfare Office (Jugendamt) supports children, young people and parents in difficult situations. The welfare and protection of a child is the most important task of the Youth Welfare Office (Jugendamt). If you need support or help with parenting, you can contact the Youth Welfare Office (Jugendamt) or a [counselling centre](#).

Homepage: www.kreis-bergstrasse.de

Address

Jugendamt
[Graben 15](#)
[64646 Heppenheim](#)

Contact

Telefonnummer: 06252 150
E-Mail: jugendhilfe-leitung@kreis-bergstrasse.de

Neue Wege Kreis Bergstraße -Municipal Jobcenter-

Neue Wege Kreis Bergstraße -Kommunales Jobcenter- is where you go if you are unemployed and need support: www.neue-wege.org. It gives you financial support and can also help you to

find a job or get qualifications, depending on what you need. It makes it possible, for example, to take part in a language course or to be placed in career counselling: www.neue-wege.org.

Neue Wege also offers an online service at [NWdigital](#).

Here you can, among other things, [submit documents](#), make [service point appointments](#) and submit the [SGB II short application](#), as well as the application for [continued approval or notification of change](#) online in German and Ukrainian.

In addition, the counselling centre [NAVI Bergstrasse](#) offers initial information and orientation on the labour market for people with a refugee background.

If your asylum procedure is still ongoing (Aufenthaltsgestattung) or if you are a person with an exceptional leave to remain (Duldung) then the [Employment Agency \(Agentur für Arbeit\)](#) is your first point of contact when looking for work.

Under the following links you will find the online services with video instructions from Neue Wege:

- Video tutorial on how to request missing documents | [German](#) · [Arabic](#) · [English](#) · [Tigrinya](#) · [Ukrain](#)
- A general information video for an overview of the benefits under [SGB II](#) | [German](#)
- How does online scheduling work for the [service points](#)? | [German](#)
- How does the online [further approval or change work](#)? | [German](#)
- How does the [SGB II online application](#) work? | [German](#)
- How does [video counselling](#) work with BigBlueButton? | [German](#)
- How does the [encrypted mail service](#) work? | [German](#)
- How does the [NWdigital document portal](#) work? | [German](#)

Do you have questions about citizen benefits or services related to education and participation?

Then call the **service hotline: [06252 15-6500](tel:06252156500)**

Opening Hours:

Monday, Tuesday, Thursday, Friday 08:00 - 12:00
Thursday 13:00 - 15:30

Jobcenter Bergstraße

Responsible for

Bensheim, Einhausen, Heppenheim, Lautertal, Lorsch und Zwingenberg

Homepage: www.neue-wege.org

Address

Jobcenter Bergstraße
[Walther-Rathenau-Straße 2](#)
[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 15-6500](tel:06252_15-6500)

E-Mail: heppenheim@neue-wege.org

Jobcenter Odenwald**Responsible for**

Abtsteinach, Birkenau, Fürth, Gorxheimertal, Grasellenbach, Hirschhorn, Lindenfels, Mörlenbach, Neckarsteinach, Rimbach und Wald-Michelbach

Homepage: www.neue-wege.org

Address

Jobcenter Odenwald

[Weinheimer Straße 50-50a](#)

[69509 Mörlenbach](#)

Contact

Telefonnummer: 06252 15-6500

E-Mail: moerlenbach@neue-wege.org

Jobcenter Ried**Responsible for**

Biblis, Bürstadt, Groß-Rohrheim und Lampertheim

Homepage: www.neue-wege.org

Address

Jobcenter Ried

[Industriestraße 14](#)

[68642 Bürstadt](#)

Contact

Telefonnummer: 06252 15-6500

E-Mail: buerstadt@neue-wege.org

Jobcenter Viernheim**Responsible for**

Viernheim

Homepage: www.neue-wege.org

Address

Jobcenter Viernheim

[Industriestraße 20-22](#)

[68519 Viernheim](#)

Contact

Telefonnummer: 06252 15-6500

E-Mail: viernheim@neue-wege.org

Integration Commissioner's Office

The Integration Commissioner's Office is responsible for all issues concerning the integration of immigrants. It offers support and advice to residents as well as associations, societies and institutions on issues related to integration.

Stabsstelle Integrationsbeauftragte

Homepage: www.kreis-bergstrasse.de

Flyer: [Integration von Migrantinnen und Migranten im Kreis Bergstraße.pdf](#)

Address

Stabsstelle Integrationsbeauftragte

[Graben 15](#)

[64646 Heppenheim](#)

Register Office (Standesamt) of the cities and municipalities

The Register Office (Standesamt) has several tasks. For example, when a child is born, the parents receive a birth certificate for their child here. Or if you wish to get married, the Registry Office is responsible for registering your marriage.

Other tasks at a glance:

- Certification of births and deaths
- Marriages and life partnerships
- Acceptance of church resignations
- Name changes
- Issue of documents (birth certificate, death certificate, marriage certificate)

Ask in your [town or municipality](#) for the competent Register Office (Standesamt).

Social Welfare Office (Sozialamt)

The Social Welfare Office (Sozialamt) supports people in difficult life situations and is your contact when it comes to issues such as livelihood, guaranteed minimum pension, disability or care.

Homepage: www.kreis-bergstrasse.de

The areas of expertise of the Social Welfare Office (Sozialamt) include:

[Grundsicherung / Hilfe zum Lebensunterhalt](#)

[Wohngeldbehörde](#)

[Hilfe zur Pflege](#)

[Eingliederungshilfe für Erwachsene](#)

[Fachstelle Leben im Alter](#)
[Pflegerstützpunkt](#)

Team Flüchtlinge und Aussiedler

After your arrival in the District of Bergstraße, the responsible Social Welfare Office (Sozialamt) will support you. This is where the Spätaussiedler (ethnic German immigrants) and refugees are cared for and accompanied. You will receive benefits there during the asylum procedure in accordance with the Asylum Seekers Benefits Act. Persons with exceptional leaves to remain (Geduldete) also receive benefits from the Social Welfare Office (Sozialamt).

Homepage: www.kreis-bergstrasse.de
[Zuständige Mitarbeitende](#)

Address

Soziales - Flüchtlinge und USG

[Graben 15](#)
[64646 Heppenheim](#)

Advice and help

Parenting Counselling Centre

Bensheim

Beratungsstelle für Eltern, Kinder und Jugendliche (Advice centre for parents, children and teenagers)

Homepage: www.kreis-bergstrasse.de

Address

Beratungsstelle für Eltern, Kinder und Jugendliche

[Am Wambolterhof 8](#)
[64625 Bensheim](#)

Contact

Telefonnummer: [06251 84600](tel:0625184600)

E-Mail: jugendhilfe-eb-bensheim@kreis-bergstrasse.de

Fürth

Beratungsstelle für Eltern, Kinder und Jugendliche (Advice centre for parents, children and teenagers)

Homepage: www.caritas-darmstadt.de

Address

Caritasverband Darmstadt e. V.

[In den Pfarrwiesen 1](#)

[64658 Fürth](#)

Contact

Telefonnummer: [06253 806154-0](tel:062538061540)

E-Mail: eb.fuerth@caritas-darmstadt.de

Heppenheim**Beratungsstelle für Eltern, Kinder und Jugendliche (Advice centre for parents, children and teenagers)**

Homepage: www.caritas-darmstadt.de

Address

Caritasverband Darmstadt e. V.

[Bensheimer Weg 16](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06253 806154-0](tel:062538061540)

E-Mail: eb.fuerth@caritas-darmstadt.de

Lampertheim**Counselling centre for parents, children and young people and marriage, family and life counselling**

Homepage: www.kreis-bergstrasse.de

Address

[Blücherstr. 26](#)

[68623 Lampertheim](#)

Contact

Telefonnummer: [06206 9104-11](tel:06206910411)

E-Mail: jugendhilfe-eb-lampertheim@kreis-bergstrasse.de

Viernheim**Viernheim branch**

Homepage: www.kreis-bergstrasse.de

Address

Beratungsstelle für Eltern, Kinder und Jugendliche

[Kettelerstr. 5a](#)

[68519 Viernheim](#)

Contact

Telefonnummer: [06204 740505](tel:06204740505)

Wald-Michelbach**Beratungsstelle für Eltern, Kinder und Jugendliche (Advice centre for parents, children and teenagers)**

Homepage: www.caritas-darmstadt.de

Address

Caritasverband Darmstadt e. V.

[Spechtbach 10](#)

[69483 Wald-Michelbach](#)

Contact

Telefonnummer: [06253 806154-0](tel:062538061540)

E-Mail: eb@caritas-bergstrasse.de

Refugee and Integration Counselling (Flüchtlings- und Integrationsberatung)**Youth Migration Service (JMD)**

Youth Migration Services (JMD) (Jugendmigrationsdienste) support young immigrants from 12 to 27 years old. They help you to settle in Germany as quickly as possible and they support you with the following issues:

- Questions about general orientation
- School, education, career
- Personal questions
- Financial and legal matters

You can find more information about the Migration Counselling Service (Migrationsberatung) on the flyer: [Sprechzeiten Migrationsdienste](#).

Bensheim**Regionale Diakonie Bergstraße**

Homepage: www.diakoniebergstrasse.de

Address

Regionale Diakonie Bergstraße

[Riedstraße 1](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 1072-29](tel:06251107229)

E-Mail: sarah.dickmeis@regionale-diakonie.de

Rimbach

Regionale Diakonie Bergstraße

Homepage: www.diakoniebergstrasse.de

Address

Regionale Diakonie Bergstraße

[Schlossstraße 52a](#)

[64668 Rimbach](#)

Contact

Telefonnummer: [06253 98981-34](tel:062539898134)

E-Mail: jmd.bergstrasse@regionale-diakonie.de

Lampertheim

Regionale Diakonie Bergstraße

Homepage: www.diakoniebergstrasse.de

Address

Regionale Diakonie Bergstraße

[Industriestraße 35](#)

[64683 Lampertheim](#)

Contact

Telefonnummer: [06206 9299-20](tel:06206929920)

E-Mail: marion.persson@regionale-diakonie.de

Telefonnummer: [06206 9299-14](tel:06206929914)

E-Mail: stefan.gruenewald@regionale-diakonie.de

Viernheim

Regionale Diakonie Bergstraße

Homepage: www.diakoniebergstrasse.de

Address

Treff im Bahnhof (TiB)

[Friedrich - Ebert - Straße 8a](#)

[68519 Viernheim](#)

Contact

Telefonnummer: [06204-966814](tel:06204-966814)

E-Mail: stefan.gruenewald@regionale-diakonie.de

Migrant counselling for adults (MBE)

The Migration Counselling Service (Migrationsberatung) supports all people with a migration background who are older than 27 and have a permanent residence permit (dauerhaften Aufenthaltstitel).

The Migration Services will help you with questions concerning life in Germany and the German social system. They will advise you on questions concerning German law, the recognition of degrees or administrative procedures.

The [Youth Migration Counselling Service](#) is responsible for adolescents and young adults between the ages of 12 and 27.

You can find more information about the Migration Counselling Service (Migrationsberatung) on the flyer [Sprechzeiten Migrationsdienste](#).

Bensheim**Caritasverband Darmstadt e.V.**

Homepage: www.caritas-darmstadt.de

Address

Caritaszentrum Franziskushaus

[Klostergasse 5a](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 8542-5171](tel:06251-8542-5171) / [06251 854-250](tel:06251-854-250)

E-Mail: g.schuessler@caritas-darmstadt.de

Telefonnummer: [06251 8542-5171](tel:06251-8542-5171) / [06251 854-250](tel:06251-854-250)

E-Mail: r.vatter@caritas-darmstadt.de

Telefonnummer: [06251 8542-5171](tel:06251-8542-5171) / [06251 854-250](tel:06251-854-250)

E-Mail: b.hammon@caritas-darmstadt.de

Regionale Diakonie Bergstraße

Homepage: www.diakoniebergstrasse.de

Address

Regionale Diakonie Bergstraße

[Riedstraße 1](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 107-224](tel:06251107224)

E-Mail: ulrike.mayr@regionale-diakonie.de

Bürstadt**Lernmobil e.V.**

Homepage: www.lernmobil-viernheim.de

Address

[Pfarrzentrum St. Michael](#)

[St.-Michael-Straße 1](#)

[68642 Bürstadt](#)

Contact

Telefonnummer: [06204 9319-664](tel:062049319664) / [0159 04357915](tel:015904357915)

E-Mail: mbe@lernmobil-viernheim.de

Heppenheim**Caritasverband Darmstadt e.V.**

Homepage: www.caritas-darmstadt.de

Address

Caritashaus

[Bensheimer Weg 16](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 990-130](tel:06252990130) / [06252 990-121](tel:06252990121)

E-Mail: b.hammon@caritas-darmstadt.de

DRK Kreisverband Bergstraße e.V.

Homepage: www.drk-bergstrasse.de

Address

DRK Begegnungsstätte

[Werlestraße 5](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252-689174](tel:06252689174)

E-Mail: elisabeth.muehlum@drk-hp.de / MBE@drk-bergstrasse.de

Lampertheim**Regionale Diakonie Bergstraße**

Homepage: www.diakoniebergstrasse.de

Address

Regionale Diakonie Bergstraße

[Industriestr. 35](#)

[64683 Lampertheim](#)

Contact

Telefonnummer: [06206 9299-21](tel:06206929921)

E-Mail: marina.filaretova@regionale-diakonie.de

Viernheim

Caritasverband Darmstadt e.V.

Homepage: www.caritas-darmstadt.de

Address

Familienbildungswerk

[Weinheimer Straße 44](#)

[68519 Viernheim](#)

Contact

Telefonnummer: [06251 8542 5171](tel:0625185425171) / [06251 8542 50](tel:06251854250)

E-Mail: r.vatter@caritas-darmstadt.de

Lernmobil e.V.

Homepage: www.lernmobil-viernheim.de

Address

[Stiftungshaus](#)

[Rathausstr. 32](#)

[68519 Viernheim](#)

Address

Rathaus Viernheim

[Kettelerstraße 3](#)

[68519 Viernheim](#)

Contact

Telefonnummer: [06204 9319664](tel:062049319664) / [0159 04357915](tel:015904357915)

E-Mail: mbe@lernmobil-viernheim.de

Refugee counselling (for asylum seekers)

For people in the asylum procedure or with toleration

Regionale Diakonie Bergstraße

Homepage: www.diakoniebergstrasse.de

Address

Diakonisches Werk Bergstraße

[Riedstraße 1](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 1072-16](tel:06251107216)

E-Mail: esther.zimmermann@regionale-diakonie.de

For people in the asylum process

Lernmobil e.V.

Homepage: www.lernmobil-viernheim.de

Address

Stiftungshaus

[Rathausstraße 32](#)

[38519 Viernheim](#)

Address

Interkulturelles Büro

[Nibelungenstraße 44](#)

[68642 Bürstadt](#)

Contact

Telefonnummer: [01761789 2038](tel:017617892038)

E-Mail: avb@lernmobil-viernheim.de

Women's and equal opportunities commissioner

District of Bergstraße

Office for Women and Equality

Homepage: www.kreis-bergstrasse.de

Address

[Gräffstraße 5](#)

[64646 Heppenheim](#)

Contact

Women's and equal opportunities commissioner

Telefonnummer: [06252 15-5990](tel:06252155990)

E-Mail: frauenbuero@kreis-bergstrasse.de

Bensheim

Frauenbüro Stadt Bensheim

Homepage: www.bensheim.de

Address

[Hauptstraße 53 \(2. OG\)](#)
[64625 Bensheim](#)

Contact

Frauen- und Gleichstellungsbeauftragte
Telefonnummer: [06251 856003](tel:06251856003)
E-Mail: frauenbuero@bensheim.de

Heppenheim

Gleichstellungsbeauftragte Stadt Heppenheim

Homepage: www.heppenheim.de

Address

[Karlstraße 2](#)
[64646 Heppenheim](#)

Contact

Gleichstellungsbeauftragte
Telefonnummer: [06252 13-1277](tel:06252131277)
E-Mail: gleichstellungsbeauftragte@stadt.heppenheim.de

Lampertheim

Frauenbüro Stadt Lampertheim

Homepage: www.lampertheim.de

Address

Stadthaus (Zi. U04)
[Römerstraße 102](#)
[68623 Lampertheim](#)

Contact

Gleichstellungs- und Frauenbeauftragte
Telefonnummer: [06206 935-301](tel:06206935301)
E-Mail: nina.hartmann@lampertheim.de

Lorsch

Gleichstellungsbeauftragte Stadt Lorsch

Homepage: www.lorsch.de

Address

Gebäude Stadthaus (Raum 115)

[Kaiser-Wilhelm-Platz 1](#)

[64653 Lorsch](#)

Contact

Gleichstellungsbeauftragte

Telefonnummer: [06251 5967-209](tel:062515967209)

E-Mail: gleichstellungsbeauf@lorsch.de; d.allerkamp@lorsch.de

Viernheim

Gleichstellungsbüro Stadt Viernheim

Homepage: www.viernheim.de

Flyer: [Gleichstellungsbüro der Stadt Viernheim](#)

Address

Rathaus

[Kettelerstr. 3](#)

[68519 Viernheim](#)

Contact

Gleichstellungsbeauftragte

Telefonnummer: [06204 988-361](tel:06204988361)

E-Mail: mlauxen-ulbrich@viernheim.de

Telefonnummer: [06204 988-364](tel:06204988364)

E-Mail: bherbold@viernheim.de

Health and Aid

Family planning, pregnancy and birth

District of Bergstraße - Early Help (Frühe Hilfen)

Homepage: www.kreis-bergstrasse.de

Flyer: [Keiner fällt durchs Netz](#)

Video: [English](#)

- Volunteer Family Services
- Network Coordination
- Lotsendienst
- Professional Support that Comes to You
- Parent-Child Services

- Counseling Services for Mothers and Fathers

Address

Frühe Hilfen

[Graben 15](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 15-5609](tel:06252155609)

E-Mail: jugendhilfe-fruehehilfen@kreis-bergstrasse.de

Bensheim**pro familia**

Homepage: www.profamilia.de

Address

pro familia Beratungsstelle Bensheim

[Promenadenstraße 14 \(2. Stock\)](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 82675-30](tel:062518267530)

E-Mail: bensheim@profamilia.de

Diakonisches Werk Bergstraße

Homepage: www.diakoniebergstrasse.de

Address

Diakonisches Werk Bergstraße

[Riedstrasse 1](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 1072-33](tel:06251107233)

E-Mail: schwangerenberatung.bergstrasse@regionale-diakoni...

Heppenheim**Caritasverband Darmstadt e.V.**

Homepage: www.caritas-darmstadt.de

Address

Caritaszentrum Heppenheim

[Bensheimer Weg 16](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 9901-30](tel:06252 9901-30)

E-Mail: schwangerenberatung@caritas-bergstrasse.de

Lampertheim

Caritasverband Darmstadt e.V.

Homepage: www.caritas-darmstadt.de

Flyer: [Schwanger? Wir begleiten Sie!](#)

Address

Schwangerschaftsberatung

[Neue Schulstraße 16](#)

[68623 Lampertheim](#)

Contact

Telefonnummer: [06252 9901-30](tel:06252 9901-30)

E-Mail: w.knapp@caritas-bergstrasse.de

Rimbach

Diakonisches Werk Bergstraße

Homepage: www.diakoniebergstrasse.de

Address

Standort Rimbach

[Schlossstraße 52a](#)

[64668 Rimbach](#)

Contact

Telefonnummer: [06251 1072-33](tel:06251 1072-33)

E-Mail: schwangerenberatung.bergstrasse@regionale-diakoni...

Viernheim

Caritasverband Darmstadt e.V.

Homepage: www.caritas-darmstadt.de

Flyer: [Schwanger? Wir begleiten Sie!](#)

Address

Familienbildungswerk Viernheim

[Weinheimer Straße 44](#)

[65771 Viernheim](#)

Contact

Telefonnummer: [06204 929622-0](tel:06204 929622-0)

E-Mail: a.grebensteindeduran@caritas-bergstrasse.de

People with disabilities

Anyone with a physical, mental or psychological disability (or who is at risk of developing one) has the right to get assistance. No-one shall be disadvantaged because of their disability.

The [guide to participation](#) for people with disabilities helps you to find your way around the District of Bergstraße. You can also find official and municipal contact points there. On the website of the [Commissioner for People with Disabilities](#) you will find additional information.

Counselling services in the District of Bergstraße:

- The [Youth Welfare Office](#) (Jugendamt) offers inclusion assistance for all persons before the end of school education.
- The [Social Welfare Office](#) (Sozialamt) offers inclusion assistance for all adults.
- The [Care Authority](#) (Betreuungsbehörde) offers advice and support around the tasks of the guardianship law.
- You can also use the free participation counselling service provided by [EUTB Bergstraße](#) (EUTB Bergstraße).
- The [Pflegestützpunkt](#) offers information, advice, support, mediation and coordination for questions relating to nursing and care.

Further information on this topic:

Broschüre | My child is disabled - this help is available | Bundesverband für körperlich- und mehrfachbehinderte Menschen e.V.

[English](#) · [French](#)

Care advice

Many people are in need of care. In need of care means that a person cannot manage their daily life independently and needs help. This help is often provided by family or acquaintances. However, there is also the option of hiring outpatient care services or caring for people through care facilities.

Pflegestützpunkt Kreis Bergstraße

Homepage: www.kreis-bergstrasse.de

Flyer: [Info-Flyer Pflegestützpunkt](#)

Address

Standort Heppenheim

[Gräffstraße 11](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 9598740](tel:06252 9598740)

Address

Standort Mörlenbach

[Groß-Breitenbach 6](#)

[69509 Mörlenbach](#)

Contact

Telefonnummer: [06209 2721955](tel:062092721955)

Pregnancy counselling for unwanted pregnancies

**Schwangeren- und Schwangerschaftskonfliktberatung
profamilia Beratungsstelle Bensheim**

Homepage: www.profamilia.de

Address

Beratungsstelle Bensheim

[Promenadenstraße 14](#)

[64625 Bensheim](#)

Contact

Telefonnummer: 06251 8267530

E-Mail: bensheim@profamilia.de

**Diakonisches Werk Bergstraße, Schwangeren- und
Schwangerschaftskonfliktberatung**

Homepage: www.diakoniebergstrasse.de

Address

Diakonisches Werk Bergstraße

[Riedstraße 1](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 1072-33](tel:06251107233)

E-Mail: schwangerenberatung.bergstrasse@regionale-diakonie.de

Address

Standort Rimbach

[Schloßstraße 52 a](#)

[64668 Rimbach](#)

Contact

Telefonnummer: [06251 1072-33](tel:06251107233)

E-Mail: schwangerenberatung@dw-b.de

Social psychiatric service

For mental problems and illnesses, you can seek help from a counselling centre . Information, counselling and services in the District of Bergstraße can be found on the following website: [Socio-Psychiatric Service / Support Centre](#).

Drug and addiction counselling

If you drink too much alcohol, take drugs, have an eating disorder or know someone who struggles with addiction, then you can find help here.

Sozialpsychiatrischer Dienst / Betreuungsstelle

For more information on drug and addiction counselling, please visit the website of the Socio-Psychiatric Service / Care Centre.

Homepage: www.kreis-bergstrasse.de

Address

Sozialpsychiatrischer Dienst / Betreuungsstelle

[Walther-Rathenau-Straße 21](#)

[64646 Heppenheim](#)

Youth and addiction counselling PRISMA

Homepage: www.drogenberatung-prisma.de

Address

Bensheim

[Zeller Straße 3](#)

[64625 Bensheim](#)

Telefonnummer: [06251 64565](#)

Lampertheim

[Martin-Kärcher-Straße 26](#)

[68623 Lampertheim](#)

Telefonnummer: [06206 96940-0](#)

Viernheim

[Wasserstraße 7](#)

[68519 Viernheim](#)

Telefonnummer: [0162 4228860](#)

Contact

E-Mail: suchthilfe.prisma@awo-bergstrasse.de

Addiction help Heppenheim

Homepage: www.caritas-darmstadt.de

Flyer: [Caritas Suchthilfe](#)

Address

Bensheim

[Klostergasse 5A](#)

[64625 Bensheim](#)

Heppenheim

[Kalterer Straße 3A](#)

[64646 Heppenheim](#)

Lampertheim

[Neue Schulstraße 16](#)

[68623 Lampertheim](#)

Mörlenbach

[Weinheimer Straße 2](#)

[69509 Mörlenbach](#)

Wald-Michelbach

[Spechtbach 10](#)

[69483 Wald-Michelbach](#)

Viernheim

[Kettelerstraße 2](#)

[68519 Viernheim](#)

Contact

Telefonnummer: [06252 70059-0](tel:06252700590)

E-Mail: sucht@caritas-bergstrasse.de

Support Groups

Support groups are self-organised groups of people who have the same problem or illness and want to do something together to make them better. Participants exchange ideas and information with each other. They support and help each other. Typical problems include dealing with chronic or rare diseases, life crises or stressful social situations.

The Self-Help Contact Point in the District of Bergstraße

Addresses and contact persons on the subject of support groups can be obtained from the self-help contact point in the District of Bergstraße of the Caritas Verband Darmstadt e.V..

Homepage: www.selbsthilfe-bergstrasse.de

Address

Die Selbsthilfekontaktstelle im Kreis Bergstraße

[Bensheimer Weg 16](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 9901-30](tel:06252 9901-30)

E-Mail: selbsthilfekontaktstelle@caritas-bergstrasse.de

Refugee support groups

In many cities and communities, people are helping refugees.

These people help voluntarily.

That means they don't get paid for it.

This is called volunteering.

The volunteers help, for example:

- if you don't know your way around your new neighbourhood,
- if you don't understand a letter in German,
- or if you have questions about life in Germany.

Some also help you learn German.

There are volunteer groups in these locations:

- Bensheim
- Bürstadt
- Biblis
- Birkenau
- Einhausen
- Fürth
- Groß-Rohrheim
- Gornheimertal
- Heppenheim: [More information](#)
- Lampertheim
- Lindenfels
- Lorsch: [More information](#)
- Wald-Michelbach
- Mörlenbach: [More information](#)
- Neckersteinach
- Rimbach
- Rodau
- Viernheim
- Zwingenberg: [More information](#)

Do you need help?

Or would you like to help yourself?

Then get in touch:

Koordinationsstelle Asyl-Ehrenamt

Homepage: <https://www.caritas-darmstadt.de>

Flyer: [Flyer Koordinations - Stelle Asyl Bergstraße](#)

Address

Caritas Zentrum Franziskushaus

[Klostergasse 5a](#)

[64625 Bensheim](#)

Contact us

Telefon: [06251 85425-151](tel:0625185425151)

E-Mail: d.inal@caritas-bergstrasse.de

Help with domestic violence for women, men, children and young people

What is violence?

Violence can take many forms and can affect anyone - whether man or woman, young or old, or where they come from.

Violence not only hurts the body, but also the soul.

It can change the entire life of the person affected.

The "Working Group against Domestic Violence in the Bergstrasse District" is a network of institutions that offer help in cases of domestic violence.

The working group has published a flyer with important contact points in various languages:

Flyer | Help with domestic violence for women, men, children and young people | Working group against domestic violence in the Bergstraße district

[German](#) · [Arabic](#) · [English](#) · [Farsi](#) · [Russian](#) · [Turkish](#) · [Tigrinya](#)

There are many types of violence:

- **Psychological violence:** insulting, humiliating, threatening or controlling others. It also includes jealousy and isolation.
- **Physical violence:** Punches, kicks or other physical attacks.
- **Sexual violence:** For example, coercion or rape.
- **Economic violence:** Denying someone money or making them financially dependent.

Violence can occur anywhere - at home, in a partnership, in the family, at work or in other social relationships. Domestic violence often happens in the private sphere.

Do you need help?

If you experience violence or find yourself in a dangerous situation, get help. There are many organisations that can support you - confidentially and free of charge.

Here are some important offers of help:

- **Women's refuges and shelters:** They offer protection and support, including for children.

- **Counselling centres:** They can help you with counselling and information.
- **Police:** If you are in danger, call the emergency number 110. The police can also give you the addresses of counselling centres and women's shelters.

Help for relatives and observers

If you see that someone in your neighbourhood is experiencing violence, also get help. Counselling centres and hotlines are also there for you. They will explain to you how you can support those affected.

Silence does not help

All forms of violence are wrong. Do not ignore violence. If you are affected yourself, get help. If you notice violence, help others and take action.

Tafel

A "Tafel" is an institution that provides low-cost food to people in need. It helps individuals who cannot afford to purchase food.

Bensheim

Tafel Bensheim e.V.

Homepage: www.tafel-bensheim.de

Adresse

[Tafel Bensheim e.V.](#)
[Rheinstraße 4a](#)
[64625 Bensheim](#)

Kontakt

Telefonnummer: 06251-9449142

Öffnungszeiten

Tuesdays: 11:00 a.m. - 2:30 p.m.
Thursdays: 1:30 p.m. - 4:30 p.m.

Important: Please refer to the website for registration information!

Bürstadt

Diakonisches Werk Bergstraße

Homepage: www.diakoniebergstrasse.de

Adresse

[Tafel Bürstadt](#)

[Am Bildstock 79](#)
[68642 Bürstadt](#)

Kontakt

Telefonnummer: [06206 95 13 36 4](tel:062069513364)

Email: tafel.buerstadt@dw-b.de

Öffnungszeiten

Tuesday: 2:00 p.m. - 4:30 p.m

Friday: 2:00 p.m. - 4:30 p.m

Important: Please refer to the website for registration information!

Lampertheim

Diakonisches Werk Bergstraße

Homepage: www.diakoniebergstrasse.de

Adresse

[Tafel Lampertheim](#)

[Gewerbstraße 11a](#)

[68623 Lampertheim](#)

Kontakt

Telefonnummer: [06206 9 09 32 85](tel:062069093285)

Email: tafel-lampertheim.bergstrasse@regionale-diakonie....

Öffnungszeiten

Tuesday: 2:00 p.m. - 5:00 p.m

Thursday: 2:00 p.m. - 5:00 p.m

Important: Please refer to the website for registration information!

Rimbach

Diakonisches Werk Bergstraße

Homepage: www.diakoniebergstrasse.de

Adresse

[Tafel Weschnitztal](#)

[Schlossstraße 52a](#)

[64668 Rimbach](#)

Kontakt

Telefonnummer: [06253 98 90 222](tel:062539890222)

Email: tafel-rimbach.bergstrasse@regionale-diakonie.de

Öffnungszeiten

Tuesday: 2:00 p.m. - 5:00 p.m

Friday: 11:00 a.m. - 2:00 p.m

Important: Please refer to the website for registration information!

Viernheim

Katholischen Sozialzentrum am Vogelpark

Homepage: <https://bistummainz.de>

Adresse

[Katholischen Sozialzentrum am Vogelpark](#)

[Stadionstraße 17](#)

[68519 Viernheim](#)

Kontakt

Telefonnummer: [06204 78920 13](tel:062047892013)

Email: hkohl@pfarrei-johannes23.de

Öffnungszeiten:

Tuesday: 12:30 - 16:15

Friday: 12:30 - 16:15

Important: Please refer to the website for registration information!

Integration guides of the cities and municipalities

Integration guides are volunteers who usually have a migration background. They help people with a migration history in various matters. They provide support, for example, at appointments with public authorities, at parent meetings in kindergarten or in schools.

The integration guides offer open consultation hours. During these consultation hours, they help people with a migration background. To find out the opening hours, go to the website of the integration guides in your area. There you can find out when the consultation hours are.

Bensheim

Integrationslotsen Stadt Bensheim

Homepage: www.bensheim.de

Adresse

Integrationsbüro

[Berliner Ring 89](#)

[64625 Bensheim](#)

Kontakt

Integrationsbüro

Telefonnummer: [06251 14-185](tel:0625114185)

E-Mail: integration@bensheim.de

Bürstadt, Biblis and Groß-Rohrheim

Integrationslotsen Stadt Bürstadt, Biblis und Groß-Rohrheim

Homepage: www.buerstadt.de

Address

Bürgerbüro

[Rathausstraße 2](#)

[68642 Bürstadt](#)

Contact

Telefonnummer: [06206 701-147](tel:06206701147)

E-Mail: gerasimoula.grigoraki@buerstadt.de

Heppenheim

Integrationslotsen Stadt Heppenheim

Homepage: www.heppenheim.de

Address

[Karlstraße 2](#)

[64646 Heppenheim](#)

Contact

Telefonnummer: [06252 13-1274](tel:06252131274)

E-Mail: begegnung@stadt.heppenheim.de

Lampertheim

Integrationslotsen Stadt Lampertheim

Homepage: www.lampertheim.de

Flyer: [Integrationslotsen Lampertheim](#)

Address

Haus am Römer

[Domgasse 2](#)

[68623 Lampertheim](#)

Contact

Telefonnummer: [06206 935-357](tel:06206935357)

E-Mail: kristina.delceva@lampertheim.de

Lorsch

Integrationslotsen Stadt Lorsch

Homepage: www.lorsch.de

Address

Integrationsbüro

[Kaiser-Wilhelm-Platz 1](#)

[64653 Lorsch](#)

Contact

Telefonnummer: [06251 5967-102](tel:062515967102)

E-Mail: i.theodorou@lorsch.de

Viernheim

Integrationslotsen Stadt Viernheim

Homepage: www.lernmobil-viernheim.de

Lernmobil Viernheim - Integration durch Bildung e.V.

[Stiftungshaus](#)

[Rathausstr. 32](#)

[68519 Viernheim](#)

Kontakt

E-Mail: ilos@lernmobil-viernheim.de

Telefonnummer: [0157 39 03 79 22](tel:015739037922)

Repatriation advice centre for your home country

Asylum seekers and refugees can choose to return to their home countries. If you would like to return to your home country to live there permanently, you can leave Germany voluntarily. There are many support systems in place for this, including financial assistance. You can get non-binding information on leaving Germany voluntarily from the [Foreigners' and Migration Office \(Ausländer- und Migrationsamt\)](#).

Further information on this topic:

Webseite | www.returningfromgermany.de | Internationale Organisation für Migration (IOM)
[Albanian](#) · [Arabic](#) · [English](#) · [Farsi](#) · [French](#) · [Kurmanji](#) · [Pashto](#) · [Russian](#) · [Serbian](#)

Broschüre | Freiwillige Rückkehr | Bundesamt für Migration und Flüchtlinge
[German](#) · [Albanian](#) · [Arabic](#) · [Dari](#) · [English](#) · [Farsi](#) · [French](#) · [Kurmanji](#) · [Macedonian](#) · Pashto ·
[Russian](#) · [Serbian](#) · [Somali](#) · [Sorani](#) · [Tigrinya](#) · [Turkish](#)

Debt Counselling Service

If you have financial problems, go to a debt counselling service centre. The advice is free and confidential.

For more information on counselling and services in the District of Bergstraße, please visit the website of the [debtor and consumer insolvency counselling service](#).

More information on this topic:

Website | Landesarbeitsgemeinschaft Schuldnerberatung in Hessen e.V.

[German](#) · [Arabic](#) · [Bulgarian](#) · [English](#) · [Farsi](#) · [French](#) · [Italian](#) · [Polish](#) · [Romanian](#) · [Russian](#) · [Spanish](#) · [Turkish](#)

Debt counselling in the District of Bergstraße

AWO Bergstraße

Homepage: www.awo-bergstrasse.de

Flyer: [Schuldner- und Insolvenzberatung](#)

Address

Schuldnerberatung AWO Bergstrasse

[Nibelungenstraße 164](#)

[68642 Bürstadt](#)

Contact

If you are a client of [Neue Wege Kreis Bergstraße](#), you must contact your case management beforehand (Fallmanagement) :

Telefonnummer JobCenter Bürstadt: [06206 9877-182](tel:062069877182)

Telefonnummer JobCenter Mörlenbach: [06206 9877-185](tel:062069877185)

If you are not a customer of [Neue Wege Kreis Bergstraße](#):

Telefonnummer: [06206 9877-180](tel:062069877180)

E-Mail: schuldnerberatung@awo-bergstrasse.de

Caritasverband Darmstadt e.V.

Homepage: www.caritas-darmstadt.de

Address

Caritaszentrum Heppenheim

[Bensheimer Weg 16](#)

[64646 Heppenheim](#)

ContactTelefonnummer: [06252 9901-30](tel:06252 9901-30)E-Mail: c.hedou@caritas-bergstrasse.de

Diakonisches Werk BergstraßeHomepage: www.diakoniebergstrasse.deFlyer: [Soziale Schuldnerberatung](#)**Address**

Schuldnerberatung

[Riedstraße 1](#)[64625 Bensheim](#)**Contact**Telefonnummer: [06251 1072-28](tel:06251 1072-28)E-Mail: schuldnerberatung@dw-b.de**Help in an Emergency****On-call medical services, pharmacy emergency service****On-call medical services**

If you need urgent medical help outside the opening hours of your family doctor , call the medical on-call service.

On-call medical services: [116 117](tel:116 117)In case of urgent emergencies, call the **emergency number [112](tel:112)**.

Apothekennotdienst (emergency pharmacy service)

If you urgently need medication on the weekend, at night or on a public holiday, go to the [pharmacy emergency service](#).

Support for Women and Children**Do you need protection and help for yourself and your children?**

For emergency aid and imminent danger, dial the emergency number for the **police: [110](tel:110)**

More information on this topic:

Flyer | Help with Domestic Violence for women, men, children and young people | Arbeitskreis gegen Häusliche Gewalt im Kreis Bergstraße
[German](#)

Broschüre | Guidebook on Protection against Violence for Women in Germany

[German](#) · [Albanian](#) · [Arabic](#) · [Bulgarian](#) · [Dari](#) · [English](#) · [Farsi](#) · [French](#) · [Italian](#) · [Kurdish](#) · [Pashto](#) · [Polish](#) · [Roma](#)

Jugendamt

Homepage: www.kreis-bergstrasse.de

Contact

E-Mail: jugendamt@kreis-bergstrasse.de

Women's Counselling and Intervention Centre

Every woman who experiences physical or psychological violence can find protection, peace and safety from violence and persecution with her children at the women's shelter.

The [Bergstraße Counselling and Intervention Centre of the Frauenhaus e.V.](#) offers specialised counselling for women who are affected by violence .

Address

Beratungstelle Frauenhaus Bergstraße e.V.

[Hauptstraße 79](#)

[64625 Bensheim](#)

Contact

Telefonnummer: [06251 78388](tel:0625178388) oder [06251 67495](tel:0625167495)

E-Mail: kontakt@frauenhaus-bergstrasse.de

Wildwasser Darmstadt e.V.

[Wildwasser Darmstadt e.V.](#) is a counselling centre for girls and women affected by sexualised violence.

Address

Wildwasser Darmstadt e.V. - Außenstelle Bensheim

[Hauptstraße 81](#)

[64625 Bensheim](#)

Contact

Telefon: [06251 7057885](tel:062517057885)

E-Mail: info@wildwasser-darmstadt.de

The Violence against women helpline

Contact

Telefon: [08000 116 016](tel:08000116016) (Immer erreichbar)

E-Mail: [Sofort-Chat](#)

Homepage: www.hilfetelefon.de

Webseite | The Violence against Women Help Line | Bundesamt für Familie und zivilgesellschaftliche Aufgaben

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Police, fire brigade, ambulance

For all incidents that occur suddenly, fires or violent attacks, call one of the two emergency numbers immediately:

Telephone number - Police: [110](#)

Telephone number - Fire brigade and ambulance service: [112](#)

Mental Health Support Hotline (for Mental Health Crises)

The helplines are an anonymous conversation programme for children, adolescents, parents and adults. Here you can talk about your problems and get information.

Telephone counselling: [0800 1110111](#) or [0800 1110222](#)

SeeleFon for refugees (English, French, Arabic): [0228 71002425](#)

Children and youth phone: [0800 1110333](#)